

# Director General of the International Planned Parenthood Federation visits FPA Sri Lanka

*“When I joined IPPF, (March 2018) my request was that I visit Member Associations that are inspiring, that can be showcased as a model for others to follow and that is how I ended up here, so you all should be proud”* were Dr. Alvaro Bermejo’s opening remarks to the National Council and Senior Management Team during his visit.

Dr. Bermejo has more than 20 years’ experience as a Senior Executive in global federations, working across HIV and AIDS, humanitarian issues and health policy and we valued his insights and encouragement given to all areas of our work. He has a passionate commitment to working with young volunteers, who are the lifeblood of IPPF’s Member Associations and said “The vitality of IPPF will carry on only if we listen to youth and their dreams for a better future..they have the power to envision it and make it a reality”.

Here are some highlights of his 3 day visit.

## 1<sup>st</sup> September



Visit to a partner organization working with FPA Sri Lanka on HIV Prevention. Drop-in centre of Heart 2 Heart, an organisation that supports MSM, as well as transgender persons in Colombo.



At one of FPA Sri Lanka’s main Pharma Trader’s in Colombo: Healthguard - Thimbirigasyaya. A Service Recognition Award was also presented.

## 2<sup>nd</sup> September



At FPA Sri Lanka’s Head Office at Bullers Lane, Colombo 7.



A discussion with the Senior Management Team and Members of the National Council took place.



With members of the Youth Technical Advisory Committee.



To commemorate the visit, a tree planting ceremony was carried out at FPA Sri Lanka’s new, purpose-designed multi-storied establishment in Narahenpita. It will support the Organisation’s current and future operational requirements.



Visit to meet a Key Population, (Beach Boys) and Peer Educators attached to Samadhi Foundation in Hikkaduwa. This is one group considered to be most at risk of HIV infection in Sri Lanka and we work with them under the Global Fund HIV-AIDS Control project.



## 3<sup>rd</sup> September



Visit to FPA Sri Lanka’s Service Delivery Point in Koggala.



An Award of Appreciation was presented to the Director - Export Processing Zone (EPZ) Koggala, Major Gamini Dahanayake, in honour of the partnership between the Board of Investment and FPA Sri Lanka to enable the provision of SRH services to Zone employees.



Observing the Workplace Service Delivery Model in action through a Mobile Clinic that took place at Aitken Spence Garments in the Koggala Industrial Zone.



IPPF DG checks out 'VENDOM' – The Smart Condom Machine installed in Koggala

FPA Sri Lanka works with the Ministry of Health on HIV Prevention and elimination from Sri Lanka and access to condoms is seen as a major initiative that will promote safe sex and reduce the incidence of HIV/STD's and unwanted pregnancies in the country.



Meeting at FPA Sri Lanka Head Office. Participants included the Director of the

National STD/AIDS Control programme of Sri Lanka (NSACP), Focal Point of the Country Coordinating Mechanism Sri Lanka (CCM) on Ending AIDS by 2025, representatives from UNFPA Ms Ahila Subadeesh ( Project Support Officer - HIV), Ms. Lingyi Wei (UN University Volunteer for Comprehensive Health Education)

Thereafter, an interactive media session took place with correspondents from the Sunday Observer, Daily FT, Sunday Times, Daily Mirror and the Daily News attending.



Meeting with Hon. Buddhika Pathirana, Deputy Minister of Ministry of Industry and Commerce where services to Key Populations, the need for expanding SRH services to the Export Processing Zones and HIV prevention in Sri Lanka was discussed.

## External Appointments

**FP**  
FAMILY PLANNING  
2020

*FP2020 works with governments, civil society, multilateral organisations, donors, the private sector, and the research and development community to enable 120 million more women and girls to use contraceptives by 2020.*

### FPA Sri Lanka appointed to the FP2020 Focal Point system

Sri Lanka made a commitment to FP2020 in July this year and thereby joined the global movement working towards improving the quality of life for women and their families by increasing access to voluntary and right-based family planning programmes.

A team of Focal Points representing government, civil society, and donor's work with the FP2020 Secretariat, Core Conveners, and stakeholders to drive progress on the country's FP2020 goals and FPA Sri Lanka has been appointed as a Civil Society Focal Point from September 2018 onwards.



Ms. Jayomi Marasinghe, the Asst. Secretary of FPA Sri Lanka's National Council was elected as the IPPF South Asia Regional Youth Network (SARYN) Secretary. She will serve out the remaining term (ending in May/June 2020) with the current SARYN SC and will be one of the four youth representatives to the South Asia Region (SAR) Regional Council.

At the International Planned Parenthood Federation, South Asia Region's, Regional Council Meeting,

she was also elected as the Youth Representative to the Governing Council.

We wish Jayomi all the best for her engagements in both capacities.



Mr. Thushara Manoj - FPA Sri Lanka's Senior Manager - Advocacy and Youth was appointed as a Resource Person to the State Ministry of Women and Child Affairs to assist in the preparation of a National Action Plan to prevent teenage pregnancy in Sri Lanka.

**In conversation with FPA Sri Lanka's Executive Director Ms. Thushara Ranasinghe Agus**



**Working for over two decades in the corporate sector, what made you take up Family Planning and the non-profit sector?**

This is an oft-repeated response but comes straight from my heart. I worked at FPA Sri Lanka over 30 years ago as a Research Assistant under Dr. Sriani Basnayake. When I left the organisation after 3 years to pursue my career in HR and marketing, I left a bit of me here and carried a bit of FPA with me. Through the next 23 years in the business world I worked my way up the corporate ladder, to end up as a Director of a subsidiary at Finlays Group. I was managing an organisation that was similar in revenue, staff strength etc. to that of FPA Sri Lanka, but was totally profit - oriented.

There were moments I despaired that my work life will end without making a contribution to society, but making money for a select group of people. At one such moment I spotted the advertisement calling applications for the post of Executive Director and I applied. The rest is common knowledge!

**What were the main challenges that you experienced whilst adapting to the NGO sector?**

I came in without having a proper understanding of the dynamics of the NGOs. Always the optimist, I assumed if I perform well, all will be well, irrespec-

tive of the sector. With that in mind I adopted the same principles of the business world, started the day early, turned around a high volume of work and waited for the rest to happen.

It did and it did not! To name a few challenges that did not make it happen: No ownership, multiple stakeholders, reporting lines, bottlenecks, bureaucracy, inefficiencies and redundancies and so on.

I adapted and found my way but after some time and heartaches. I am glad, I still remain optimistic after seven years.

**What were the significant changes that you brought into the Organisation's line of thought and approach and what initiatives are you most proud of?**

One of the attractions of FPA Sri Lanka to me was that it had a business within the organisation, the Sales and Marketing Programme (SMP). I knew I could not exist without having income generation in my scheme of things. I am attuned to creating value for the organisation I work for, from the first job I held. FPA is a unique NGO in that sense, offering me the best of both worlds the Business and the Service.

I do not think I changed the organisation at all! As I mentioned on the day I took up the post, I did not change FPA but made it more dynamic and professional. When one puts systems to achieve the two, growth will automatically flow, as witnessed today.

One thing I am humbly proud of, is the acquisition of the new Head Office in Narahenpita, which will stand for future needs of both FPA and the country.

**What are your most immediate priorities and plans for the Organisation?**

To me the top priority for FPA is to make it totally be self - reliant. We foresee generating sufficient funds on our own; to have a stable service provision arm that responds to the country's priority areas. This service provision arm will be funded by our

enterprise related activities and will demonstrate the cost-efficiency and productivity to be sustainable. We will not only do the right thing, but do it right! Believe me, this is now within our grasp.

**How do you see FPA Sri Lanka's role in Family Planning, Sexual and Reproductive Health and epidemic control, two to three decades from now?**

Needless to say the landscape of FP, SRH, and HIV will dramatically change in the next two decades. That is through the initiatives that are already happening coming to the fore. Say for example, the SRH arena will be more rights-based, people asserting their own SRH rights. Governments will have to take cognizance of this and a favourable legal environment is inevitable.

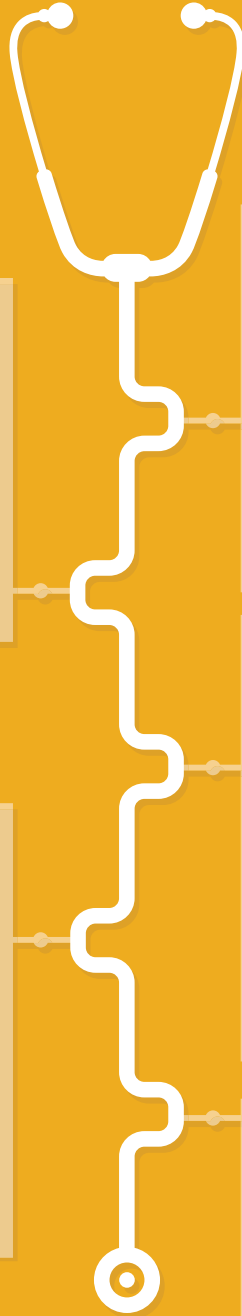
Most of our advocacy asks will be realised. "Ending AIDS IN SRI LANKA" would have been achieved. It's those future outcomes or goal posts that keep us going today to justify our efforts. If you look back, you will see the same cycle that happened and history will repeat itself! Thirty years ago, the Emergency Contraceptive Pill would have been a dream or a dirty word depending on how you looked at it.

FPA Sri Lanka will be the forerunner in the field of SRH, be it products, services or advocacy, no matter who heads it!



**New Head Office Complex in Narahenpita**

# Health Myths Busted



## **Myth: Age only affects women's fertility, not men's.**

**Fact:** Both men's and women's fertility declines with age. For women, fertility peaks in their early to mid-20s, after which it begins to slowly decline. This decline speeds up after the age of 35.

For men, age-related fertility decline is more subtle but does happen. Male fertility generally starts to decline around age 40–45, when sperm quality decreases.

## **Myth: Fertility is predictable. If you are young and healthy, you will have no problems conceiving and having a baby.**

**Fact:** Most people take their fertility for granted and do not expect to have problems conceiving. However, one in nine couples experiences fertility difficulties. Although there are lifestyle improvements people can make to improve their fertility, such as maintaining a healthy weight and quitting smoking, causes of infertility may not always be within your control. Fertility disorders are found in both men and women. In some cases, the causes are unknown or cannot be determined.

## **Myth: Antiperspirant Causes Breast Cancer**

**Fact:** Using deodorants or antiperspirants does not increase your risk of breast cancer. Aluminium salts are commonly used as an ingredient in antiperspirants as they block the sweat ducts and stop sweating. Women are advised to avoid using a deodorant, antiperspirant or talc containing aluminium when they go for a mammogram only because the aluminium might show up on the x-ray image and give an inaccurate reading.

## **Myth: Children don't experience mental health problems.**

**Fact:** Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24. Early mental health support can help a child before problems interfere with other developmental needs.

## **Myth: HIV shortens your lifespan considerably**

**Fact:** If you're undergoing antiretroviral treatment and your viral load is undetectable, then you have about the same lifespan as someone without HIV.

But, people with HIV are at risk for heart attacks. That means it's even more important for those with HIV to reduce heart attack and stroke risk with lifestyle measures like quitting smoking, exercising, eating healthy, and controlling high blood pressure.

## Neuro-Linguistic Programming Workshop

A two day workshop was held on the 10<sup>th</sup> and 11<sup>th</sup> of August, under the purview of the Alokaya Counselling Centre, and was conducted by Mr. Jaliya Rathnayake. Participants were

awarded a certificate at the conclusion of the programme. Neuro-Linguistic Programming (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. NLP helps to overcome painful memories, bad habits, procrastination and anxiety and adopt

new behaviors and habits, achieve peak performance, become a better communicator and learn and understand more quickly.



# JEALOUSY

**By Dr. Nalin Ashubodha**  
Honorary Professor of Medicine  
(Primary Health Care)

Jealousy in Asian countries is at times morbid.

Psychogenic illnesses account for nearly 60% to 80% of our patient load in Sri Lanka and in some studies it is as high as 90%.

Jealousy in females arises from comparison, competition and the fear of losing a mate or a potential partner. The above, may not be true in all instances, at times the jealousy could be due to various reasons. Women tend to be more jealous than men in a range of situations, and seem to suffer more from emotional jealousy than from sexual jealousy. Evolutionary scientists suggest that for some women, jealousy may stem from a need keep a partner to ensure support for their children. I have given below, some cases of Female Vs Female Jealousy

**Case 1** Mrs H, a 50 yr old female from suburbs of Colombo came to know that her close female friend was having a sexual affair with her husband. One day she caught her husband having sex with her close friend, in their own bed, at home. Mrs H was so emotionally upset and came to consult me with sleep disturbances, lack of appetite, feelings of unhappiness and having no pleasure of sex.

Diagnosis - Female Vs Female Jealousy (Emotional Vs Sexual)

### **Emotional vs. Sexual**

Research reveals, compared to men, women are more likely to be upset by

the thought of her life partner falling in love with -- as opposed to sleeping with -- another person. This is because for a woman, a mate becoming emotionally involved with someone else is likely to mean that the money, time and protection that the partner provides may be diverted away from her and her children. A study published on "Human Nature" showed that emotional jealousy lessens in older women, presumably because they are past the child-bearing age.

**Case 2** Mrs C, 36 years of age from Pilyandala consulted me that Mrs N was a better in English and better in her computer skills. She wanted to resign from her post as Administrative Assistant and was depressed. She (Mrs C) was failing in her job.

Diagnosis - Female Vs Female Jealousy (Morbid Jealousy)

### **Blinded by Jealousy**

The more jealous a woman feels, the less she is able to function properly, research has shown. Psychologists at the University of Delaware asked women to click on specific targets on a computer screen, at the same time their partners were asked to rate the attractiveness of other single women. The results of the study, published in the journal "Emotion," showed that the more uneasy women felt about other females completing the task, the more poorly they performed their own tasks.

**Case 3** A Grama Sevaka (GS) lady was causing havoc to my patient of 49 from the Angoda area. Mrs. K was an attractive, rich lady who drove a vehicle. She was denied flood relief by this GS on the basis of her being rich. She came in to my office wailing that floods do not spare whether one is poor or rich, that the GS was biased and hated her.

Diagnosis - Female Vs Female Jealousy (Threatened by attractiveness)

### **Threatened by Attractiveness**

Women are most likely to feel jealous of other women based on physical attractiveness, research indicates. When asked to rate the things that made them the most jealous in respect of a rival to whom their partner might feel attracted to, both heterosexual and homosexual women felt most threatened by a woman who was attractive. The study, published in the "European Journal of Social Psychology," showed that lesbians were most jealous when it came to a rival who was considered very attractive, and women who tended to compare themselves with others were most affected by jealousy.

In Asian countries, especially Bangladesh, India, Pakistan, Sri Lanka and other SAARC countries Female Vs Female Jealousy is more marked than with males.

Despite a wealth of studies on differences regarding the bio-behavioral and social-psychological bases of mental disorders in men and women and repeated calls for increased attention, women-specific issues have so far not been comprehensively addressed in past diagnostic classification systems of mental disorders. There is also increasing evidence that this situation will not change significantly in the upcoming revisions of ICD - 11 and DSM - V.



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# உங்கள் மாதவிடாய் சீரற்றதா? (Is your period irregular?)



சாதாரணமாக ஒரு பெண்ணுக்கு 28 நாட்களுக்கு ஒரு முறை மாதவிடாய் வரும் என்ற கருத்து இருப்பினும், எல்லாருடைய உடலும் இந்த கணக்கோடு ஒத்துப் போவதில்லை. 24 தொடக்கம் 35 நாட்களுக்கு ஒரு முறை மாதவிடாய்ச்சுழற்சி ஏற்படுவது சாதாரணமே. மாதவிடாய்ச் சுழற்சி உதிரப் போக்கின் முதலாம் நாளிலிருந்து கணக்கிடப்படும்.

## உங்கள் மாதவிடாய் சீரற்றதா எனக் கண்டறிவது எப்படி?

1. மாதாமாதம் சரியான சுழற்சியில் நிகழாமல் மாதவிடாய் தொடங்கும் திகதி முன்னே பின்னே மாறுதல்.
2. இழக்கும் இரத்தத்தின் அளவு மாதத்துக்கு மாதம் வேறுபடுதல்.
3. சுழற்சிக்குச் சுழற்சி மாதவிடாய் தங்கும் நாட்களின் எண்ணிக்கை வேறுபடுதல்.

## சீரற்ற மாதவிடாய்க்கான காரணங்களும் அவற்றின் தீர்வுகளும்

1. பூப்பெய்தவுடனான இளம் பெண்பிள்ளைகளின் மாதவிடாயும், மாதவிடாய் நிறுத்தத்தை நெருங்கும் 45வயதுக்கு மேற்பட்ட பெண்களின்

மாதவிடாயும் சீரற்றதாக இருக்கும். மாதவிடாயின்போது, நாளாந்தர வாழ்க்கைக்கு பாதிப்பு விளைவிக்கும் அளவுக்கு அதிக குருதிப்போக்கு அல்லது வயிற்று வலி இருப்பின் மகளிர் மருத்துவரை (Gynaecologist) நாடுங்கள்.

2. கருத்தரிப்பின்போது முற்றாக நிற்கும் மாதவிடாய், பாலூட்டும் காலத்தில் சீரற்றதாக இருந்து, நாளடைவில் உடலின் ஹோமோன்கள் சாதாரண நிலையை அடைந்தவுடன் இயற்கையாகவே சீரடையும்.
3. Intra Uterine Device, Depo Provera, குடும்பக்கட்டுப்பாடு மாத்திரைகள் பாவிக்கும் சில பெண்களுக்கு மாதவிடாய் சீரற்றதாகலாம். அதிகப்படியான குருதிப்போக்கு, வயிற்று வலி, சடுதியான உடல் நிறை அதிகரிப்பு ஏற்படின் மகளிர் மருத்துவரை நாடி, தமது உடலுக்கு ஒத்துக்கொள்ளக் கூடிய குடும்பக்கட்டுப்பாட்டு முறைகளை ஆராயுங்கள்.
4. கடுமையான உடற்பயிற்சி, குறுகிய காலத்தில் உடல் எடை அதிகரிப்பு, மற்றும் உடல் பருமனைத் திரெனக் குறைக்கும் உணவுப்பழக்கங்கள் (Dieting) மாதவிடாயைச் சீரற்றதாக்குவதாக ஆய்வுகள் அறிவிக்கின்றன. இவ்வாறான பெண்கள் உடற்பயிற்சி, Dieting ஐ நிறுத்தாமல், அவற்றின் தீவிரத்தைக் குறைத்துக் கொண்டால் மாதவிடாயைச் சீராக்கலாம்.

5. PCOS (Polycystic Ovarian Syndrome) சினைப்பைக்கட்டிகள் என்பது பெண்களின் இரண்டு சூலகங்களில் கட்டிகள் உருவாவதுடன் ஹோமோன்களின் மாற்றங்கள் நிகழும் ஒரு நோயாகும். வாழ்வியல் மாற்றங்கள் மற்றும் உணவுப்பழக்கங்கள் ரீதியான ஆலோசனைகள், ஹோமோன்களின் சமநிலையைப் பேணும் மாத்திரைகள் பெற மகளிர் மருத்துவரை நாடுங்கள்.
6. அதிக கவலை, மன அழுத்தம், போதிய உறக்கமின்மை போன்றவை மாதவிடாயைச் சீரற்றதாக்குவதாக பல ஆய்வுகள் தெரிவிக்கின்றன. தகுந்த உடற்பயிற்சி, யோகா, போதிய உறக்கம் போன்ற வாழ்வியல் மாற்றங்கள் மற்றும் உளவியலாளரின் (Psychologist) உதவியை நாடலாம்.
7. தைரொயிட் (Thyroid) பிரச்சினைகள் போன்ற நோய்களும், உடலின் வேறு நோய்களுக்காக உட்கொள்ளும் மருந்துகளின் பக்க விளைவாகவும் மாதவிடாய் சீரற்றதாகலாம். அந்த நோய்க்கான மருத்துவருடன் ஆலோசித்து மருந்தை மாற்ற கோரிக்கை விடுக்கலாம்.

## சான்றாதாரம்

<https://www.nhs.uk/conditions/irregular-periods/>  
<https://www.webmd.com/women/default.htm>

தொகுப்பு  
**Dr. Zaneefar Careem Drahman**  
MBBS/ DCH  
General Practitioner



## Empowerment through education and capacity building

The Sri Lankan Justice System has about 87 Family Counsellors attached to Courts island-wide, with varying years of experience in the field. These Government officials serve persons referred to them by the Courts dealing with issues relating to family disputes. (Maintenance, custody, domestic violence and divorce). Unfortunately, many counsellors have not received adequate opportunities for specialised training in this field during their period of service to appropriately guide and advise their clients.



In order to fulfill this hiatus, the current Secretary to the Judicial Service Commission (JSC) together with the CORE Justice Programme facilitated a three day training programme on the 12<sup>th</sup> -14<sup>th</sup> of June as a joint initiation for family counsellors. The main objective of the Core Justice programme is to strengthen the effectiveness of core justice institutions and to equip the counsellors affiliated to the Courts with knowledge, skills and techniques related to family counselling which in turn would build their professional capacities and develop their personalities.

## Training Workshop for Volunteer Health Assistants (VHA's)

A two day Training Workshop for VHA's attached to the Koggala Service Delivery Point was held under the purview of FPA Sri Lanka's Outreach Unit, Global GAG rule, Emergency Fund Project, at the Service Delivery Point in Koggala on the 6th and 7th of July 2018. These volunteers will be mobilised at community level to strengthen the outreach work.



## Bangladeshi Medical Professionals visit FPA Sri Lanka



FPA Sri Lanka hosted a training programme for medical professionals from Bangladesh on Sexual and Reproductive Health services on the 23<sup>rd</sup> of July 2018, which was a part of a three day learning visit which was organised by the Family Health Bureau and the University of Colombo.

An introduction to FPA Sri Lanka and its administration of Sexual and Reproductive Health related programmes was carried out by our Executive Director Ms. Thushara Agus. Prof. Athula Kaluarachchi, Prof. Indika. Karunatilake and Dr. Sanjeewa Gokananda, the Focal Point of the Family Health Bureau also conducted sessions at this programme. A presentation and overview of activities were also given by Divisional Heads of FPA Sri Lanka, namely the Outreach Unit (Mr. Rajapakse), the

Advocacy Unit (Ms. Sonali Gunasekera) and the Social Marketing of Contraceptives Programme. (Mr. Suhail Junaid - SMP Unit).

On day two, the Director Medical of FPA Sri Lanka, Dr. Yakandawala gave a detailed presentation regarding the operation and service delivery mechanisms of the Centre for Family Health located at our Head Office. After which, the participants visited the Clinic to observe a demonstration of IUCD insertions. On the final day, the participants attended a presentation and discussion at the Family Health Bureau which was conducted by Dr. Loshan Moonasinghe - Acting DMH - FHB, Prof. Indika Karunathilaka- UOC, Dr. Ruwan Silva-(VOG) FHB and Dr.Sanjeewa Godakandage - FHB. Thereafter, a demonstration of a Tubectomy procedure was carried out.

# TOT Training Programme On Comprehensive Sexuality Education

A three day Training of Trainers Programme on CSE for staff attached to the Service Delivery Points was held under the purview of FPA Sri Lanka's Outreach Unit at the Co-operative Auditorium in Matara from the 16<sup>th</sup> - 18<sup>th</sup> of August. The primary goal of sexuality education is to equip children and young people with the knowledge and skills to make responsible choices about their Sexual and Reproductive Health.



## ***Investing in the future of today's young people***

There are more young people in the world than ever before. Today, worldwide, there are 1.8 billion young people between the ages of 10 and 24. This demographic reality requires governments, decision makers, educators, health providers and parents to enable young people to realise their rights, including ensuring that all young people receive high quality Comprehensive Sexuality Education.

CSE not only plays an important role in preventing negative sexual and reproductive health outcomes, but also offers a platform to discuss gender issues and human rights and to promote respectful, non-violent relationships, STI/HIV prevention, gender equality, sexual and reproductive health, relationships and human rights.



FPA Sri Lanka's Suwa Sewa Centre, Batticaloa conducted a CSE Training Workshop from the 4<sup>th</sup> - 6<sup>th</sup> of September for 78 students following education courses at the YMCA.



A three day Training Programme On Comprehensive Sexuality Education for youth was held under the purview of Suwa Sewa Koggala for students of the Vocational Training Centre in Elpitiya from the 12<sup>th</sup>-14<sup>th</sup> of September.

## ***Youth Consultation Workshop***

The world is home to the largest generation of young people in history. Following IPPF's lead, FPA Sri Lanka is putting young people at the heart of its services. By genuinely focusing on the lives of young people, their needs and requirements, from their own perspectives, we can deliver services, programmes and interventions that are truly shaped by them, and thus relevant, inclusive and effective. We were excited to host a Youth Consultation Programme on the 2<sup>nd</sup> of August for youth representatives from our outreach centres located in Batticaloa, Ampara, Matara and Koggala, members from FPA Sri Lanka's Youth Advisory Committee as well as invitees from Youth Advocacy Network Sri Lanka, Equal Ground, Venasa Transgender Network and youth volunteers from the University of Colombo.

We were privileged to have as our facilitators, Mr Manish Mitra, Senior Technical Advisor - Youth and Gender - IPPF SARO and Ms Sara Ejenbjorn - Gender and Youth Advisor- IPPF Humanitarian. From FPA Sri Lanka, Ms Sonali Gunasekara - Director Advocacy and Dr. Yakandawala, Director Medical.



## ***Orientation programme for the newly appointed National Council and Technical Advisory Committee Members***

FPA Sri Lanka's strength from its inception, has been the countless number of volunteers from diverse fields and at all levels, who give of their knowledge, expertise and time, in all sincerity to honour their commitment to serve the organisation and its purpose of bringing reproductive health, education, information and solutions to people from all walks of life.

The Orientation Programme took place on the 25<sup>th</sup> of July at Mövenpick Hotel Colombo. The sessions were conducted by members of the Senior Management Team, our Hon. President Mr. Chandima Gunawardena and Past President, Dr. Pramilla Senanayake



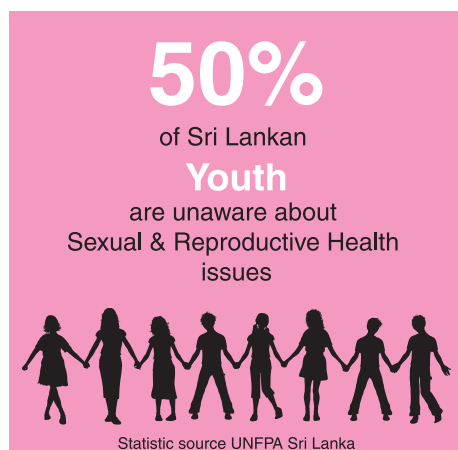


# DID YOU KNOW?

Sri Lanka has a youth population of over 4.4 million between the ages of 15-29. However, most young people are unaware about Sexual and Reproductive Health issues.

FPA Sri Lanka's Comprehensive Sexuality Education (CSE) includes scientifically accurate information about human development, anatomy and Reproductive Health, as well as information about contraception, and sexually transmitted infections (STIs), including HIV.

When young people have accurate information on CSE, they are able to protect their health, well-being and dignity.



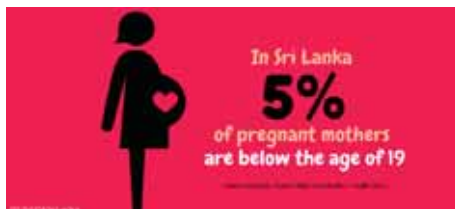
## Knowledge is Power

Few young people receive adequate preparation for their sexual lives. This leaves them potentially vulnerable to coercion, abuse and exploitation, unintended pregnancy and sexually transmitted infections (STIs), including HIV.

Effective sexuality education can provide young people with age - appropriate, culturally relevant and scientifically accurate information. It includes opportunities for young people to explore their attitudes/ values, and to practice decision-making

and other life skills they will need to be able to make informed choices about their lives. The education sector has a critical role to play in preparing children and young people for their adult roles and responsibilities. This transition to adulthood requires becoming informed and equipped with the appropriate knowledge and skills to make responsible choices in their social and sexual lives.

Unfortunately, teachers are often reluctant to discuss these topics in the classroom due to cultural inhibitions



In many countries, young people have their first sexual experiences while they are still attending school, making the setting even more important as an opportunity to provide education about sexual and reproductive health. The statistic featured above is evidence of the fact in Sri Lanka as well. To fulfill this communication and information deficit, FPA Sri Lanka carries out Comprehensive Sexuality Programmes (CSE) for in and out of school youth and provides scientifically accurate information about human development, anatomy and reproductive health, discussions about family life, relationships, culture and gender roles, human rights, gender equality and threats such as discrimination and sexual abuse, as well as information about sexually transmitted infections (STIs), such as HIV/AIDS.

CSE programmes were held in July at Kinniya Central College (National School) in Trincomalee, Nahjathul Islamic Arabic College in Valaichchenai, Vocational Training Center in Batticaloa, Rahula Balika Vidyalaya in Malabe, Bishops College and Ladies College in Colombo.



## Puppet show on Gender Parity

FPA Sri Lanka sponsored "The Little Girl Giant" by Power of Play (PVT) LTD which is a giant puppet performance of a little girl who never adhered to cultural/social norms and became the giant she wanted to be. Shows were held on the 9th of July 2018 for the primary students of Bandaranayaka Vidyalaya, Seeduwa and Sri Jothirathana Vidyalaya, Seeduwa and on the 10th for students belonging to David de Silva Junior Secondary School, Negombo and Devamottawa Abayaraja Primary School, Negombo.

**This performance aimed to:**

- Raise awareness on harmful gender stereotyping of young children that limits potential growth.
- Encourage young children to imagine a world without discrimination, where anyone has the freedom to achieve their dreams.
- Enable discussion on how to create gender sensitive spaces that fosters mutual respect and understanding with educators and caregivers.
- Demonstrate the power of storytelling and puppetry as a tool for social change

Hon. MP Mrs. Sudarshani Fernandopulle was a special invitee at the performance held on the 10<sup>th</sup> of July 2018.





## Regional Council Meetings

International Planned Parenthood Federation, South Asia Region's, Regional Council Meeting, Regional Executive Committee meeting and the Executive Directors meeting took place from the 2<sup>nd</sup> - 4<sup>th</sup> of August in Bangkok, Thailand. Mr. Chandima Gunawardena (Hony. President and Regional Executive Committee Treasurer), Dr. Pramilla Senanayake (Member of the Vetting Committee and Past President of FPA Sri Lanka), Ms. Thushara Agus (Executive Director of FPA Sri Lanka) and Ms. Jayomi Marasinghe, (Asst. Secretary of FPA Sri Lanka's National Council and IPPF South Asia Regional Youth Network (SARYN) Secretary, represented FPA Sri Lanka at this event.



The Regional Council (RC) elects an executive body, the Regional Executive Committee (REC), for a three-year term. A decision - making body, its role is to oversee the performance, management and financial health of the IPPF South Asia region.

At this meeting, Mr. Chandima Gunawardena, Honorary President of FPA Sri Lanka received the Certificate of Accreditation. The Association was the first IPPF Member Association in the South Asian region to receive accreditation in phase 3.



## FPA Sri Lanka at the Executive Directors meeting of the East and South East and Oceania Regional (ESEAOR) Office

The Annual Executive Directors meeting of the East and South East and Oceania Regional (ESEAOR) Office which comprises of 25+ Member Associations (MAs) was held from 20<sup>th</sup> to 22<sup>nd</sup> June in Kuala Lumpur.

The forum served as a platform for the attendees to discuss past performance, analyse areas and drivers of growth and identify strategies to address ongoing challenges.

A dedicated segment was set aside for selected Global Programmes during which - Mr. Rishikeshan Thiyagaraja, Manager - IPPF Social Enterprise Hub shared a presentation which covered an introduction to the Social Enterprise Programme, a comprehensive update on activities in focus and also on tips to consider when preparing a proposal for new projects.

The overarching message via the session was on how we can continue to make a social impact and save lives in a self-sustaining manner.

## 10<sup>th</sup> Social Enterprise World Forum (SEWF)

Snjezana Bokulic, Director (Performance) – IPPF Central Office and Rishikeshan Thiyagaraja Manager - IPPF Social Enterprise Hub attended this forum from the 12<sup>th</sup> – 14<sup>th</sup> of September, 2018 in Edinburgh, Scotland.

This forum brought together social enterprise practitioners, social entrepreneurs, policy makers, community leaders, investors, activists and academics from around the world. The objective of the forum was to network, learn and gain from spending time with other people making a change around the world following a self - sustainable model.

Social Enterprise (SE) Hub of the International Planned Parenthood Federation (IPPF) works on supporting Member Associations to develop social enterprise activities for the purpose of generating income, diversifying funding sources and, ultimately, achieving organisational and financial sustainability.

FPA Sri Lanka (FPASL) was selected for the period of September 2017 - December 2018 by IPPF to function as the SE Hub and this appointment is likely to remain with FPASL for the next term as well.



# ලිංගික උපදේශනය යනු



මිනිසාගේ ලිංගිකත්වය පදනම් කරගත් ගැටළු හෝ ප්‍රශ්න විසඳා ගැනීම සඳහා උපදේශනය සැපයීමයි. ලිංගික උපදේශනය තුළින් ලිංගිකත්වය හා සම්බන්ධ මනා දැනුමක් ද ලබා ගැනීමට හැකිවීමයි.

## ලිංගික උපදේශනය අවශ්‍ය වන්නේ ඇයි ?

සාර්ථක, නිරෝගි හා ශක්තිමත් විවාහ ජීවිතයකට ලිංගික දැනුම අවශ්‍ය වන අතර, ශක්තිමත් විවාහයක ශක්තිමත් ලිංගික පදනමක් පවතී. ඒ නිසා ලිංගික උපදේශනය අවශ්‍යවේ.

## ලිංගික ගැටළුවක් වශයෙන් අප හඳුනා ගන්නේ මොනවාද ?

ලිංගික පද්ධතිය හෝ එම පද්ධතියේ ක්‍රියාකාරීත්වය පිළිබඳව හෝ යම් පුද්ගලයෙකු තුළ ඇති වන ගැටලු කාරීතාවයකි. තමාගේ, ලිංගික හැසිරීම අසාමාන්‍ය හෝ එය අන් අයට වඩා වෙනස් යන අදහස් ඇතිවීම නිසා ජනිත වූ දුකකි. තමාගේ ලිංගික අවයව සම්බන්ධයෙන් ඇති කරගත් දුක්මුසු බියකි.

## ලිංගික කාංසාව

යම් පුද්ගලයෙකුට, යම් දෙයකට හෝ යම් තත්වයන් පිළිබඳ හෝ යමකු තුළ පවත්නා දුක්මුසු බියකි. ලිංගික පද්ධතිය ගැන හෝ එම පද්ධතියේ ක්‍රියාකාරීත්වය ගැන පදනම් කරගෙන හෝ හටගත් කාංසාවන් ලිංගික කාංසාවන් යනුවෙන් හැඳින්විය හැකිය.

- පුද්ගලයන් තමාගේ හෝ තම සහකරු/ සහකාරියගේ ලිංගික අවයවල ස්වරූපය හෝ පිහිටීම පිළිබඳ දැක්වන්නාවූ වැරදි ආකල්පය.
- තමාගේ ලිංගය කුඩා බව.
- පුරුෂ ලිංගිය මදක් ඇලව හෝ ඇඳවීම , තමාගේ පුරුෂ ලිංගයේ විශාලත්වය වැඩි බව
- ස්වයං වින්දනය ආශ්‍රිත ගැටලු.
- ලිංගික අත්දැකීම් නොමැති අය තුළ පවතින විවිධාකාර ආකල්ප.
- කන්‍යාභාවය පිළිබඳ ගැටලු.
- අනාගතයේ ලිංගික දුබලතාවයන් ඇතිවේ යැයි ඇතිවන බිය.
- ලිංගික අප්‍රාණිකත්වය
- යෝනියේ වේදනාව

## ලිංගික ගැටලු ඇතිවීමට ප්‍රධාන හේතුව

ලිංගික ගැටලු ඇතිවීමට ප්‍රධාන හේතුව කායික රෝගී තත්වයන් මෙන්ම පුද්ගලයා තුළ පවතින මානසික සාධක බොහෝ සේ ඉවහල්වන බව පෙනීයයි. ලිංගික දුබලතා ඇති කරන්නේ යම් අයෙකු තුළ ඇති වන මානසික පීඩාවන්ය (Stress)

යහපත් ලිංගික සබඳතාවයන් නොමැති වීම නිසා පවුලේ ගැටලු, පවුල් අඩදුබර රැකියාවේ ප්‍රශ්න හෝ වෙනත් ආර්ථික දුෂ්කරතා තත්වයන් මෙන්ම පාරිසරික ගැටලු නිසා ද ලිංගික ගැටලු ඇතිවිය හැකිය.

## ලිංගික ප්‍රතිකාර

වෛද්‍යවරයෙකු ගෙන් ලබාගතහැකි (Drug Therapy) ඖෂධ ප්‍රතිකාර පෙනී, කරල්, එන්නත් සහ ලිංගික ගැටලු

සඳහා උපදේශනයේදී ලබා දෙන මනෝ ප්‍රතිකාර ක්‍රමශිල්ප (Non Drug therapy) තුළින් ශාරීරික සහ මානසික සුවය ලබා ගත හැකිවේ.

## අභ්‍යාස ක්‍රම

උදා: මනෝ ප්‍රතිකාර ක්‍රම ශිල්පයක් වන සංයම අභ්‍යාස දැක්විය හැකිවේ.

මෙම අභ්‍යාස ප්‍රගුණ කිරීමෙන් ඕනෑම අයකුට චිත්ත පීඩා වලින් මිදී කායික හා මානසික සහනදායී තත්වයකට ප්‍රගාචීමට පුළුවන.

සංයම අභ්‍යාස මෙන්ම වෙනත් නොයෙකුත් මනෝ ප්‍රතිකාරක ක්‍රම ශිල්ප ලිංගික ගැටලු සඳහා මනෝ උපදේශන ක්‍ෂේත්‍රයේ දී භාවිත කිරීම සිදුවේ.

- පුද්ගලයා තුළ තිබෙන බිය
- කාංසාව ඉවත්කරෙන ක්‍රම ශිල්ප
- ලිංගික දැනුම කුසලතා වැඩිදියුණු කිරීම.
- ස්ත්‍රී පුරුෂ දෙදෙනා අතර මනා සන්නිවේදනයන් ගොඩනගාගැනීමට උපකාරීවේ.

මේ නිසා සාර්ථක ලිංගික ඇසුරකට පදනමක් නිරායසයෙන්ම ඇතිවේ. සාර්ථක ලිංගික ජීවිතයක් ගත කරන්නේ කෙසේද පිළිබඳව මනා අවබෝධයකින් පසුවීම ඕනෑම විවාහක පවුලක් සම්බන්ධයෙන් ඉතා වැදගත්වන බවයි. විවාහය නැමැති බැරම ශක්තිමත් කරලීම උදෙසා පුළුල් මෙහෙවරක් ඉටුකරන දෙපාර්ශවය අතර හටගන්නා ලිංගික බලයක් වශයෙන් සාර්ථක ලිංගික සම්බන්ධතාවය වැදගත් වේ.

ආලෝකය උපදේශනය මධ්‍යස්ථානයෙන් මේ සඳහා උපදේශනයන් ලබාගත හැක.

**ලිංගික ගැටලු සහ ප්‍රතිකාර දෙදින වැඩිමුලුව**  
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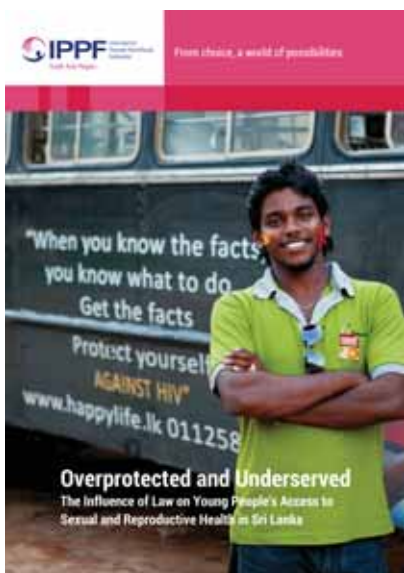
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## Country Level Legal Research Studies on Young People and SRHR

International Planned Parenthood Federation – South Asia Regional Office (IPPF SARO) in partnership with UNFPA – Asia Pacific Regional Office (UNFPA APRO) embarked on creating an evidence base for countries in South Asia Region and undertook these legal studies in India, Nepal and Sri Lanka in 2016 and 2017. These knowledge products detail existing legal principles and provisions. Pertinently, the mixed methods (reviews, quantitative and qualitative research) used in the studies provide hitherto unexplored insights into the interplay between academic, legal, social and cultural beliefs and practices that together encourage or impede a young people’s access to sexual and reproductive health, information, education and services.

The Publication titled "Over Protected and Underserved - The Influence of Law on Young People's Access to SRH in Sri Lanka" was designed to fill an important gap in research in Sri Lanka. The research included a desk-based review of existing laws, regulations and policies on SRH in Sri Lanka, as well as the collection and analysis of qualitative and quantitative data from young people, parents and SRH service providers in Sri Lanka.



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# Youth Day

12 August was first designated International Youth Day by the UN General Assembly in 1999, and serves as an annual celebration of the role of young women and men as essential partners in change, and an opportunity to raise awareness of challenges and problems facing the world's youth.

The theme for 2018:  
**"Safe Spaces for Youth"**

At FPA Sri Lanka, we aim to make sure that our organisation is a safe place, a safe space where they can contribute, make connections with each other and openly express themselves. To guarantee that, we utilise young people as key agents for change in governance, Comprehensive Sexuality Education, service delivery and advocacy.



# World Literacy Day

International Literacy Day, celebrated annually on 8<sup>th</sup> September promotes literacy as a key component of the UN's Sustainable Development Goals. FPA Sri Lanka used this day as an opportunity to highlight other types of literacy that are equally important such as Health literacy and Human Rights literacy.



## Sexual and Reproductive Health Programmes (SRH) for Young Adults

FPA Sri Lanka's Happy Life conducted a programme for students belonging to the Sri Lanka Technological Campus where topics related to SRH, STD's/HIV and Family Planning were discussed.

**සේවාවලහි අදහස්**

අද අපිට විශේෂ දවසක් . පන්ති කාමර වල සුපුරුදු විෂය නිර්දේශය ඉගෙන ගන්නවාට වඩා වෙනස්ම දවසක්. ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ මාමලා නන්දලයි, අධ්‍යාපන අමාත්‍යාංශයේ මාමලයි අපේ පාසැලට ආවිල්ලා ලිංගිකත්වයි, ලිංගික රෝග, ස්ත්‍රී පුරුෂ සමාජභාවය, තරුණ ජීවිතය ජය ගන්නා ආකාරය කියලා දන්නා හරිම සරල විධියට මුල ඉදලාම අපිට කියලා දන්නා ලිංගිකත්වය කියන්නේ බය වෙන්න ඔන දෙයක් නෙවෙයි . නිවැරදිව තේරුම් අරගෙන ජීවිතය ජය ගන්න යොදා ගන්න ඔන දෙයක් කියල අපට ආහාර පාන ලබා දීම දැනුමක් ලබා දන්න ඒ මාමලා නන්දලාට, ස්තූතියි

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We believe that access to information, education and services enables young people to make informed choices regarding their health and well-being. Sessions were carried out by Ms Mallika Samarawickrama Senior Manager -Happy Life.



## Why is Data Quality Assessment Necessary?

IPPF Member Associations (MAs) regularly collect Service Data and other monitoring and evaluation (M&E) related information to be transmitted to their regional office. FPA Sri Lanka reports primarily to IPPF South Asian Regional Office (SARO).

Data collected is used to prepare the initial and periodical reports and would help in decision making to improve efficiency of programmes, projects and performance of each MA.

A Data Quality Assessment was carried out on the 21<sup>st</sup> - 24<sup>th</sup> of August by visiting two Service Delivery Points of FPA SL (Amapara and Batticaloa). During this assessment, the process of data reporting with Monitoring & Evaluation Information Management System (MEIMS), utilisation of data reports, inconsistencies of service statistics were assessed. Essentially, data quality assessment helps to understand the gaps between the current situation on the ground and where it needs to be. It is done to maintain the integrity of systems, quality assurance standards and to address compliance concerns.

Mr. Suchira Suranga - Senior Technical Advisor (Organizational Learning and Evaluation) IPPF, carried out the assessment and was supported by Mr. Duminda Rajakaruna - Assistant Director M&E Unit and Mr. Thivanka De Silva - MIS officer - FPA Sri Lanka.



## FPA SRI LANKA INSTALLS SMART CONDOM VENDING MACHINES



FPA Sri Lanka collaborates closely with the Ministry of Health on HIV Prevention and Elimination in Sri Lanka and access to condoms is seen as a major initiative that will promote safe sex and reduce the incidence of HIV/STDs and unwanted pregnancies in the country.

If you are not a fan of getting condoms from a pharmacy or a supermarket, the vending machine named Vedom is the smart answer for people to have more convenient and confidential access to condoms and protection. With an apt tagline "Take it, use it" the available products comprise a range of condoms and a lubricant which are Preethi, Preethi Super, Stamina, Lifestyles Rough Rider, Lifestyles Mixed Berry and Easy Glide Delay.

With a few simple steps one can now purchase a condom through the machine. To make things easier, the steps are depicted on the machines in all three languages. It is a cashless transfer that reduces the threat of vandalism. The customers will be charged a nominal price for their purchases and since it is a telephone transaction it will be quite confidential too as the bill produced will not indicate a description of the purchase. Dialog customers can make use of this service and in the future, other telecommunication services too will be connected to facilitate easy and quick purchase of items.

**Currently 8 machines are in operation and are located at:**

- Colombo 7 - FPA Sri Lanka
- Hikkadwa - Tharindu Pharmacy
- Koggala - Export Processing Zone - Self Employment Centre
- Nainamadama - Chinthana Training Centre
- Town Hall - National STD/AIDS Control Programme
- Ragama - Ragama Pharmacy
- Mount Lavinia - Shore by O Car Park
- Elpitiya - Kurundugaha Medical

FPA Sri Lanka emphasizes that this initiative is not a profit making venture and is in no way a promotion of sex, as most people feel, but promotion of health awareness, of safety, of access to contraceptives and prevention.



- [facebook.com/vendomsrilanka](https://www.facebook.com/vendomsrilanka)
- [instagram.com/vendomsrilanka](https://www.instagram.com/vendomsrilanka)



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### *Ready for action, if and when disaster strikes!*

We conducted a one day, refresher training on the 17th of August 2018 on Minimum Initial Service Package (MISP) for Sexual and Reproductive Health (SRH) in Emergencies for 32 participants representing the District Disaster Relief Center, Galle and the District Disaster Management Coordinating Unit, Galle. The Facilitator was FPA Sri Lanka's Director Medical, Dr. Yakandawala.



### *Dignity kits: An important aspect of disaster preparedness*

Australian Government - Department of Foreign Affairs and Trade's (DFAT) prepositioned funds were used by IPPF Humanitarian in partnership with FPA Sri Lanka to deliver 1000 dignity kits to the DMC Divisional Secretariats of Haldemulla, Ella, Bandarawela, Soranathota and Badulla on the 16th of August in order to be able to respond rapidly to the needs of affected populations in case of an emergency



## Forum to discuss mortality and morbidity resulting from unsafe abortions

In Sri Lanka, women do not have access to legal abortion except under life-saving circumstances. Abortion is generally illegal in Sri Lanka under the Penal Code of 1883 and provides that anyone voluntarily causing a woman with child to miscarry is subject to up to three years' imprisonment and/or payment of a fine, unless the miscarriage was caused in good faith in order to save the life of the mother. A woman who induces her own miscarriage is subject to the same penalties.

A draft bill that will legalize abortion in instances of rape, incest, and fetal abnormalities awaits parliamentary approval, amid opposition. This amendment to the current Law related to abortion is an issue that FPA Sri Lanka has been tirelessly advocating for since 2011. Ending mortality and morbidity resulting from unsafe abortions is both a public health and human rights imperative. As such, FPA Sri Lanka hosted an important forum on the 9th of August 2018 to discuss the issue on Mortality and Morbidity as a result of unsafe abortions in Sri Lanka.

The audience comprised different stakeholders; Parliamentarians, Ministry of Health, Ministry of Justice, Ministry of Women's Affairs, NGO's, activists, doctors, lawyers, and youth. The keynote presentation was made by Professor Sir Sabaratnam Arulkumaran, the former President of the Royal College of Obstetricians and Gynecologists (RCOG) and the International Federation of Gynecology and Obstetrics (FIGO) and the British Medical Association (BMA). The Forum was also addressed by Prof. Wilfred Perera, Past President of the Sri Lanka Medical Association, Past President of the Sri Lanka College Obstetricians & Gynecologists and Ms Ermiza Tegal, an attorney at law, practicing for the past 11 years mainly in the areas of fundamental rights, family law and domestic violence. The discussion was moderated by Justice Shiranee Tilakawardane, former Judge of the Supreme Court of Sri Lanka.



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