

FPA's 8th Service Delivery Point Opens in Puttalam!



Following an extensive gap analysis and needs assessment conducted by our Monitoring & Evaluation (M&E) Unit, Puttalam was identified as the ideal location for a new service centre. This strategic decision aims to provide essential reproductive health services to a wide range of villages and communities within its expansive catchment area, addressing specific healthcare challenges effectively and inclusively.

The generous support of UNFPA Sri Lanka and the People of Japan was instrumental in establishing this vital service centre.

The inauguration ceremony was graced by esteemed guests, including FPA's President of the Board of Directors, Ms. Aruni Marcelline; Vice President, Ms. Kusum De Silva; Executive Director, Dr. Ruchitha Perera; and Senior Management Team members Dr. Nuzrath Nasoordeen, Director Medical and Head of Outreach, Mr. Rajapakse, along with FPA Head Office and project staff. We were also honoured to welcome Dr. Dayanath Ranatunga, Assistant Representative of UNFPA Sri Lanka, as a special invitee.





Local community leaders and members attended the ceremony, demonstrating strong community support and enthusiasm for improved healthcare services. In attendance were the Puttalam District Secretary, the Puttalam Divisional Secretary, the Puttalam Senior Superintendent of Police, Deputy RHDS, MOH representatives, the Municipal Council Secretary, and the NGO District Coordinator.

As part of the opening ceremony, maternity kits packed with essential hygiene and sanitary items tailored to meet the unique needs of expecting mothers were distributed. This gesture underscores our commitment to enhancing healthcare accessibility and quality in Puttalam.



We look forward to serving the Puttalam community with dedication and care, striving to improve healthcare outcomes and overall quality of life for all residents.



Guess the Location Competition - Draw to choose the winners

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FPA Sri Lanka Secures Grant to Integrate GBV Screening into Antenatal Care

FPA Sri Lanka was awarded a prestigious grant aimed at enhancing women's well-being by integrating gender-based violence (GBV) screening into antenatal care.

This study will be implemented from July 1, 2024, to December 31, 2025, focusing on pregnant women in the estate sector.

The grant signing ceremony was held at the Netherlands Embassy in Sri Lanka,

graciously hosted by Mr. Iwan Rutjens, the Acting Ambassador of the Netherlands. Our proposal was one of seven selected from over 100 submissions by organizations dedicated to human rights.

The picture depicts, Mr. Iwan Rutjens, Acting Ambassador of the Netherlands; Mr. M. Suchira Suranga, Director of Organizational Learning and Evaluation; and Ms. Sachintha Welipitiya, Manager of Resource Mobilization.



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Regional Workshop on Adolescent Sexual and Reproductive Health in Emergencies (ASRHIE)



In 2023, FPA Sri Lanka also hosted the regional Monitoring & Evaluation (M&E) workshop, and we were honoured to have been chosen to host this regional workshop as well.

Participants in this programme included Member Associations from India, Thailand, Maldives, Indonesia, Nepal, Pakistan, and the Philippines. Key attendees from IPPF Humanitarian included Dr. Raj, Senior M&E Advisor, and Ms. Edna Mokaya, Senior SRH Advisor. Additionally, representatives from the IPPF South Asia Regional Office, Arab Regional Office, and East & South East Asia and Oceania Regional Office were in attendance.

FPA Sri Lanka hosted a 5-day workshop aimed at enhancing the capacity of IPPF Member Associations to implement SPRINT initiatives focused on adolescent sexual and reproductive health (ASRH) in emergency settings. This workshop covered essential SRH service provision for adolescents during crises.

We recognized the critical importance of ASRH in emergency contexts, which is why the SPRINT Project places a heightened emphasis on ASRHIE. Since joining the SPRINT Project in 2011, FPA Sri Lanka has significantly contributed to disaster management efforts across the country. This year marked the beginning of our focused efforts on ASRHIE.

Participants left inspired and ready to implement their new knowledge, ensuring ASRH remained a priority in emergency settings.

Consultation Meetings on Developing a Virtual Comprehensive Sexuality Education (CSE) Platform

At FPA Sri Lanka, we are committed to equipping youth with the knowledge and skills they need to make informed decisions about their sexual and reproductive health. That's why we're thrilled to announce our collaboration with UNFPA Sri Lanka to develop a Virtual Comprehensive Sexuality Education (CSE) platform!

Our goal? To make CSE accessible, interactive, and age-appropriate for young people across Sri Lanka. We intend to digitize CSE to ensure that everyone can access vital age-appropriate information about reproductive health, healthy relationships and lifestyles. As crucial first steps, FPA held consultation meetings with key government stakeholders, UN organizations, INGOs, NGOs, and Civil Society Organizations to gather insights on CSE content, platform development, and sustainability measures. Together we will work to revolutionize sexual education delivery.



Sales Training for the Social Marketing Programme (SMP) Team



Focused sales training can give teams a richer understanding of the products, services and the industry they serve. The interactive session was conducted by renowned trainer Mr. Yasas Hewage, an entrepreneur, marketer, sales coach, and founder of Spinner.

His key message was 'Winning with Relationship Selling', reiterating that winning in business is not about the sale; it's about the relationship and

networking capabilities an individual possesses.

To sell contraceptives and lubricants across the country, FPA's Social Marketing Programme has established a vast network of dealers in pharmacies, clinics, hospitals, grocery stores, and other establishments. This guarantees that geography or availability will not be a barrier to accessing these items.

Visit to FPA Product Supplier in Bangladesh



Executive Director, Dr. Ruchitha Perera and Director Marketing, Mr. Suhail Junaid visited Renata Limited in Dhaka, Bangladesh, on the 19th and 20th of April 2024.

The visit provided an opportunity for our Executive Director to meet the supplier for the first time, to further strengthen the relationship between the two organizations and explore new products to be included in FPASL's product portfolio, enabling wider choice and affordability for the Sri Lankan market.

An inspection visit to the manufacturing plant where we source our Oral Contraceptive Pill – Mithuri, also took place. During the visit, the representatives from FPA met Mr. Kamrul Hasan Kenedy, General Manager International and Institutional Business, Mr. Ananta Saha, Head of International Business, Ms. Ashima Aziz, Business Associate, International Business, Mr. Zaharul Huq Talukder, Manager QCD, Mr. Masudul Huda Khan, Manager, Quality Assurance, Mr. MD Nezab Uddin, Head of Quality Assurance, Mr. Kayem Reja Shamim, Manager, Production and Mr. A.S.M Ziaul Haider, General Manager, Production.

Dealer Meeting for Pharmacies in Kalutara



To keep our dealers well-informed and equipped to serve the community, the SMP holds regular meetings to reinforce their knowledge of FPA's product portfolio, its effects, and its benefits.

M&E are essential tools for any community outreach project. They help track progress, measure impact, and identify areas for improvement. The M&E team visited NGOs and recipients of The CAAPP Project, supported by the French Embassy and FPA Sri Lanka, promoting menstrual inclusion.



The picture depicts consultations with the RECDO office in Kanthale and women from the Aninchiyan Kulam village who receive services from Sarvodaya in Mullaitivu.



FPA's Monitoring and Evaluation unit carried out an M&E refresher training programme for outreach workers of the GFATM National HIV Prevention Project.

FPA Sri Lanka at gLOCAL 2024 Event of the Center for Evaluation!



'I got the opportunity to gain knowledge on how FPA has worked towards establishing a strong M&E system, which has been very insightful to the organizations which are striving to achieve the same.'

The development of a homegrown IT system is remarkable which has enabled the organization to achieve set goals effectively. Overall, the session was insightful as new perspectives and work processes were discussed which is very much applicable to the organization I am currently working in'.

Sandha Siriwardana

FPA partnered with the Center for Evaluation at the University of Sri Jayewardenepura to host a workshop for students of the 'Advanced Certificate in M&E' course as part of gLOCAL Evaluation Week 2024.

gLOCAL Evaluation Week, commemorated in May, was a unique knowledge-sharing event convened and supported by the Global Evaluation Initiative (GEI). GEI helps countries strengthen their monitoring and evaluation systems to improve the lives of their citizens.

The session focused on the Monitoring and Evaluation Information Management System (MEIMS) of FPA Sri Lanka. It highlighted how the MEIMS serves as a vital tool for transparent and accountable reporting to donors, helps the organization track progress, identify gaps, make timely amendments to achieve desired results, and promotes learning and data-driven decision-making.

This session showcased the value that M&E brings to any organization. The main speakers were Mr. Suchira Suranga, Director of Organizational Learning & Evaluation, Mr. Amal Bandara, Assistant Director M&E and Mr. Janaranga Dewasurendra, Assistant Director M&E.

Inaugural Technical Committee Meeting for ReproSex 2024



The first meeting convened at FPA Head Office this morning brought together esteemed healthcare professionals and sexual and reproductive health experts to chart the course ahead. Chaired by Professor Emeritus of Demography Indralal de Silva, it included representatives from the FPA: Dr. Ruchitha Perera (Executive Director), Mr. Suchira Suranga (Director - Organization Learning and Evaluation), Mr. Suhail Junaid (Director - Marketing), and Dr. Nuzrath Nasoordeen (Director - Medical).

Participating organizations included the National STD/AIDS Control Programme (NSACP), Family Health Bureau, Centre

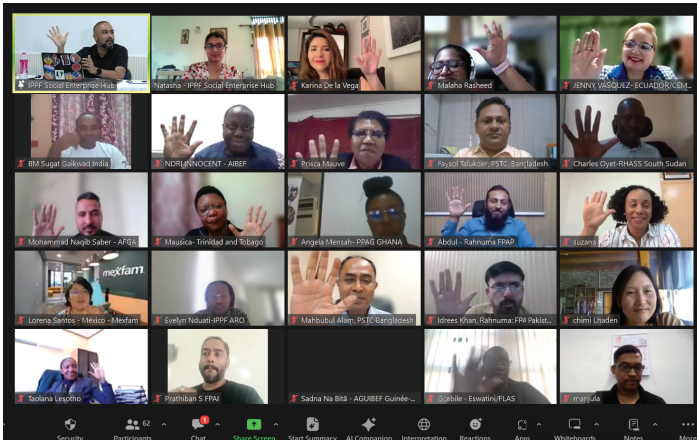
for Evaluation, Sri Lanka Medical Association, University of Jayawardanapura, Population Association of Sri Lanka, University of Colombo, Menopause Society of Sri Lanka, and the National Institute of Education.

The discussions covered conference proceedings, plenary session formats, and the abstract screening and review process.

ReproSex 2024, set for November 5th and 6th, aims to be a landmark event in sexual and reproductive health and rights (SRHR). The conference will advance reproductive rights, improve healthcare access, and address societal taboos and inequalities. Bringing together researchers, policymakers, healthcare professionals, activists, and community leaders, it will promote dialogue, innovative solutions, and impactful change.

Focused on holistic, rights-based approaches grounded in social justice and gender equity, ReproSex 2024 will explore SRHR complexities through thematic tracks, workshops, and discussions.

[Click](#) to view the Website



The "Master's Programme in Social Enterprises" (MSe), organized by IPPF's Social Enterprise Hub, took place from May 27th to June 7th, 2024. The workshop was live-streamed via Zoom from FPA Sri Lanka, hosting 54 participants from 29 affiliated organizations across five IPPF regions. Since its inception as an on-site event in 2019, this two-week capacity-building programme has grown significantly, with 2024 being the sixth global workshop with the highest attendance to date. Each day featured approximately 4.5 hours of interactive sessions.

The MSe programme covered crucial business skills, including organizational readiness, business models, market research, marketing and branding, digital marketing, financial analysis, business planning, performance management, social impact assessment, funding avenues and business leadership.

The curriculum, designed by external expert facilitators and staff from IPPF, Member Associations (MAs), and FPA, was tailored to meet the specific needs of participants. A pre-workshop meeting was held a week before the main event to outline course content, expected outcomes, activities, and to facilitate initial participant connections.

Training methodologies employed during the workshop included trainer-led sessions, interactive discussions, Q&A segments, team-building activities, and experience sharing. Additionally, an informative video series titled "The Buzz" featuring renowned Sri Lankan business leaders and entrepreneurs, who share their knowledge, experiences, challenges, and practical tips on building successful enterprises were showcased during relevant sessions. Sessions were simultaneously professionally interpreted in Spanish and French, and all workshop materials were translated accordingly.

The online format of the training involved systematic planning and creative interventions to maintain participant engagement. Group activities, particularly icebreakers, fostered a sense of community, informal conversations, camaraderie, and networking skills.

On the closing day, participants shared their experiences, followed by a certificate awarding ceremony attended by well-wishers from the Federation, Executive Directors, and Senior Management teams, trainers, and external personnel. This workshop is vital to IPPF's mission of empowering associations for financial sustainability, aiding participants in developing start-up ideas or expanding their Social Enterprise activities into sustainable and impactful ventures. Income generated by Social Enterprises (SEs) enhances financial sustainability, reducing dependence on donors and grant-giving foundations or government agencies.

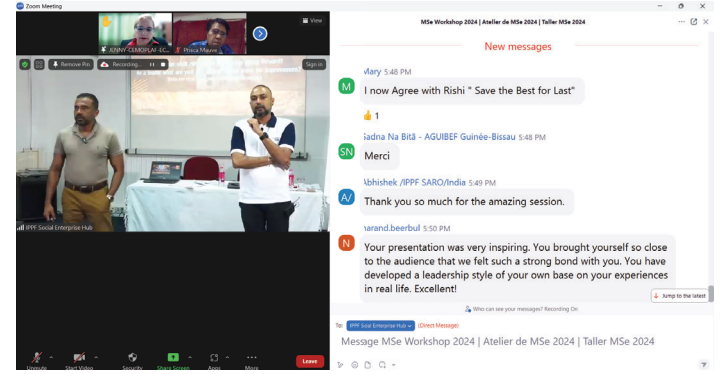
Where applicable, and in response to ongoing interest from Member Associations, the Hub will continue to provide guidance, technical assistance, and further training. Participants were required to submit an "Action Log," detailing their learning points, actions to be taken to start or expand an SE at their MA, and realistic timelines.





Over two weeks, the programme covered a wide range of essential topics for Social Enterprises (SE). Week 1 included an introduction to SE, panel discussions on the need for social enterprising, organizational readiness assessments, and explorations of SE impact models, business models, and key success factors.

It also featured market research, basic marketing principles, and digital marketing strategies, with experience-sharing from Nepal, Kenya, and Bhutan Associations. Week 2 focused on business plan drafting, SE performance management, impact assessment, and capital raising options through panel discussions. It also included sessions on digitalization for SE, e-commerce operations, organizational culture management, inspirational leadership, and business leadership for SE.



“ MSe 2024 was the SE Hub's sixth global workshop and fifth edition under this theme. Individual capacity-building programmes like this are essential for IPPF Associations to ideate and incubate a new income-generation venture or grow an existing one, all of which ultimately strengthen the organization's sustainability.

This year's event was most likely our toughest assignment, and yet one that has ended with many positives and new collaborations being formed. It was personally exciting and fulfilling for me to have led, coordinated and moderated this programme. ”

Mr. Rishikeshan Thiyagaraja
Assistant Director
IPPF Social Enterprise Hub



Excerpts from some of the participants : [Click](#) here.
To view the video highlights of the Programme, [click](#) here.
[Click](#) here to view Photo Album.

Strengthening Support: Advocacy Workshop on Gender-Based Violence and Counselling

The Advocacy Unit hosted an impactful three-day residential workshop from June 26-28, 2024, at Mirage Hotel, Colombo. The event featured sessions on critical topics such as gender-based violence, referral standard operating procedures (SOPs) and advanced counselling methods.

Participants received training in counselling tools and techniques including Cognitive Behavioral Therapy (CBT), art therapy, relaxation techniques, Lifeline and SWOT analysis. They also learned essential skills in record keeping, case conferences and referrals.

Expert speakers included Anoja and Iresha from Women in Need, along with Ms. Hema Ranawake (Assistant Director - Alokaya Counselling Centre), Ms. Badra Udawatta (Deputy Director - SRH Institute), and Ms. Rasika (Counsellor) from FPA Sri Lanka. This workshop was specially designed for the managers and counsellors of FPA's Service Delivery Points.



FPA Sri Lanka's SEAP Project Wins Again at the National Project Management Excellence Awards (NPME 2024)!



'community of practice,' enabling Member Associations (MAs) to share best practices and lessons learned. The SEAP programme includes MA-to-MA knowledge sharing, mutual support, capacity building, assistance in establishing revenue-generating business models, and providing technical assistance to transform income-generating activities into social enterprises. It also promotes impact-driven social enterprises.

We are thrilled to announce that FPA Sri Lanka's SEAP Project has won for the second consecutive year at the NPME Awards held on Friday the 31st of May at the Galadari Hotel, Colombo.

In 2015, IPPF launched the Social Enterprise Acceleration Program (SEAP) to empower The International Planned Parenthood Federation Member Associations (MAs) with entrepreneurial best practices in the health sector, delivering social impact and improving lives. SEAP aims to establish and grow social enterprises, diversifying funding sources and ensuring sustainability.

Since 2018, FPA Sri Lanka has been functioning as the Social Enterprise Hub (SE Hub), ensuring the successful implementation of SEAP. The programme fosters a

At the NPME Excellence Awards 2024, under the 'Best Managed Project in Social Enterprise Sector (Local and International) category, the SEAP Project emerged as the 'Silver Award' winner. The award recognized our initiatives in supporting 12 IPPF MAs in Social Enterprise related market research for 2022/2023/2024. The SE Hub also developed a custom Market Research Framework (MRF) featuring globally recommended best practices and industry-standard analytical tools for IPPF Social Enterprises.

These prestigious awards are organized by the Project Management Institute (PMI) Sri Lanka Chapter, the official Chapter of the global Project Management Institute, USA. PMI is the world's leading professional association for project, programme, and portfolio management. This recognition motivates us to further strengthen social enterprises across the Federation, manage our programme more robustly, and deliver even more effective results.

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From Left to Right:

Mr. Manjula Liyanage, Technical Advisor - IPPF Social Enterprise Hub, Mr. Suhail Junaid, Director Marketing, Mr. Rishikeshan Thiyagaraja - Assistant Director - IPPF Social Enterprise Hub, Dr. Ruchitha Perera, Executive Director Mr. Amila Gunasekara, Deputy Director Brands and Ms. Natasha de Rosayro, Assistant Director Communications.



In conversation with
Mr. Amal Sugath Bandara
 Assistant Director - M&E

Could you share with us your professional journey, highlighting key milestones and experiences that have shaped your career?

In 2007, I began my Monitoring & Evaluation (M&E) career as a district-level M&E Officer for a livelihood development project implemented by an international NGO. This role marked a significant milestone in my professional journey. One of the first major opportunities I encountered was an international training program on Enhancing the Country's M&E Function, which sparked my interest in M&E processes and methods which are essential for improving the efficiency, effectiveness, relevance, impact, and sustainability of project results for beneficiaries. By the end of the project, I had gained substantial experience in applying various M&E processes across different stages of the project cycle.

In 2013, I joined FPA Sri Lanka as an M&E Officer for a Global Fund-supported HIV programme, marking another significant milestone. This position presented new challenges, as I

was responsible for overseeing and implementing the M&E function across more than 10 districts through 20 local NGOs. Leveraging my previous experience and the support of M&E management, I broadened my technical knowledge and effectively implemented the M&E function. This role also provided opportunities to engage with national and international M&E experts, participate in professional M&E forums on HIV/AIDS and SRHR, and contribute to developing M&E procedures, MEIMS, strategic planning, evaluations, and research publications.

After five years, I was appointed Assistant Director – M&E, marking the third milestone in my career. Encouraged by the Head of M&E, I completed a Postgraduate Diploma in Monitoring and Evaluation from the University of Sri Jayewardenepura. This diploma complemented the short courses I had completed during my tenure at FPA Sri Lanka and significantly enhanced my expertise. The supportive learning environment at FPA Sri Lanka has not only shaped my M&E career but also contributed to the development of other team members in the unit.

Additionally, what drives your passion within your field of work?

I am passionate about serving underprivileged, underserved, and marginalized communities, including those in rural and plantation sectors. M&E provides valuable opportunities to hear the voices of these communities.

Through monitoring activities, I can contribute to assessing whether we are meeting community expectations as planned, identifying deviations, and understanding the reasons behind them. This process fosters meaningful engagement with the communities. Additionally, participating in the evaluation process allows us to determine whether we are taking the right actions to fulfill the needs and address the gaps within these communities.

What do you believe are the most

crucial components of effective M&E systems within the context of an NGO's operations?

In the NGO context, I believe an effective M&E system includes an organizational structure, a robust monitoring data management system, operational research and evaluation studies, an annual costed M&E work plan, supportive supervision, data auditing, and data dissemination and use. The organizational structure should have effective M&E leadership, skilled staff, a strong M&E culture, and a clear framework. Robust and routine monitoring provides essential data for decision-making. Operational research and evaluation offer strategic information as evidence of intervention success and contribute to knowledge management. A costed annual M&E work plan ensures adequate allocation for capacity development, supervision, and studies. Supportive supervision enhances

staff skills, while data audits improve data quality. Disseminating data internally and externally ensures its effective use in planning, implementation, and policy formulation.

Can you share a specific example of a successful M&E initiative of FPA, highlighting the impact it had on programme effectiveness and decision-making?

The Monitoring and Evaluation Information Management System (MEIMS) was successfully integrated with real-time data collection in 2021, marking a significant M&E initiative. Real-time data is gathered through the "D2D Care" and "Client Feedback" applications. Volunteer health workers use the D2D Care app to record service delivery data during client interactions, while the Client Feedback app captures clients' perceptions of services provided by both static and mobile clinics. This system enables management to monitor community-based service provision regularly and offer necessary guidance.

Reviewing client feedback allows management to improve client satisfaction. With pre-defined reports in MEIMS, this initiative facilitates quick decision-making to enhance programme effectiveness from service delivery to the national level of FPA Sri Lanka.

How do you ensure that M&E processes are integrated seamlessly into project planning and implementation phases in FPA?

M&E processes begin at the project planning stage. This stage includes conducting a situational analysis, defining SMART objectives and results, establishing performance indicators, and developing data collection tools.

I support this process by ensuring clear indicator definitions, aligning with FPA Sri Lanka and donor requirements on indicator disaggregation, and advocating for the allocation of necessary funds for M&E activities throughout the project period.

During the implementation stage, I work closely with the project team, beneficiaries, and stakeholders to assess the efficiency and effectiveness of delivering expected results. This involves conducting regular supervisory visits and data quality audits, analyzing routine monitoring data, and sharing findings on strengths and gaps to enhance project results and processes.

What strategies do you employ to ensure that M&E findings are effectively communicated to relevant stakeholders, both internally and externally?

Effective internal and external communication of M&E findings is crucial in the development sector. I prepare periodic updates and review reports to share with management, project teams, government and non-governmental stakeholders, including donors. Another strategy involves creating tailored reports based on specific stakeholder requirements.

By clearly defining these requirements in collaboration with all relevant stakeholders, I can produce customized reports that meet their needs.

Additionally, I present findings at formal meetings with internal staff and external stakeholders to share insights and advocate for recommendations. This approach allows participants to provide feedback, reach a consensus on the findings, and agree on actionable recommendations.

Furthermore, we conduct research using internal programme data to publish research articles, which are shared with a wider audience at national and international levels, thereby contributing to the body of knowledge. If specific expertise is needed, I collaborate with universities or institutions, provided there is budgetary allocation for such studies.

As an M&E Assistant Director, how do you ensure that the data collected and analysed are used to drive meaningful improvements in programme design, implementation, and impact?

Engaging internal and external stakeholders is essential for effectively communicating M&E findings. Internally, I engage with the project management team to provide updates on progress against targets, share findings during regular project reviews, and organize ad-hoc meetings to debrief on findings that require urgent action.

To formalize these processes, I distribute reports that include findings and feasible recommendations at various levels. I also conduct follow-up visits to update progress on the implementation of previous recommendations and continuously report on relevant recommendations.

I submit periodic reports that include analyses providing insights into the project's strengths and gaps. I facilitate regular presentations of findings to external stakeholders. In instances where special analyses of current

projects are required, we provide detailed analyses based on existing programme data and present these findings to help design new project proposals and concept notes. Additionally, I contribute to publish research papers based on these analyses.

Through qualitative analysis, I support compiling success stories from different thematic areas, covering various donor-funded projects, to highlight our achievements and impact.

Please share any words of encouragement or advice for your colleagues at the FPA and individuals considering entering the field of M&E.

M&E is a multidisciplinary field that requires individuals, including newcomers and colleagues, to be open-minded and lifelong learners due to its rapidly evolving nature.

To excel in M&E, one must continuously improve in various areas, such as research methods application, quantitative and qualitative data analysis, data management, and people management skills.

Most data collection methods in M&E are rooted in research methodologies and approaches. Therefore, M&E professionals need to enhance their knowledge of analysis techniques and the use of various software to facilitate both quantitative and qualitative data analysis. Monitoring, in particular, involves regular data collection, necessitating a thorough understanding of data types, variables, and principles of data management. Proficiency in IT packages that support data management is also advantageous for M&E professionals.

Additionally, individuals aspiring to lead M&E teams or serve as heads of M&E should be prepared to manage people, as they are responsible for supervising M&E teams.

“Bridging the GAP” Sexuality Education Programme at LEO Club



Effective communication and emotional intimacy are crucial for healthy relationships. Open, honest, and empathetic communication fosters emotional closeness, forming a strong foundation for fulfilling relationships.

FPA Sri Lanka and the LEO Club of SLIIT-Malabe organized the “Bridging The GAP” workshop for students, featuring Ms. Hema Ranawake Assistant Director at FPA’s Alokaya Counselling Centre and Mental Health Professional Ms. Kusumanjalee Thilakarathne.

In Sri Lankan culture, discussing sex education openly is often uncomfortable. Our aim is to foster greater understanding among young adults, so they have fewer problems with their sexual health and relationships.

The session addressed:

- Enhancing communication: Encouraging open dialogue between partners about sexual desires.

- Promoting mutual understanding: Helping young adults understand each other’s sexual needs and preferences.
- Addressing challenges: Tackling issues like mismatched libidos, performance anxiety, and changing sexual desires over time.
- Building confidence: Empowering individuals to confidently communicate their needs and desires.
- Love in the digital age: Finding love online, recognizing red flags, sexting, texting, consent, and setting relationship goals.
- Providing accurate information: Offering comprehensive information about sexual health, anatomy, contraception, and STIs.

FPA’s Happy Life Centre also provided information on contraceptives and sexual and reproductive health.

Alokaya - Helping teens manage their stress



FPA’s Alokaya Counselling Centre conducted a Stress Management Programme for students aged 17 – 19 years at Rajakeeya Vidyalaya-Horana. The session addressed:

- What is stress, and how it affects us
- Identifying our stressors
- Stress Management techniques

Adolescence is a crucial transition period from childhood to adulthood, marked by numerous challenges that can impact health. As teenagers' brains mature, they undergo significant changes, creating stressful situations. Relationships with peers and social experiences become increasingly important, and gaining independence becomes a priority. This period of heightened "storm and stress" makes stress management essential for maintaining good physical and mental health.



The Outreach Unit has successfully conducted multiple donations of Dignity Kits, ensuring they are disability inclusive, this quarter. These kits provide essential hygiene and sanitation items like clothing, sanitary pads, and soap, enabling recipients to uphold their hygiene and dignity. With the support of UNFPA and the People of Japan, FPA Sri Lanka is committed to advocating for and working towards ensuring individuals with disabilities have access to sexual and reproductive health information, education, and services. Moreover, our goal is to foster environments that are free from violence and discrimination, empowering individuals with disabilities to fully exercise their rights. Distribution events were held in the divisional secretariats of Thimbirigasyaya, Seethawaka, Ambalangoda, Balapitiya, and Batticaloa, accompanied by the distribution of informative leaflets to the recipients.

Improving Youth Sexual and Reproductive Health



The 35th Youth Camp was successfully conducted at Anamaduwa Technical College in the Puttalam District. It provided a platform of learning through dialogue, workshops and capacity building sessions regarding various topics relating to SRH.

This concludes the 1 year project supported by UNFPA where we educated over 35,000 young people.



[Click](#) to view client testimonials

Establishment of a Youth Club at the Wathupitiwala Service Delivery Point



Young people are at the heart of our outreach programme, and we're incredibly excited to have enthusiastic youth from the Attanagalla Youth Services Council join us as members of this initiative.

These amazing young leaders will help strengthen youth-friendly services and serve as peer educators, delivering comprehensive sexuality education to schools and youth in our community. We're looking forward to the positive impact they'll make.

Associated Clinic at Lootah Garments (Pvt) Ltd



An Associated Clinic was established in partnership with Lootah Garments (Pvt) Ltd, Thalawai, Eravur and the FPA Service Delivery Point (SDP) in Batticaloa.

The factory's health unit has received contraceptive products and informative leaflets detailing crucial sexual and reproductive health (SRH) information. Going forward, the SDP will conduct routine health clinics directly at the factory site, offering employees easy access to essential services. Additionally, employees are encouraged to utilize the SDP for SRH support and counselling whenever needed. This initiative aims to prioritize the health and well-being of all factory personnel.



FPA's Executive Director and Senior Management Team recently undertook a support and monitoring visit to the Service Delivery Points (SDP) situated in Nuwara Eliya, Ampara, and Batticaloa. During this insightful trip, the leadership team had the invaluable opportunity to assess operational processes and gauge the progress made in these regions. Moreover, they engaged directly with the outreach office and field teams, delving into the challenges they face and brainstorming effective strategies to overcome them.

This visit proved to be a mutually enriching experience, fostering dialogue and knowledge exchange between the leadership and SDP teams. The SDP teams warmly welcomed the Management Team to their centres, demonstrating a shared commitment to advancing the organization's mission.



2024.05.10 දින ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ විධායක අධ්‍යක්ෂක තුමන් ඇතුළු අධ්‍යක්ෂක මණ්ඩලය අම්පාර සුව සේවා මධ්‍යස්ථානයට පැමිණීමෙන් පසුව එහි ඇති විසඳා ගත යුතු ප්‍රශ්න, ගැටලු රාශියක් සඳහා ධනාත්මක පියවර ගැනීමට හැකි වූ අතර, අප සේවක මණ්ඩලයේ අදහස් වලට කරුණකව සවන් දෙමින් අවශ්‍ය විසඳුම් ලබා දීමට කටයුතු කළ ගරු විධායක අධ්‍යක්ෂක තුමාටත්, අනෙකුත් අධ්‍යක්ෂක වරුන්ටත්, මාගේ ස්තූතිය පුද කර සිටිමි.

Mr. R. J. Kularathne
Service Delivery Point
Ampara



Our meeting with the Leadership Team was great. Their genuine appreciation for our efforts really motivated us to do more. They offered practical solutions to the challenges we were facing, demonstrating their commitment to our success.

What truly stood out was their promise to provide us with new equipment and facilities, paving the way for increased efficiency in our services to the community. Thank you for your invaluable support and encouragement.

Mr. Shahul Hameed Imthiyas
Service Delivery Point
Batticaloa



The visit of the Senior Management Team (SMT) team to our service centre was very gratifying and encouraging for my team and me as they got to see the actual situation regarding the working conditions of our service centre so that various problems could be solved immediately.

This is the first time that all members of the SMT team have visited our SDP at the same time. Therefore, the SMT team had the opportunity to directly observe all the activities of the Nuwara Eliya Service Centre. Their advice and guidance served as an incentive to continue providing services to the people of the plantation community. Once again, thank you for your support.

Mr. P. Sivakumar
Service Delivery Point
Nuwara-Eliya

Enhancing Emergency Response: FPA Sri Lanka Participates in IPPA's Humanitarian Information System Training

The Indonesia Planned Parenthood Association (IPPA), in collaboration with the IPPF Humanitarian Programme, conducted a residential training on the Humanitarian Information System (HIS) from June 20th to 23rd, 2024, in Batam Island, Indonesia.

Director of IT) participated in this training programme.

The HIS is a significant achievement for IPPA, enhancing their capability to provide sexual and reproductive health services during emergency responses in Indonesia. As part of the IPPF Humanitarian Programme, FPA Sri Lanka aims to explore the integration of this application into their existing Monitoring and Evaluation Information Management System (MEIMS).

Representing FPA Sri Lanka, Mr. Janaranga Dewasurendra (Assistant Director of Monitoring & Evaluation) and Mr. Anuradha Silva (Assistant



Workplace design Enhancing company culture!



A newly renovated drivers' quarters and maintenance office were officially opened in the presence of Ms. Aruni Marcelline, the President of the Board of Directors and Executive Director, Dr. Ruchitha Perera, making it a momentous occasion.

Office renovation can have a profound impact on employees, from boosting morale to increasing productivity and job satisfaction. By creating a functional and comfortable workspace, employees are more likely to work efficiently and collaboratively, leading to an overall positive work environment.

We are confident our team will be happy in their new workspace!

'Strategic Thinking for Strategic Leadership' Training sessions!



Staff representing all operational units of FPA Sri Lanka commenced a 10-session programme in May, which aims to enhance strategic thinking skills with fresh insights, frameworks, and tools.

Led by Dr. Lasantha Wickremesooriya, participants will delve into group-based activities, reflective exercises, and real-world case studies, equipping them to navigate modern challenges with both critical and creative thinking.

Empowering Communities: Kurunegala's Menstrual Hygiene Day Event Advocates for Health, Dignity and Change!



The Collective Action Against Period Poverty Project (The CAAPP Project) brought together 13 remarkable NGOs from the Northern and Central Provinces for an impactful event.

The session commenced with an empowering Reusable Pad Making Training for our partner NGOs. Participants gained hands-on experience and valuable knowledge to introduce reusable pads in their communities, a crucial step in combating period poverty and improving menstrual health and hygiene.



Led by the skilled production staff from Selyn, who shared their journey of developing high-quality sanitary napkins, participants learned about quality standards, testing, and the importance of sustainable menstrual products.

The momentum continued into the session at Dewasarana Development Centre, where partner NGOs came together to learn and share experiences. Ms. Paba Deshapriya from the Grassrooted Trust served as the resource person, shedding light on impactful work in this area, inspiring participants to drive positive change in their communities



By fostering collaboration and knowledge-sharing, we strengthened our collective efforts to combat period poverty and break down barriers to menstrual health, paving the way for a more inclusive and equitable future.

The CAAPP Project, implemented by the Embassy of France to Sri Lanka and Maldives in partnership with FPA Sri

Lanka, aims to uplift menstruating individuals by improving menstrual health and hygiene, ending stigma and discrimination, ensuring water and sanitation rights, addressing the lack of adequate WASH facilities in schools, and reshaping societal views on menstruation and womanhood.

[Click](#) to view Menstrual Hygiene Day videos.



A joint programme was held at the Koggala EPZ, conducted in collaboration with FPA, UNFPA Sri Lanka, and the Board of Investment to commemorate Menstrual Hygiene Day. The sessions addressed 'Handling Menstruation in the Workplace' and 'Menstrual Health: Addressing Myths and Misconceptions,' conducted by the Health Promotion Bureau. Additionally, a short video clip on endometriosis was presented by UNFPA, and Selyn conducted an informative session on using sustainable sanitary napkins.

Enhancing Community Health: WASH Awareness Initiative



An informative programme was organized by FPA and the French Embassy for the 13 NGOs working on the CAAPP Project.

The session included an introduction to WASH (Water, Sanitation, and Hygiene), and covered topics such as keeping toilets and other sanitary facilities clean, ensuring gender-sensitive WASH systems, disposal of sanitary products, and promoting rural sanitation and personal hygiene for menstruators.

The sessions of this programme were conducted by representatives of UNICEF and Dr. Asanthi Balapitiya, Health Promotion Bureau of Sri Lanka.



An end-of-quarter meeting was held to discuss achievements, challenges, solutions, and the way forward for the 13 NGOs.

The steering committee, featuring Ms. Sarah Soysa (UNFPA), Ms. Seuwandi Yapa (EU Delegation), Dr. Asanthi Balapitiya (HPB), Mr. Louis Bourdet (French Development Agency), and Ms. Olivia Bellemere (French Embassy), convened for this purpose. Dr. Ranjith Batuwanthudawe from the Health Promotion Bureau was a special invitee to the proceedings.





Ms. R. Ravinthiren
Coordinator - Governance



Ms. W. M. A. R. Sonali
Administrative Coordinator



Ms. T. S. Punchihewa
Programme Coordinator



Ms. T. Arulthasan
Programme Assistant



Mr. P. R. M. P. Perera
Finance Officer - SKPA 2



Ms. Z. Farook
Senior Manager - Finance



Ms. R. D. Peiris
Project Coordinator
Digital Platform (UNFPA)



Ms. U. K. Prasanthani
Counsellor - Nuwara Eliya



Mr. C. C. K. Jayasuriya
Program Coordinator



Ms. L. A. H. U. Gunawardena
Coordinator

Empowering Communities for a Healthier Tomorrow: Consultative and Review Meeting

Under the guidance of the National STD-AIDS Control Programme (NSACP) of the Ministry of Health, peer educators, field, and district coordinators from the outreach teams of Colombo and Gampaha districts met at FPA Sri Lanka to evaluate progress, discuss challenges, and chart the way forward.

Supported by the Global Fund, the National HIV Prevention Programme for Key Populations is dedicated to early detection and effective community-based HIV prevention

activities. Dr. Sathya Herath, National Programme Consultant/Key Populations and Coordinator, conducted the programme.

Together, we are making strides towards a healthier future for all!



Strengthening Community Voices



Bringing together a diverse assembly of key population members, outreach workers, and peer educators, this collaborative effort aims to deepen the understanding of the Community-led Monitoring programme. Through insightful discussions, interactive workshops, and knowledge-sharing sessions, participants gain invaluable insights.

Led by esteemed figures such as Dr. Ajith Karawita, a National Consultant, and Ms. Jayathi-Kuru Uthumpala, a Human & Gender-Based Violence Consultant, alongside the dedicated coordination of Ms. Delusha Perera, the session stands as a testament to collaborative efforts in empowering communities.

Community-led monitoring (CLM) is an important aspect of community engagement in HIV programme delivery. It involves community-based organizations and members assessing the quality and accessibility of the HIV services they receive to advocate for improvements in service delivery.

The Power of Dialogue: Community-Led Monitoring in Action



Discussions play a pivotal role in shaping our work, particularly highlighted in a briefing led by Mr. Manju Hemal, Project Coordinator, and Mr. Saman Kumara, Chairperson of Heart to Heart. They provided a comprehensive overview of Community-Led Monitoring (CLM) to dedicated outreach workers who link clients to critical HIV services. This briefing empowered workers to introduce the CLM concept to clients, encouraging feedback after clinic visits.

The session benefited from insights shared by Ms. Delusha Perera, Coordinator for Community-Led Monitoring, alongside OAprasa and Madhusanka from Lanka Plus, the coordinating Civil Society Organization (CSO) for CLM. Their collaborative efforts ensure outreach workers are well-prepared to support the community effectively.

This approach not only strengthens workers' ability to facilitate HIV service access but also enhances the feedback mechanism, fostering continuous service delivery improvement.

Enhancing HIV Services through Community-Led Monitoring



Receiving feedback from community members and workers is crucial for the success of the Community-Led Monitoring (CLM) programme. In a recent meeting in Anuradhapura, the second phase targeting the North Western, Northern, and North Central provinces was discussed.

Community members shared invaluable insights, helping us understand the programme's impact and identify areas for improvement. By listening to their voices, we ensure the programme remains responsive to their needs, enhancing the quality and reach of HIV services in Sri Lanka.

Engaging Key Populations in Legal Literacy and Advocacy



Under Objective 4 of the SKPA-2 programme, FPA has engaged Dr. Kaushalya Ariyaratne to lead Legal Literacy and Advocacy Capacity - Building Workshops next quarter. Earlier, Ms. Hasanah Cegu conducted Focus Group Discussions (FGDs) with representatives from Tamil-speaking key populations to assess their specific needs. Based on these insights, consultants will draft a comprehensive training plan tailored to each key population, including advocacy and legal training modules to enhance their capacity to advocate for their rights effectively.

The main objective of these FGDs is to determine advocacy priorities, identify knowledge gaps, and assess the skills and capacity needed to advocate for change effectively within each key population component.

Sensitization Programme on SRH in Emergencies for Youth with Disabilities



A two-day Sensitization Programme on Sexual and Reproductive Health (SRH) in Emergencies for Youth with Disabilities is being held today and tomorrow at the Granbell Hotel. Organized under the SPRINT project, the programme includes 20 participants from the University of Colombo, the University of Kelaniya, and the University of Sri Jayewardenepura.

The sessions are facilitated by Dr. Lahiru Kodithuwakku and Dr. Chintha Rupasinghe, experts in community medicine and disaster management. Topics include Sri Lanka's disaster profile, maintaining personal hygiene and protection during disasters, and addressing SRH issues in such situations. The interactive activities ensured participants could fully grasp and apply the important information shared.

FPA Sri Lanka Appoints New Board of Directors at 53rd AGM



FPA Sri Lanka held its 53rd Annual General Meeting on the 29th of June at the FPA Head Office, where a new Board of Directors was elected for the 2024-2026 period.

The Board of Directors serves as the main body of governance for the Association, ensuring the organization maintains credibility, accountability, and transparency.

While policy-related decisions are made at the Board level, all operational-level decisions are handled by the Senior Management Team. Additionally, five Technical Advisory Committees oversee specific operational and administrative areas.

FPA Sri Lanka extends its heartfelt gratitude to the outgoing Board of Directors for their exemplary service and dedication throughout their tenure. Their contributions have been instrumental in guiding the Association towards achieving its goals and upholding its mission.

Appointees for 2024 - 2026:

Hon. President - Ms. Aruni Marcelline

Hon. Vice President - Mr. Asanga Karunaratne

Hon. Secretary - Ms. Anuki Premachandra

Hon. Assistant Secretary - Ms. Nilanthi Jayatillake

Hon. Treasurer - Mr. Sanath Wijesinghe

Hon. Assistant Treasurer - Ms. Geilee Skandakumar

Chairperson - Sexual and Reproductive Health Services Committee - Professor Sanath Lanerolle

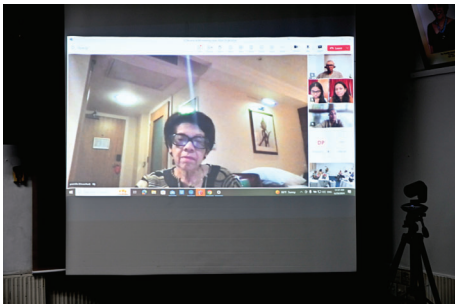
Chairperson - Youth Services Committee - Ms. Kriitaanjali Ratnasabapathy

Chairperson - Marcom Technical Advisory Committee - Ms. Shehara De Silva

Chairperson - Treasury Management Technical Advisory Committee - Mr. Omal Sumanasiri

Chairperson - Strategy and Policy Technical Advisory Committee - Dr. Lahiru Kodituwakku

We look forward to a productive and impactful term under their guidance.



[Click](#) to view AGM Photo Album



The 2023 Annual Report, titled 'We Are You,' was presented at the AGM. The report highlights the year's achievements, challenges, and milestones, reflecting our commitment to our mission and community. It provides detailed insights into our programmes, financial performance, and strategic initiatives.

[Click](#) to view Annual Report



Ms. Kusum De Silva concluded her tenure on the Board after 11 remarkable years of dedicated service.

Since becoming a volunteer life member in 1993, Ms. Kusum has been an integral part of the National Council (Board of Directors), demonstrating unwavering commitment and leadership. She has notably chaired three pivotal committees: Contraceptive Retail Sales (CRS), Finance Advisory Committee (FAC), and Information, Education & Communication Committee (IEC). During her final term, she held the esteemed position of Vice President.

We extend our heartfelt gratitude for her steadfast support and invaluable guidance throughout her tenure and eagerly anticipate her ongoing association with FPA.



We want to hear your views and suggestions! Please write to: FPA Sri Lanka, 37/27, Bullers Lane, Colombo - 07, Sri Lanka.
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