



ReproSex: International Journal on Sexual and Reproductive Health Launched: A Landmark Step in Advancing Sexual and Reproductive Health



FPA Sri Lanka officially launched ReproSex: International Journal on Sexual and Reproductive Health at a ceremony held at the Courtyard by Marriott, Colombo, on September 4, 2025. The event brought together leading academics, health professionals, policymakers, and advocates, marking a significant milestone in advancing global knowledge on Sexual and Reproductive Health, Rights and Justice (SRHRJ).

The ceremony commenced with the National Anthem and lighting of the traditional oil lamp, followed by welcome remarks by Ms. Aruni Marcelline, President of the Board of Directors, FPA Sri Lanka. The programme then continued with an insightful speech by the Co-Chair, Prof.

Indralal De Silva, Emeritus Professor of Demography, University of Colombo, who highlighted the vision behind the journal.

The Guest of Honour, Dr. Asela Gunawardena, Director General of Health Services, in his address, stressed the importance of evidence – based research in guiding public health policy. This was followed by the comprehensive review of the ReproSex International Journal by Prof. Kalinga Tudor Silva, Emeritus Professor of Sociology, University of Peradeniya, who underscored the transdisciplinary strength and accessibility of the publication.

The journal was officially launched with the Address by the Co-Chair, Prof. Sanath

Lanerolle, Consultant in Obstetrics and Gynaecology, who also serves as the chairperson of the Sexual and Reproductive Health Technical Advisory Committee.

The Keynote Address was delivered by Prof. Sabaratnam Arulkumaran, Former President of the International Federation of Gynaecology and Obstetrics, who spoke on the journal's global role in advancing SRHR equity and innovation.



The event concluded with the closing remarks by Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka.

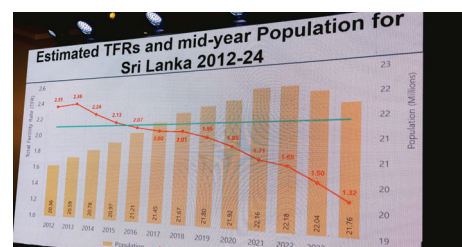
"I invite you all to stay engaged. Read the articles in the ReproSex Journal and share them with your colleagues, students, and networks. Use the evidence from this journal to influence programmes, policies, and reforms, ensuring research translates into real-world impact,"

he emphasised. Cultural performances by the Sri Lanka Police Cultural Unit added vibrancy to the occasion, symbolising the spirit of inclusivity and celebration.

ReproSex is a peer-reviewed, open-access journal published twice a year, in June and December. Led by Editors-in-Chief Emeritus Professor W. Indralal De Silva and Professor Sanath Lanerolle, and supported by an editorial board of over 25 distinguished

members, the journal features original research, reviews, commentaries, case reports and policy analyses. All content will be published under a Creative Commons Attribution (CC BY 4.0) license, ensuring free and unrestricted global access. Anchored in FPA Sri Lanka's pioneering legacy in SRHRJ since 1953, ReproSex is poised to become a vital platform bridging research, policy, and practice, and advancing sexual and reproductive health worldwide.

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Foundation Stone Laying Ceremony – New Service Delivery Point in Pallekelle



The ceremony for a new Service Delivery Point (SDP) at the Pallekelle Export Processing Zone, Kandy, took place on the 18th of September 2025. This milestone marked a significant step toward expanding sexual and reproductive health services in the Central Province, especially targeting manufacturing sector workers, most of whom are women.

The event was graced by the Deputy Director BOI Pallekelle, along with Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, and the organisation's Senior Management Team, and Outreach Unit staff.

Developed in partnership with the Board of Investment (BOI), and supported by senior health officials, including the Provincial Director of Health, the Regional Director of Health (Kandy), the Medical Officer of Maternal and Child Health, and the Medical Officer of Health, Kundasale, the new centre will provide contraceptive services, cancer screening, STI prevention, mental health support, and carry out GBV prevention awareness programmes and referral support for EPZ staff.



On this occasion, Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, remarked:

"My dream and passion have always centered on reaching every woman, girl, transgender person, and man who seeks sexual and reproductive health services and supports the cause of reproductive rights. Laying the foundation stone for our 10th Service Delivery Point here in Pallekelle, Kandy, represents a significant milestone in expanding access to comprehensive sexual and reproductive health care."

This facility in Kandy will bring essential services closer to our community – from family planning and contraceptive counselling to maternal health support and reproductive rights advocacy. It

strengthens our commitment to ensuring that everyone, regardless of their background, has access to the information, services, and care they need to make informed decisions about their reproductive health and well-being."



Strengthening Global Sustainability: Strategic Visit of the IPPF Delegation to FPA Sri Lanka



FPA Sri Lanka was honoured to host a high-level delegation from the International Planned Parenthood Federation (IPPF) for a four-day (July 15th -18th) strategic engagement focused on commercial sustainability, innovation, and social enterprise acceleration. The delegation comprised Ms. Nitu Verma (Chief Commercial Officer), Ms. Polvvsha Syeedd (Finance Business Partner), and Ms. Francesca Witcomb (Marketing Advisor), all part of IPPF's MA Commercial Sustainability Team.

The visit commenced at FPA's Head Office with a tour of the Colombo Clinic, where the delegation witnessed a special clinic session for community organizations. This was followed by a comprehensive overview of FPA Sri Lanka's strategic vision and programming, led by Executive Director Dr. Ruchitha Perera and senior staff representing key initiatives including Social Marketing, Outreach, Medical Services, HIV Prevention, Advocacy, Communications, and the Social Enterprise Acceleration Programme (SEAP).

Community-based partners

such as CSDF, Sankranthi, Heart to Heart, and Trans Equality Trust shared their impactful work with marginalized populations, made possible through partnerships with FPA and support from IPPF.

In the days that followed, the delegation engaged in field visits to pharmacies in Colombo and Narahenpita, gaining first-hand insights into FPA's robust national distribution network for contraceptives and lubricants. The Social Marketing Programme, which spans clinics, hospitals, pharmacies, and retail outlets, stands as a model of financial sustainability and social impact within IPPF.



As the officially designated IPPF Social Enterprise Hub, FPA Sri Lanka plays a leading role in supporting Member Associations globally through the Social Enterprise Acceleration Programme

(SEAP). During the visit, the delegation worked closely with the SE Hub team, gaining insights into technical assistance mechanisms, capacity-building initiatives, market research, and strategic tools designed to enhance financial resilience across the Federation.



This hands-on experience offered valuable exposure to the practical approaches being implemented to strengthen sustainability among MAs. Currently, the MA Commercial Sustainability Team collaborates with 14 IPPF Member Associations to assess the financial viability of their SRH service models and develop pathways for sustainable service delivery. These discussions provided a vital platform for mutual learning, identifying synergies, and deepening collaboration to benefit the broader IPPF network.

On Day 3, deeper engagement took place with the Social Marketing Programme team, examining end-to-end operations, from procurement and product development to marketing and distribution.



In parallel, Ms. Syeedd met with Mr. Suchira Suranga, Director of Organizational Learning and Evaluation, and Ms. Zaroosha Farook, Senior Manager – Finance, to discuss data for decision-making, including FPA's data visualization tools and monitoring practices.

Concluding the visit, the delegation met with Dr. Ruchitha Perera, Dr. Chintha Rupasinghe (Director – Sexual and Reproductive Health), and Ms. Zaroosha Farook to reflect on service delivery strategies, clinic operations, and outreach models. These discussions affirmed FPA Sri Lanka's approach to integrating commercial strategies to sustain and expand equitable

access to reproductive health services.

This collaborative visit reinforced shared goals, opened pathways for further global cooperation, and spotlighted FPA Sri Lanka's pioneering role in driving innovation, sustainability, and strategic partnership across the IPPF Federation.



Global Health Summit 2025 – Colloquium on Termination of Pregnancy in Situations of Congenital Lethal Malformations

As part of the Global Health Summit 2025, the College of Community Physicians of Sri Lanka, in collaboration with UNFPA Sri Lanka and FPA Sri Lanka, hosted a timely and thought-provoking colloquium on the medical, legal, and ethical dimensions of terminating pregnancies in cases of congenital lethal anomalies.



The session opened with remarks from UNFPA Sri Lanka Country Representative Mr. Kunle Adeniyi and a presentation on the country context by Dr. Kapila Jayaratne, President of the College of

Community Physicians. The panel discussion, moderated by Dr. Dayanath Ranatunga of UNFPA, featured expert contributions from:

- Dr. Nimesha Gamhewage – College of Paediatricians
- Dr. Sanath Akmeemana – President, Sri Lanka College of Obstetricians and Gynaecologists
- Dr. Chandima Siritunga – Director Maternal Child Health, Family Health Bureau
- Dr. Chintha Rupasinghe – Director SRH – FPA Sri Lanka
- Ms. Uda Deshapriya – Lawyer and Researcher

The session concluded with an open dialogue, encouraging collaborative thinking to shape policies that are medically sound, legally informed, and grounded in dignity and care.

In addition to our Executive Director, Dr. Ruchitha Perera, Senior Management Team and FPA staff, the IPPF delegation; Ms. Nitu Verma (Chief Commercial Officer), Ms. Polvvsha Syeedd (Finance Business Partner), and Ms. Francesca Witcomb (Marketing Advisor), also attended the session.



Strengthening Partnerships and Systems



FPA Sri Lanka welcomed Dr. Arpita Das (Senior Performance, Learning and Impact Advisor – IPPF), Ms. Apurva Rastogi (Architect of Cooperation – IPPF South Asia Region), and Mr. Abdul Sayeed (Donor Reporting Accountant – IPPF Finance Team). The visit centred on strengthening monitoring, evaluation and financial systems across IPPF initiatives. Implemented in 2024, the IPPF Data Guideline is designed to improve monitoring and evaluation of programmes, enhancing transparency and enabling stronger decision-making.



During their time at FPA Sri Lanka, Dr. Das met with the Monitoring and Evaluation team to review current trends, discuss data gaps and explore how insights could be applied across IPPF-funded projects. Discussions also included the IPPF Social Enterprise Hub, hosted at FPA Sri Lanka, focusing on performance aspects, case studies and best practice sharing.

Levi Strauss Foundation Project and Field Visit

Ms. Rastogi and Mr. Sayeed joined FPA Sri Lanka's Executive Director, Dr. Ruchitha Perera, Senior Management, Outreach, Finance and Social Enterprise Hub teams to review the Levi Strauss Foundation Project. This project supports SRH services in Wathupitiwala Seethawaka, Koggala and Kandy (Upcoming) Export Processing Zones, reaching large numbers of women workers.

The team visited Brandix Wathupitiwala to see the work first-hand, meet factory management and speak with beneficiaries. They also visited the FPA Service Delivery Point in Wathupitiwala to observe a static clinic. Representatives from Population Services and



Training Center (PSTC) – IPPF Association in Bangladesh, Ms. Anita Sharif Chowdhury (Team Leader) and Mr. Shuhash Mahmud (Program/MEAL Coordinator), joined on a study tour as they prepare to implement a similar Levi's project in garment factory settings.



Strengthening the Social Enterprise Hub

The Levi Strauss Foundation grant is also helping to strengthen the IPPF Social Enterprise Hub hosted at FPA Sri Lanka. The Hub manages the Social Enterprise Acceleration Programme (SEAP), driving social enterprise initiatives and capacity-building across the Federation.

This year's grant supported the Global Master's in Social Enterprise Workshop and is funding market research across five IPPF associations in 2025.

Building Financial and Operational Capacity

Mr. Sayeed conducted a training session for the Finance Team and Programme/Project Managers on best practices, compliance, procurement and expense management at FPA's Head Office.



Ms. Rastogi, as Architect of Cooperation, held side meetings with Outreach, SEAP, M&E, Medical and HIV prevention teams, including discussions on the 'opportunity grant' to register HIV self-tests in Sri Lanka.

This collaborative visit came at a pivotal time as FPA Sri Lanka prepares for its 2026 programmes, providing timely guidance and renewed momentum for the year ahead.

FPA Sri Lanka at the 58th Annual Academic Congress of SLCOG: Advancing Women's Reproductive Health

The 58th Annual Academic Congress of the Sri Lanka College of Obstetricians and Gynaecologists, held from the 5-7th of September 2025, focused on "Improving Reproductive Health of Women: Challenges and Opportunities – An Evidence-Based Approach."



This landmark event brought together experts through workshops, plenary sessions, and symposia to share the latest advancements in women's health care.

FPA Sri Lanka's Executive Director, Dr. Ruchitha Perera, contributed as a panellist at



the Perinatal Society's symposium on "Improving Reproductive Health of Women: Challenges and Opportunities – An Evidence-Based Approach

Marketing Programme (SMP) of FPA Sri Lanka hosted a stall at the congress, providing participants with access to information and products that support reproductive health and well-being.

In addition, the Social



FPA Sri Lanka at the SPRINT Annual Planning & Review Meeting

The SPRINT Annual Planning & Review Meeting was held from 18th – 20th August in Kuala Lumpur, Malaysia.



SPRINT, an IPPF initiative, strengthens disaster preparedness, recovery, and SRH response to ensure the reproductive health needs of women, girls, and marginalized groups are not overlooked.

FPA Sri Lanka, in collaboration with the Disaster Management Centre (DMC) and other key

agencies, works to enhance inclusivity and emergency response systems.

Dr. Ruchitha Perera, Executive Director, joined a panel discussion on 'Recovery', moderated by Ms. Valerie Dourdin Fernandez, Global Humanitarian Director at IPPF. He presented FPASL's M&E system based on the Net Promoter Score and shared innovative ideas on integrating AI into emergency response.

Mr. Sandun Adikari, Assistant Director – Outreach and SPRINT Focal Point, contributed to a group discussion on pre-positioning readiness kits. He also showcased FPASL's Community Feedback Mechanism, explaining how feedback is collected through tablets at SDPs and from their programme participants, as well as the use of the D2D App for Community – Based

Distribution via Health Volunteers.



The meeting served as a regional platform to exchange knowledge, showcase innovations, and reaffirm FPASL's commitment to Sexual and Reproductive Health in Emergencies (SRHiE), disaster preparedness, and community engagement.

FPA Sri Lanka at MENOSOC 2025

FPA Sri Lanka's Social Marketing Programme hosted a stall at the Silver Jubilee Academic Sessions of the Menopause Society of Sri Lanka (MENOSOC 2025), held on 12th and 13th July 2025 at the Galadari Hotel, Colombo.

The event marked 25 years of MENOSOC's contributions to peri and post-menopausal care and brought together over 100 specialists, postgraduate trainees, and health professionals from across Sri Lanka and South Asia, along with esteemed local and international experts in women's health.



Supplier Visit to Karex Industries, Malaysia



As part of strengthening partnerships, Dr. Ruchitha Perera – Executive Director and Mr. Suhail Junaid – Director Marketing visited Karex Industries, Malaysia, the supplier of Easy Glide lubricants. During the visit, they met with Ms. Winnie Wong – Sales Director and Mr. Nicholas Choo – Sales Manager, to

review ongoing collaboration and discuss potential areas for future business.



FPA Sri Lanka remains committed to expanding contraceptive choices and promoting safe, pleasure-positive sexual and reproductive health.

Dealer Meeting in Kandy – Building Partnerships

FPA Sri Lanka's Social Marketing Programme (SMP) hosted a dealer meeting in Kandy, aimed at strengthening its partner network and fostering collaboration.

The session was attended by Executive Director, Dr. Ruchitha Perera, and was led by Mr. Suhail Junaid (Director – Marketing), Mr. Amila Gunasekara (Deputy Director – Brands), Mr. Harsha Pathirana, (Deputy Director Sales), Mr. Saman Ekanayake (Assistant Director- Sales) and Mr. Lahiru Kulasinghe (Marketing Officer).



Counselling Skills Development Course 2025



Students successfully completed a 6-month course at FPA Sri Lanka's Sexual Reproductive Health Institute, bridging theory with real-life counselling practice. The programme included practical training, field visits, presentations, and group work, giving students valuable hands-on experience to strengthen their counselling skills.

"The comprehensive curriculum covered all essential aspects of contemporary counselling, with particular value in the balanced integration of theoretical knowledge and practical application, including field visits and hands-on training, which proved indispensable for developing professional counselling skills. One particularly valuable lesson was learning effective strategies to prevent burnout, a common challenge in our field. I enthusiastically recommend this course to both aspiring and established counsellors, as it provides a robust foundation for professional growth."

– Udari Nanayakkara, Special Needs Educator & Counsellor

Shaping the Counsellors of Tomorrow!

The second batch of the Internship Training Programme commenced at the Alokaya Counselling Centre, welcoming Master's students in Counselling and Psychosocial Support from the University of Colombo and undergraduate students in the Bachelor of Psychology programme from NIBM.

The induction training, led by Ms. Hema Kalyani Ranawake – Assistant Director, Alokaya Counselling Centre and

guided by Dr. Chintha Rupasinghe – Director SRH, is helping participants develop practical skills, confidence, and compassion to support individuals through counselling and psychosocial care.





In conversation with
Mr. Janaranga Dewasurendra
Assistant Director – M&E

Could you share a bit about your journey and what led you to become the Assistant Director of Monitoring & Evaluation at FPA Sri Lanka?

I started my journey with a degree in Business Administration from the University of Ruhuna, where I specialized in Entrepreneurship and Livelihood Development. After graduating, I entered the development sector in 2012 and worked with a number of NGOs that focused on gender, women's empowerment, and livelihood development. That's where I was first introduced to Monitoring and Evaluation, and I quickly realized how much I enjoyed it. It gave me the chance to really understand how projects create impact, and it soon became the path I wanted to pursue.

I joined FPA Sri Lanka in 2016 as an Assistant Monitoring and Evaluation Officer under the GFATM project. Over time, with a

lot of learning on the job, guidance from my team led by Mr. Suranga, Director Organizational learning and Evaluation, and the experience I gained, I was able to grow into the role of Assistant Director of Monitoring and Evaluation. It hasn't been an easy journey, especially in an organization like FPA Sri Lanka, with its long history and dynamic environment, but that's also what made it so rewarding.

Alongside my work, I continued to build my academic foundation, completing a Master's in Regional Development and Planning from the University of Colombo in 2021 and a Postgraduate Diploma in Monitoring and Evaluation from the University of Sri Jayewardenepura in 2023. Looking back, I think the mix of academic learning, practical experience, and the challenges I've faced along the way has really shaped who I am today.

What inspires you most about working in the field of Sexual and Reproductive Health and Rights (SRHR)?

Working in SRHR has given me the opportunity to truly make a difference in people's lives. SRH is closely tied to well-being, dignity, equality, and opportunity, yet it is often overlooked or stigmatized. What inspires me most is knowing that my work helps young people access accurate information, supports women to make informed choices, and strengthens healthier communities, especially among the most vulnerable and marginalized groups.

Seeing the impact of these efforts, whether it's a young person gaining confidence through comprehensive

sexuality education or a community breaking barriers around reproductive rights, reminds me why this work matters so deeply and motivates me every single day.

How has your team leveraged Power BI to make sense of FPA Sri Lanka's programme data, and has it also served as a reference point for IPPF SARO?

At FPA Sri Lanka, we manage a vast amount of programme data from multiple service delivery points, government partnerships, and donor-funded projects. In the past, much of this data was underutilized because it was difficult to analyse in a timely manner.

With the introduction of Power BI in 2020, our M&E team developed interactive dashboards that transformed raw data into clear, visual insights and significantly enhanced the reporting capacity of MEIMS. This has enabled managers and programme staff at all levels to track key SRHR indicators in real time, identify trends, and make informed, evidence-based decisions.

The impact has gone beyond our organization. Our dashboards have been recognized and appreciated by IPPF SARO and other Member Associations as a good practice, serving as a reference point for strengthening data use across the federation.

For me, one of the most rewarding aspects of this journey has been seeing how our innovations in data management at FPA Sri Lanka can inspire and inform similar initiatives in other countries.

Can you share a specific example where insights from Power BI directly influenced a programme decision?

One specific example is our client feedback dashboard, which includes the Net Promoter Score. Using Power BI, we can analyse client satisfaction with disaggregations by gender, age, language, and service delivery point. These insights have been very valuable in assessing the effectiveness of different service delivery points and identifying areas for improvement. For instance, the dashboard has directly informed decisions on enhancing service quality, strengthening privacy and confidentiality measures, and improving hygiene standards. It has helped us move from assumptions to evidence-based actions, ensuring that clients' voices are central to how we improve our services.

From your perspective, what value does data visualization and analysis bring in advancing FPA's mission?

Actually, data visualization and analysis are essential tools in advancing FPA's mission, as demonstrated by global trends and best practices. By transforming complex programme data into clear, actionable insights, we can identify trends, monitor results, and make evidence-based decisions in real time. This not only improves the efficiency and effectiveness of our programmes but also ensures that our services are responsive to the needs of our clients. For example, dashboards help us track service delivery trends, assess client satisfaction, evaluate the performance of service

delivery points, and monitor youth engagement, enabling us to strengthen interventions where they are needed most. Ultimately, data visualization ensures that FPA can maximize its impact in promoting sexual and reproductive health and rights across Sri Lanka.

The D2D App is one of FPA's innovative tools for service delivery points. Could you explain what it is and how it supports field operations?

How has the D2D App improved monitoring, reporting, and service delivery on the ground? The D2D Care App is a mobile application developed by our M&E unit to enable volunteer health assistants to report community-based service distribution in real time. It supports field operations by streamlining data collection, reducing reporting delays, and allowing supervisors to monitor activities and provide support immediately.

Through the app, we can track service delivery trends, client reach, and volunteer performance, which improves the accuracy and timeliness of our reports. This has directly enhanced our ability to make evidence-based decisions, identify gaps in coverage, and target interventions more effectively. Overall, the D2D App has strengthened both monitoring and service delivery on the ground, ensuring that FPA's programmes are more efficient, responsive, and impactful for the communities we serve.

Have there been any notable results or feedback from staff or clients using the app?

Most of the users of the D2D Care App are volunteer health assistants, and the feedback

has been very positive. They appreciate working with a modern, user-friendly tool instead of writing their notebook or filling out large paper templates twice a month. The app allows them to report accurate data quickly and even view their performance in real time, which has been highly motivating. Programme coordinators and managers have also welcomed the app, as it has significantly reduced their data entry workload and enabled them to monitor key indicators of their community-based distribution staff more efficiently. Overall, the app has improved both staff experience and programme oversight, making field operations smoother and more effective.

What are some of the biggest challenges in M&E for SRHR programmes, and how has your team addressed them?

One of the biggest challenges in M&E for SRHR programmes is ensuring data quality and timeliness, especially when working with various communities, multiple service delivery points and community-based volunteers. To address this, our team has introduced tools like the D2D App and Power BI dashboards, which help collect accurate data in real time and provide visual insights for quick decision-making.

Another challenge is reaching marginalized or hard-to-reach populations, which can make reporting and monitoring more complex. Our team addresses this by training and mentoring staff and volunteers, standardizing data collection procedures, and conducting regular data quality checks.

Not only that, analyzing the data, conduct routine monitoring assessments and periodical evaluations.

These efforts have improved the accuracy, accessibility, and usability of our data, allowing programme managers to make evidence-based decisions and strengthen service delivery. Overall, the combination of technology, capacity building, and quality assurance has been critical in overcoming the key M&E challenges in SRHR programmes.

How does FPA ensure data quality, reliability, and timely reporting across multiple programmes?

FPA ensures data quality, reliability, and timely reporting across multiple programmes through a combination of standardized processes, technology, and capacity building. We use uniform reporting templates and clear guidelines to maintain consistency by developing and integrating new tools with our MEIMS system.

In addition, we provide regular training and mentorship to staff and volunteers to ensure accurate data collection and reporting, and implement routine quality checks, supervisory reviews, and feedback mechanisms to maintain reliability. Clear reporting schedules and automated dashboards help ensure timely reporting, allowing programme managers to make evidence-based decisions quickly. Together, these measures help FPA maintain high standards in monitoring and evaluation across all programmes.

Your team has recently led initiatives under ReproSex. Could you highlight some of the key achievements and share future plans?

Under the ReproSex initiative, FPASL has achieved significant milestones in advancing SRHR. One of the key highlights was the successful organization of the ReproSex 2024 international SRH conference. With over 400 delegates, the event featured a keynote speech, five plenary sessions, 16 parallel sessions, and 130 abstracts submitted from 20 countries.

This dynamic forum provided a platform to address multifaceted challenges and opportunities in the field of SRHR and fostered meaningful global collaboration and knowledge sharing.

Building on the inspiration from the conference, we also conceptualized and published the first issue of 'ReproSex: International Journal on Sexual and Reproductive Health' on the 4th of September 2025. This peer-reviewed, open-access journal aims to advance global understanding of SRHR and provide a platform for high-quality research, reviews, commentaries, case reports, and policy analyses.

Published twice a year, it supports evidence-based decision-making and informs policies and practices that uphold SRHR across all ages, gender identities, and sexual orientations.

Looking ahead, our plans for ReproSex include expanding the journal's reach, encouraging more international contributions, and continuing to host forums that bring together stakeholders,

practitioners, and researchers to drive innovative solutions in SRHR. These initiatives reflect FPA Sri Lanka's commitment to knowledge-sharing, advocacy, and strengthening SRHR services both nationally and globally

Looking ahead, how do you see M&E innovations supporting FPA's work and shaping the future of SRHR programmes in Sri Lanka?

I see M&E innovations playing a transformative role in FPA's work and the broader SRHR landscape in Sri Lanka. Our initiatives enable timely, evidence-based decisions, improve service delivery, and ensure that interventions are responsive to the needs of all communities, especially the most vulnerable.

In the future, innovations such as predictive analytics, integrated data systems, and real-time reporting could further strengthen programme planning, target outreach more effectively, and support policy advocacy. Ultimately, these M&E advancements will help FPA Sri Lanka enhance the impact, equity, and sustainability of SRHR programmes, shaping a healthier and more empowered society.

Finally, I would like to sincerely thank all the staff members of FPA Sri Lanka, and especially Mr. Suchira Suranga, Director Organizational Learning & Evaluation, along with our M&E team, for their unwavering support and encouragement throughout this work.

Mental Health Support for the LGBTIQ+ Community



Equite Sri Lanka recently held a national Stakeholder Consultation to develop the Mental Well-Being First Aid Handbook, a first-of-its-kind resource aimed at providing immediate psychological support for the LGBTIQ+ community.

FPA Sri Lanka was represented by Ms. Hema Ranawake, Assistant Director, Alokaya Counselling Centre.

The meeting brought together mental health professionals, counsellors, LGBTIQ+ community leaders, and activists to co-create a practical and inclusive tool. Facilitated by Consultant Psychiatrist Prof. Pabasari Ginige, the session is a major step toward a more compassionate and accessible mental health system.

Once completed, the handbook will be available in Sinhala, Tamil, English, Braille, sign language, and audio formats, supported by a national training programme for practitioners.

Strengthening Regional Solidarity to End FGM/C

FPA Sri Lanka participated in the RESPOND 2 Regional Workshop on Female Genital Mutilation/Cutting (FGM/C), held in Bali, Indonesia, from July 14–18. The workshop brought together 6 IPPF Member Associations from across South and Southeast Asia to:

- * Strengthen regional collaboration to eliminate FGM/C
- * Enhance understanding of context-specific forms of FGM/C in South and Southeast Asia
- * Build the capacity of Member Associations on advocacy, data collection, and service integration

Represented by Prof. Sanath Lanerolle, Chairperson of the SRH Committee, and Dr. Melanie Goonaratne, Medical Officer, FPA Sri Lanka gained key insights into advancing survivor-centred and culturally sensitive approaches, building a stronger evidence base on FGM/C practices in Sri Lanka, and strengthening SRH service providers to offer FGM/C-related counselling and support.

FPA Sri Lanka remains committed to expanding community outreach and awareness, improving national data collection and documentation, developing advocacy strategies, and collaborating with other Member Associations to enhance regional

impact and contribute meaningfully to the elimination of FGM/C in all its forms.



FPA Sri Lanka Participates in Regional Workshop on Menopause and Fertility Care



The Workshop on Clinical Management of Menopause and Fertility Care was held from 21–25 July 2025 in Bangkok, Thailand, under the IPPF ESEAOR Fertility and Ageing Learning Initiative.

Representing FPA Sri Lanka, Dr. Chintha Rupasinghe, Director of Sexual and Reproductive Health, joined experts and participants from 15 IPPF Member Associations across East, South-East Asia, and Oceania. The workshop offered a valuable platform to strengthen clinical knowledge, exchange experiences, and promote integrated SRH services for ageing populations.

Hosted by the Planned Parenthood Association of Thailand (PPAT), the event was inaugurated by Ms. Nanthakan Woodham, Executive Director of PPAT, and Ms. Tomoko Fukuda, Regional Director of IPPF ESEAOR.

Key resource persons included:

Dr. Elina Saftro – Family Planning Australia

Dr. H. Prabhavathi – FPA India

Dr. Raymond Li – FPA Hong Kong

A highlight of the programme was the Good Practice Sharing Session, where FPA Sri Lanka presented its Social Enterprise Social Marketing Programme and cost-recovery model at service centres. Both approaches were warmly received by peers as innovative models for sustainable, client-centred care. Rachel Web from Sexual Wellbeing Aotearoa, New Zealand, and Ms. Nanthakan Woodham of PPAT also shared valuable insights from their own social enterprise experiences.

As part of the workshop, Dr. Rupasinghe and delegates visited the PPAT Head Office and the award-winning Fertility Center at Jetanin Hospital, recently recognised as the Best IVF Centre in Southeast Asia 2025. Discussions with Ms. Nanthakan Woodham, Executive Director of PPAT, and Dr. Somjate Manipalviratn, Director of Jetanin Hospital, underscored the region's commitment to excellence in reproductive health and fertility care. Delegates also explored collaborative opportunities through the IPPF Social Enterprise Initiative, aimed at strengthening sustainable and equitable reproductive health services across the region. Reflecting on the experience, Dr. Rupasinghe noted:

“Attending the Workshop was an incredibly valuable and uplifting experience. I felt truly inspired by the depth of knowledge shared, and the sessions offered not just insightful, evidence-based updates on clinical management, but also a strong sense of solidarity and shared purpose among participants. It was a moment of pride to present FPA Sri Lanka’s cost-recovery model and Social Marketing Programme, and heartening to see them so warmly received. One key takeaway we are excited to implement is the integration of holistic care approaches, including counselling, nutrition, and exercise, into our service package to better address the diverse needs of women.”

This regional dialogue marks an important step forward in building rights-based, life-course SRH services across the region, integrating menopause, fertility care, and holistic support into the future of reproductive health.



Youth Network for Health: Empowering Youth Clubs to Lead Change



The 'Youth Network for Health' (YNH) youth clubs, supported under the RFSU-funded project, are creating vibrant spaces where young people lead the charge in promoting Sexual and Reproductive Health and Rights (SRHR) and Comprehensive Sexuality Education (CSE), at grassroot level.

Two youth clubs have been established - one in Puttalam and one in Nuwara Eliya, each led by youth trained in SRHR and CSE through the initiative. As their first community action, the clubs conducted five CSE awareness sessions per district, reaching peers and promoting informed, rights-based knowledge in their local areas.

In the Puttalam District, sessions have already been held in Saliyawewawa, Anamaduwa, and Kalpitiya, Wanathawilluwa and Puttalam MOH areas with the participation youth groups from the respective MOH areas.

The session covered essential topics, including:

- Reproductive anatomy, pregnancy, menstruation
- Contraceptive methods
Cybersecurity, phishing, scams, and cyber-sexual harassment
- Password protection and privacy settings
Risks related to image misuse and artificial intelligence

Through role plays, dramas, and real-life case studies, participants also explored gender equality and the often-overlooked challenges faced by male victims. These activities encouraged youth to confidently share these vital messages within their communities while fostering mutual respect and safety both online and offline.



In the Nuwara Eliya District, similar initiatives were held across Kotagala, Lindula, Nuwara Eliya, Ragala, Walapane, and Hanguranketha MOH areas, extending the reach of SRHR and CSE messages to a wider youth audience.

The YNH youth clubs embody the power of youth-led initiatives in advancing SRHR and CSE. By equipping young leaders with knowledge, facilitation skills, and safe spaces to engage their peers, this project is laying the foundation for a new generation of advocates who will champion informed, respectful, and rights-based approaches to health and well-being in their communities.

The activities are supported by RFSU – IPPF Sweden and led by Project Consultant Ms. Desaree Soysa. Consultant Ms. Hazel Rajiah-Tetteh from P&H Consulting trained the YNH trainers in Tamil language.



[Highlights Video - Click to View](#)

RFSU-Supported Local Partners Meeting on SRHR



A two-day RFSU-supported Local Partners Meeting on Sexual and Reproductive Health and Rights (SRHR) took place at the Cinnamon Citadel, Kandy, bringing together leading organizations advancing SRHR across Sri Lanka. The event provided a platform for sharing achievements, discussing challenges, and planning for the future of SRHR initiatives in the country.

Day 1 focused on presentations and exchanges between partner organizations.

The Provincial Youth Empowerment Network (PYEN), Jaffna Social Action Center (JSAC), Federation of Social Development Organisations (FOSDOO), Muslim Women's Research and Action Forum (MWRAF), Women's Education and Research Centre (WERC), and FPA Sri Lanka (FPASL) showcased their programmes, achievements, and strategic priorities.

The gathering highlighted innovative approaches, shared goals, and collaborative progress in advancing SRHR.

Day 2 centered on deep dialogue and strategic

planning for the 2026–2028 programme period.

The morning featured a keynote speech and Q&A session with Mr. Barayan Susantha on Disability and SRHR, emphasizing inclusivity in all SRHR programming.

Partners engaged in group work to identify gaps, propose solutions, and set priorities under key thematic areas, including Youth SRHR, Gender-Based Violence (GBV), and Access to Services. The day concluded with presentations of group findings, joint action planning, and a networking lunch, reinforcing collaboration and shared commitment.

Participants left inspired and connected, equipped to turn shared priorities into action and strengthen SRHR for all in Sri Lanka.



Supporting a Healthier Future: Consultative Workshop to develop the National Health Strategic Master Plan 2026–2035 for Sri Lanka



The Ministry of Health of Sri Lanka is in the process of developing the National Health Strategic Master Plan (NHMSP) for 2026–2035, a comprehensive and forward-looking roadmap designed to shape the country's health sector over the next decade.

This plan will be the result of extensive consultations with stakeholders across government, healthcare providers, academia, professional medical colleges, non-governmental organizations, civil society, and development partners, including bilateral agencies.

As part of these nationwide efforts, The Family Planning Association of Sri Lanka facilitated a dedicated workshop, bringing together key representatives from NGOs and civil society organizations. Led by Dr. Janaki Vidanapathirana, Director of Planning at the Ministry of Health, the workshop created space for meaningful dialogue, ensuring that the perspectives of civil society are embedded in shaping an inclusive, equitable, and resilient health system for all. The meeting was funded by FPA Sri Lanka's Outreach Unit.

IPPF Regional Advocacy Meeting



Member Associations and collaborative partners came together for the 2-day IPPF South Asia Regional Advocacy Meeting on Engaging Faith-Based Leaders to Counter Religious Opposition. The meeting provided a space to reflect on the challenges posed by growing religious opposition in South Asia and to co-create strategies to advance sexual and reproductive health, rights, and justice.

FPA Sri Lanka's Executive Director, Dr. Ruchitha Perera, gave the welcome address on the opening day. Representing FPA Sri Lanka were Dr. Mihitha Basnayake, Senior Manager – Advocacy and Natasha de Rosayro, Assistant Director – Communications.

Over two days, participants:

- Explored how intersectionality shapes lived realities.
- Examined the rise of ethno-nationalism and its impact on minorities.
- Shared cross-country strategies to engage with faith leaders.
- Developed a faith-aligned regional advocacy roadmap to counter religious opposition.



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Ms. J. A. Jayasingha
Consultant
Resource Mobilization

Coming Soon: A new identity. A renewed space. A stronger commitment to care!

FPA Sri Lanka officially commenced the renovation of its Family Planning and Sexual and Reproductive Health Centre, the first step in an exciting transformation that includes a refreshed identity and upgraded service environment. The construction phase was formally launched on the 4th of August, by Dr. Ruchitha Perera, Executive Director, together with the Senior Management Team during a brief onsite ceremony.



Strengthening Workplace Health Awareness under the LEVI's Project



The Koggala Service Delivery Point continues to prioritize workplace health education by conducting vital awareness programmes for employees.

Recently, two sessions were facilitated by Dr. Nalin Wijesekara from the RDHS Office – Galle, focusing on key aspects of sexual and reproductive health:

- HIV & STIs Awareness Session at VOGUE TEX Pvt Ltd, Hikkaduwa.

This session enhanced participants' understanding of HIV and sexually transmitted infections, equipping them with accurate information and practical knowledge they can share with peers.

- Subfertility Awareness Programme at Brandix Apparel Solutions (Pvt) Ltd – Koggala

This interactive session created a supportive environment for staff to raise their questions and concerns about subfertility.

By bringing expert-led health education directly to workplaces, the LEVI's Project strengthens knowledge, reduces stigma, and supports healthier communities.

SPRINT Steering Committee Meeting

The third quarterly meeting of the SPRINT Steering Committee took place, bringing together key partners to review progress and shape priorities for the next phase of implementation. The SPRINT Initiative, led by FPA Sri Lanka, plays a critical role in ensuring that sexual and reproductive health (SRH) services are available in humanitarian settings.

The session commenced with a presentation by Mr. Sandun Adikari, Assistant Director of Outreach and SPRINT Focal Point at FPA, highlighting the achievements of the first half of 2025. Participants were then briefed on proposed activities for Q3, followed by a productive discussion where members shared thoughtful recommendations.

A big thank you to our committed partners, Ms. Sarah Soysa (UNFPA), Ms. Manique Gunaratne (Specialized Training and Disability Resource Centre), Ms. Janakie Pathirana (National Institute of Education), Ms. Dilini Ranasinghe (Sri Lanka Red Cross), Mr. S. P. I. Niroshan (Lanka Plus), Mr. W. A. P. Hemal (H2H), Mr. Janaranga Dewasundara (Assistant Director M&E, FPA Sri Lanka), and Ms. Malika Wijesiri (FPA SPRINT Coordinator), for championing the integration of life-saving SRH services in times of humanitarian need.



Distribution of Dignity & Maternity Kits for Indigenous Communities in Dambana & Dalukana



On 25–26 August 2025, FPA Sri Lanka distributed 646 dignity kits and 12 maternity kits to 658 indigenous women and adolescent girls in Dambana and Dalukana. Supported by UNFPA Sri Lanka and the People of Japan, the initiative provided essential supplies to safeguard health, hygiene, and dignity in two of the country's most underserved communities.

Both areas face major socio-economic challenges, including low literacy, teenage marriages, and limited access to resources. In Dalukana, the situation is even more critical, as women face heightened financial and sexual vulnerability. While meeting urgent needs, the initiative also highlighted the importance of sustained efforts to improve education, expand livelihoods, and address early marriages in these communities.

This initiative was made possible through the support of UNFPA Sri Lanka and the People of Japan.



Meeting with the Veddha Chief, Uruwarige Wannila Aththo.



Dignity Kits to women of the African-origin community in the Puttalam District's Sirambiadiya and Good Shed areas.



Clinics for indigenous communities in Rathugala, Mathurankulam and Pavekkodichena.

Strengthening Disaster Preparedness in Batticaloa & Puttalam



FPA Sri Lanka is working to strengthen community resilience and ensure the continuity of essential Sexual and Reproductive Health (SRH) services during emergencies. As part of this effort, Service Delivery Points (SDPs) in Batticaloa and Puttalam recently conducted programmes to establish and reinforce “Response Triggers” for improved disaster preparedness.

Developed with Divisional Disaster Management Coordinating Units (DDMCUs), these triggers set clear thresholds for activating

emergency actions, ensuring timely, coordinated responses during floods, displacement, or public health threats.

In Batticaloa, the programme highlighted how these triggers align with Emergency Response Plans to protect SRH services for women, youth, displaced persons, and marginalized communities. In Puttalam, a session at the District Secretariat gathered stakeholders to discuss disaster challenges and strategies to sustain SRH services. A key moment was the input from Dr. Sanjaya, Acting Regional Epidemiologist, whose insights on maintaining SRH services in camp settings spurred valuable discussions.

Together, these initiatives strengthen coordination between grassroots health providers and disaster management structures, enabling faster decision-making, better use of resources, and uninterrupted access to critical SRH services when communities need them most.

Comprehensive Sexuality Education (CSE) Workshops

Comprehensive Sexuality Education (CSE) equips young people with knowledge and skills on reproductive health, consent, and relationships, empowering them to make informed decisions and build healthier, more confident lives.

- The Moneragala SDP, organized an engaging and interactive session at Madulla School and featured group work and open discussions on key topics such as puberty, health, consent, relationships, personal boundaries, and online safety. A vital step in creating informed, confident, and respectful youth.
- The Seethawaka SDP’s Youth Club, together with youth representatives from across the Seethawaka Divisional Secretariat, organized an engaging Youth Camp in Kosgama. The camp blended learning with fun, while also nurturing confidence, friendships, and a spirit of leadership among young people.

- The Batticaloa Service Delivery Point (SDP) conducted an informative and engaging CSE programme at Methodist Central College and British College of Education. The session focused on key topics such as reproductive health, consent, relationships, and responsible decision-making, helping students build knowledge and life skills essential for their overall well-being.



Strengthening Knowledge, Supporting Well-being

To mark World Sexual Health Day in August, the Puttalam Service Delivery Point conducted an awareness session at the Norochcholai Lakvijaya Power Plant.

The programme highlighted STIs, contraceptive options, stress management, counselling, breast & cervical cancer, and menstrual hygiene. At the special request of women employees, exclusive sessions were held to address their specific health and well-being needs.



Inter-School Art Competition in Celebration of World Youth Skills Day!

To mark World Youth Skills Day 2025, FPA Sri Lanka's Puttalam Service Delivery Point hosted a keenly contested Inter-School Art Competition at the Karuwalagaswewa Divisional Secretariat. Six schools participated in this initiative, which encouraged creativity and self-expression while highlighting the importance of essential life skills, from reproductive health and gender equality to youth empowerment.



Strengthening Women's Health Through Access & Care

A Mobile Well Woman Clinic was conducted at the Sinha Golden Jubilee Eye Hospital, Kadawatha, in collaboration with the Lions Club of Enderamulla – District 306 D4. A total of 29 women accessed vital healthcare services, including cervical and breast cancer screenings, contraceptive services, and a range of SRH and general medical consultations.

This initiative marks another step in empowering women through accessible, preventative healthcare.



Mobile clinics bring care directly to communities, wherever they are.



Mobile clinics at East Lanka Polysack (Pvt) Ltd – Batticaloa & Brandix – Wathupitiwala

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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