



Launch of 'Bloom by FPA Sri Lanka' Advancing Access to Reproductive Health and Wellness



We proudly announce the launch of Bloom by FPA Sri Lanka, a new Family Planning and Sexual and Reproductive Health Centre designed to deliver modern, inclusive, and client-focused healthcare.

With Bloom, FPA Sri Lanka continues its commitment to providing comprehensive, confidential, and affordable reproductive health services that meet the diverse needs of individuals and families. The centre offers an expanded range of services including:

- Family planning and fertility care
- Sexual and reproductive health consultations
- Laboratory investigations and wellness packages
- Counselling and fertility support
- STI screening and prevention services

The newly introduced Bloom Wellness Packages and STI Screening Packages promote early detection and preventive care for both men and women.

With extended service hours and digital appointment options, Bloom by FPA ensures greater convenience and accessibility for clients.

Speaking on the launch, Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, emphasized that *"Bloom by FPA represents a new chapter in accessible reproductive healthcare – one that combines medical care with empathy and inclusivity. Our goal is to create a space where every individual feels supported to take charge of their health and well-being"*.





Dr. Chintha Rupasinghe, Director – Sexual and Reproductive Health, added that *“Bloom is more than a clinic – it’s a holistic service model designed to meet the evolving SRH needs of our communities. By integrating wellness, counselling, and preventive care under one roof, we aim to strengthen the continuum of care and promote healthier futures for all.”*

At the opening ceremony, special invitees Ms. Aruni Marcelline, President of FPA Sri Lanka’s Board of Directors, and Professor Sanath Lanerolle, Chairperson of the Sexual and Reproductive Health Committee, addressed the gathering.

“I am excited about our new ultrasound machine. This state-of-the-art equipment will allow us to provide more accurate and timely diagnostics, elevating the quality of care for our community.”

Ms. Aruni Marcelline,
President, Board of Directors

“This development reflects our commitment to advancing fertility care, preventive services, and holistic wellness. I encourage you all to observe the demonstration and witness firsthand the capabilities this technology brings to our work.”

Prof. Sanath Lanerolle,
Chairperson, SRH Committee

The event was also attended by members of the Senior Management Team and Head Office staff.

Bloom represents a significant step towards fostering holistic well-being, inclusivity, and reproductive choice in a safe and stigma-free environment.





From Certification to Celebration



FPA Sri Lanka, which proudly earned its Great Place To Work® Certification in March 2025, was officially recognized and celebrated at the Great Place To Work® Regional Conference 2025, held on September 23, 2025, at the Hilton Colombo.

The conference, themed “The Culture Capital,” brought together regional leaders and experts to discuss the future of workplace culture and share insights on building exceptional organizations. The certificate was received at the event by Ms. Radhika Ravinthiren (Coordinator – Governance) and Ms. Roshela Wijesundara (Administrative Coordinator) on behalf of FPASL.

Under the leadership of Executive Director, Dr. Ruchitha Perera, several progressive workplace initiatives were introduced in 2025 to enhance employee productivity, well-being, and inclusivity. Among the new and enhanced employee-friendly measures introduced were flexible working hours for all staff, work-from-home options for specific



divisions and for those facing special circumstances such as pregnancy or illness, and menstrual leave to support women’s comfort and care. FPASL also introduced paternity and study leave, comprehensive medical insurance for staff and their families, and financial assistance for employees during crisis situations. Additionally, an educational scholarship scheme was launched for employees’ children who excel in public examinations, further demonstrating the Association’s commitment to supporting staff and their families both professionally and personally. An employee satisfaction survey was also conducted to gather valuable insights and strengthen engagement across the organization.

Together, these initiatives reflect FPASL’s ongoing commitment to fostering a culture of care, trust, and inclusivity, ensuring it remains a truly Great Place To Work®.



FPA Sri Lanka Honoured with Gold at the 2025 ARC Awards



We are proud to announce that our 2024 Annual Report “More Than Just A Plan” has received Gold in the Non-Profit Organization (Print A.R.): Social Service Organizations category at the 2025 ARC Awards. Organized by MerComm, Inc, it is a global competition and includes a wide range of organizations, from corporations to non-profits. The theme “More Than Just A Plan” perfectly reflects FPA Sri Lanka’s

approach to sexual and reproductive health, rights, and justice (SRHRJ).

We go beyond conventional planning by addressing the root causes of social, health, and cultural challenges, designing interventions that foster sustainable, long-term impact. By tackling these underlying

issues, we empower communities through accessible services, essential products, and comprehensive sexual health education.

At FPA Sri Lanka, we ensure that our plans translate into meaningful, transformative change for the communities we serve.

This award is a testament that at FPA Sri Lanka, our annual report is more than a document, it’s a story of impact and change.

Strengthening Alignment: Review of FPA Sri Lanka's Updated HR Manual



FPA Sri Lanka recently conducted a comprehensive review of its updated Human Resources Manual, led by Ms. Tharanga Samarakkody, Lead Consultant at eSolve Business Solutions. During the session, Ms. Samarakkody walked participants through the key updates and changes in the manual, highlighting best practices to enhance transparency and consistency across HR processes.

She also delivered an engaging presentation on motivating teams and building effective leadership, emphasizing the importance of empathy, communication, and accountability in driving organizational success.



Following the review, Executive Director Dr. Ruchitha Perera addressed the Heads of Divisions, emphasizing the importance of collaboration, accountability, and a performance-driven culture. He highlighted how achieving individual Key Performance Indicators (KPIs) directly contributes to advancing FPA Sri Lanka's overarching goals and mission.

Dr. Perera encouraged all teams to continue working together with focus, innovation, and commitment, reaffirming FPA Sri Lanka's dedication to excellence, inclusivity, and impact in advancing sexual and reproductive health and rights (SRHR) across the country.

We are pleased to announce recent upgrades to our office, including the installation of a new lift and refreshed wall branding, enhancing both accessibility and the work environment.



FPA Sri Lanka Participates in National Estate and Urban Health Steering Committee Meeting

At the invitation of the Ministry of Health, Joanne Jayasingha (Consultant – Resource Mobilization) and Ms. Radhika Ravinthiren (Coordinator – Governance) represented FPA Sri Lanka at the National Estate and Urban Health Steering Committee Meeting held at the Ministry of Health.

The meeting reviewed the framework for ongoing and upcoming health initiatives in the estate and urban sectors.

FPA is already actively engaged in sexual and reproductive health (SRH) service and education delivery to the estate and

urban areas through its Service Delivery Points (SDPs). The discussion focused on exploring opportunities for further collaboration with the Ministry in the coming months to strengthen SRH initiatives across these communities.



FPA Sri Lanka was selected by the International Planned Parenthood Federation (IPPF) to function as the Social Enterprise Hub/SE Hub for the Federation and to ensure the successful implementation of the Social Enterprise Acceleration Programme (SEAP), which enables IPPF Member Associations to increase their financial resilience.



The Hub facilitated a peer-to-peer learning exchange between the **Egyptian Family Planning Association (EFPA)** and **Action Et Développement (AcDEV)** from Senegal.

This cross-regional collaboration, created a powerful platform for sharing practical knowledge, lessons learned, and innovative approaches to strengthening SE models. Through open dialogue, site visits, and experience-sharing, both organizations explored new ways to diversify income streams, strengthen financial sustainability, and scale their impact.



The Hub spent a week working with the **Vietnam Family Planning Association (VINAFFA)** team to strengthen its innovative SE model, the **Vietnam Family Newspaper (VFN)**, which operates both online and in print, offering comprehensive SRH content for adults and a special edition for children aged 6–12. With income generated from print sales, advertising, sponsorships, and digital subscriptions, VFN, which operates as a separate entity to the Association, has become a sustainable revenue stream that also supports VINAFFA's broader activities, alongside its clinics and property rentals.

During the visit, the focus was on improving staff capacity, fostering stronger collaboration between VINAFFA and VFN, and developing a unified strategy to maximize collective impact. Training sessions, leadership meetings, and on-site tours underscored the shared commitment to advancing SRHR while innovating for sustainability.



The two-week technical support visit to the **Reproductive Health Network Kenya (RHNK)**. RHNK's innovative model, supported by the Waterloo Foundation and the Hub, leverages a network of over 600 providers to distribute SRH and non-SRH products through a business-to-business approach. During the visit, the SE Hub worked closely with RHNK to address pricing challenges, drive demand generation, expand market reach, strengthen partner relationships, and refine its business model to achieve 2025 and 2026 goals. From direct provider visits and supplier meetings to strategic reviews and hands-on training support, the visit underscored RHNK's commitment to growth and innovation.



The five-day technical assistance visit to **Respect Educate Nurture Empower Women (RENEW-Bhutan)**, aimed at rebuilding momentum and deepening the organization's community impact. The visit included field visits to community centres in Paro, intensive technical/capacity building sessions with staff, and a special audience with Her Majesty the Royal Queen Mother.



The five-day technical support, consultation, and capacity-building visit with **Fundación Mexicana para la Planeación Familiar (MEXFAM – Mexico)**, focused on strengthening MEXFAM's clinic network, exploring new income-generating models, and equipping staff with the commercial skills and mindset required to drive long-term sustainability. Over the course of the visit, the SE Hub team conducted on-site clinic observations, facilitated workshops and training sessions with over 50 staff members, and held strategic discussions with leadership to chart the next steps for diversifying revenue streams and scaling impact.

Key opportunities identified included expanding services, leveraging digital platforms, improving operational efficiency, enhancing marketing and outreach, and developing robust systems for monitoring both financial and social outcomes.



The SE consultation and technical support Visit to the **Barbados Family Planning Association (BFPA)** focused on strengthening their SE to achieve sustainable impact. The discussions included expanding income streams beyond clinics, developing youth-focused initiatives, launching or optimizing digital platforms and online services, improving marketing and outreach to attract more clients, enhancing operational efficiency, and

leveraging data for informed decision-making. The SE Hub team also shared guidance on measuring social impact and identified strategic partnerships to reinforce sustainability.



The visit to the **Association Marocaine de Planification Familiale (AMPF-Morocco)** strengthened collaboration and provided first-hand insights into their Social Enterprise (SE) initiatives. It included tours of community clinics in Casablanca and Tangier, a three-day workshop with head office teams, Board members, and centre staff, as well as strategic discussions on income-generation models, youth-focused programmes, and the upcoming online store. This engagement created an opportunity to assess performance, share expertise, and plan future initiatives aimed at scaling AMPF's sustainability efforts.

IPPF Africa Regional Meeting 2025 – Mombasa, Kenya

The IPPF Africa Region held its 2025 Regional Meeting in Mombasa, Kenya, from October 6–10, bringing together 40 Member Associations (MAs) to explore strategies for sustainability, partnerships, and communications in an evolving global context. Representing the IPPF Social Enterprise Hub, Manjula Liyanage, Technical Advisor, led sessions on the value of social enterprise, highlighting the Hub's capacity-building and technical support available to MAs. He outlined the range of assistance offered by the Hub, including guidance on developing SE models, business planning, and measuring performance, social, and financial impact that is supported by a suite of in-house tools designed to strengthen sustainability and strategic growth. This was a valuable opportunity for the Hub to share its expertise and demonstrate how SE models can drive resilience, collaboration, and innovation in advancing sexual and reproductive health and rights across the African region.





The IPPF SE Hub's visits to PSTC and Bandhu associations, Bangladesh, strengthened collaboration and provided first-hand insights into their Social Enterprise (SE) initiatives. At PSTC, the team toured the Gazipur Training Centre and Model Clinic, engaged staff in workshops on business

modelling, financial planning, and impact measurement, and reviewed upcoming initiatives, including a social marketing programme and plans to expand accommodation and services at the Gazipur centre.

At Bandhu, the visit supported its upcoming transition out of IPPF membership in 2026. Focused discussions and workshops explored scaling Chelakotha, the training and accommodation centre now operating as a self-sustaining enterprise, strengthening facilities, expanding services, and identifying new income-generation opportunities.

These engagements allowed both partners to assess performance, refine their SE models, and plan future initiatives aimed at long-term sustainability.

Double win for FPA Sri Lanka's SEAP Project at the National Project Management Excellence Awards (NPME) 2025



We're proud to announce that the IPPF Social Enterprise Acceleration Programme (SEAP) carried out by the IPPF Social Enterprise Hub, managed out of FPA Sri Lanka, has won two prestigious awards at the National Project Management Excellence (NPME) Awards 2025.

- Gold Award – Best Managed Project in the Social Enterprise Sector (Local & International)
- Silver Award – Best Managed Project in the Academic / Education / Research Sector

Through robust project management, global reach, and expert-led capacity building, the SE Hub since 2017, continues to strengthen IPPF Member Associations (MAs) worldwide,

helping them enhance the sustainability and impact of their social enterprises (SEs).

In 2024–2025, the Hub led six virtual market research projects across Mexico, Senegal, North Macedonia, Malawi, Sierra Leone, and Nigeria, supporting IPPF MAs to analyze scalability, pricing, and market opportunities, paving the way for stronger, evidence-based business models. The SE Hub also developed a custom Market Research Framework (MRF) featuring globally recommended best practices and industry-standard analytical tools tailored for IPPF SEs.

Organized by the Project Management Institute (PMI) Sri Lanka Chapter, the official Chapter of the global PMI USA, the



world's leading professional association for project, programme, and portfolio management, these awards celebrate excellence in project management across sectors.

This recognition motivates us to continue strengthening SEs across the Federation, empowering MAs to remain sustainable in a changing donor landscape and continue delivering essential sexual and reproductive health and rights (SRHR) services to the communities that need them most.



FPA Sri Lanka proudly celebrated another significant achievement as the management practices of the Social Enterprise Acceleration Programme (SEAP) was recognized at the National Management Excellence Awards (NMEA) 2025, held in Colombo, on the 10th of December 2025.

Organized by the Institute of Management of Sri Lanka (IMSL), the NMEA recognizes organizations demonstrating visionary leadership, innovation, sustainability, and strong management practices, serving as a national platform that celebrates excellence and inspires best practices.

At the NMEA 2025, under the 'Excellence in Project Management – NGO sector', the SEAP Project emerged as the Silver Award winner. This honour reflects the programme's outstanding management practices during the 12-month assessment period from 1 January 2024 to 31 December 2024.

During this period, the SE Hub worked with more than 30 global MAs and NGOs affiliated with IPPF in incubating, diversifying, and strengthening their SE and earned-income models.



This support included technical guidance, personalized consultations, development of specialized resources and tools, and a range of capacity-building programmes conducted online and through on-ground visits.

These initiatives were offered in Arabic, French, and Spanish with the help of professional experts, enabling wider reach and deeper engagement across global regions.

This comprehensive approach has helped many MAs progress toward "Graduation," a milestone achieved when an MA demonstrates strong SE capability, including reaching or nearing breakeven, clearly defining SE operations, and managing the enterprise as Business As Usual (BAU).

Thanks to effective programme management, the Federation saw a 14% increase in SE income in 2024 compared to 2023, reflecting strengthened performance, resilience, and sustainable growth across Member Associations.

These achievements also signify strengthened contributions to their core mission, demonstrating how sustainable business models enhance each MA's ability to

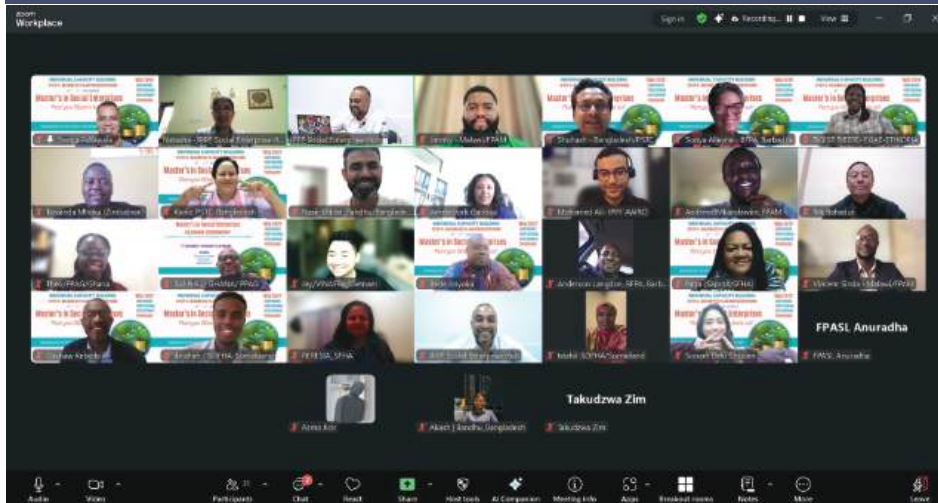
advance its core mission and serve communities more effectively.

The recognition at the NMEA reflects the SE Hub's leadership, innovation, and commitment to advancing sustainable development through earned income models.

As IPPF's SE Hub, FPA Sri Lanka continues to strengthen the Federations' capacity, promote management excellence, and enable MAs in building sustainable, mission-driven enterprise models that create meaningful social impact.



Master's in Social Enterprises (MSe) 2025 | CPD Programme: A Global Learning Experience in Social Enterprise – Step 3 & 4 Update



The programme began in Q1'25 with **Step 1**, a self-paced e-course on the IPPF SE Academy platform, where participants were introduced to the foundations of SE development. Key topics included SE essentials, business models, market research, financial management, impact measurement, and leadership for enterprise success.

Building on this foundation, **Step 2** delivered a two-week, intense and results-driven Continuous Professional Development (CPD) model virtual workshop in May, bringing together 37 participants from 15 associations across five IPPF regions. Facilitated by a mix of international and local experts, the SE Hub team, and select association SE staff, the sessions combined practical exercises, peer learning, case studies, and group work. Participants strengthened their skills in business planning, SE performance management, funding and investor readiness, marketing, digital storytelling, and effective leadership.

With the core learning complete, participants advanced into **Step 3**, the on-ground, association-level implementation phase from June to November 2025. This phase enabled each association to apply their learning in real operational settings, refine service offerings, and identify

practical challenges and solutions. During this period, the SE Hub also conducted intermittent technical sessions to deepen participants' skills on key areas covered in the MSe curriculum. These included business planning, impact assessment, MS Excel for SE operations and finance, market research benefits, digital marketing, and organizational culture for SE success. While attendance was expected from all participants, engagement varied and remained sporadic throughout the period.

Step 4 took place from December 9 – 11, serving as the review and refinement stage of the programme. Each association presented its updated SE business plan to an expert panel comprising:

- Mr. Shanaka Fernando – Corporate leader of a Multi-national organization
- Mr. Ranga Pallawala – Climate finance expert & circular economy advocate
- Mr. Amitha Amarasinghe – Co-Founder / CEO, Asia Pacific Institute of Digital Marketing

These presentations and plans allowed participants to receive practical, high-level feedback on business viability, financial robustness, market positioning,

and scalability, ensuring their SE models align with long-term sustainability and impact goals. Beyond expert input, the process also created an opportunity for peer-to-peer learning, where participants presented their work to SE colleagues, shared best practices, and exchanged insights based on real implementation experiences. It served as a platform to demonstrate how programme learnings had been applied, highlight early outcomes, and conclude with reviewed and strengthened plans that are ready for implementation. On the closing day, a virtual 'certificate awarding' ceremony was attended by well-wishers from the Federation, Executive Directors, Senior Management teams, trainers, and external personnel.

Manuelle Hurwitz, Director of Development & Impact at IPPF said *"I'm really looking forward to seeing you move into the next stage of financial sustainability. Some of you have already been on this journey for several years, and I see you not just as learners anymore, but as future experts/-mentors and resource persons who can help transfer knowledge across other Member Associations and ideas to reach that next level."*

We are also very proud to share that the Board of Trustees has approved the establishment of an investment facility to support the most promising Member Associations and ideas to reach that next level."



The MSe Programme remains a cornerstone of IPPF's commitment to developing capacities to support financially resilient and mission-driven SEs.

Having completed this inaugural, multi-step learning and implementation journey, participants are now well positioned to apply their learning, strengthen their models, and adapt to an increasingly demanding funding and operational environment. The Hub looks forward to building on this momentum in 2026 as we continue to strengthen SE capacity and sustainability across the Federation.



From Learning to Practice: Completing the Alokaya Counselling Internship



Celebrating the successful completion of our Internship Training Programme at the Alokaya Counselling Centre. Proud to be grooming the next generation of compassionate and skilled counsellors.

The four-month internship strengthens their counselling skills, enhances self-awareness, and prepares them to support clients with empathy and professionalism by giving them the space to grow, practice, and build confidence in real counselling settings. Congratulations to our latest group of interns for completing this transformative journey at Alokaya.



"MSe 2025 - a revamped capacity-building programme that spanned 9 months, 30+ MA participants, 15 Associations, many training themes comes to a conclusion and along with it has personally and team-wise brought me/us immense satisfaction seeing the various learnings and reflections being applied via the SE business plans and strategies that were presented, and the final round of feedback we were able to provide from the SE Hub. Onward and upward to all the MAs!"

Thiyagaraja Rishikeshan
Chief Operations Officer
IPPF Social Enterprise Hub



This nine-month continuous professional development programme strengthened the capacity of 15 IPPF MAs and Federation representatives to apply entrepreneurial best practices within & beyond the health sector. Led by the IPPF SE Hub, the programme built advanced skills in business planning, financial modelling, & impact measurement, enabling participants to launch or scale sustainable SEs that generate financial value while expanding access to essential SRHR services for underserved populations worldwide.

Manjula Chathuranga
Technical Advisor - Social Enterprises
IPPF Social Enterprise Hub

Using Creative Expression to Heal After Disasters



A training programme on Drama Therapy commenced on December 12, bringing together 70 counsellors and school counsellors serving at Divisional Secretariat offices across the country. The programme equips participants with core drama therapy principles and practical tools such as creating a Healing Tree, therapeutic games, guided imagination, role play, movement, and creative expression, approaches that can be effectively used to support emotional healing, reduce stress, and strengthen psychological resilience among individuals affected by disasters.



IPPF Meeting: Strengthening Collaborations for SRHRJ and Economic Resilience



A global coalition of organizations convened in Colombo, Sri Lanka, from October 26 to 31 to strengthen solidarity, rights-based advocacy, and economic resilience for gender-diverse communities. Participants included IPPF Member Associations; FPA Sri Lanka, FPOP (Philippines), and RENEW (Bhutan), alongside the IPPF Social Enterprise (SE) Hub team, GATE (Global Action for Trans Equality), TransCore Association (Romania), Inclusive Bangladesh, GAAT Foundation (Colombia), GDX (South Africa), and Sri Lanka's Heart to Heart and National Trans Network.

Worldwide, gender-diverse communities continue to face discrimination, exclusion, and criminalisation, with limited access to sexual and reproductive health and rights (SRHR).

Individuals facing intersecting vulnerabilities such as poverty, migration, sex work, drug use, and racialization remain at heightened risk of violence, HIV, and socioeconomic exclusion. This convening focused on strengthening cooperation and shared strategies to counter anti-gender

movements while expanding access to SRHR services and economic opportunities. The programme opened with remarks from Dr Ruchitha Perera, Executive Director of FPA Sri Lanka, who emphasised the importance of cross-movement collaboration, dignity-driven advocacy, and long-term sustainability for community-led efforts.

A central component of the meeting was capacity-building on SE as a pathway to financial resilience and community-led sustainability. The IPPF SE Hub delivered a two-day learning programme, introducing participants to IPPF's SE models, an overview of the technical expertise and capacity building the Hub can offer, business planning, and social impact assessment.

Advanced sessions explored business plan development, financial analysis, P&L management, market research, and marketing. The training was led by Rishikeshan Thiyagaraja, Chief Operations Officer, and Manjula Chathuranga Liyanage, Technical Advisor at the Hub. Team-building activities encouraged

connection and strengthened solidarity across regions and movements.

On the closing day, Nadika Fernandopulle, Deputy Director of HIV and Project Manager of the GFATM National HIV Prevention Project, together with Dr. Mihitha Basnayake, Senior Manager – Advocacy, coordinated a learning visit to community organizations engaged in the National HIV Prevention initiative and the IPPF Sex Worker Project, highlighting grassroots efforts towards strengthening the HIV response and community-led action.

Through shared learning and continued partnership, IPPF and its allies are building stronger, more resilient movements, enabling gender-diverse communities to lead change, secure livelihoods, and advance equality and justice globally.



Breast Cancer Screening Programmes

A breast cancer screening programme was conducted for the healthcare staff of the Lady Ridgeway Children's Hospital, Colombo, with a total of 57 screenings carried out. The initiative aimed to promote early detection and preventive health among medical staff.

Organised in collaboration with the Health Promotion Unit of the Lady Ridgeway Children's Hospital, the programme saw the participation of Dr. Santhushitha Senapathy, Director – LRH, and was coordinated by Dr. Athula Abesundara, Medical Officer – Health Promotion Unit. The screenings were conducted by the Bloom by FPA Sri Lanka team. Separately, the SRH Institute coordinated a new breast cancer screening event for MAS ACTIVE Nawala.



[From Killinochchi to Puttalam, our teams continue to promote breast health awareness across communities.](#)

The Killinochchi SDP hosted an awareness session and static clinic offering education, counselling, and clinical screening services, while in Puttalam, Dr. Malka Stella, AMOH–Puttalam, led an engaging session for members of the District Women's Federation.



An awareness session on breast cancer and sexual & reproductive health was led by Dr. Yasantha Ariyaratna, Oncologist, at MAS Active, Nugegoda.

Building Knowledge and Confidence

A Comprehensive Sexuality Education (CSE) programme for the children of SOS Children's Village, Piliyandala, was held at the FPA HO, following a special request from the Deputy National Director of SOS Children's Villages Sri Lanka.

This initiative was launched to equip children with essential knowledge and life skills to make informed, respectful, and responsible decisions regarding their health and relationships.

The programme began with a welcome address by Mr. Sandun Adikari, Assistant Director – Outreach, followed by interactive activities that engaged participants and set a positive tone for the session. Mid-session energizers were also conducted to keep the children active and enthusiastic throughout. The sessions were led by experienced resource persons who covered a range of vital topics.

Dr. Mihitha Basnayake – Senior Manager – Advocacy at FPA conducted sessions on Gender, Power & Equality and Puberty, Menstrual Health and Hygiene.

Dr. Chintha Rupasinghe – Director SRH at FPA discussed the Reproductive System and Prevention of STIs/HIV, while Ms. Badra Udawatte from FPA's SRH Institute facilitated engaging discussions on Understanding Consent and Personal Boundaries, Friendships, Love and Healthy Relationships, and Online Safety, Gender-Based Violence and Seeking Help.



FPA Sri Lanka at MedEx Expo 2025 in Colombo

MedEx Expo 2025 held at the BMICH from the 17th-19th October, brought together the fields of Medicine, Healthcare, and Ayurveda under one roof, creating a platform for knowledge, collaboration, and innovation.

The Sales and Marketing Programme (SMP) of FPA Sri Lanka showcased an informative stall designed to raise awareness on contraceptives, sexually transmitted infections (STIs), and sexual and reproductive health (SRH), promoting informed and responsible health choices among the public.

Teams from the HO clinic; Bloom by FPA, the Happy Life Call Centre, and the SRH Institute joined the exhibition, engaging with visitors and providing guidance on clinical services, counselling, and SRH education certificate courses available at FPA.



Post MD Community Medicine & Community Dentistry: Public Health Management Training 2025



From 7th – 11th November 2025, MD trainees in Community Medicine and Community Dentistry visited FPA Sri Lanka for a learning programme as part of their Public Health Management Training. This training forms part of the rotational attachment component within their MD curriculum and is designed to support the successful

management structure, programmes, and reproductive health service delivery. They also learned about interventions for high-risk groups, HIV prevention strategies, social marketing of contraceptive products, distribution systems, operational challenges, and partnerships that contribute to national sexual and reproductive health outcomes.

completion of their training requirements. During the sessions, participants gained insights into FPA Sri Lanka's

The training was guided by FPA Sri Lanka's Executive Director Dr. Ruchitha Perera, Director of SRH Dr. Chintha Rupasinghe, Director of M&E Mr. Suchira Suranga, Director of Marketing Mr. Suhail Junaid, Deputy Director of HIV and Project Manager for the GFATM National HIV Prevention Programme Mrs. Nadika Fernandopulle, and Senior Manager of Advocacy Dr. Mihitha Basnayake.

This programme strengthens the knowledge and skills of future public health leaders while enhancing their capacity to contribute meaningfully to reproductive health and community well-being.

Youth Awareness Programme – Mattukelle Estate

A one-day reproductive health awareness programme was held at Mattukelle Estate, Lindula, bringing together both school-going adolescents and out-of-school youth.

With the support of the Lindula MOH team and FPA's Nuwara Eliya Service Delivery Point, participants learned about key reproductive health concerns, the importance of reliable information, and awareness on STIs and HIV.

Recent trends show that HIV cases in Sri Lanka have been gradually increasing, making youth-focused education more important than ever. Let's equip our young people with the knowledge they need to stay safe, informed, and healthy!



SPRINT Steering Committee Meeting – Q3 2025

The third quarterly meeting of the SPRINT Steering Committee took place on 17th October 2025, 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 in emergencies (SRHiE) services are available in humanitarian settings. Dr. Ruchitha Perera, Executive Director, welcomed committee



members to the meeting, which began with Mr. Sandun Adikari, Assistant Director of Outreach and SPRINT Focal Point at FPA, highlighting the initiative's achievements from the first three quarters of 2025. Members then reviewed proposed Q4 activities and shared their insights in a productive discussion.

Key proposed Q4 activities include:

- Upgrading the existing Emergency Preparedness Plan (EPP) and developing SDP-level Emergency Response Plans (ERPs)
- Conducting a Sub-National MISP Readiness Assessment
- Developing a Surge Training Manual and Operational Plan
- Setting up and training the SURGE Team
- Conducting internal and district-level simulation exercises
- Training staff on emergency management, community feedback, and emergency financial and logistics protocols

Promoting Menstrual Health and Dignity in Koggala

The first Dignity Kit Distribution Session under the Service Delivery Point in Koggala was successfully held for factory workers in the Koggala Export Processing Zone (EPZ). The event included an informative session on menstrual hygiene and health, conducted by Dr. Thushara Alwis, Medical Officer in Charge – MOH Habaraduwa. This effort aims to promote menstrual well-being, raise awareness, and ensure that every woman has access to the essentials and information she needs to manage her period with dignity.



The Surge System in humanitarian response refers to a team of skilled, trained professionals ready for deployment in emergencies, as defined by the International Red Cross and Red Crescent Society.

A big thank you to our committed partners: Dr. Udari Mambulage (Consultant Community Physician, FHB), Mr. Chathura Liyanarachchi (Director, Preparedness – DMC), 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), Dr. Chintha Rupasinge (Director SRH, FPA Sri Lanka), Mr. Janaranga Dewasundara (Assistant Director M&E, FPA Sri Lanka), Mr. Mihindu Udara (FPA Sri Lanka), and Ms. Malika Wijesiri (SPRINT Coordinator) for championing the integration of life – saving SRH services in humanitarian contexts.



The Seethawaka Service Delivery Point (SDP) conducted awareness programmes on Drug Prevention at TeeJay Printers, Lalan Rubbers in the Seethawaka Export Processing Zone, and Dehiowita National School.

The sessions focused on helping factory workers and students understand the dangers of drug use and the importance of making positive choices for a healthier future.

FPA Sri Lanka Strengthens Emergency Preparedness Through the MISP Simulation Exercise in Puttalam



The MISP Simulation Exercise was successfully conducted on the 7th and 8th of November 2025 at the Rapid Action Boat Squadron Headquarters, Gangewadiya, Puttalam, under the IPPF SPRINT Initiative.

The programme commenced with a welcome address by Captain W. M. S. Chinthaka, Commanding Officer of the Rapid Action Boat Squadron, followed by Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, who outlined the key outcomes of the exercise. Mr. Sandun Adikari, Assistant Director – Outreach and SPRINT Focal Person, presented the objectives and administrative details of the simulation, while Mr. L. D. C. Jayasinghe, Additional

District Secretary (Lands) of Puttalam District, emphasized the importance of disaster preparedness and effective coordination.

The two-day simulation focused on key areas such as the fundamentals of disaster management, procedures and preparation for disasters, medical first responder training, camp management, and a flood simulation exercise that integrated camp management.

Sexual and reproductive health (SRH) responses were integrated across these sessions, ensuring that lifesaving SRH services remain a priority in humanitarian settings.

With the full operational and resource support of the Rapid

Action Boat Squadron training team, the exercise strengthened readiness to respond to emergencies while ensuring the protection of health and dignity in crisis situations.

The MISP is an internationally accepted minimum standard of care for reproductive health that is implemented at the onset of every humanitarian crisis to save lives and prevent illness, especially among women and girls.



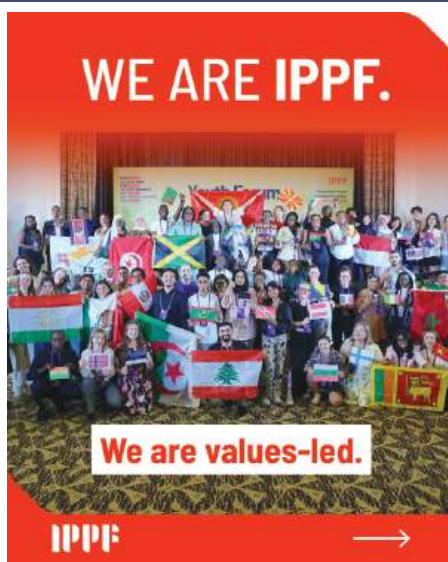
FPA Sri Lanka at the IPPF 2025 General Assembly in Bali



FPA Sri Lanka was honoured to take part in the IPPF 2025 General Assembly (GA), the Federation's highest decision-making body. Held in Bali, Indonesia and hosted by the Indonesian Planned Parenthood Association (IPPA), the Assembly took place from 18–20 November, following a dedicated Youth Event held on 17th November. This global gathering brought together Member Associations under the theme "Lead with Love, Care with Courage. IPPF unanimously adopted its first-ever IPPF Charter of Values, which sets out seven values that define identity and purpose: Dignity, Equality, Justice, Pleasure, Community, Integrity, and Resilience.

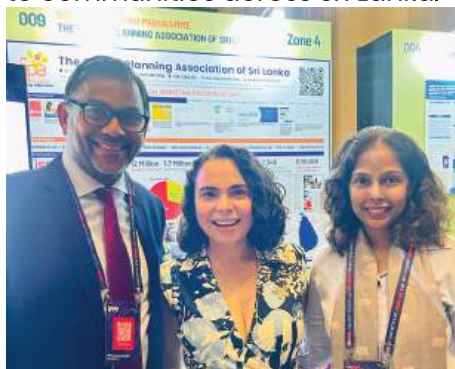


Representing FPA Sri Lanka were Ms. Aruni Marcelline – President, Board of Directors, Dr. Ruchitha Perera – Executive Director and Ms. Kritanjali Ratnasabapathy – Chairperson, Youth Services Committee. Additionally, Mr. Chandima Gunawardena, Immediate Past President of FPA Sri Lanka, attended as part of the



IPPF Nominations and Governance Committee (NGC).

The Social Marketing Programme (SMP) joined the Come Together Marketplace by a stall at the GA, showcasing its history, activities and the range of contraceptive options and SRH products offered to communities across Sri Lanka.



Congratulations to Ms. Kritanjali Ratnasabathy, Chairperson of the Youth Services Committee and Board Member, who was honoured with the IPPF Courageous Volunteer Champion to Advance SRHRJ Award 2025 at the IPPF General Assembly. Her leadership, passion, and fearless advocacy for youth rights, comprehensive sexuality education, menstrual equity, and inclusive SRHR services have transformed platforms, opened dialogue on taboo issues, and strengthened youth representation nationally, regionally, and globally.

Training on Community-Led Monitoring (CLM), Community Feedback Submission, and the Role of Community-Led Workers



The SKPA-2 project facilitated two training programmes on “Community-Led Monitoring (CLM), data collection, and the role of community-led workers” for the community-led outreach team, KP unit staff/NSACP, the drug use programme team, and government STD clinic staff. The first training programme took place on 10th November 2025 at the Heritage Hotel, Anuradhapura, with the participation of 32 government STD clinic staff from Kilinochchi, Mannar, Mullaitivu, Batticaloa, Trincomalee, Kalmunai, and Anuradhapura and community-led workers from Anuradhapura, Kandy, Puttalam, Jaffna, & Kurunegala. The second training programme for 50 community-led outreach teams, representing Matara, Galle,

Hambantota, Nuwara Eliya, Badulla, Colombo, Gampaha, Rathnapura, Kalutara, Kegalle, as well as the Key Population Unit of the National STD/AIDS Control Programme (NSACP) and the drug use programme team from Colombo, took place on 17th November 2025 at the Sri Lanka Foundation Institute (SLFI), Colombo.

The purpose of these training sessions was to improve the knowledge of outreach staff who actively engage with the clinics and communities regarding the CLM process. Additionally, sessions aimed to enhance their ability to help community members (clinic clients) in effectively filling out the CLM feedback form.

The community-led outreach staff, which includes outreach workers and peer educators, collaborate closely with clinic facilities and key populations (KPs) that utilize the services offered by the clinics.

The Technical Working Group (TWG) on CLM has acknowledged the significance of community-led outreach personnel and anticipate their assistance in filling out CLM feedback forms and CLM follow-up forms for the KP communities.

Participants received hands-on training on filling out the CLM feedback form using QR code, up to the point of submission. Additionally, participants shared their experiences from previous CLM rounds during the sessions. Videos created for CLM demand generation were also presented during the training session.

By training these groups, the NSACP aims to optimize sustainable HIV services for key populations in Sri Lanka. This initiative helps the clients provide valuable feedback, which ultimately contributes to improving the quality of STD/ HIV clinic services across the country.

Strengthening Outreach Teams Through Legal Literacy and Advocacy Training



Under the SKPA-2 Programme, in collaboration with the National STD/AIDS Control Programme, two-day Legal Literacy and Advocacy Capacity-Building Workshops were successfully conducted as part of the third and fourth sessions of this series.

Facilitated by consultant Radika Gunaratne and Tharmika Thirunalieni (Tamil-language session), the workshops brought together newly recruited Outreach staff of the National HIV Prevention

Programme from districts across the country, including Jaffna, Puttalam, Nuwara Eliya.

The sessions aimed to strengthen participants’ understanding of practical legal issues affecting Key Populations (KPs), identify priority areas for advocacy, and build skills to plan, implement, and evaluate community-based advocacy campaigns that address legal and social barriers while promoting stigma-free HIV and STD services in Sri Lanka.

Day 1 focused on human rights and laws related to Key Populations, laying the foundation for recognising legal barriers and defining advocacy priorities. Day 2 deepened participants’ technical understanding of advocacy and supported the development of comprehensive, context-specific advocacy plans.

FPA Sri Lanka Participates in SKPA-2 Programme Learning Workshop in Bangkok



A Sri Lankan delegation joined the SKPA-2 programme's Learning Workshop held in Bangkok on 3 and 4 December 2025.

The workshop, hosted by Health Equity Matters, brought together teams from Bhutan, Malaysia and Sri Lanka to review progress under the current Global Fund grant and prepare for the next implementation period under Grant Cycle 7.

Sri Lanka was represented by Dr. J.C.M. Tennakoon (Director, NSACP), Dr Gayan Ariyadasa (Consultant Community Physician, NSACP), Roshan De Silva (Diversity and Solidarity Trust), Dr Mihitha Basnayake (Senior Manager – Advocacy, FPASL) and Malith Perera (Finance Officer, SKPA-2).

Across the two days, participants reflected on key achievements, identified gaps and priority areas for continuation, and worked jointly on refining workplans, budgets and performance targets for 2026–2027.

The sessions also focused on strengthening collaboration between government, community organisations and SKPA-2 partners to improve the sustainability of HIV services for key populations.

The workshop marked an important step in aligning Sri Lanka's national priorities with the next phase of the SKPA-2 programme, reinforcing the commitment to evidence-based, inclusive and sustainable HIV responses.

Strengthening District Readiness for SRH in Emergencies



Under the SPRINT project, a district-level MISP Readiness Assessment (MRA) workshop was conducted in Ratnapura to assess preparedness and identify gaps in implementing the Minimum Initial Service Package (MISP) for sexual and reproductive health during emergencies.

Led by Dr. Vinya Ariyaratne, Specialist in Community Medicine, the session brought together the RDHS Ratnapura, Deputy Director of the Disaster Management Center (DMC) Ratnapura, the Additional District Secretary, and front-line medical and non-medical officials.

The workshop focused on strengthening subnational preparedness and response capacities to ensure timely and effective implementation of MISP standards in humanitarian settings.

Mobile Clinic & CSE Outreach in Monaragala

A Mobile Clinic was conducted at the Buththala Pelwaththa Community Hall, reaching clients with essential sexual and reproductive health services and information.

Comprehensive Sexuality Education (CSE) sessions were also held at the NTS Nursing School, Monaragala, equipping future nurses with the knowledge and communication skills needed to provide respectful, accurate, and non-judgmental care



FPA at the Annual Conference of the Sri Lanka College of Sexual Health and HIV Medicine



Yesterday marked the commencement of the 30th Annual Conference of the Sri Lanka College of Sexual Health and HIV Medicine, 2025.

Executive Director Dr. Ruchitha Perera and FPA staff working in the Global Fund, National HIV Prevention Project were in attendance.

Our Social Marketing Programme also had a stall showcasing its



wide range of contraceptive products.

The Sri Lanka College of Sexual Health and HIV Medicine is the country's leading professional body dedicated to advancing clinical excellence, research, and best practices in sexual health, sexually transmitted infections, and HIV medicine. Over the years, the College has played a pivotal role in strengthening national responses to HIV and STIs,



supporting evidence-based policy development, and building the capacity of healthcare professionals.

This year's theme, "Translating Evidence into Action: Advancing Excellence in HIV/STI Prevention, Treatment, and Care," highlights the College's continued commitment to improving public health outcomes through scientific rigor, collaboration, and innovation.

Youth Voices and Research Drive Change at ICFP 2025



At the 7th International Conference on Family Planning (ICFP) held from 3rd – 6th November in Bogotá, Colombia, Ms. Geilee Skandakumar, Hon. Assistant Secretary of FPA Sri Lanka's Board of Directors, presented two research studies "From Empire to Resistance: Colonial Legacies and Reproductive Justice in India and Sri Lanka" and "Examining Neocolonial Population Control Narratives in South Asia's Family Planning Campaigns" and spoke at thematic sessions on Comprehensive Sexuality Education advocacy and



reproductive autonomy among women living with HIV.

Her outstanding contributions earned her the Early Career Researcher Award from ICFP 2025.

Reflecting on her experience, Ms. Geilee shared:

"Participating in these sessions offered a rich learning experience on global approaches to SRHR advocacy and research. Engaging with youth leaders and practitioners from diverse contexts highlighted the importance of intersectional, culturally grounded, and evidence-based strategies in advancing reproductive justice."

She further emphasized that from an FPA Sri Lanka youth perspective, the key learning is to strengthen programmes through collaboration, youth-led research, and policy advocacy, ensuring that young people in Sri Lanka are active drivers of SRHR and reproductive justice movements.

Hearts & Hashtags: Youth, HIV & Digital Power



“Hearts & Hashtags: Youth, HIV & Digital Power” took place at the Sri Lanka Medical Association, bringing together Girl Guide representatives, young people, creators, and advocates for a morning of real conversations, learning, and digital empowerment.

Hosted by the National STD/AIDS Control Programme (NSACP) and FPA Sri Lanka, the sessions focused on strengthening informed youth voices, tackling stigma, and using social media for purposeful HIV awareness.

Dr. Vino Dharmakulasinghe, Consultant NSACP, opened the session with an insightful overview of the HIV situation in Sri Lanka, followed by Ms. Nadika Fernandopulle from the GFATM National HIV Prevention Programme, who shared an overview of the various methods of outreach work carried out by partner organizations on prevention, awareness, testing, and treatment referrals.

Indunil Dissanayake, Outreach Coordinator at Heart 2 Heart (H2H), shared real-life stories of people living with HIV, busted myths about transmission, and highlighted how knowledge, care, and treatment, along with knowing how to stay safe, can make all the difference.

From the creative front, Amila Gunasekera, Deputy Director – Brands at FPA Sri Lanka, presented the World AIDS Day

2025 social media video initiatives created by FPA Sri Lanka and NSACP, tools developed to provide accurate knowledge, dispel myths, and empower young people to make informed choices.

Dr. Suneth Rajawasan led an energetic session on “Go Viral with Purpose: Social Media That Breaks Stigma,” teaching participants how to create impactful content rooted in authenticity, empathy, accuracy, and zero stigma.

The interactive Youth Q&A was facilitated by Ms. Kritaanjali Ratnasabathy, Chairperson of the FPA Youth Services Committee, Kaveesha, Theekshana, and Dilan from the FPA Youth Team, alongside Dr. Mihitha Basnayake from the Advocacy Unit. They covered key topics such as modes of transmission,

prevention methods, the importance of condoms, treatment options, and the vital role parents play in creating open conversations, helping young people feel supported, informed, and safe.

Our Executive Director, Dr Ruchitha Perera, also joined the dialogue and emphasized the value of youth-centred awareness initiatives like this.

Participants shared that the programme cleared misconceptions, answered long-standing questions, and helped them understand why these topics are essential for their age group. Many expressed their commitment to share what they learned, both online and offline, to promote accurate, stigma-free awareness.





Session 2 of Hearts & Hashtags: Youth, HIV & Digital Power was successfully conducted at the FPA Sri Lanka Head Office, bringing together a new group of Girl Guide representatives, Leo Club members, youth leaders, and advocates.

The session featured expert inputs from Dr. Vino Dharmakulasinghe, Consultant – NSACP; Dr. Hemantha Weerasinghe, Medical Officer in Charge – STD Clinic, NSACP; Dr. Nisamala Madapatha, Registrar – Venereology, NSACP; and Dr. Roshani Jayaweera, Senior Registrar – Venereology, NSACP. Participants gained insights into the current HIV situation in Sri Lanka, alongside information on prevention, testing, treatment, referral pathways, and the importance of ending stigma.



In addition, the programme explored low-cost digital content creation, online safety, ethical storytelling, and the need to share accurate, stigma-free information online by a presentation by Deputy Director of Brands Amila Gunasekera. In his closing remarks, Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, highlighted the value of education beyond textbooks, emphasizing holistic learning that enables young people to engage thoughtfully with real-world issues, make informed choices, and contribute positively to society.

The session concluded with another engaging FPA Youth Team-led Q&A, creating space for open discussions on HIV transmission, prevention methods, treatment options, and broader health-related concerns.

Further sessions will be conducted for members of the armed forces and youth.





A. W. Fathima Mursida
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Puttalam SDP



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Sexual and Reproductive
Health Coordinator



S. A. Dilan Parwatha
Youth Engagement Officer



D. Kathya Senevirathne
Head of Advocacy – Legal



Men's Health & Well-Being Programme

FPA's Koggala Service Delivery Point conducted a comprehensive programme for EPZ male factory workers and BOI staff, providing essential guidance on men's sexual and reproductive health, early detection of male cancers, and safe sexual practices, led by Dr. Nalin Wijesekara, Medical Officer, RDHS Office Galle.

Another focused session on men's emotional well-being, stress management, and healthy communication, was facilitated by Counsellor Malsha Siriwardana (Koggala SDP) in collaboration with Brandix Garments.

Together, these sessions supported participants in strengthening their overall health, enhancing workplace performance, and improving relationships within their families and communities.



Empowering communities through the Levi's project

As part of the LEVI's Project, the Koggala Service Delivery Point (SDP), with the support of the MOH Office – Akmeemana, conducted a mobile Well-Woman Clinic at STAR Fashion Garment, Pinnaduwa, bringing essential women's health services directly to the workplace.

In addition, a Demand Generation Programme was carried out by the Koggala SDP in collaboration with women's Community-Based Organizations (CBOs) in Meepe, Habaraduwa DS Division. The session focused on Sexual and Reproductive Health (SRH), Family Planning, the importance of counselling, and the range of services available through the SDP, supporting women to make informed decisions about their health and wellbeing.



Relief Efforts for Communities Affected by Cyclone Ditwah



Image: Ishara S. Kodikara/AFP/Getty Images



FPA Sri Lanka has carried out its emergency response efforts following Cyclone Ditwah, reaching affected communities in Seethawaka, Wathupitiwala, Ampara, and Attanagalla. A total of 335 dignity kits, containing hygiene items, daily essentials, and dry rations, were distributed to communities—as well as to government partners—to support wider and coordinated distribution.

Under the leadership of Executive Director Dr. Ruchitha Perera, Board members, senior management, staff, and volunteers worked collaboratively to coordinate, sort, and prepare



donations for timely distribution.

Generous donations from Board members, management, staff, and well-wishers—received through FPA Sri Lanka's call for contributions—significantly strengthened the relief effort, enabling wider support for disaster-affected communities.

Furthermore, Maternity Kits, Dignity Kits, Adolescent Kits, and Transgender Dignity Kits are currently being prepared for dispatch to the disaster-affected districts of Colombo, Gampaha, Kandy, Kegalle, Matale, Nuwara Eliya, and Puttalam, in coordination with the Family



Health Bureau and the Disaster Management Centre, ensuring comprehensive support for vulnerable groups during the recovery phase.



These preparations are aligned with the priority needs highlighted by the Ministry of Health and the DMC.

In addition, as the leading organization providing SRHR services in Sri Lanka, FPA Sri Lanka plans to conduct 140 Mobile Clinics, 116 Comprehensive Sexuality Education programmes for young people, and 116 Demand Generation Programmes across the country to support rural communities affected by floods and landslides.

FPA Sri Lanka remains committed to supporting communities as they rebuild, continuing to mobilize essential supplies and coordinate relief activities across the most affected areas.



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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