

From strengthening emergency preparedness and expanding community-based healthcare to investing in young people and future counsellors, FPA Sri Lanka continues to turn knowledge into action. Here are some of the recent highlights from across our programmes, partnerships and service delivery points.



Strengthening Emergency Preparedness

On 4–5th September, FPA Sri Lanka conducted the IPPF SPRINT Project Simulation Exercise in Gampola, bringing together 25 government stakeholders from the Kandy District. The exercise strengthened practical application of the Minimum Initial Service Package (MISP) for SRH, coordination, decision-making, referrals and inter-agency collaboration during emergencies.

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Empower. Connect. Lead

On 2–3rd September, FPA Youth and the RFSU project team brought together young people from across the island, representing FPA Sri Lanka's service centres and Youth Clubs, for two days of learning and collaboration. Participants strengthened skills in SRH, SOGIESC, GBV, safe-guarding, communication, community mapping, project management, M&E and finance.



Prevention Starts with Awareness

Bloom by FPA Sri Lanka conducted a Medical Camp at Methodist College, Colombo 3, reaching over 60 teachers with health screening, awareness and care. The camp included Pap tests and breast cancer screening, alongside sessions on Sexual and Reproductive Health and mental health, promoting prevention, early detection and informed health choices.



Supporting Women's Health at the Workplace

Bloom by FPA Sri Lanka conducted an awareness session for Janashakthi Insurance Ltd staff, led by Prof. Sanath Lanerolle and Dr. Chinthana Rupasinghe (Director SRH). The session covered Polyendocrine Metabolic Ovarian Syndrome (PMOS) and menopause, addressing common myths, symptoms and practical ways to support women's health and well-being.



Preparing Future Counsellors

Psychology and Counselling interns took part in a session on "Sexual Health and the Counsellor's Role", facilitated by Ms. Hema Ranawake, Assistant Director, Alokaya Counselling Centre. The session strengthened knowledge and confidence to address sensitive sexual health concerns with competence, ethics and compassion.



Bringing Well Woman Services Closer

FPA Sri Lanka's Kilinochchi SDP participated in mobile clinics in Krishnapuram Village and Visvamadu CSD Camp, bringing Well Woman services and health information closer to communities. Around 30 women accessed services at Krishnapuram, with awareness sessions highlighting Pap smear screening and breast examinations.



GOOD SEXUAL HEALTH IS MORE THAN "NO STI."

It means healthy relationships, consent, respect, informed choices and access to the care you need.

#WorldSexualHealthDay [077 989 5252](tel:0779895252)

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Highlighting the Many Dimensions of Sexual Health

To mark World Sexual Health Day, FPA Sri Lanka developed posters and videos highlighting sexual health, including consent, STI and HIV testing, mental wellbeing, rights, relationships and informed choices. The campaign encouraged audiences to see sexual health as an important part of overall well-being.



Chinthana Eco Retreat: A Space for Learning and Connection

Relaunched earlier this year, Chinthana Eco Retreat is growing as a venue for learning, collaboration and engagement. Recent bookings include the National Fisheries & Solidarity Movement Youth Programme and the Fundamental & Other Rights Organization, while an FPA Youth event brought together 55 young people. Its growing use is also contributing to FPA's income generation while creating meaningful spaces for communities and organisations.