



From expanding access to essential health services to strengthening awareness, well-being and community engagement, FPA Sri Lanka continued to make an impact across the country. Here are some highlights from our recent activities, partnerships and achievements.



Promoting Mental Health in the Workplace

Alokaya Counselling Centre conducted a Mental Health and Counselling Awareness Session at Dilmah Ceylon Tea Company PLC. Facilitated by Hema Ranawake, Assistant Director, the session addressed mental well-being, stress management, early signs of distress and healthy coping strategies, while encouraging workplaces to make support more accessible.



FPA Sri Lanka Wins Big at WIM Corporate Olympiad 2026

Team FPA Sri Lanka showcased teamwork and sporting spirit at the WIM Corporate Olympiad 2026, securing four second-place and three third-place finishes across multiple events. The team also won the Best Cheer Group award, celebrating an impressive display of participation, determination and camaraderie.



Engaging Men in GBV Prevention

The Kilinochchi Centre conducted a Gender-Based Violence awareness programme for men from the fishing community. The session encouraged discussion around healthy relationships, harmful gender norms and preventing violence, highlighting the important role men can play in promoting respect, equality and non-violence.



Reaching Communities in Monaragala

The Monaragala Centre conducted a mobile clinic in Kodayana, Siyambalanduwa, providing essential SRH services, counselling and preventive care. The Centre also conducted a CSE session for youth at the SOS Vocational Training Centre, promoting informed, healthy choices and well-being.



Promoting Menstrual Health Awareness at KIU University

Alokaya Counselling Centre contributed to “අප්පි”, organised by the Rotaract Club of KIU University. Dr Chintha Rupasinghe, Director – Sexual & Reproductive Health, conducted an interactive session on menstrual health and hygiene, helping students understand menstruation, challenge myths and adopt healthy menstrual practices.



Taking Essential Health Services to Communities in Puttalam

The Puttalam Centre conducted two mobile clinics in the district, including one in Neelabamma, a community recovering from the Ditwah disaster. Women accessed essential Well Woman Services, preventive screenings and consultations through collaboration with the Puttalam and Karuwalagaswewa MOH health teams.



Youth Voices for Youth Day

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For Youth Day, Youth Club members from our Centres shared their experiences of working with and supporting their communities. Alokaya Counselling Centre also highlighted issues affecting young people today, encouraging awareness of harmful behaviours and recognising when professional support may be needed.



Engaging Youth in Preparedness

FPA Sri Lanka contributed to a youth-focused Simulation Exercise organised by UNFPA Sri Lanka at the National Youth Services Council. Bringing together young people from across the country, the exercise provided an opportunity to strengthen practical learning, preparedness and meaningful youth participation.

