

Media Advocacy Fellowship conclusion event and launch of a virtual gallery



Held on the 29th of March 2022

FPA, with the support of Riksförbundet för Sexuell Upplysning - Sweden (RFSU) and IPPF SARO, embarked on a project to address the role of media in countering negative stereotypes against queer people and preventing and combating discrimination based on sexual orientation, gender identity and sex characteristics.

The Project's objective was to contribute to the long-term goal of LGBTQIA+ people being able to live in all parts of Sri Lanka without facing fear, discrimination, or harassment based on their sexual orientation and gender identities/ expressions. Through the Fellowship Programme, intensive training for twenty fellows was carried out for community and non-community members.

As the Project concluded, a learning and networking session was held at the Waters Edge Hotel. In attendance were the Media Advocacy Fellows, FPA project staff and partners from RFSU Sweden, Anna Rambe and Ulrikka Persson. Each Fellow presented their journey of creation, impact and success and showcased the content they conceptualised, created and brought to life through this Fellowship. There was also a knowledge sharing and way forward session that produced many learnings

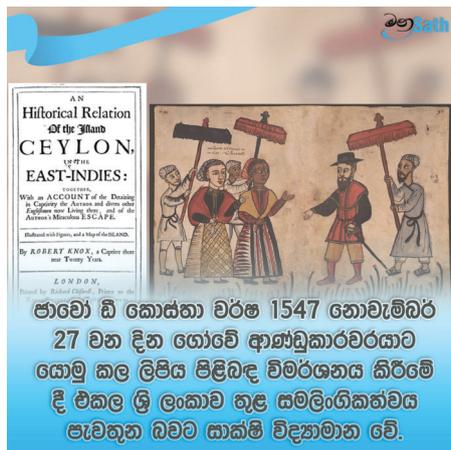
that will be directed towards streamlining the next set of workshops, trainings and Fellowships of this nature.

At the event, a virtual gallery was launched. It will run all year long, showcasing exciting content ranging from short movies, comics and art.

[Click to view](#) the gallery content.

"FPA Sri Lanka is an organization that plays a huge role for sexual and reproductive rights in Sri Lanka. To engage in a project on giving voices to the LGBTIQ+ community is immensely important and brave. FPA Sri Lanka addresses attitudes and stigma in the project which are crucial components in the efforts to contribute to SRHR for all and leaving no one behind."

- Ulrika Persson & Anna Rambe



UNFPA representative for Sri Lanka and the Country Director for the Maldives, Kunle Adeniyi, visited FPA Sri Lanka to meet with FPA Executive Director, Thushara Agus and Director Marketing, Suhail Junaid to learn more about the organization, its projects and scope of work and to discuss future collaborations to further advance the sexual and reproductive rights of all women and girls in the country.

"I visited FPA Sri Lanka and had a productive discussion on addressing the unmet need for Family Planning in Sri Lanka, joint advocacy on health education for young people and working together to tackle the shortage of contraceptives triggered by the current challenges."

- Kunle Adeniyi



New Service Mechanism Launched!
Health care at your doorstep!



Our Suwa Sewa Centre in Batticaloa has commenced a Home Visit service where clients can call and register to book a date and time when a service provider can visit the client's location. Some of the services provided are Sexual and Reproductive Health-related counselling, gender-based violence related counselling, Oral Glucose Tolerance Test, HIV and STI testing, and other general health checks. This service will be launched in all the other FPA Clinic locations too.



FPA's Outreach Unit handed over 23 Maternity Kits to the Mother Charitable Foundation (MCF), a non-government charity organization providing services to children and adults with disabilities, the elderly, and people living with HIV, cancer and thalassemia.

Maternity kits contained hygiene and sanitary products and other items tailored to the needs of mothers. This initiative aimed to provide necessary items that can significantly impact a woman's comfort and physical and psychological health.

Volunteer Health Assistants - Change Makers within their own communities!

VHA's create trust between communities and health systems, removing barriers patients face in accessing care. They play a key role at FPA, promoting access to vital sexual and reproductive health care services. The picture depicts, the VHA attached to the Batticaloa Service Delivery Point making a home visit.



Picture Highlights of Medical Clinics - Providing Care & Uplifting Communities!



At the Great Western School for the general public and the estate workers – By the Nuwara Eliya SDP. In this area, geographical isolation limits their access to healthcare and information, making them vulnerable to STIs and unintended pregnancies.



At the DSI Factory and Vouge Tex - By the Koggala SDP



At the Paragaha Kele Clinic Centre and the Namaloya Clinic Centre - By the Ampara SDP



Awareness Programme at JJ Mills and MIDAS – By the Seethwaka SDP

The National STD/AIDS Control Programme (NSACP) of the Ministry of Health and FPA Sri Lanka launches Community-led testing with Community Strength Development Foundation (CSDF) and Heart to Heart in Colombo.

FPA as the Sub recipient (SR) in Colombo and Gampaha under the new Global Fund HIV Prevention Grant, launched the Community-led HIV rapid testing with its implementing partners in Colombo, Heart to Heart (MSM Sub-Sub Recipient) and Community Strength Development Foundation (FSW Sub-Sub Recipient). This was conducted under the guidance and supervision of Dr. Sathya Herath/NSACP, National KP Coordinator and the FPA SR Team.



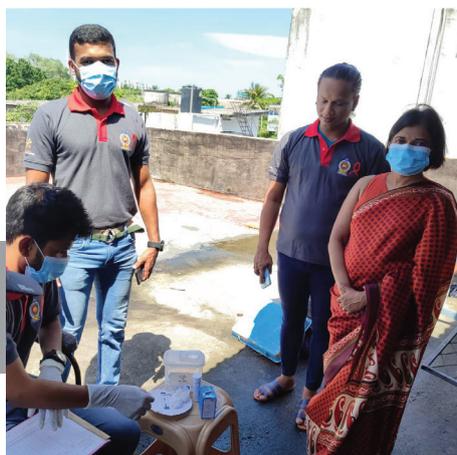
An HIV Community-led Testing Drive in Colombo, coordinated by the National Transgender Network (NTN) for the transgender community members.

Community-led HIV Rapid testing takes place in a non-clinical setting and is performed by trained Community Outreach Workers. Testing can happen at the Community based centre or at a preferred location by the client. This is a very effective approach to reaching people at risk for HIV, especially during this challenging period for escorting clients to facility-based testing.



An HIV Community led Testing Drive in Gampaha, coordinated by the NSACP, FPA Sri Lanka, SARD for Men who have Sex with Men (MSM), Mithuru Mithuro Movement for the Female Sex Workers (FSW) and Venasa Transgender Network for Transgender community members.

FPA and NSACP conducted the Community-based HIV testing (CBT) training for Outreach Workers in 2021. The trained Outreach Workers performed the test under medical professionals until they were competent to carry it out alone.



A tool kit and a T-shirt were provided to all outreach workers to facilitate the Community-led testing.

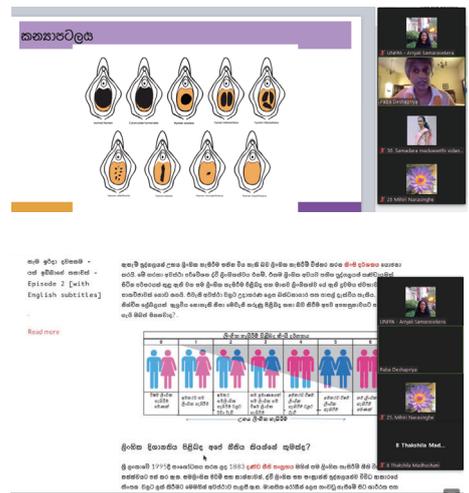
London Stock Exchange Group (LSEG) Project on Comprehensive Sexuality Education: Southern Province

Under this Project, FPA will deliver four CSE programmes to young adults and out-of-school youth. The three-day comprehensive education programme covers topics such as gender, the reproductive system, sexual health, sexual rights, modern contraceptives, STDs, LGBTQIA+ rights, and abortion.

Conducted online, the programme is delivered in a participatory manner with games, participatory exercises, videos and lectures given by trained sexual and reproductive health facilitators.

The first programme was conducted in the Southern Province for youth from Galle, Matara and Hambantota districts. The facilitator was the popular SRHR Trainer, Paba Deshapriya, assisted by co-facilitators from the Youth Advocacy Network of Sri Lanka.

The programme will extend to the Central, Eastern and Northern Provinces in the coming months. The programmes are conducted in Tamil and Sinhala, depending on the area.



SPRINT Regional Meeting



The SPRINT Humanitarian Programme Regional Meeting took place from the 3rd - 8th April 2022 in Kuala Lumpur, Malaysia.

At the event, a review was conducted of the overall achievements and activities of Member Associations (MAs) in the SPRINT III programme throughout the past years, which included experience sharing of reproductive health service provision and emergency response mechanisms during the pandemic.

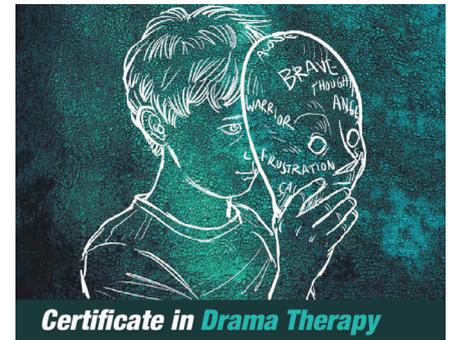
The implementation strategy, action plans and financial strategies of the upcoming SPRINT IV programme for 2022-2024 were also discussed.

Julia Taft (Director - IPPF Humanitarian), Dr. Roby Drysdale (Deputy Director - IPPF Humanitarian) and team members of the IPPF Humanitarian Programme and IPPF South Asia Regional Office (IPPF SARO) facilitated the regional meeting. Representing FPA Sri Lanka were Rajapakse Vithanage (Consultant - Head of Outreach) and Janaranga Dewasurendra (Assistant Director - Monitoring & Evaluation).

SRH Institute - Courses being offered

Four certificate courses, namely Practical Skills Development in Counselling, Cognitive Behaviour Therapy, a Psychopathology Course, and a Certificate Course in Sex therapy, are currently in progress and will be completed by the end of July 2022.

Enrollment for the Skills Development Programme for Counselling, Counselling Certificate Course, Drama Therapy Course, and Career Counselling Course, which will commence in July and August of 2022, has begun.



Drama therapy uses elements of theatre to create an empowering and dynamic process of healing. Clients are offered the opportunity to work experientially, both verbally and non-verbally with a variety of techniques and exercises.

- Day 1 - Insight Improvisation
Mindful Movement of Body and Voice, Emotion Embodiment and Role Play
- DAY 2 - Role Dynamics
Self and Archetypes
- DAY 3 - Therapeutic Story
Storytelling Performance as Therapy
- DAY 4 - Symbolic Exploration
Symbolic exploration of Self Autobiographical Narratives
- DAY 5 - Working with Masks in Drama Therapy
Conducting a Drama Therapy Session

Prevention Information Management System (PIMS) training



On the 5th of May, outreach staff attached to the National Transgender Network and Venasa Transgender Network were trained on using the PIMS to monitor the Transgender component of the Global Fund, National HIV Prevention Project.

The training covered reporting and uses for programme management and decision making.

It was conducted in collaboration with

the Strategic Information Unit of the National STD/AIDS Control Programme (NSACP).

The PIMS is a centralized, web-based, integrated data management system developed by NSACP to monitor and evaluate the National HIV and STD prevention programmes implemented by NSACP's island-wide network of STD clinics and its' partners.

The PIMS was developed with

learnings from FPA Sri Lanka's Monitoring and Evaluation Information Management System (MEIMS). The newly developed PIMS is expected to replace all the manual processes of HIV prevention programmes at all levels. While preserving all the strengths and capabilities of the existing system (MEIMS), new technologies were also integrated into the PIMS to meet client requirements, i.e. mobile technology, QR code reading facilities and more.

Resource persons from NSACP: Dr. K.A, Ariyaratne, Consultant Venereology; Dr. S. Muraliharan, Medical Officer and L. S. Fernando, Senior Strategic Information Officer.

Resource persons from FPA Sri Lanka: Suchira Suranga, Director-OLE and Amal Bandara, M & E Officer of GF project.



සමාජ අලෙවිකරණ අංශයේ සහකාර අධ්‍යක්ෂිකා තමරා මන්ත්‍රීරත්න මෙහෙවිය සමඟ කතාබහක

ඔබ 1991 වර්ෂයේ දී ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ ආලෝකය උපදේශන අංශයට සම්බන්ධ වන අතර, වඩා මේදා තුර ඔබගේ ගමන් මග පැහැදිලි කරන්න.

මම 1991 වසරේ ජූනි මස 24 වෙනි දින ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ ලිපිකාරිණියක ලෙස සේවයට බැඳුණෙමි.

මට මේ අවස්ථාව ලැබුනේ බම්බලපිටිය Maritime International (Pvt) Limited Job Agency එකට රැකියාවක් ලබා ගැනීම සඳහා ඉල්ලුම් පත්‍රයක් භාරදීම තුලිනි. එම ආයතනයෙන් මට මෙම ආයතනයේ සම්මුඛ පරීක්ෂණයක් සඳහා දිනයක් සහ වේලාවක් දැනුම් දුන්නා. සම්මුඛ පරීක්ෂණ මණ්ඩලයේ දැය අබේවිකුම මහතා (ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ විධායක අධ්‍යක්ෂක තුමා) සහ වෛද්‍ය අනෝමා වික්‍රමසිංහ මහත්මිය (ආලෝකය උපදේශන මධ්‍යස්ථානයේ අධ්‍යක්ෂකතුමිය) සිටියා. ඒ අය මාව තෝරා ගත්තා.

මම දින 4ක පමණ ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ තරුණ අංශයේ සිට සේවය කලා. ඉන් පසු බොරැල්ලේ පිහිටි ආලෝකය උපදේශන මධ්‍යස්ථානයේ සේවයට ගියා. එතන මම ඉතා කැමැත්තෙන් මට පැවරුණු සියලු වැඩ නිසියාකාරව නිම කර දුන්නා. වෛද්‍ය අනෝමා වික්‍රමසිංහ මහත්මිය ගුවන් හමුදා රෝහලේ සේවය කර අප ආයතනයට

පැමිණ තිබුනේ. චිත්‍රමය විසින් මට Filing System වැනි නව ක්‍රමවේද කියා දුන්නා.

ආලෝකය මධ්‍යස්ථානයේ දී මට මානසිකව අසරන වූ අයට උදව් කිරීමට අවස්ථාව ලැබුනා.

දිනක් අවුරුදු 22 ක පමණ තරුණයෙක් උදේ පැමිණියා. ඒ අවස්ථාවේ උපදේශක බුද්ධික මහතා සිටියේ නැහැ. ඒ මහතා දහවල් 12.00 පමණ පැමිණෙන තුරු, ඉතාමත් අපහසුවෙන් ඔහුව රඳවාගෙන සිටියෙමි. ඔහු ඒ මහතා සමඟ කතා කල පසු, උපදේශක මහතා පැවැසුවේ ඒ වෙලාවේ ගියා නම් ජීවිතයට හානියක් කර ගන්න තිබූ බවයි.

මෙවැනි ජීවිත බේරා ගැනීමේ අවස්ථා මට කිහිපයක් ලැබුනා.

උපදේශන පුහුණු පාඨමාලා සංවිධානය කළා. පාසැල් ළමුන් සඳහා ප්‍රජනන සෞඛ්‍ය අධ්‍යාපන වැඩසටහන ආරම්භ කළා. එම ව්‍යාපෘතිය හා සම්බන්ධව ගුරු පුහුණු වැඩසටහන්, අධ්‍යාපන අධ්‍යක්ෂකවරුන් දැනුවත් කිරීමේ වැඩසටහන් සංවිධානය කළා. ඉන්පසු තරුණ අංශයත් ආලෝකය මධ්‍යස්ථානය හා සම්බන්ධ කළා. තරුණ කමිටුව හා සම්බන්ධව වැඩ කටයුතුත් කළා. පාසැල් ළමුන් සඳහා විවාද තරඟ රචනා තරඟ පැවැත්වුවා. සෑම අවුරුද්දකම පැවැත් වූ සිල්වියා ප්‍රනාන්දු විවාද තරඟාවලියට සම්බන්ධවත් වැඩ කටයුතු කිරීමට මට අවස්ථාව හිමිවුනා.

2003 වසරේ දී අප ආයතනය 50 වෙනි සංවත්සරය සමරන අවස්ථාවේ දී ඒ හා සම්බන්ධව කටයුතු කිරීමට අවස්ථාව ලැබුනා.

2007 වසරේ දී BMICH පැවති 8th ICAAP HIV සමුළුවට සෞඛ්‍ය අමාත්‍යාංශය විසින් අප ආයතනයේ සහාය ලබා ගත්තා. ස්වේච්චා (Volunteer) සේවකයින් පුහුණු කර මෙහෙය විමේ වැඩසටහන සඳහා වැඩ කිරීමට මට අවස්ථාව ලැබුනා.

තවද Accreditation ලබා ගැනීම සඳහා ලිපි ගොනු සකස් කිරීමේ අවස්ථාවද මට ලැබුනා. ඒ අවශ්‍ය කාර්යයන් නිසියාකාරව නිම කර දුන්නා.

ලෝක බැංකුවේ ආධාර යටතේ සෞඛ්‍ය අමාත්‍යාංශය විසින් දියත් කළ Condom Social Marketing Programme එක මෙහෙය විමට අප ආයතනයට දුන්නා. රට පුරා පැවැත් පුහුණු වැඩසටහන්, ප්‍රචාරක කිරීමේ වැඩසටහන් සඳහා වැඩ කිරීමට මට අවස්ථාව ලැබුනා.

2007 වසරේ වැඩසටහන් සහකාර තනතුර, 2008 වසරේ වැඩසටහන් සම්බන්ධීකරණ නිලධාරී තනතුර, ඉන් පසු කළමනාකාර තනතුර, ජේෂ්ඨ කළමනාකාර තනතුර, 2020 වසරේ සහකාර අධ්‍යක්ෂිකා තනතුර වශයෙන් මා හට උසස් වීම ලැබුනා.

වර්තමානයේ ඔබ සමාජ අලෙවිකරණ අංශයේ සහකාර අධ්‍යක්ෂිකාවක් ලෙස සේවය කරයි. ආලෝකය උපදේශන සේවාවෙන් සමාජ අලෙවිකරණ අංශයට සම්බන්ධ වීමේදී ඔබ වයට මුහුණ දුන්නේ කෙසේද? අද සමාජ අලෙවිකරණ අංශයේ ඔබගේ කාර්යභාරය පැහැදිලි කරන්න.

1999 වසරේ දී ආලෝකය මධ්‍යස්ථානය බුලර්ස් පටුමග ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය වෙත ගෙන ආවා. ඒ අවස්ථාවේ දී මාව පුහුණු අංශයට මාරු කලා. එහි දී Volunteer Training Programme කිරීමට අවස්ථාව ලැබුනා. එහි මාස කිහිපයක් වැඩ කරන විට වෙළඳ අංශයේ හිටපු සහකාර අධ්‍යක්ෂක තිස්ස විජේසුන්දර මහතා මාව එම අංශයට ගත්තා. එතන සිටි කෙනා පුහුණු අංශයට මාරු කළා.

මම වෙළඳ අංශයේ වැඩ කටයුතු කිසිඳු අපහසුතාවයකින් තොරව ඉතා කැමැත්තෙන් කර ගෙන ගියා. ආයතන සාමාජිකයන් මෙන්ම පරිබාහිර සියලු දෙනා සමඟ සුහදව, එන අය සමඟ හොඳින් කතා කර ඒ අයට අවශ්‍ය දෙය නිසියාකාරව කර දුන්නා. 2008 වසරේ වෙළඳ ඉලක්කය සැපීරීම වෙනුවෙන් විදේශ සංචාරයක් සඳහා තායිලන්තයට යාමට අවස්ථාව ලැබුනා.

වෙළඳ අංශයේ Dealer Convention, Product Launch වල දී ඒ කටයුතු කළා.

වෙළඳ අංශයේ දැනට මම අවශ්‍ය වාර්තා සකස් කිරීම ඒ ඒ අවස්ථාවන් අනුව යෙදෙන වැඩ, වෙළඳ අධ්‍යක්ෂක තුමා විසින් නියම කරන වැඩ හැකි උපරිමයෙන් කර දෙමි.

කාන්තාවක් ලෙස Contraceptive අලෙවිකරණ අංශයක වැඩ කිරීම තුල ඔබ යම් අවස්ථා වලදී (උදා ලෙස නෑදෑයන්ට සහ තම යාළුවන්ට) ආයතනයේ කාර්ය පැවසීමේදී ඔබට අපහසුතාවයන් දැනුනාද? ඔබ වයට මුහුණ දුන්නේ කෙසේද?

මට අප ආයතනය ගැන අවශ්‍ය අයට දැනුවත් කිරීමට ඒ ආයතනය වෙත යොමු කිරීමට නෑදෑයන්ට, යහළුවන්ට ඒ පිළිබඳව දැනුවත් කිරීමට අපහසුතාවයක් දැනුනේ නැහැ.

කණ්ඩායමක් ලෙස වැඩ කිරීමේදී SMP Team එක තුළ ඔබ දැක්වූ ශක්තීන් (Strengths) මොනවාද? දුර්වලතා මොනවාද?

එම දුර්වලතා මග හැරීමට ඔබ කරන යෝජනා මොනවාද?

ඕනෑම අභියෝගක් ජය ගැනීමේ ශක්තියක් තියෙනවා.

කණ්ඩායමක් ලෙස වැඩ කිරීමේදී SMP එක එකමුතුකම හා සුහදශීලීව සිටීම ගොඩක් වැදගත්. එවිට සියලු දෙනාට සතුටින් විශාල වැඩ කොටසක් සාර්ථකව කර ගැනීමට හැකියාව ලැබෙනවා.

COVID-19 වසංගතය හමුවේත්, දැනට රටේ පවතින තත්වය තුළින් SMP අංශයේ වැඩ කටයුතු පරිපාලනය වන්නේ කෙසේද?

COVID-19 වසංගතය හමුවේ මම ගෙදර සිට වැඩ කලෙමි. වෙළඳ අධ්‍යක්ෂක තුමා ඇතුළු කිහිප දෙනෙක් ආයතනයට පැමිණ සියලු වැඩ කටයුතු කළා. Field Staff එක ඒ අයට අදාල කටයුතු දුෂ්කරතා මධ්‍යයේ නිසියාකාරව කලා. ඒ සියලු දෙනාට මාගේ ස්තූතිය පිරිනමමි.

වසර ගණනාවක් මෙම අංශයේත් මෙම ආයතනයේත් ඇති අත් දැකීම් අනුව, ඔබට හැඟෙන ආකාරයට අලුතෙන් හදුන්වා දිය යුතු Product එකක් වන්නේ කුමක්ද?

කාන්තාවන් සඳහා අවශ්‍ය ආයුර්වේද බෙහෙත් වර්ග, මේ පවතින ප්‍රශ්න හමුවේ ඇතිවන මානසික පීඩනය අඩු කර ගැනීම හා ලිංගික සෞඛ්‍ය සඳහා ඇති ඖෂධ වර්ග බෙදා දිය හැක.

පවතින අර්බුදකාරී තත්වය හමුවේ අඩු විශදමකින් වැඩි ප්‍රතිලාභ ලබා ගැනීමට කළහැකි යෝජනා මොනවාද?

ආයතන මට්ටමින් (වෙනත් ආයතන වල, මුදල් අයකර) පුද්ගල මානසිකත්වය උසස් කරවන විධිමත් වැඩසටහන් සක්‍රියව ක්‍රියාත්මක කිරීම. ඉහත කී තත්ව යටතේ උචිතම හා වලදායී වැඩ පිළිවෙලක් වේ යැයි මම විශ්වාස කරමි.

ලිඛිත දේවල් (Paper Document) අඩුවෙන් භාවිතා කිරීම, e-mail මගින් අවශ්‍ය දේවල් ඉදිරිපත් කිරීම.

විදුලි බිල අඩු කර ගැනීම. (අනවශ්‍ය විදුලි බල්බ නිවා දැමීම)

තාවකාලිකව සම්පූර්ණ අයතනයම පැමිණ වැඩ කරන සතියේ දින ගනන දින 3 කට සීමා කිරීම. (සියලු දෙනාම එකම දින 3 ක වැඩ කිරීම.)

මෙම ආයතනය තුළ ඔබ පසුගිය වසර 30 ක් පුරා සිටි අයෙක් වශයෙන් වර්තමානයේ සිටින ඔබගේ සහෝදර සේවකයන් වෙත ලබා දෙන පණිවිඩය කුමක්ද?

තම ආයතනයට ආදරයෙන් හැකි හැම අවස්ථාවකම නාස්තිය පිටු දකිමින් තම රාජකාරිය නිසි ලෙස ඉටු කිරීම. අපෙන් සේවා සහ භාණ්ඩ ලබා ගැනීමට පැමිණෙන සියලු දෙනාට උපරිම අවශ්‍ය සේවා ලබා දීම.

30 වසරක් පුරා මා ලද අත් දැකීම් වලින් ඉතා සුළු කෙටසක් මෙසේ සඳහන් කළෙමි.

අප රටේ දැනට පවතින ආර්ථික අර්බුදය හමුවේ නොසැලී සියළුම බාධක ජයගනිමින්, ජනතාවට අවශ්‍ය ලිංගික හා ප්‍රජනන සෞඛ්‍ය සේවා ලබාදෙමින්, රටට අඩන්ඩි සේවයක් ලබාදීමට අවශ්‍ය ශක්තිය ධෛර්ය ලැබේවා!



ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ සේවක සුභසාධක සංගමය මගින් සහන රැසක්



වර්තමානයේ රට තුළ උද්ගතව ඇති ආර්ථික අර්බුදය හේතුවෙන් ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ සේවක ප්‍රජාව ද දැඩි සේ පීඩාවට පත්ව සිටින බව තොරතුරු සහිතව. ඔවුන්ගේ ආර්ථික ගැටළුවලට සහනදායී පිළිතුරක් ලබාදීමේ ඒකායන අරමුණින් යුතුව, ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ සේවක සුභසාධක සංගමයේ ගරු සභාපතිනිය තුෂාරා ආගුස් මහත්මියගේ (විධායක අධ්‍යක්ෂකා) තීරණය පරිදි,

ආයතනයේ සමස්ත කාර්යය මණ්ඩලය උදෙසා විශේෂ සහන වැඩපිළිවෙලක් පසුගියදා අරම්භ කෙරිණි.

එහි මූලික අදියර ලෙසින්, ආයතනයේ 130ක් වන සමස්ත කාර්යය මණ්ඩලයේ සේවක සේවිකාවන් වෙත ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ නයිතමඩම චින්තන පුහුණු මධ්‍යස්ථානයේ තුමියේ පොල් පලදාවෙන් එක් සේවකයෙක් සඳහා පොල් ගෙඩි 10ක්, දෙල් සහ කොස් ඇතුළු ද්‍රව්‍ය නොමිලයේ ලබාදීම සිදුකෙරිණි. එසේම ඉදිරියේදී පොල් අස්වැන්න නෙලාගන්නා අවස්ථාවන්හිදී මෙම සහන වැඩපිළිවෙල ඉදිරියටත් කරගෙන යාමට තීරණය කිරීමද ඉතා වැදගත් පියවරක් ලෙස සැලකිය හැකිය.

එමෙන්ම, මෙහි දෙවැනි අදියර ලෙසින්, විධායක අධ්‍යක්ෂතුමියගේ උපදෙස් පරිදි නයිතමඩම චින්තන පුහුණු මධ්‍යස්ථානයේ ඉඩම් අක්කරයක තුමි ප්‍රමාණයක අතකවශ්‍ය හෝග වර්ග (එළවළු වර්ග 12ක් පමණ) වගා කිරීමට සැලසුම් සකස්කොට ඇති අතර, මේ වනවිට ඒ සඳහා තුමිය සකස් කිරීමද ආරම්භ කර තිබේ. මෙම එළවළු වගාවෙන් ලබාගන්නා අස්වැන්න ද ඉදිරියේදී සමස්ත කාර්යය මණ්ඩලය වෙත නොමිලයේම ලබාදීමට පියවර ගැනීමට සේවක සුභසාධක සංගමය කටයුතු කරනු ඇත.

මෙවැනි ව්‍යසනකාරී ආර්ථික අර්බුදයකට මුහුණදෙමින් සිටින මොහොතක මෙකී සහන වැඩපිළිවෙල ක්‍රියාවට නැංවීමට මගපෙන්වීම සිදුකරනු ලැබූ ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ සේවක සුභසාධක සංගමයේ සභාපතිනිය මෙන්ම දායත්වය දක්වන සියළුම පාර්ශවයන්ට මෙම සත්ක්‍රියාව වෙනුවෙන් සමස්ත සේවක ප්‍රජාවගේම ස්තූතිය, ප්‍රශංසාව සහ ගෞරවය පිරිනැමිය යුතුය.





Social Media Campaigns

World Health Day - April 7



How is panic disorder treated?

If you're experiencing symptoms of panic disorder, talk to a health care provider.

After discussing your history, a health care provider may conduct a physical exam to ensure that an unrelated physical problem is not causing your symptoms. A health care provider may refer you to a mental health professional, such as a psychiatrist or psychologist.



Three topics usually shrouded in secrecy and can be considered taboo topics, were addressed

Aspects of Mental Health: Depression, Anxiety and Panic Attacks

Men's Sexual Health – Premature Ejaculation in consultation with Dr. Lasantha Malawige.

Types of STIs – Raising awareness on prevention, identifying early symptoms and Treatment options

[Click to view](#) campaign materials.

An FB live session was conducted in Sinhala with sign language interpretation.



SRH Rights, SRH myths and misconceptions and where youth can access services - Dr Dilini Matharachchi from the Family Health Bureau's Adolescent & Youth Health Unit was the speaker

[Click to view.](#)

International Day against Homophobia, Transphobia and Biphobia - May 17

FPA Sri Lanka continues to work alongside the LGBTQI+ people and partners to drive equality and human rights for all. These are vital efforts given that the community are often denied their human rights - unable to access legal protection, healthcare, or other basic services.

We shared messages of support from allies of the community. [Click to view.](#) Do you know what the term LGBTQIA+ stands for? [Click to view](#) our campaign materials explaining each acronym.

Transforming transgender communities' health in Sri Lanka



The short documentary 'Transforming transgender communities' health in Sri Lanka', voices the challenges and successes of the healthcare provided to trans persons in Sri Lanka. The video brings together a diverse group of people to address the gaps and challenges in the current healthcare system and advocates for changes needed to create a trans-friendly and trans-competent healthcare system.

The documentary sheds light on the initiatives of the Global Fund funded Sustainability of HIV Services for Key Populations in Asia (SKPA) project. The project is managed by the Australian Federation of AIDS Organizations(AFAO) and FPA Sri Lanka as Sub-recipient, collaborates with the National Transgender Network Sri Lanka and The National STD/AIDS Control Programme (NSACP) to promote sustainable services for key populations to stop HIV transmissions and AIDS-related deaths by 2030.

Key learnings from the documentary will be helpful to add value to programme efforts in building sustainable services to form the HIV response in the country. [Click to view.](#)

Menstrual Hygiene Day - May 28



Let's bust Period Myths!

Periods, a natural process, are associated with multiple cultural beliefs and taboos. Let's break them down and separate fact from fiction!



A video was launched on the day, which shared a brief overview of menstruation, the importance of menstrual care and hygiene, addressed common menstruation myths and shared information on common menstruation disorders.

Dr Rashmira Balasuriya, Head of Mentors, The Arka Initiative and volunteer Doctor at FPA Sri Lanka, was the speaker.

[Click to view:](#)

[English video with Sinhala Subtitles.](#)

[English video with Tamil Subtitles](#)

[Click here](#) to view campaign materials.



FPA's Executive Director, Thushara Agus, was invited to represent IPPF at the 50th session of the United Nations Human Rights Council Panel to share a statement on Menstrual Hygiene.

[Click to view](#) the statement, played at the 2:51:07 mark.



PRIDE Month

June 2022

To mark Pride Month, Pulse together with Aritha Wickramasinghe presented 'STIGMA', a talk show that brought to light a variety of taboo topics that have been seldom discussed for far too long. The series was done in collaboration with i-Probono, FPA Sri Lanka and IPPF, South Asia Region.



[Click to view the episodes.](#)

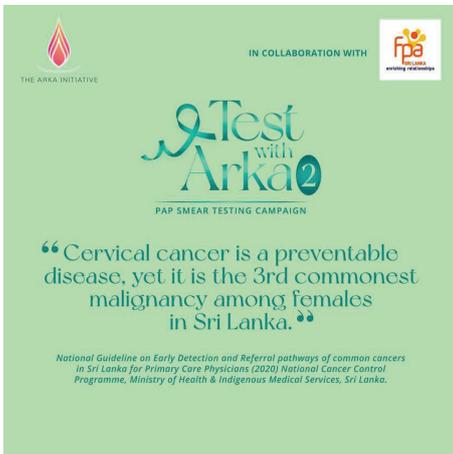
[Episode 01](#) | Brandon Ingram

[Episode 02](#) | Hash and Manga

[Episode 03](#) | Bhoomi and Dinushi

[Episode 04](#) | Kahless Jaden Hameed

Pap Smear Testing Campaign



A pap smear is a simple outpatient procedure to detect pre-cancerous lesions of the cervix. In collaboration with FPA, the Arka Initiative launched the 'Test with Arka 2 - Pap Smear Testing Campaign' on the 25th of June 2022 at the FPA Head office.

All registered underwent a pre-test counselling by a doctor (female) before the procedure, which included knowledge of cervical cancer, the process of a pap smear and what to expect afterwards.

Due to the overwhelming response and registrations, a second screening session is scheduled for the 9th of July.

[Click to view](#) the informative videos shared.

[Click to view](#) the FAQs



Pre-test counselling session



FPA products

With the support of the Arka Initiative, two medical students from Imperial College London, Fatema and Paulina, visited FPA Sri Lanka.



'We were very keen to learn more about the access and provision of sexual, menstrual and reproductive health in Sri Lanka as we are interested in women's health and global health. For example, It was eye-opening for us to learn about various contraceptive options available to women in Sri Lanka and learn more about the challenges and stigmas women face on a day-to-day basis. We were able to compare and contrast with what contraceptive options were available to patients in the UK and other healthcare systems that we've seen. It was amazing to see how the clinic operates and the various services it provides, such as important health support to patients that cannot afford private care.'

A video message of their experience; [click to view.](#)

Welcome to the Team



Achini Kaveesha Pahalawatte
Programme Coordinator
Outreach Unit

The possibility of legalizing abortion in Sri Lanka has been a topic continuously tossed around back and forth for almost three decades. Most recently, this past International Women's Day (2022), the previous Justice Minister Ali Sabry raised the topic in parliament of legalizing abortions for victims of rape. However, no further discussion came about the topic.

It is well known that Sri Lanka has one of the strictest abortion laws in the world where abortion cannot be carried out unless the mother's life is at risk. This means that abortion is illegal even in cases of rape, incest, pregnancy of minors and when the foetus has lethal congenital anomalies. This is in stark comparison to our neighbours, India, who legalized abortion more than 50 years ago. The Medical Termination of Pregnancy Act of India was amended in 2021 to also allow all women to seek safe abortion services even on grounds of contraceptive failure, and the gestation limit was increased to 24 weeks for special categories.

Despite this, it is estimated that more than 600 abortions take place every day in Sri Lanka (Ministry, 2016). Most of these abortions are carried out using unsafe and unsterile methods including the insertion of tree branches and bicycle spokes. Since the Covid-19 pandemic and with the current economic crisis in Sri Lanka, this number is thought to have significantly increased. The limited access to modern methods of contraception, especially due to financial difficulties and curfews/lock-downs, are key contributors to this increase.

In a country that has worked so hard to bring down its maternal mortality rate to approximately 39 deaths per 100,000 live births (2017) [1], one of the best in South East Asia, maternal deaths from unsafe abortions still significantly contribute to the existing maternal mortality rate. In 2015, the Ministry of Health in Sri Lanka has



The whisper game: Where does Sri Lanka stand with Abortion? The grim situation in Sri Lanka

attributed 10-13% of maternal deaths in Sri Lanka due to abortion [2].

Contrary to popular belief that women who seek abortions in Sri Lanka are unmarried, studies have found that most women who undergo abortions are in married relationships. They commonly state that the reason for abortion is either completion of their family, inability to afford another child or that the youngest child is too small [2].

The need for abortion in Sri Lanka and the limited conversation surrounding it

Many women die due to septic infections and severe bleeding after undergoing unsafe abortions. They are also at risk of reproductive tract infections, secondary infertility and psychological trauma. Due to the stigma of abortions and fear of being criminalized for it, most women refuse hospital care or seek medical attention too late.

For many years, healthcare professionals were forced to report women who presented for hospital care after potentially having undergone an abortion in the community. In an effort to reduce this and to encourage women to seek prompt medical care, the Ministry of Health in Sri Lanka introduced National Guidelines on Post Abortion Care in 2015. This encourages women to seek post-abortion medical care, no questions asked, reducing associated morbidity and mortality. This guideline also allows healthcare professionals to care for women post abortion without the fear of prosecution for not reporting it.

Despite the many attempts (1995, 2011, 2017 & 2019) in the past to legalise abortion, they have all been met with backlash from religious leaders. It should be noted that in 2017, medical doctors met with religious leaders to discuss decriminalisation of abortions in 3 instances; in the case of sexual abuse/incest, pregnancy in minors and when serious congenital abnormalities are present in <12-week-old foetuses. No agreement was reached between the two parties, but is important to mention that at these discussions not a single female was present. Every representative was a male; even though they will never experience the psychological impact of an unwanted pregnancy, never have to make the difficult decision to undergo an abortion nor will ever experience an abortion. This shows the significant male grasp on a women's reproductive health rights in Sri Lanka.

With such fierce opposition to legalizing abortion, it would be thought that religious leaders and anti-abortion activists would advocate for other methods that have proven effective in reducing the rate of unwanted pregnancy such as sexual and reproductive health education or the advocacy of contraception. But even these actions are discouraged. The lack of sexual and reproductive health education island wide due to religious and cultural stigma, has resulted in a severe lack of sexual literacy amongst the people of Sri Lanka. The Demographic and Health Survey (2016) found the contraceptive prevalence rate amongst married women aged 15-49 years in Sri Lanka to be only 64.6% [3].

A glimpse of reality

Ms. Y, a young professional, found herself 8 weeks pregnant in the middle of the Covid-19 pandemic. With access to sexual and reproductive health services severely limited, she turned to a website on abortion for help. Via the website she received the medication from India and proceeded with a medical termination of pregnancy all by herself. On asking her if getting an abortion by healthcare professionals in Sri Lanka would have made a difference, she expressed “It would have made things feel safer, because I was trusting a website and didn’t know what the pill was or what I was taking. I relied on google throughout - all hearsay and googling. This pill could have killed me and I wouldn’t know because it’s all done unofficially and under the radar. I feel like even if something went wrong, what would I do? Where would I go? Who would I talk to? It felt unsafe throughout.”

Mr. X, an expat now calling Sri Lanka home, and his partner found themselves in a difficult situation when their 20-week anomaly scan found that their baby had a rare type of birth defect where a sac protrusion or projection of the brain protrudes through an opening at the skull; a condition called an encaphalocoele. Treatment is not a possibility in Sri Lanka and long-term neurological problems due to the encaphalocoele will persist even after repair. Their obstetrician in Sri Lanka had informed them that “In the West, you would be advised to terminate, but I legally can’t tell you to do so in Sri Lanka.” Considering this they decided to go to India where medical abortions are legal. “If we didn’t go to India, our options were these dodgy back door

dealings, or delivering a child that was guaranteed to die within the first few years on earth.” On asking if they felt safer getting it done in India, Mr. X expressed, “Yes, because it was legal and the only barrier was getting a medical visa to travel – once we arrived it was all smooth, no judgements, no questions – they were wonderful. Something that anyone should have access to if required.”

These stories are only the tip of the iceberg when it comes to the reality of Sri Lanka’s strict abortion laws. It is important to remember that unlike many women in Sri Lanka who are in dire need of an abortion, Ms. Y had access to the internet and even though she underwent a medical termination without professional healthcare support, she had money to purchase the medication from India. Mr. X and his partner were also fortunate to be able to afford medical tourism facilities and fly to India for a termination. But what about all the other women who do not have these options available? Who can they turn to? Can we blame them for resorting to back-alley unsafe abortions?

With the ongoing debate in America about overturning Roe vs. Wade which will significantly remove access to safe abortions for women in America, the conversation on the lack of progression on abortion rights for Sri Lankan women is once again brought to the surface. The unfortunate reality is, as mentioned above, that a woman’s reproductive health rights appear to be determined by the patriarchy, who have no uterus and will never have to face these circumstances. It is shocking that even in instances of rape and incest, the mental state of the mother, the outcome of the child after delivery and

the stigma that will remain with that child and mother for the rest of their lives, is not considered by our policy makers. This debate unfortunately will continue to go back and forth, until we have progressive policy makers who realize that “If you are not in favour of legal abortions, then you are in favour of illegal abortions – Prof. Sir, Arulkumar.”

References:

1. Annual Report 2017 Family Health Bureau, Ministry of Health, Sri Lanka <https://drive.google.com/file/d/1-siAnkf1okrinQl3VDCtOokPtf9vvc94o/view>
2. National Guidelines on Post Abortion Care. 2nd edition. Ministry of Health, Nutrition and Indigenous Medicine Sri Lanka (2015). <http://fhh.health.gov.lk/images/FHB%20resources/Family%20Planning/Family%20Planning%20Unit/Publications/National%20Guidelines%20on%20Post%20Abortion%20Care.pdf>
3. Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. <http://www.statistics.gov.lk/Health-StatisticalInformation/DemographicAndHealthSurvey-2016FullReport>



Dr. Rashmira Balasuriya
Head of Mentors,
The Arka Initiative
Volunteer at FPA Sri Lanka

MBBS BscHons (Biomed) PGCert (MedEd) DFM

'SkillUP 2022' | Workshop on Market Research and External Financing for Social Enterprises

THE BUZZ Inspirational short Videos by Business Leaders and Entrepreneurs (Series#1)

'The Buzz' features renowned Sri Lankan business leaders and entrepreneurs from different sectors sharing their knowledge, experiences, challenges and practical tips on building a successful enterprise.

These short (4 – 5 minutes) videos aim to inspire and motivate and are exclusively developed by the SE Hub for IPPF affiliated organisations.

[Click the image](#) to watch.



Inspirational Short Videos by Business Leaders and Entrepreneurs



Dulith Herath
Founder | Chairman
Korakodam

Dr. Subashana Seneviratne
Founder | Chairperson
Member in Management
(Dr. Lanka, Mediven, Carstar and Health)

Sanjaya Jayaratne
Chairman
Novartis Pharmaceutical (Pvt) Ltd

Anuradha Wijesinha
Managing Director
Lanka Life



Nayana De Silva
Founder | CEO
Regarda Consultants (Pvt) Ltd

Kishu Gomes
Co-Founder | Business Leader |
Social CEO
Dynamis Lanka

Dr. Thilini Abeyapala
Founder | Managing Director
International Institute of Ceylon
Academy (IICA)

Dr. Nirmal Silva
Head, services business,
professional and entrepreneur



Rasli Wimaladunne
Chairman | CEO
GFINC

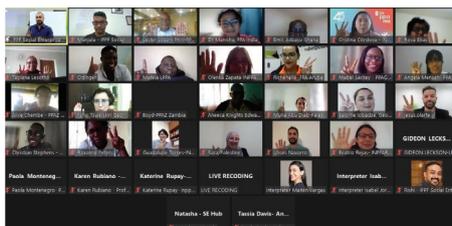
Samadisa Kirwanandeniya
Chairperson
Sri Lanka Development Bank

Social Enterprises revolutionizing access to Sexual and Reproductive Health services in Africa



Michelle Mugeni, SE Focal Point at the Africa Regional Office, writes about how IPPF's Social Enterprise Acceleration Programme (SEAP) is strengthening its MAs' sustainability capacity to deliver vital SRH care.

[Click here](#) to view the blog.



In June, an online, in-depth virtual Workshop was held for MAs in all IPPF regions to delve deeper into these vital SE-related topics.

It took the form of a three-day event and was conducted in three groups to accommodate the IPPF regions and time zones.

6th - 8th of June | AWR and AR | 29 participants from 12 affiliated organizations and 1 Regional Office

9th, 10th and 13th June | SAR and ESEAOR | 24 participants from 10 affiliated organizations

14th - 16th of June | ACR, EN, SAR, AWR and AR | 33 participants from 12 affiliated organizations

The sessions were live-streamed via Zoom from FPA Sri Lanka. Training methodologies comprised synchronous eLearning, trainer-led sessions, group collaboration projects, intermittent Q & A session, interactive discussions and experience sharing. As applicable to the sessions, simultaneous French and Spanish translations were provided together with workshop content materials.

Topics covered were:

- ▣ Market research - By Prof. Bandara Wanninayake
- ▣ How to determine readiness to do market research
- ▣ How to conduct a market analysis
- ▣ Types and Methods of Market Research
- ▣ How to prepare a Marketing Plan

Orientation to the customized Market Research Framework that has been developed for IPPF MAs. It serves as a

step by step guide on how to carry out a successful market research. [Click here to view.](#)

Financing Social Enterprises - By Ranga Pallawala

- ▣ Social Enterprise - Model and financing relationship
- ▣ Why & when financing is required?
- ▣ Financial instruments and financial sources
- ▣ Striking a balance - requirement, instruments, sources

Introduction to Social Enterprise - Experience sharing and open Q&A session - By Thushara Agus - Executive Director - FPA Sri Lanka

- ▣ What is a Social Enterprise?
- ▣ Points to consider when determining if your MA is ready to establish an SE
- ▣ The need for diversification, SE idea options and the need to stay true to the SRH mandate

The Workshop aimed to:

- ▣ Develop knowledge/skills on the mentioned topics
- ▣ Provide training on how to use the newly developed Market Research Framework
- ▣ Facilitate the opportunity to network and learn from MA colleagues and external resources
- ▣ Encourage cross-fertilization of ideas based on best practices shared
- ▣ A personalized Certificate of Participation was awarded to the attendees via email.

To view participant testimonials on their workshop experience, [click here.](#)

To view the highlights of the Workshop, [click here.](#)

IPPF's 2021 Annual Performance Report



"As part of our ongoing effort to reframe IPPF to external audiences (through the language we use and also visuals) to attract a more diverse and younger audience, we took to redesigning one of most important external facing documents into something that would catch any eye!"

Amina Khan
IPPF Media Advisor

[Click to view.](#)

The Diary of a Young Sri Lankan Woman Blog series by IPPF SARO



The Diary of a Young Sri Lankan Woman is a first-person narrative series. It documents the trials and tribulations/ experiences of a young person, who identifies as a woman, living in the crisis-struck island nation. From her first brush with GBV in close quarters to her worries about her lack of control over her sex life, the series tells us the story of young Sri Lankans and their immediate SRHR concerns.

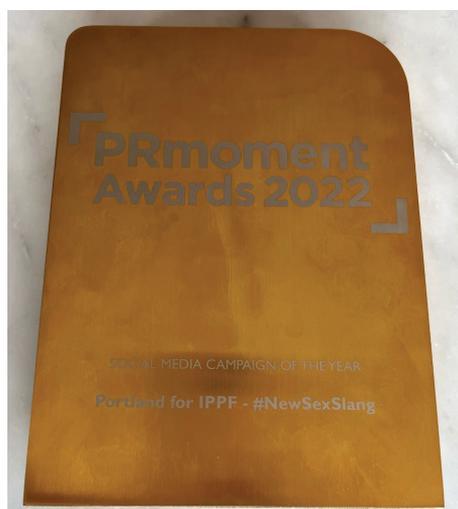
[Click on title](#) to view.

[The Diary of a Young Sri Lankan Woman](#) : A Medicine Shortage

[The Diary of a Young Sri Lankan Woman](#) : Gender Based Violence on the Rise

[The Diary of a Young Sri Lankan Woman](#) : A Lack of Access to Safe Sex

IPPF wins Best Social Media Campaign Award



Statement from IPPF Central Office:

We are proud to share some fantastic news! IPPF's youth campaign #NewSexSlang has won the best Social Media Campaign at the PRmoment 2022 Awards!

The campaign was jointly developed with an IPPF youth group advising Strategy 2028. More than 4 million young people, on five continents, viewed the social media campaign. It received close to 1000 entries, including a number of brilliant videos.

The purpose of the campaign was to help IPPF understand how young people speak about sex, sexuality and sexual health. The results were clear.

We need to reimagine the way we speak about SRHR if we want a more inclusive conversation.

The campaign has informed the language and tone of Strategy 2028.

If you want more information on the campaign or to contribute, [click here](#).

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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