



European Parliamentary Forum for Sexual and Reproductive Rights Landmark SRHR Study Tour in Sri Lanka

From May 25 – 30, 2025, a high-level delegation from the EPF conducted a study tour across Sri Lanka, hosted by FPA Sri Lanka, to strengthen global collaboration and gain firsthand insight into the country's efforts to promote Sexual and Reproductive Health, Rights, and Justice (SRHRJ).

The delegation comprised prominent Members of the European Parliament and national-level representatives: Pia Maria Wieninger (MP, Austria), Celia Groothedde (Senator, Belgium), Fatima Lamarti (MP, Belgium), Jeppe Søre (MP, Denmark), Joanna Scheuring-Wielgus (MEP, European Parliament), Krzysztof Jan Śmiszek (MEP, European Parliament), Eva-Johanna Eloranta (MP, Finland), Hanna Leena Kosonen (MP, Finland), Anne Cecile Violland (MP, France), Helena Vilhelmsson (MP, Sweden) and Apsana Begum (MP, United Kingdom).



At the FPA Head Office

The delegation visited FPA Sri Lanka's Head Office and Service Delivery Point locations in Batticaloa, Nuwara Eliya, and Koggala, engaging with healthcare providers, government officials, civil society leaders, and community members.



Helena Vilhelmsson (MP, Sweden)

"It is an honour to witness the expertise and dedication of FPA Sri Lanka in providing support to every woman, child, and father in Sri Lanka. This study tour is a valuable

opportunity for exchanging experiences and learning from each other. I am especially amazed by the work done at the HIV testing clinics in Colombo, where sex workers, transgender individuals and vulnerable populations are provided access to SRH services.



At the HIV testing site - Floating Market in Pettah



At the Batticaloa SDP



With Batticaloa District Health Officials

Their itinerary included mobile clinics, awareness programmes, policy roundtables, and community discussions, offering a 360-degree view of the challenges and innovations in delivering SRHR services across diverse settings.



Mobile clinic and distribution of adolescent kits in Nuwara Eliya



Engagement with local tea estate owners and workers to discuss SRH needs of these communities

Stakeholder forums were held in Batticaloa, Nuwara Eliya and Koggala, addressing SRHR in diverse communities, including estate communities, rural areas, and populations in export processing zones and industrial sectors.



This visit reinforced the importance of local-global dialogue in advancing SRHR as a human right. Through collaborative learning and mutual understanding, the EPF delegation gained valuable insight into Sri Lanka's model of rights-based, inclusive healthcare delivery.



Krzysztof Jan Śmiszek,
Member of the European
Parliament, Poland.

"We all face our own challenges. And we all must continue the fight, for gender equality, against gender-based violence, and for the protection of minorities and LGBTQ+ people. I truly believe that by exchanging good practices and sharing knowledge, we can build a better world, not just in Sri Lanka, not just in Europe, but across this planet-for everyone".



Meeting with the
Honourable
Dr. Harini Amarasuriya,
Prime Minister and
the Women's
Parliamentary Caucus



Dr. Ruchitha Perera
Executive Director,
FPA Sri Lanka

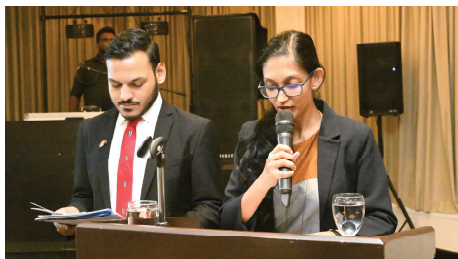
"This visit highlighted the power of partnership and the importance of global solidarity in achieving reproductive justice. We were proud to share our work and learn from international allies committed to advancing SRHRJ for all."

EPF Visit Video Highlights : [Click to View](#)
Media Coverage : [Click to Read](#)

Celebrating Connection and Commitment – EPF Farewell Dinner



Executive Director Dr. Ruchitha Perera and the FPA Sri Lanka team hosted a farewell dinner on the 30th of May at the Kingsbury Hotel, marking the culmination of a collaborative and impactful visit.



The President of the Board of Directors of FPA Sri Lanka, Ms. Aruni Marcelline, warmly welcomed guests and reflected on the strength of collaboration between nations and organizations committed to health, dignity, and justice for all.



"Your visit has strengthened our partnerships and renewed our shared commitment to ensuring no one is left behind in the fight for health, rights and justice. We look forward to growing our partnership with the EPF and working together on meaningful efforts to address emerging challenges in our country"



We were honoured by the presence of Hon. Dr. Hansaka Wijemuni – Deputy Minister of Health and Media, who shared his remarks:



'Looking ahead, we are committed to building Sri Lanka. Our vision is clear: A Thriving Nation – A Beautiful Life'. Our focus includes increasing health funding, using digital technology for better access, and focusing more on prevention and health education. We are working to strengthen our hospitals and clinics so that every citizen received continuous high-quality care. We are also placing special focus on improving SRH services, working with national and international partners to address unmet needs.'



The visit by European parliamentarians offered a valuable chance for shared learning, policy dialogue, and strategy exchange. It enhanced mutual understanding and built a foundation for future collaboration, resource mobilization, and advocacy, crucial for advancing universal access to SRHR and protecting health and rights everywhere.



FPA Sri Lanka Celebrates Menstrual Hygiene Day with Research Launch and Kite Festival



**AMBASSADE
DE FRANCE
À SRI LANKA
ET AUX MALDIVES**
*Liberté
Égalité
Fraternité*



In a two-day celebration of menstrual health and dignity, FPA Sri Lanka, in collaboration with the Embassy of France in Sri Lanka and the Maldives, marked International Menstrual Hygiene Day (28th May) with two major milestones that brought the groundbreaking Collective Action Against Period Poverty (CAAPP) project to a meaningful close. As FPA's first initiative dedicated exclusively to ending period poverty, the CAAPP project leaves behind a legacy of research, community action, and advocacy, culminating in a nationwide call for dignity, access, and equality for all who menstruate.



On May 27, the CAAPP project's Period Proud Research Launch was held at the Galle Face Hotel, where government leaders, researchers, civil society, and international partners gathered to unveil the findings of groundbreaking studies on menstrual health conducted across the Northern and Central Provinces.

Opening the event, Honourable Prime Minister Dr. Harini Amarasuriya, highlighted in her address:

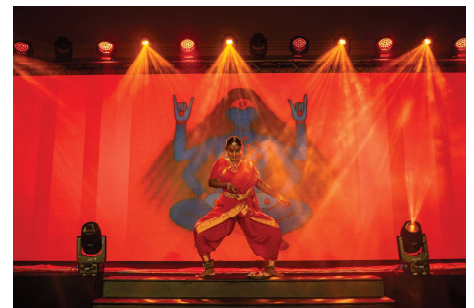


"The latest research, focused on communities in Trincomalee, Kandy, and Colombo, lays bare uncomfortable truths: too many girls still miss school because they lack access to menstrual products; too many women turn to unsafe alternatives; and stigma continues to silence and isolate."

"This must change. We must act urgently and decisively to ensure that menstruation does not hinder anyone's health, education, or dignity."

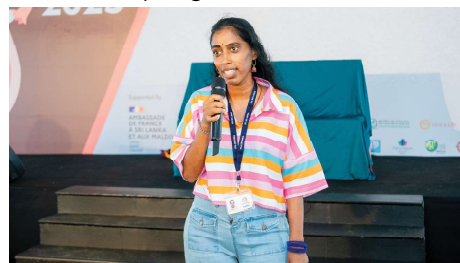


The launch also featured the release of the publication "Period Proud – Stories from the Frontline of Change," documenting powerful grassroots voices and impact stories from CAAPP project communities.





The celebration culminated on the 28th of May with the Period Proud Kite Fest at Galle Face Green, a joyful and symbolic grand finale that turned the Colombo skyline into a canvas of kites flying for dignity, awareness, and change. The exciting event brought together youth, artists, performers, policymakers, and the public to break the silence and celebrate collective progress.



Representing the Embassy of France, Ms. Olivia Bellemere, Cultural and Cooperation Counselor, reflected on the powerful impact of the CAAPP initiative:

"Its success, rooted in dignity, access, awareness, and education, is a testament to the creativity and dedication of all our partners."



In her welcome speech, Ms. Aruni Marcelline, President of the Board of Directors of FPA Sri Lanka, reaffirmed the organization's commitment to integrating menstrual health into broader sexual and reproductive health programmes:

"We are determined to expand our partnerships, advocate for policy change, and build a society free from stigma and discrimination."

The festival featured thought-provoking performances, including the play "Enge Ava" by the Semmugam Performing Group and the puppet show "Noella - wela" by Power of Play, which addressed the cultural taboos surrounding menarche and menstrual silence in Sri Lanka.



The colourful kites flown served as symbols of hope, resilience, and a future where menstruation is no longer a source of shame, but one of pride and power.

The CAAPP journey, launched in 2023, mobilized 13 partner organizations, built grassroots capacity, and delivered impactful policy advocacy.

Video Highlights : [Click to View](#)

FPA Sri Lanka participates in COMHealth Fest 2025



Official Launch of the "Love Yourself" Campaign

One of the major highlights of the day was the official launch of the "Love Yourself" campaign, a bold, youth-focused initiative led by Dr. Vindya Kumarapeli, President - elect of the College of Community Physicians. The campaign is a long-term collaboration between the Ministry of Health, College of Community Physicians, FPA Sri Lanka, Unilever Sri Lanka and Chello, with strong brand participation from Rexona, Vaseline, and Chello.

"Love Yourself" aims to promote holistic wellness, self-acceptance, and future-readiness among Sri Lankan youth through accessible health education, open dialogue, and community engagement.



COMHealth Fest 2025, the National Community Health Festival, brought together an impressive turnout of youth, health professionals, and stakeholders for a full-day celebration of wellbeing, knowledge, and empowerment. Held in Colombo on June 8, the event was organized by the College of Community Physicians of Sri Lanka and the Ministry of Health, with the active support of several government ministries and development partners.

The day began with an awareness walk from Independence Square to Viharamahadevi Park, symbolizing collective commitment to healthier communities and empowered futures. From morning until night, the park came alive with interactive booths and informative sessions covering themes such as relationships, sexual health, mental wellbeing, careers, and youth aspirations.



FPA Sri Lanka played a central role in the festival through an engaging stall offering a wide range of free services and resources.

- * An STI testing clinic, conducted in partnership with the National STD/AIDS Control Programme (NSACP)
- * Sexual and reproductive health services via FPA's Centre for Family Health
- * One-on-one counselling through FPA's Happy Life Centre and Alokaya Counselling Centre
- * Awareness materials and educational games by FPA Youth
- * Access to affordable SRH products through FPA's Social Marketing Programme

Visitors were able to access reliable, confidential support in a friendly environment, reinforcing FPA's mission to normalize and expand access to SRHR information and care.

Looking Ahead

COMHealth Fest 2025 marked more than just a day of celebration, it was a call to action for corporate partners and stakeholders to join the campaign. Through collective efforts, partnerships, and sustained campaigns like "Love Yourself," we continue to work towards a future where every young person in Sri Lanka feels seen, heard and healthy.

FPA Sri Lanka remains committed to this journey, supporting youth, strengthening public health, and championing sexual and reproductive rights across the island.



Strengthening the Health Sector Response to Gender Based Violence

FPA Sri Lanka successfully conducted the Dissemination Workshop on "Estimating the Cost for Delivering Services" under the Sri Lanka Gender-Based Violence Health Sector Response Project, at The Winchester Hall, Kingsbury Hotel, Colombo.

The event commenced with opening remarks by Mr. Suchira Suranga, Director – Organizational Learning & Evaluation, FPA of Sri Lanka, followed by addresses from Dr. Ranjith Batuwanthudawa, Director of the Health Promotion Bureau, representing the Director of the Family Health Bureau.

Key study findings were presented by renowned experts:

- Dr. Manoj Fernando, Dean, Faculty of Applied Sciences, Rajarata University of Sri Lanka
- Dr. Lakshman Senanayake, Consultant Obstetrician and Gynaecologist
- Prof. Dileep De Silva, Chair Professor of Community Dentistry and Specialist in Health Finance, University of Peradeniya



An engaging discussion was facilitated by Dr. Dinusha Perera, Acting Consultant Community Physician, Gender and Women's Health Unit, Family Health Bureau.

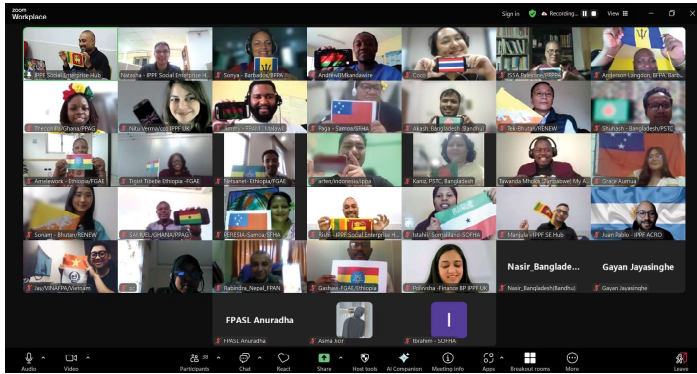
The workshop brought together a wide range of stakeholders, including Provincial Directors of Health Services (PDHS), Regional Directors of Health Services (RDHS), Medical Officers of Health (MOH), and staff from Mithuru Piyasa Centres across the country, enriching the discussions with their valuable insights and

experiences. Ms. Mirai Mario and Ms. Kamani Jinadasa, former Secretary of the National Council of FPA Sri Lanka, participated representing the World Bank Group.

We extend our sincere appreciation to the World Bank and the Family Health Bureau for their continued support and collaboration. Together, we move forward in strengthening the health sector's response to gender-based violence in Sri Lanka.



Master's in Social Enterprises (MSe) 2025 | CPD Programme 2025: A Global Learning Experience in Social Enterprise – Step 2 update



The 2025 MSe Programme, organized by IPPF's Social Enterprise Hub, concluded successfully after two weeks of virtual learning and global collaboration. This year's programme introduced a refreshed four-step learning model and a Continuous Professional Development (CPD) approach, marking a shift from previous formats.



The learning journey began in March/April with Step 1, a self-paced e-course on the IPPF SE Academy website platform.

Welcome Address by Dr. Ruchitha Perera

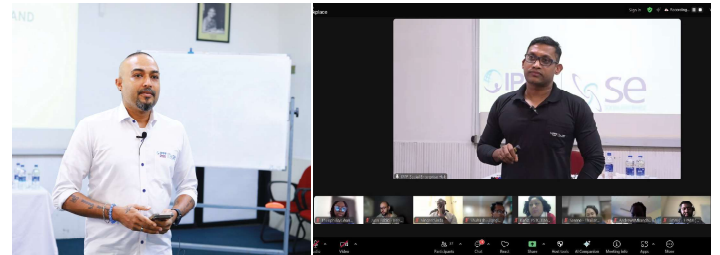


*Opening Remarks by Manuelle Hurwitz
Director, Development and Impact – IPPF
DLT sponsor for the IPPF's Social Enterprise
Acceleration Programme*

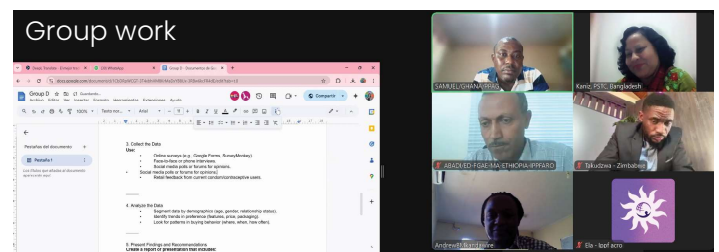
Step 2 took place, May 19th – 30th, bringing together 37 participants across five IPPF regions for a results – driven workshop hosted live from FPA Sri Lanka. With representation from 15 IPPF Associations and colleagues from the IPPF Secretariat, the workshop featured 4.5 hours of sessions daily, led by a blend of local and international experts, IPPF staff, and seasoned SE experts.

The opening segment set a motivational tone, featuring Chaymae El Marhoumi, Regional

Coordinator at the Moroccan Association for Family Planning (AMPF), who shared her experience with her past MSe journey to encourage new participants. Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, welcomed participants and emphasized the importance of social enterprise in advancing SRHR goals. Manuelle Hurwitz, Director of Development & Impact at IPPF and DLT sponsor for the IPPF SEAP region, highlighted the strategic value of the programme and encouraged participants to make the most of the learning opportunity.



The curriculum offered over the two-week programme was wide-ranging covering key business and leadership skills essential for building and growing impactful social enterprises. The first week began with an introduction to Social Enterprise (SE) essentials, including an orientation to the IPPF SE Hub and programme. Participants were inspired to adopt a 'never give up' attitude in the session Positive Approach Towards Victory, and explored the key success factors that enable social enterprises to thrive. Sessions covered SE business models, impact strategies, and real-world applications, such as the experience-sharing session with IPPF associations from Kenya, Ethiopia, and Bhutan, and a case study on Femme-Care (Pvt) Ltd that highlighted community-driven leadership. Further topics included assessing organizational readiness, market research fundamentals, marketing for SEs, and digital branding strategies to enhance online presence.



In the second week, the focus shifted to strengthening core operational and strategic capabilities. Participants delved into budgeting, forecasting, and financial management tailored for SEs, followed by a panel discussion on using digital channels for impactful storytelling. Business planning and performance management were covered in depth, with practical tools to track progress and enhance outcomes using the SE Hub's frameworks. Sessions also addressed measuring social impact, exploring financing options, engaging donors and investors, and building equity.



Panel discussion on 'Amplifying Social Enterprises through Digital Storytelling'. Anuki Premachandra, Founder of Lines & Secretary, Board of Directors, FPA Sri Lanka; Amila Gunasekara, Deputy Director – Brands, FPA Sri Lanka, participated.

The programme learning sessions concluded with reflections on leadership, including cultivating high-performing organizational cultures and making strategic decisions that blend the values of NGO work with entrepreneurial approaches. Participants also gained practical insights from Sri Lankan entrepreneurs through 'The Buzz' video series.

Group work played a key role in the experience, despite juggling time zones and time limitations, different accents, lively debates, public speaking anxiety, limited time, and other challenges, the groups rose to the occasion. Their dedication, resilience, and teamwork proved that collaboration can thrive, even in an online setting. These interactions built camaraderie and strengthened team spirit.

Team-building and energizer activities throughout the workshop further helped build relationships and fostered valuable networking opportunities for the future. Pre and post-evaluation forms were used to capture feedback, assess progress, and identify action points, helping shape improvements for future sessions.

The final day concluded with participant reflections and the outlining of Step 3: the on-ground/ Association-level implementation phase, scheduled from June to October'25. This will be followed by Step 4 in November, a review and refinement phase aimed scaling sustainable, impact-driven ventures.

Closing the event, Manuelle Hurwitz, Director of Development and Impact at IPPF and the DLT sponsor of SE Hub, highlighted the value of the programme. She emphasized the importance of sustainability and encouraged participants to turn their learnings into concrete action.

The 'MSe Programme' remains a vital part of IPPF's SE Programme mission to support financial sustainability across associations by nurturing a new generation of committed SE leaders. Through effective knowledge transfer and implementation, especially in Steps 3 and 4, the MSe participants and Changemakers will hopefully drive the growth of SEs within their associations, combining business acumen with a focus on sustainability, ongoing

community impact, and successfully navigating a challenging funding landscape.



"The SEAP/SE Hub's annual global capacity-building workshop has been organized previously for 5 batches over the years. This year's programme (batch#6) underwent a major transformation and revamp. The activity moved away from being only a workshop and to becoming a Continuous Professional Development' programme with four key impact steps. This and other changes made to the programme are expected to bring about better outcomes and on-the-ground action from the participating Associations. With the first two steps being completed, the signs look positive and good commitment has been observed. Keen to see how the coming months shape the participants' efforts towards their organizations sustainability."



Rishikeshan Thiyagaraja
Chief Operations Officer
IPPF Social Enterprise Hub

The Master's in Social Enterprises is a forward-thinking, interdisciplinary, continuous development programme designed to equip participants with the skills, knowledge, attitudes and values needed to launch, lead, and grow Member Association (MA) enterprises that prioritize social and environmental impact alongside financial success. As traditional income models evolve, the demand for innovative SE initiatives which can blend profit with purpose is on the rise in the federation. This programme offers a unique opportunity to become a changemaker in today's rapidly shifting, challenging global economy, where there are a lot of funding cuts. Participants will be able to design and launch innovative social enterprises that address real-world challenges and return the benefits to their MAs.



Manjula Liyanage
Technical Advisor
IPPF Social Enterprise Hub



In 2015, IPPF launched the Social Enterprise Acceleration Program (SEAP) to empower The International Planned Parenthood Federation Member Associations (MAs) with entrepreneurial best practices in the health sector, delivering social impact and improving lives. SEAP aims to establish and grow social enterprises, diversifying funding sources and ensuring sustainability.

Since 2018, FPA Sri Lanka has been functioning as the IPPF Social Enterprise Hub (SE Hub), ensuring the successful implementation of SEAP. The programme fosters a community of practice,' enabling Member Associations (MAs) to share best practices and lessons learned. The SEAP programme includes MA-to-MA knowledge sharing, mutual support, capacity building, assistance in establishing revenue-generating business models, and providing technical assistance to transform income-generating activities into social enterprises. It also promotes impact-driven social enterprises.

MSe Programme Highlights : [Click to View](#)



In conversation with
Dr. Chintha Rupasinghe
Director – SRH

Can you tell us about your career journey in the field of sexual and reproductive health and what inspired you to take on the role of SRH Director at FPA Sri Lanka?

My journey in sexual and reproductive health (SRH) has been rooted in a passion for public health. With a background in public health, my focus has increasingly turned toward addressing SRH needs in emergencies and among underserved populations. Joining FPA Sri Lanka allowed me to translate research and policy into practice, especially in creating inclusive, responsive systems for SRH delivery. The opportunity to lead transformative initiatives at the intersection of health, rights, and resilience inspired me to take on this role.

Can you walk us through a typical day at an FPA clinic, what services are offered, who attends, and what challenges are commonly encountered?

A typical day at an FPA clinic

involves a dynamic mix of services: family planning, STI testing and treatment, HIV services, adolescent health services, counseling, and gender-based violence support. Clients range from young people and couples to marginalized groups like sex workers and LGBTQI+ individuals. Challenges include stigma, under-resourced infrastructure in some areas, and a growing demand for mental health integration. Yet, our committed staff work tirelessly to maintain high-quality, confidential, and respectful care.

In your experience, what are some common misconceptions people have about SRH services, and how can we better educate the public?

One major misconception is that SRH services are only for married women or that they promote promiscuity among youth. There's also limited understanding of consent and gender-based violence as SRH issues. Community engagement, culturally sensitive communication, and comprehensive sexuality education (CSE), including through digital platforms, are key to changing these perceptions. Our "Bloom by FPA" centre, to be launched soon, is designed to offer a welcoming and educational experience for all.

How are youth-friendly health services at FPA clinics designed to be welcoming and non-judgmental for adolescents seeking SRH information or care?

We ensure that youth-friendly services are grounded in confidentiality, respectful communication, and accessibility. Bloom by FPA Clinics are designed to be visually appealing and inclusive, with trained staff who understand adolescent development, rights-based approaches, and the need for a non-judgmental environment. We've also introduced peer educator models and digital health tools to enhance outreach and engagement.

In your opinion, are there any differences in SRH concerns presented at urban vs. rural SDPs? How does FPA adapt clinic services to meet these differing needs?

Yes, we do observe contextual differences. Urban areas often report higher cases of STIs and require more LGBTQI+-inclusive services, while rural areas may focus more on unmet family planning needs, and access issues due to stigma or mobility. FPA adapts through tailored health communication, mobile outreach clinics, and by training our staff to act as facilitators of care rather than gatekeepers.

How do FPA clinics coordinate with MOHs, midwives, or government health services to fill gaps in coverage or provide referrals?

We maintain close coordination with Medical Officers of Health (MOHs), PHMs, and other government stakeholders. Through formal referral pathways, joint capacity-building initiatives, and advocacy efforts, we ensure our services complement the national system. For example, our new proposal to introduce fertility services aligns with public sector gaps in advanced reproductive technologies. Furthermore, we allocate our mobile clinic services in collaboration with the regional health authorities of the public health sector to ensure we "Reach the Unreached" populations in each area.

What are some innovations or improvements planned for FPA's clinic infrastructure and outreach methods?

We are currently developing a modern SRH centre under the theme "Bloom by FPA", a vibrant, youth-centered space combining clinical care, information access, and safe dialogue. The theme "Bloom" symbolizes Growth, Empowerment, and Holistic Well-Being in Reproductive Health. The architectural and interior design elements will create a safe, welcoming, and inclusive space

that promotes access to high-quality services. We're also investing in digital outreach, expanding mobile service delivery units, and piloting telehealth consultations, especially for remote and post-disaster communities.

What are the biggest operational or funding challenges FPA clinics face today, and how can partners, donors, or communities help?

Sustaining quality services amidst rising operational costs and donor transitions is a key challenge. Additionally, misinformation and sociocultural resistance can hamper service uptake. We need long-term

funding commitments, strategic partnerships, and stronger community ownership to continue delivering equitable SRH services across the country. We therefore adopt a cost recovery model in Bloom by FPA centres to ensure sustainability.

How is FPA preparing for emerging SRH challenges, such as rising STIs, online GBV, or adolescent pregnancies in a rapidly changing world?

FPA is scaling up digital literacy campaigns, integrating One Health approaches into SRH responses, and enhancing training for clinic and outreach staff on topics like cyber violence, climate resilience, and adolescent

mental health. We're also strengthening data systems to anticipate trends and tailor interventions accordingly, particularly in the context of disasters and pandemics.

What message would you like to give to young people who are hesitant to seek SRH services or ask questions about their health and rights?

Your body, your choices, and your questions all matter. There is no shame in seeking help, asking questions, or learning about your health. At FPA, we are here to listen, not judge. SRH is your right, and accessing care is a step toward empowerment, not something to be embarrassed about.

Dealer Meeting in Ambalangoda



Pharmacists from Ambalangoda, Hikkaduwa, Balasuriya, Elpitiya, and Karadeniya gathered to enhance their knowledge and capacity to better serve their communities.

With presentations by Dr. Nalin (MOH Ambalangoda) and Mahesh Kumara from FPA Sri Lanka, the session focused on product knowledge, effects and benefits, responsible distribution, and the vital role dealers play in expanding access to contraceptives and lubricants through FPA's Social Marketing Programme.



SMP at the Pre-Congress Sessions of CGPSL



FPA Sri Lanka's Social Marketing Programme (SMP) proudly participated in the Annual Pre-Congress Sessions of the College of General Practitioners of Sri Lanka (CGPSL) under the theme Bridging Intimacy & Well-being – A Holistic Approach to Sexual and Reproductive Health.'

The SMP stall not only enhanced visibility of FPA Sri Lanka's community services but also served as a platform for awareness offering visitors access to essential information and products related to sexual and reproductive health (SRH).

The theme highlighted the need to view intimacy and wellbeing as essential components of overall health, encouraging open, respectful conversations around SRH.



Empowering Communities: FPA Sri Lanka at Gampaha Medical Camp



At the request of Royal Care Pharmacy Private Limited, FPA Sri Lanka's Social Marketing Programme and the Wathupitiwala Service Delivery Point participated in a medical camp held in Gampaha. The event aimed to raise awareness on key public health issues and offer free health screenings to the local community.

Collaborative efforts like this are vital in expanding access to healthcare and promoting long-term well-being in underserved areas.



FPA Sri Lanka was invited to 'Our Children', an event organized by the Child Protection Alliance to commemorate the International Day to End Corporal Punishment. The event featured a media conference with leading voices in child rights and protection, an award ceremony celebrating the winners of the 'Me Unhurt – Stop Child Abuse' art competition, and a forum discussion.

Mr. Venura Giwantha and Ms. Subhashini Punchihewa from the Outreach Department attended the event.



Ms. W. M. A. M. Wijerathne
M&E Officer
(IPPF Project)



Ms. M. A. N. H. Dias
Internal Auditor



Ms. P. U. Rasika
Pharmacist



Mr. I. U. Kodippili
Counselor/ Coordinator
Happy Life Contact Centre



Ms. A. D. Rodrigo
Accounts Assistant



Ms. S. Yadharshika
M&E Assistant Officer
GFATM Project



Ms. L. Muralietharan
Programme Assistant
Kilinochchi SDP

Training of Trainers Programme For FPA Health Volunteers



A 2-day Training of Trainers programme was held at the FPA Sri Lanka Head Office for health volunteers representing the SDPs in Wathupitiwala, Seethawaka, and Koggala. Each Centre was represented by four dedicated volunteers selected for their commitment to advancing sexual and reproductive health and rights (SRHR) within their communities.

The training opened with an introduction to FPA Sri Lanka's Outreach Unit, its activities, and the LEVI's project by Mr. Sandun Adikari, Assistant Director – Outreach. This was followed by an in-depth session on SRHR by Dr. Mihitha Basnayake, Senior Manager – Advocacy, covering reproductive health, pregnancy stages, maternal and child health, psychological well-being in the perinatal period, and available SRH services.

Mr. Duminda Rajakaruna, Assistant Director – M&E, led a session on the responsibilities of community health workers, focusing on ethics, gender-sensitive counselling, confidentiality, and record-keeping. Practical insights on community engagement were shared by Mr. Milinda Jayalath, Manager – SDP Koggala, and Mr. Udayakumara Ranasinghe, Manager – SDP Wathupitiwala.

Ms. Badra Udawatta, Consultant SRH Specialist, facilitated a key session on mental health and psychosocial support (MHPSS), discussing psychosocial factors, support during pregnancy and postpartum periods, and essential skills like active listening and empathy. Participants were also introduced to referral pathways and support services, including FPA clinics, helplines, Mithuri Piyasa, and WIN.

The ToT strengthened knowledge, skills, and the confidence of our volunteer network to provide compassionate, community-centered SRHR support, ensuring better access and advocacy at the grassroots level.

Youth Ambassadors' Workshop on Sexual and Reproductive Health



Youth Ambassadors from our SDP's in Koggala, Ampara, Nuwara Eliya, Batticaloa, Puttalam, Moneragala, Seethawaka, and Wathupitiwala met at FPA Sri Lanka HO for a full-day workshop on Sexual and Reproductive Health and Rights (SRHR).

The day began with an introduction outlining goals/objectives of the programme by Mr. Sandun Adikari, Assistant Director – Outreach, followed by an informative session outlining their responsibilities and how to report effectively to create real community impact, led by Mr. Venura Giwantha and Ms. Subhashini Punchihewa.

Participants explored key SRHR themes through expert-led sessions: the foundations of sexuality and reproductive health with Dr. Mihitha Basnayake (Senior Manager Advocacy) challenges around contraception and STIs with Dr. Melanie Goonaratne, and a session on sexuality, gender identity, and healthy relationships with Dr. Chintna Rupasinghe (Director SRH).

The workshop concluded with a reflective discussion facilitated by Youth Chairperson Ms. Kritanjali Ratnasabapathy, setting a clear path forward. Equipped with new knowledge and confidence, these ambassadors are ready to return to their communities as passionate advocates for SRHR.

Strengthening SRH in Emergencies: Community Collaboration and Preparedness in Batticaloa

A divisional-level Sexual and Reproductive Health in Emergencies (SRHiE) Community Working Group convened at FPA Sri Lanka's Batticaloa Service Delivery Point (SDP) under the SPRINT Programme, which focuses on preparedness and advocacy for SRH in crisis situations.

The initiative promotes inclusive, community-led disaster planning by engaging women, youth, persons with disabilities, and SOGIE communities. Key activities include the prepositioning of essential medical equipment and maternity and dignity kits,

Training of Trainers on the Minimum Initial Service Package (MISP) for SRHiE for healthcare staff, and two MISP training programmes for first responders.

Government support is essential, as coordinated efforts between civil society and public institutions ensure sustainability, effective policy alignment, and greater impact, ultimately strengthening the health system's resilience and safeguarding the rights and well-being of all communities during emergencies.



Two Disaster Management Committee (DMC) meetings were successfully conducted under the SPRINT Project.



- The Nuwara Eliya field-level DMC meetings took place at Galketiwella and Nagasena Pansala, strengthening grassroots disaster preparedness and community resilience.
- A parallel initiative was led by the Koggala SDP, which organized divisional-level DMC meetings at Nila Sewana, Samagiwatta, and Dangedara in Galle, fostering inclusive disaster response planning across the division.

These meetings highlight the importance of the SPRINT Project in empowering communities through inclusive, participatory, and locally driven disaster risk reduction efforts.

Extending Healthcare Beyond Boundaries – Mobile Clinic Initiative – Puttalam District

In areas where access to healthcare remains limited, FPA Sri Lanka is committed to bridging the gap. Through our mobile clinic services, we have reached underserved populations across seven Medical Officer of Health (MOH) areas in the Puttalam District. By delivering comprehensive sexual and reproductive health services directly to communities in need, we strive to uphold the principles of equity, dignity, and well-being, ensuring that quality care is accessible to all, regardless of location.



Promoting Safe and Respectful Public Transport for All

A Demand Generation and Gender-Based Violence (GBV) Awareness Programme was conducted for the staff of the Avissawella Bus Depot, Sri Lanka Transport Board (CTB).

Organized by the Seethawaka SDP, the session focused on preventing harassment and assaults in public transport, with special attention to the safety and dignity of women and girls.

This initiative is an important step toward creating a safer and more respectful environment for all passengers.



The Head Office team visited the Service Delivery Points in Batticaloa and Ampara to conduct an SDP evaluation.



The visit was led by Dr. Chintha Rupasinghe (Director, SRH), Mr. Sandun Adikari (Assistant Director – Outreach), Mr. Venura Giwantha and Ms. Subhashini Punchihewa (Outreach), and Ms. Radhika Ravinthiren and Ms. Roshella Sonali (Executive Director's Office).

They also inspected the proposed site for FPA's newest centre in Pallekelle, Kandy.

The visit was an opportunity to strengthen collaboration with field teams and support the continuous improvement of service delivery.

Building Knowledge!

The Seethawaka SDP conducted two Comprehensive Sexuality Education (CSE) programmes, at Diddeniya Junior School in Hanwella and the Agro Training Center of the National Youth Service Council in Batangala.

These sessions made learning about health, rights, and relationships both interactive and impactful, providing young participants with accurate, age-appropriate knowledge on sexual and reproductive health and rights, while also encouraging critical thinking, empathy, and respect.



The Batticaloa SDP conducted a Comprehensive Sexuality Education (CSE) programme at BT/BT/Amirthakaly Sri Sithy Vinayagar Maha Vidyalayam and BT/BC/Macan Markar National School, Eravur where students came together to learn about their bodies, relationships, rights, and responsibilities.

Creating a safe space for open dialogue helps youth grow with confidence, respect, and awareness.



University of Rajarata at FPA Puttalam

Students from the Faculty of Social Sciences & Humanities, University of Rajarata, visited the Puttalam Service Delivery Point. They learned about some of the youth friendly services provided: contraceptive information, SRH counselling, STI/HIV testing, life skills and leadership workshops, mental health support, and relationship guidance.

Their questions and feedback helped create useful discussions and reinforced our shared goal of better health for young people.



Supporting Families, Strengthening Communities



To mark the International Day of Families, FPA's Puttalam Service Delivery Point organized a community event focused on family wellbeing.

The programme included group discussions, shared activities, and access to essential health services. It emphasised how strong, connected families contribute to healthier communities.

Participants explored ways to improve communication, emotional support, and physical health. The event also offered screenings and information on reproductive and women's health.

Each family left with a plant, a symbol of growth, resilience, and their shared commitment to caring for both their homes and their health. FPA Sri Lanka remains dedicated to supporting informed, healthy families across the country.

UK Medical Students join static clinic at the Koggala Service Delivery Point



Medical students from the University of Exeter (UK) joined the static clinic at the Koggala Service Delivery Point, gaining valuable hands-on experience in delivering essential sexual and reproductive health services.

Their participation was coordinated by Dr. Ruchitha Perera (Executive Director, FPA Sri Lanka), highlighting the importance of connecting future healthcare professionals with real-world community health initiatives.

Static clinics are vital as they offer accessible and confidential care, helping people get the support they need without stigma.

SRHR & Menstrual Health Session at Dehiowita Tamil Maha Vidyalaya



An informative session on Sexual and Reproductive Health and Rights (SRHR) and Menstrual Hygiene & Well-being was conducted for Advanced Level students at Dehiowita Tamil Maha Vidyalaya.

Organized by FPA Sri Lanka in collaboration with MAS Legato and the Dehiowita Zonal Education Office, the session aimed to equip students with accurate information and life skills to make informed choices.

Led by Dr. Nithershini Periyasamy, Regional Director of Health Services – Kegalle, the session encouraged open dialogue and health awareness among youth.

Youth leading the way: CSE for All!



Youth from Puttalam and Nuwara Eliya came together for a five-day Sinhala-language Training of Trainers (ToT) workshop on Comprehensive Sexuality Education (CSE), designed using UNESCO's international guidelines and tailored to the Sri Lankan context.

FPA Sri Lanka commissioned consultant Mr. Wasantha Karunaratna to develop the training module, which was based on UNESCO guidelines and refined through consultations with staff from the Advocacy, Monitoring & Evaluation, and Outreach units. Participants were selected by the Managers of FPA's Service Delivery Points (SDPs) in Puttalam and Nuwara Eliya.

Participants explored foundational topics such as sexuality, relationships, culture, and values, laying the groundwork for deeper discussions on bodily autonomy and rights. The training aims to equip young people aged 18 to 30 with the knowledge and skills to deliver accurate, inclusive CSE in their communities.

This programme is supported by RFSU – IPPF Sweden and coordinated by Ms. Desaree Soysa, Project Consultant at the Advocacy Unit of FPA Sri Lanka.

Co-creation workshops for better HIV/STI Service in Sri Lanka



Under the theme “Enhancing Collaborative Strategies for HIV/STI Service Delivery in Sri Lanka,” FPA Sri Lanka’s SKPA-2 project, in partnership with the National STD/AIDS Control Programme (NSACP), conducted three regional-level Community-Led Monitoring (CLM) co-creation workshops across the country.

Why it matters:

These workshops brought together staff from STD/HIV clinics and Key Population (KP) community organizations to:

- Improve the availability, accessibility, acceptability & quality (AAAQ) of services
- Strengthen partnerships between clinics and KP organizations
- Co-develop practical action plans to make services more user-friendly and inclusive

Workshops took place in:

- Anuradhapura – For clinics in the Northern, North-central and North-western provinces)
- Colombo – For clinics in the Western, Southern and Sabaragamuwa Provinces)
- Kandy – For clinics in the Central Province



Participants jointly identified gaps, shared feedback, and co-created solutions to improve the HIV/STI service experience across 12 high-priority clinic facilities.

Clinic action plans and national advocacy strategies will be finalized by the SKPA-2 project team, in consultation with the Community-Led Monitoring (CLM) National Consultant, the High-Risk Groups (HRG) National Consultant, and the CLM Technical Working Group (TWG).

These finalized plans will then be shared with the relevant stakeholders, including the National STD/AIDS Control Programme (NSACP), for implementation.

Youth Training on Sexual and Reproductive Health in Emergencies



The two-day Youth Training on Sexual and Reproductive Health in Emergencies brought together an inspiring group of participants from the University of Colombo (Department of Demography), University of Kelaniya (Departments of Sociology and Mass Communication), and FPASL youth volunteers. The training was inaugurated by Mr. Sandun Adikari, Assistant Director of Outreach and SPRINT Focal Person at FPASL, who emphasized the importance of youth engagement in crisis response.

Led by Dr. Harischandra Yakandawala, a seasoned trainer in SRH in emergencies, the sessions explored key components of the Minimum Initial Service Package (MISP) and its implementation in humanitarian settings. Participants learned how to coordinate SRH services during crises and ensure the integration of comprehensive SRH into primary health care systems as early as possible.

The training addressed the prevention of sexual violence and gender-based violence (GBV), including timely and compassionate responses to the needs of survivors. It also tackled the prevention and reduction of maternal and newborn morbidity and mortality, strategies to prevent unintended pregnancies, and approaches to minimize HIV and STI transmission during emergencies.



Interactive group activities focused on how youth can meaningfully participate in SRH responses during crises, building their capacity to advocate, support, and lead in emergency preparedness and response. This training not only deepened knowledge but also strengthened the leadership potential of young people in protecting health and rights in humanitarian settings.



"It was a great opportunity for us to enhance our knowledge concerning Sexual and Reproductive Health in disaster situations. As youth, we realised how important it is to engage young people during disasters and how to act in emergency situations."

"This two-day workshop went well, and I would like to thank Dr. Harischandra Yakandawala for being the resource person for this fruitful workshop, and FPA Sri Lanka for organizing such a valuable programme."



Mr. Migara Karunaratne
Senior Lecturer
Department of Demography
University of Colombo

Strengthening SRH in Emergencies – National Training



The Training of Master Trainers on the Minimum Initial Service Package (MISP) for Sexual and Reproductive Health (SRH) in Disasters successfully concluded its intensive three-day programme for doctors attached to the Family Health Bureau (FHB), with participants representing multiple regions across Sri Lanka.

This internationally accredited training is designed to suit a range of emergency contexts, addressing survivor needs and response mechanisms. It has now been adapted to the Sri Lankan context and is available in English, Sinhala, and Tamil.

Led by Dr. Lahiru Kodituwakku (Chairperson, Policy and Strategy Committee – FPA Sri Lanka Board of Directors), the curriculum was the result of a year-long consultative process.



The programme commenced with welcome remarks by Mr. Sandun Adikari, Assistant Director – Outreach and SPRINT Focal Person at FPA Sri Lanka, followed by an introduction to the initiative by Dr. Ruchitha Perera, Executive Director – FPA Sri Lanka. Dr. Chandima Sirtunga, Director – Maternal and Child Health at FHB, introduced the trainee cohort and the national experts facilitating the sessions.



Preventing HIV/STI Transmission & Reducing Related Morbidity and Mortality
Dr. Janaka Weragoda

20 June 2025

Preventing Maternal and Newborn Morbidity and Mortality (MISP Objective 4) – Dr. Nethmini Thenuwara
Planning for Comprehensive SRH Services Integrated into Primary Health Care
(MISP Objective 6 – Parts 1 & 2)

Dr. Hemali Jayakody

Key sessions over the three days included:
18 June 2025

Introduction to SRH in Emergencies
Dr. Lahiru Kodituwakku

Ensuring Inclusive SRH Responses: Coordinating MISP Implementation Without Leaving Anyone Behind
Dr. Hemali Jayakody

Preventing Unintended Pregnancies During Emergencies – **Dr. Loshan Moonasinghe**

19 June 2025

Preventing Sexual Violence and Responding to Survivors (MISP Objective 2 – Parts 1 & 2)
Dr. Dinusha Perera

Adolescent SRHR in Emergencies
Dr. Chiranthika Vithana

Cross-Cutting and Emerging Issues in SRH in Emergencies (e.g., nutrition, harm reduction, logistics, M&E)

Dr. Lahiru Kodituwakku

This national training marks a critical step in equipping frontline medical professionals with the tools and knowledge to deliver inclusive, timely, and life-saving SRH services during crises. This group of master trainers will now cascade the training to grassroots-level healthcare workers in their native languages, ensuring that essential SRH knowledge reaches the frontlines of emergency response.

As Sri Lanka faces increasing climate-related and humanitarian challenges, the commitment to leave no one behind in health response is more urgent than ever.

Strengthening Frontline Response: SRH in Emergencies Training in Batticaloa



A comprehensive training on Sexual and Reproductive Health in Emergencies was held for frontline government staff in Batticaloa, under the 'SPRINT IV CE' initiative. Ms. Thakshila Gamage, Assistant Director of Outreach, commenced the session with an introduction to the programme which featured expert resource persons Dr. G. Sukunan (Director, Kalmunai Base Hospital) and Dr. K. Dharshini (Medical Officer in Charge, Provincial Health Training Institute).

The training covered critical components of the Minimum Initial Service Package (MISP) for SRH in crises, is a set of lifesaving priority interventions that respond to the SRH needs of affected populations at the onset of a humanitarian crisis.) including:



- SRH in emergency contexts
- Preventing unintended pregnancies and sexual violence
- Responding to survivors with care
- Addressing adolescent SRHR
- Reducing maternal and newborn morbidity and mortality
- HIV/STI prevention
- Cross-cutting issues like nutrition, abortion debates, logistics, and monitoring & evaluation

Equipping health sector professionals with this essential knowledge is key to ensuring no one is left behind during crises.

Avurudu Celebration

FPA Sri Lanka marked the Sinhala and Tamil New Year with an exciting Avurudu celebration at the Head Office. We came together for a traditional fellowship lunch, fun-filled games, and lots of laughter, embracing the spirit of unity.

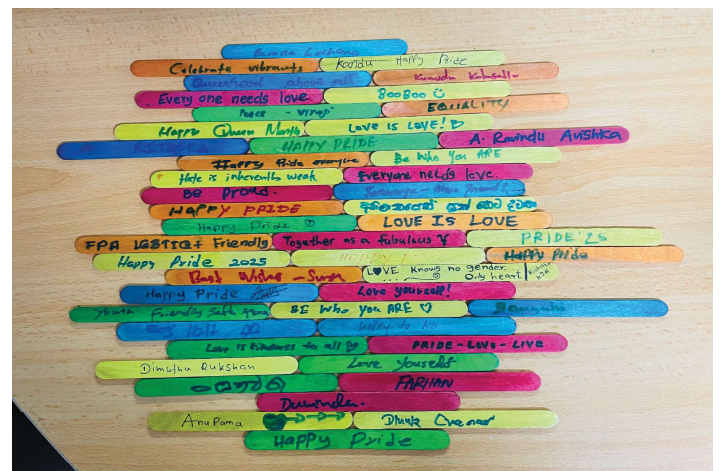




FPA Youth organized a Movie Night and Panel Discussion featuring 'Frangipani', a powerful film by acclaimed director Visakesa Chandrasekaram, who also shared a powerful message with the audience.

Over 70 participants, including youth organization members, community guests, and allies, came together for an evening that sparked conversations on LGBTQIA+ history, the roots of Pride Month, and how global movements have influenced Sri Lanka's evolving narrative on pride, identity, and inclusion.

The panel discussion featured Mr. Manju Hemal, Admin Coordinator at Heart to Heart, and independent activist Damith Chandimal, moderated by Theekshana Jayawickreme (Youth Member, FPA Sri Lanka) and Ranaka Siriwardane (SKPA Project Officer, FPA Sri Lanka).



Together, we created a space for reflection, learning, and empathy, challenging stigma and affirming the right of every identity to be seen and valued.



Shaping the Careers of Future Counsellors



A group of counselling students recently completed a three-month internship training programme at FPA Sri Lanka's Alokaya Counselling Centre. Internships like these are essential for bridging the gap between academic learning and real-world practice, providing students with the opportunity to apply theoretical knowledge in a practical setting.

At Alokaya, students gained hands-on experience that helped strengthen their counselling skills, deepen their understanding of ethical and legal responsibilities, and boost their professional confidence. The programme also included structured supervision and constructive feedback, supporting their ongoing professional development.

Beyond skill-building, the internship created valuable networking opportunities, enhancing students' prospects for future employment and career advancement in the field of counselling.

One Year of Support for Couples: Castle Street Hospital Partnership

In June we proudly celebrated one year of collaboration between FPA Sri Lanka's Alokaya Counselling Centre and the Fertility Clinic at Castle Street Hospital for Women.

Together, we've supported couples navigating complex challenges related to intimacy, sexual health, and marital harmony, ensuring that emotional and relational well-being remains a vital part of fertility care.

Through evidence-based psychosexual counselling, education, and compassionate support, we've helped individuals and couples rebuild connection, regain confidence, and find hope.

We remain committed to offering this free, essential service, grounded in clinical expertise and our shared vision of healthier, more fulfilling relationships.



Vesak Celebrations

Guided by the leadership of Dr. Ruchitha Perera (Executive Director) and the Senior Management Team, HO and the Centre staff united to serve the community, honouring the values of generosity and compassion that define Vesak with a dansala at the Chinthana Training Centre in Nainamadama.

The Koggala SDP also hosted a dansala at their centre premises.



Advancing CSE in Sri Lanka: Sri Lankan Delegation Visits Cambodia



The FPA Sri Lanka delegation, Dr. Ruchitha Perera (FPA Sri Lanka Executive Director), Ms. Sonali Gunasekera (Director Advocacy), Dr. Chintha Rupasinghe (Director – Sexual and Reproductive Health), Ms. Zaroosha Farook (Senior Manager – Finance), and Ms. Desaree Soysa (RFSU Project Consultant), joined by Dr. Asanthi Balapitiya (Health Promotion Bureau) and Ms. Ganga Dilhani (School Health and Nutrition Branch, Ministry of Education), undertook a study visit supported by RFSU – IPPF Sweden.



Hosted by the Reproductive Health Association of Cambodia (RHAC), the visit focused on understanding how Cambodia successfully integrated Comprehensive Sexuality Education (CSE) into its national school curriculum. The team met with Dr. Var Chivorn (Co-founder & Executive Director, RHAC) and Dr. Samoli Saphon (Associate Executive Director, RHAC), and key CSE staff to explore national approaches, community engagement strategies, and government partnerships.



FPA Sri Lanka shared its work on the RFSU-supported project on CSE for the deaf community, teacher training on SRHR, the revision of the SRH sign language glossary (with UNFPA), and the formation of youth clubs in Puttalam and Nuwara Eliya, which will roll out CSE training in those areas. The team also highlighted FPA's broader advocacy priorities to ensure sexual and reproductive health, rights and justice in Sri Lanka.



The delegation also had the opportunity to meet H.E. Dr. Yung Kunthearith (Deputy Director, School Health Department, Ministry of Education), visited the RHAC Youth Centre, and concluded the visit with discussions with the Provincial Minister of Education and a field visit to Hun Sen Prasat High School.

These learnings are critical as Sri Lanka works toward integrating CSE into the national curriculum, strengthening multi-stakeholder partnerships, and navigating challenges through informed, collaborative advocacy.



FPA Sri Lanka Holds 54th Annual General Meeting



FPA Sri Lanka held its 54th Annual General Meeting on the 21st of June 2025 at the Head Office in Colombo. The Board of Directors serves as the main body of governance for the Association, ensuring the organization maintains credibility, accountability, and transparency. While policy-related decisions are made at the Board level, all operational-level decisions are handled by the Senior Management Team. Additionally, five Technical Advisory Committees oversee specific operational and administrative areas.

2025/2026 Board of Directors:

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Ms. Aruni Marcelline
- Hon. Vice President
Mr. Asanga Karunaratne
- Hon. Secretary
Ms. Anuki Premachandra
- Hon. Assistant Secretary
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- Chairperson - Sexual and Reproductive Health Services Committee
Professor Sanath Lanerolle
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- Chairperson - MarCom Committee
Ms. Shehara De Silva
- Chairperson - Treasury Management Committee
Ms. Thanuja Fernando
- Chairperson - Policy and Strategy Committee
Dr. Lahiru Kodituwakku

At the AGM, the 2024 Annual Report titled 'More than Just a Plan', was presented. The report captures key milestones, the impact we've made with the support of our valued donors and stakeholders, and the challenges we've navigated together.

It's more than a summary, it's a testament to our shared commitment to advancing sexual and reproductive health, rights, justice and dignity for all. The report provides detailed insights into our programmes, strategic initiatives and financial performance. and strategic initiatives.



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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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