

# Reasons Behind Our Smiles...

Stories of Change : The Significant Influence of FPA Sri Lanka



The Family Planning Association of Sri Lanka  
37/27, Bullers Lane, Colombo - 07, Sri Lanka.  
☎: + 94 112 555 455  
☎: + 94 112 55 66 11  
E-mail : [fpa@fpasilanka.org](mailto:fpa@fpasilanka.org)  
Web : [www.fpasrilanka.org](http://www.fpasrilanka.org)

Monitoring & Evaluation Unit  
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## Prepared by

- Mr. Janaranga Wijaindu Dewasurendra - Senior Manager (Monitoring & Evaluation)
- Ms. Natasha de Rosayro - Communication Officer, FPA Sri Lanka
- Mr. Malinda Jayawardana - Graphic Designer, FPA Sri Lanka

## Contributed by

- Ms. Thushara Agus - Executive Director, FPA Sri Lanka
  - Mr. M. Suchira Suranga - Head of Monitoring & Evaluation
  - Mr. R.M.Duminda Rajakaruna - Assistant Director (Monitoring & Evaluation)
  - Mr. Amal Bandara - M&E Officer, FPA Sri Lanka
  - Mr. Charith Udana Silva - Assistant M&E Officer, FPA Sri Lanka
  - Mr. Sanjeewa Chandrasekara - MIS Officer, FPA Sri Lanka
  - Mr. Anton Satkunam - MIS Assistant, FPA Sri Lanka
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## Foreword

It is with great pleasure that I present to you this collection of stories and case studies, reflective of FPA Sri Lanka's recent work. Although these stories constitute our daily work, they are also life-changing events for our clients, who have expressed their immense gratitude in the ensuing chapters.

Storytelling is a national past time, we all indulge in. From the time we were put to sleep with a bedtime story, we have grown into stories of different kinds. However, there is no need to dramatize these events, as their effect itself dramatically altered the life of the characters in them. They reiterate the need for our services and presence in certain areas and lives of our communities.

I am appreciative of the service providers who are members of our staff and wish all involved, great strength and courage to continue your good work and help change peoples' lives for better.

I take this opportunity to wish everyone an excellent year in 2018.

**Thushara Agus**

Executive Director

The Family Planning Association of Sri Lanka



## Early detection saves a life

This story is about Jayanthi Perera...a 60 year old, multitalented lady with good money management skills. She was a source of inspiration to many in her village, who needed her advice and counsel. She was a member of a Women's society called "Women Bank" and had registered for the Microfinance scheme. This society was managed by Anula Rathnayaka, a retiree of the Family Planning Association of Sri Lanka (FPA Sri Lanka). Anula occasionally directed some of the society members to the free Clinic conducted by FPA Sri Lanka's Family Health Centre. Hers was a voluntary service and she thought it her responsibility towards society.

Anula had a close connection to Jayanthi Perera, as like her, Jayanthi too was an active, dedicated person in the village. At the society meetings, many shared their ideas,

experiences and personal matters as they believed it was an open and safe space to discuss anything. One-day Anula observed that Jayanthi was unwell and inquired. She revealed that she was having irregular bleeding, similar to menstruation. From the knowledge gained during her time at FPA Sri Lanka, Anula understood that this was a cause of concern.

She accompanied Jayanthi to the free clinic which was held at FPA Sri Lanka's Centre for Family Health on the 24<sup>th</sup> of September 2016. She underwent a series of examinations including a Pap smear test for cervical cancer screening. The doctor suspected cervical cancer. She was advised to be admitted to Zoysa Hospital for further screenings and treatments. At the hospital it was confirmed that Jayanthi had a basic cancerous cervical

condition and she was sent to the Maharagama Cancer Hospital for further treatment and Chemotherapy. She is now in recovery.

“If I had not attended the clinic of FPA Sri Lanka, I would not have known that I am suffering from such a disease. As I did not have a particular illness or symptoms, I did not worry about my health condition or well-being. But on that day I was checked and directed to the right place and was able to commence proper treatment for this life threatening disease. I am grateful for this priceless diagnosis which could have caused me my life” an emotional Jayanthi said, especially thanking her friend Anula Rathnayaka and staff of FPA Sri Lanka Centre for Family Health.

In 2012, 1,721 cervical cancer cases were reported in Sri Lanka and 145,946 in South Asia. (Human Papillomavirus and Related Diseases Report , 2017) Family Planning Association of Sri Lanka was involved in providing 10,347 services related to cervical cancer detection and care treatments for 9701 people. (Service Overview Report, 2017)

(All names are hypothetical)

**Captured by:**

Ms. Ramani Edirisinghe  
Medical Unit

**Documented by:**

Mr. Janaranga Dewasurendra

“If I had not attended the clinic of FPA Sri Lanka, I would not have known that I am suffering from such a disease. As I did not have a particular illness or symptoms, I did not worry about my health condition or well-being. But on that day I was checked and directed to the right place and was able to commence proper treatment for this life threatening disease. I am grateful for this priceless diagnosis which could have caused me my life”



## Something to smile about again

Rimzana begins to share some news. I could not see her face or smile because of her Fardha but her eyes were bright which revealed happiness even before she spoke.

“I was born in Kegalle and after my Advanced Level exam, my parents wanted to find a groom for me. I had to agree with their decision. After 3 months, I was married to the only son of a Mawlavi (Islamic Priest).”

I had so many questions but I did not interrupt her story.

“After marriage, we had to live in my husband’s home, located near the Nuwara Eliya town. His family is very traditional. Several families were occupying the same house which was quite stressful to me. It was actually very tough to even have a sexual relationship. But however,

we had a baby after a year and a half.”

She showed me a picture of her two adorable babies. One was 4 and the other just 2 years old. I felt she was very fortunate.

“After my elder son, we had our second baby quite fast. During this time we had to face many economic and family issues. It was a very difficult time. I was afraid to have another baby as it was not a suitable time with us struggling with so many problems. But we had unprotected sex continuously. I told my husband this was not acceptable and that we should use a family planning method. But he did not agree.”

Rimzana had heard about the Family Planning Association of Sri Lanka and its Suwa Sewa Centre located in Nuwara Eliya. She was keen

to know if a client's privacy is maintained or not, just like other centres she knew of. But a regular client of FPA Suwa Sewa centre encouraged her to visit them. Finally, Rimzana came to the centre. She was able to share her story and reasons. After consultation, she decided to use an injectable contraceptive method to prevent unwanted pregnancies.

Meanwhile, her husband got to know about this and his parents too strongly opposed the use of family planning methods. As his father is a Mawlavi, they strongly believed that using a family planning method was against their religious beliefs. Rimzana was helpless. As a result, their sexual relationship declined day by day and the anger and resentment began to grow between them. Once again, Rimzana visited FPA Sewa Sewa Centre and met with a counsellor to discuss the rising tension at home. She was then requested to come with her husband.

"The counselor was kind and gently discussed the matter with my husband and me. He said

using a family planning method is accepted by all the religions and the international organizations. If an unwanted pregnancy occurs it would cause more heartache for us right now. He explained in detail, everything there is to know about family planning to my husband."

As a result of this meeting, Rimzana's husband tried to change the attitude of his parents, but it was a very challenging task.

"It was very hard to live in my husband's home during the period I was using contraceptives. I had to face lots of criticism and hurtful words. It was quite distressing but now things have changed. They have come to understand our decision to wait to have a baby, until we are ready. They know that I will be able to be a mother again but the decision is solely up to me and my husband."

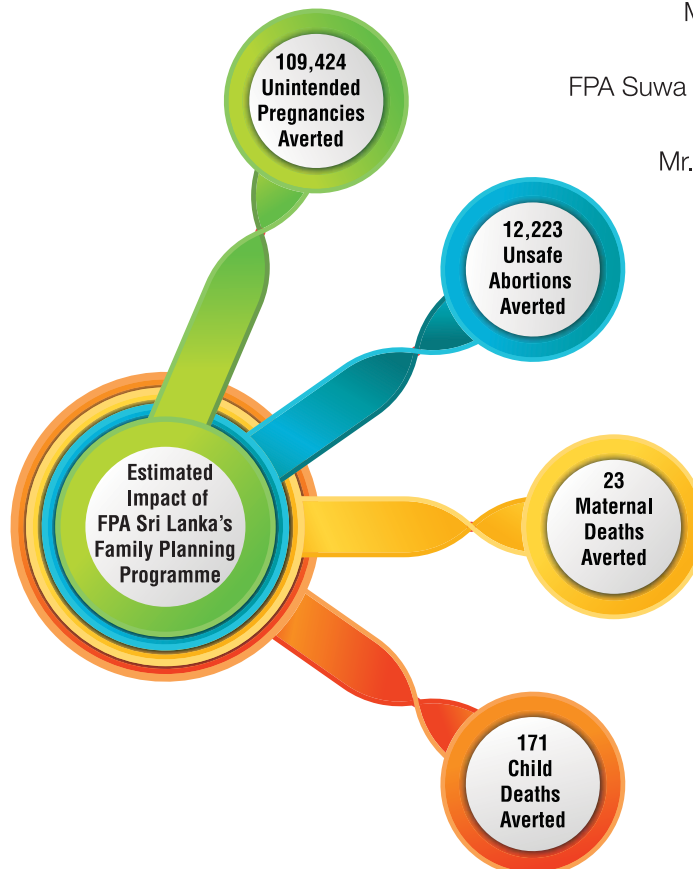
(All names are hypothetical)

**Reported by**

Mr. Palaniyandy Sivakumar,  
Centre Manager  
FPA Suwa Sewa Centre, Nuwaraeliya

**Documented by:**

Mr. Janaranga Dewasurendra







## Invest in Family Planning for a better future

I met this amiable couple in a remote village called Miriswatte, Buddhama in the Ampara District.

**Q - I like to know more about how you met**

**A** – I am Dimuthu, 19 years old now and this is my wife Kalpani, who is still 16. We fell in love when I was 16 and schooling. My parents gave us their blessing and approval but Kalpani's family did not. Therefore, we made a decision to live together as we could not get married legally due to us being under the legal age for marriage.

**Q –Then you must have had to face several problems. Is it so?**

**A** – Of course, we had to face much opposition while living together. There were times we were

so overwhelmed we felt we were drifting through life “unconscious”.

**Q – Was your relationship sexual as well?**

**A-** Yes. We did not think too deeply about consequences of pregnancy or social implications. We had no knowledge of family planning either. It is something we wanted and engaged in.

**Q – Then who introduced you to The Family Planning Association of Sri Lanka?**

**A** – My mother. She asked me of my intentions about the future. If we were thinking of having a baby and if we had the financial means to support a larger family. She and the PHM advised me to visit the Ampara FPA Suwa Sewa Centre which was about 40km from our

village. When the counsellor explained to us about the importance of family planning and the mental, physical and social inconveniences of teenage pregnancy, only then did we understand the gravity of the situation.

**Q – Quite interesting.. what happened next?**

**A –** We then met the doctor of the Suwa Sewa Centre. He was very kind and listened to us with an open mind and was non-judgmental. He suggested we use a long term contraceptive method. As we wanted to have a baby when Kalpani turns 25, he proposed the Jadelle Implant contraceptive method, which we got inserted the following week.

**Q – Did they suggest any follow up visits?**

**A –** Yes. The doctor requested us to come to the clinic if there were any sudden physical changes or side-effects. But there were no such complications.

**Q – Let me know how you feel about life now?**

**A-** We are now happy and confident about the future. At first, we were quite shocked to hear of the risk we had put ourselves through. Now because of proper family planning, we can plan our future and not miss out on anything. I am now employed and we are both living a content and happy life thanks to the help and advice of FPA Sri Lanka. I am really thankful to them.

**FPA Sri Lanka, a Non-Government Organization, has been working in the Sexual and Reproductive Health sector for over 6 decades in Sri Lanka.**

**Statistics from 2014 are:**

- 2705 couples have used Jadelle and are protected from unwanted pregnancies.
- 12,665 implant related services provided to 11,832 people in Sri Lanka.
- Follow up services 2,331 and 31% of all implant services were for women under 25 years of age.

(All names are hypothetical)

**Reported and Documented by:**

Mr. Jayasiri Kularathna,  
Centre Manager  
FPA Suwa Sewa Centre, Ampara



## Rescued from a poor choice made...

It was 2015, and the beginning of a new term. Lots of new students enrolled at the Vocational Training Institute, Koggala and Rumesh, 22 was one of them. Within a short period of time, Rumesh made many friends and occasionally, education was not his top priority. A friend introduced him to a girl who was employed at a Free Trade Zone factory and after a few telephone chats, she agreed to meet Rumesh. Their first meeting was in Galle town and the relationship soon escalated to a sexual one.

“After the first date, I began a sexual relationship with her. I did not even know who she really was, did not want to think too much of it but just wanted to feel some unexpected excitement”.

After two weeks Rumesh was suffering from a severe stomach ache. Despite taking some

medicines, he was unable to get rid of the sometimes unbearable pain.

“I felt very strange, and did not comprehend what was wrong with me”

At a Mega Clinic which was organized by FPA Suwa Sewa Centre Koggala, Rumesh read some leaflets and banners about STI's. (Sexually Transmitted Infections). He decided to share his concerns with the on-site doctor who recommended that he visit the FPA Static Clinic the following day. The Suwa Sewa Centre Doctor encouraged him to reveal his history without hiding any facts.

“The doctor was very kind, as were the staff. I told my story and the incident of unprotected sexual intercourse. The Doctor explained that Rumesh may be suffering from an STI and he

should get treatment as soon as possible. He was referred to the Government STI clinic at the Galle Mahamodara Hospital.

During the follow up visit to the FPA Sri Lanka clinic Rumesh declared his views.

“I am regularly taking the necessary medicine and visit the STI clinic, once a month. The Doctor said that I am recovering speedily from the disease. If not for the service of FPA Sri Lanka, I would have certainly been in a dire situation.

FPA Sri Lanka makes a positive impact on lives in cases such as Rumesh’s. 69,309 STI/RTI services have been provided by FPA Sri Lanka from 2014 onwards to 28,313 people. (Service Overview Report, MEIMS). 18% of services were provided to persons less than 25 years of age.

(All names are hypothetical)

**Reported and Documented by:**

Maheshi Attanayaka  
Counsellor  
FPA Suwa Sewa Centre,  
Koggala

“ I am regularly taking the necessary medicine and visit the STI clinic, once a month. The Doctor said that I am recovering speedily from the disease. If not for the service of FPA Sri Lanka, I would have certainly been in a dire situation. ”



## Do not despair – Call our helpline

“Hello, is this Happy Life” a young lady speaks via our hotline.

“Yes, it is the Happy Life Contact Centre, How can I help you?”

The caller then bursts into tears and cannot utter a word.

“We can understand, you might be in trouble. So, let’s talk about what’s troubling you”

This kind response from Happy Life enables her to disclose her problem.

“I am an undergraduate, and I think I am infected with genital warts. I cannot concentrate on my studies and do not want to live anymore” she cried out.

After a brief discussion with the Director of the Medical Unit, she was advised to visit FPA Sri Lanka’s Centre for Family health. Finally, she agreed and came to the clinic. During the counselling session, she revealed that she was abused by her step father at the age of 8 and believed that the infection ensued after the incident. After the counseling session, she was checked by doctors who gave her a clean bill of health, with no infections.

After two months, she called once again. “I am in a critical condition, my illness has worsened and I am going to die soon. Therefore, I want to end this suffering”

She was very depressed and the Happy Life counsellors understood that she did not accept and believe the outcome of the doctor’s report

“Okay, do not be hasty, please do come by our Centre tomorrow and we will help you. “

She agreed and visited for the second time and seemed quite frustrated.

“Doctor, I have seen some leaflets about genital warts. The symptoms described are 100% similar to mine. I have a boyfriend and we hope to get married next year. But, I am afraid to commit because he will be infected too”

Understanding her troubled mental state, she was referred to the Alokaya Counselling Centre

located at FPA Sri Lanka headquarters. Senior counsellors had a series of sessions with her and worked hard to transform her views of her health condition as well as Sexual Transmitted Infections. It was almost after 3 months when she called Happy Life again.

“Dear Madam, I don’t know how to thank you all. I know now that I am well and I feel renewed. It is because of you”

(All names are hypothetical)

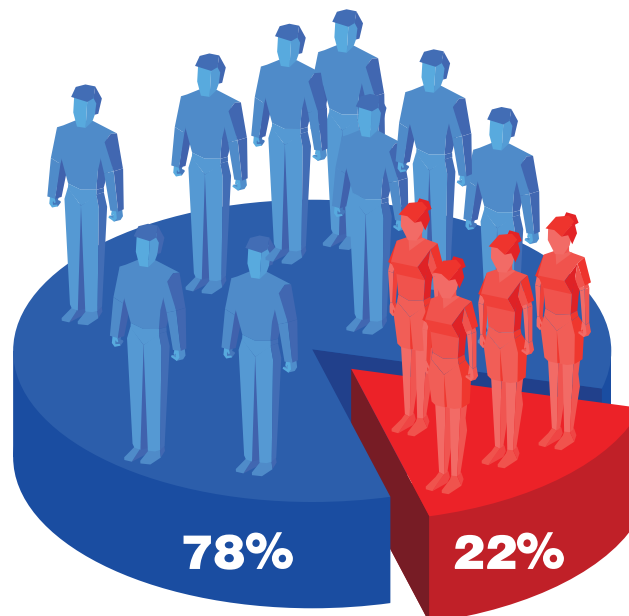
**Reported and Documented by:**

Ms. Mallika Samarawickrama

SRH Instructor

Happy Life Contact Centre

**44,922 clients served by Happy Life on STI related services**





## Protect yourself – It is not too late

I have been waiting for a long time to tell this story. My hope is that it will help someone, in a similar situation. I am Krishantha from Negombo. From my schooling days I dreamed of going abroad for work. As foreigners are a common factor from where I'm from, I was never shy to meet or talk to them. With time, that willingness grew to unexpected proportions. After the O'L exam, I was not eligible for higher studies and began informal work as a guide and providing other services to earn some cash but it ended up being my occupation.

Every day I waited to oblige any foreigner, no matter male or female, and ended up providing sexual services sometimes as well. One day when I was walking on the beach with a foreign lady, I saw a guy who unexpectedly said "hello" and spoke to me and the lady. He introduced himself as Jayananda.

We spent almost an hour in conversation, sharing ideas and personal details. He then gave me his number and asked me to contact him soon. As he was unknown to me, I felt reluctant but ended up giving him a call. He spoke in depth about my "beach boy" life of serving foreigners, the risks of HIV and other sexually transmitted infections that affect persons in our line of work. Up until then, I had no knowledge of the serious risks involved and began to feel fearful. By that time, I had already engaged in a number of unprotected sexual activities. On hearing this, Jayananda consoled me.

A few days later, he visited me at the beach and handed me several leaflets and told me that he works with the National HIV prevention project of The Family Planning Association of Sri Lanka. Jayananda educated me about the risk of unprotected sexual

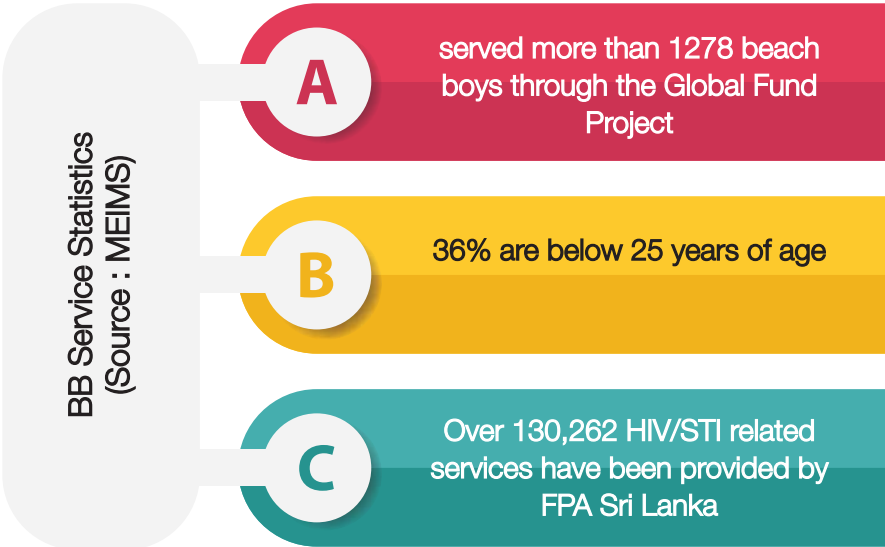
activities, as well as related diseases. I was delighted with the knowledge he imparted. He advised that I go to the Government STD Clinic for a blood test to clarify if I was infected or not. I was very anxious until I received the report. I had no infection and was healthy. It was a huge relief to me and I was so grateful and thankful to Jayananda for his guidance. Furthermore, I was invited to participate at a meeting with other beach boys like me. And I learnt how to avoid risks associated with STI's and HIV, correct condom use etc. It was a significant milestone in my life.

During the last four-years, FPA Sri Lanka has served more than 1278 beach boys through the Global Fund Project. Amongst them, 36% are below 25 years of age. Over 130,262 HIV/STI related services have been provided by FPA Sri Lanka in the last year alone. During the last 20 month period, 928 beach boys have been tested for HIV/STI's and know their status.

(All names are hypothetical)

**Captured and Reported by**

- Indika Fernando - Coordinator - OECRP
- Terance Sunanda Fernando - Peer Educator - GFATM
- Thivanka de Silva - Project Co-ordinator GFATM







## When love hurts.... There is hope

Ashwini, a 24 year old pre-school teacher and Manjula, a 28 year old bank officer had been married for two years. They had not been able to consummate their marriage at the initial attempt as it had caused Ashwini significant burning pain and much distress. She did not want to disclose the fact to her husband due to fear of any harm to her marriage. They were already facing pressure from the extended family to have a child. They visited Alokaya Counselling Centre of the Family Planning Association of Sri Lanka to get necessary intervention.

The couple was interviewed together and individually in order to obtain a thorough history. This enables an opportunity for the confidential disclosure of relevant personal information and the personal views of each partner with regards to the problem. They both

were brought up in close knit families, however sex was not openly discussed and sexual experiences before marriage were forbidden. Therefore neither had received any sexual education or had pre-marital experience.

They had a genuine affection for each other and regularly engaged in sexual intimacy, kissing, caressing and experiencing good levels of arousal. Ashwini admitted that at times when intimacy developed and she became aware of his arousal/erection, her thoughts were filled with anticipation of pain. She avoided attempts of penetration. Even the awareness of an erection caused pelvic tension and she found herself pulling away.

This condition is known as “vaginismus”, an involuntary spasm of the vaginal entrance making intercourse impossible and painful. The

cause is usually of a psychological origin, often fear. Some examples of causes are sexual abuse, pain during intercourse, strict religious upbringing, mutilation of the genitalia, being taught that sex is dirty or wrong or simply the fear of pain associated with penetration, and in particular, losing one's virginity along with the accompanying blood loss.

During the individual assessment session, the root cause to Ashwini's fear was revealed. She confided that she had little sexual knowledge, was fearful of penetration and that she assumed anatomically her vagina was too small to accommodate a penis. Ashwini recalled that she had been told during her early teen years "having a penis inside your vagina is like having a metal rod thrust inside you", and she was able to identify this as a clear precipitant. Her other misconception was that penetration would cause significant bleeding. Ashwini acknowledged that she was very unaware of her own anatomy.

Manjula too, had very little knowledge on sexuality too, particularly about female anatomy, and he had never looked at or directly touched Ashwini's vaginal area. Manjula acknowledged his frustrations at not being able to achieve penetration with Ashwini. He was aware that Ashwini had developed ways of avoiding penetration and was anxious on how both families and relatives viewed their childless marriage.

After thorough analysis, intervention began.

The treatment plan was based on Masters and Johnson's sex therapy programme, designed for eight sessions which comprised sex education, cognitive behaviour therapy, relaxation exercises and sensate focus exercises with counselling. The goal of this therapy is to develop a comfortable, functional, and satisfying sexual style. As a result of continuous treatment, both Ashwini and Manjula were able to overcome their problem completely and enjoy married life.

Comprehensive Sexuality Education for schooling and out of school youth is key as it includes scientifically accurate information about human development, anatomy and reproductive health, as well as information about contraception, childbirth and Sexually Transmitted Infections (STIs), including HIV.

FPA Sri Lanka has been conducting CSE programmes for students since 2016.

From 2014 onwards, approximately 4975 counselling services have been provided by all the units of FPA Sri Lanka. Of these, 15% of services were for persons below 24 years of age and 75% of them were female.

(All the Names are hypothetical)

**Sessions Conducted and Reported by**

Mrs. Hema Ranawake,  
Counsellor,  
Alokaya Counselling Centre



## Conquer Your Fear

This story is about Ramitha, a single, unemployed, twenty-three-year-old who has a fear of meeting unknown people, uncomfortable in the presence of girls, and shies away from all public attention. His symptoms include shivering, sweating, restlessness and stress. His diagnosis was that he was suffering from social phobia, which is defined as an anxiety disorder where the individual shows significant amount of fear in social situations which causes distress and impaired ability to function in certain aspects of daily life.

Ramitha's parents divorced in 2010 after having separated in 2006. He has two older sisters. His father owns a tea factory which he did not want to get involved in and his mother owns a small garment business. Ramitha's social life is almost non-existent. After the

diagnosis, he agreed to attend further counselling sessions.

At the first sitting, he was nervous, trembling and sweating. He was taught techniques such as simple relaxation, deep muscle relaxation and also imagination techniques to calm himself down. To face his phobia, the client was introduced to systemic desensitisation. It is a technique in which Ramitha was asked to build a hierarchy of fears starting with what scares him the least to what scares him the most. For each stage of the hierarchy Ramitha was given a relaxation technique to face the particular fear and only when he successfully overcame it, would they move on to the next stage. This process was continued until he reached the final stage of the hierarchy. Cognitive Behavioral Therapy (CBT) was also used on him. CBT is a form of behavior

modification used to change the individual's behavior and thought process to be more positive. Ramitha was taught drama therapy techniques where he was given a spectrogram and asked to create a story using the figures provided. Mask therapy and imagination journey were also included in the sessions.

Ramitha was also given tasks such as noting down his negative instinctive thoughts as well as the positive and negative factors in his life, his life's goals and dreams. The positive factors in his life included his family which consisted of his parents and two sisters and the instance he scored a century for his cricket team during the 'Big Match'. The negative factors in his life included his cricket captaincy being taken away from him and also the time when things were being said about him behind his back. His goals included him doing his Masters, becoming a lecturer and having the ability to master the art of public speaking.

He attended ten sessions in all. After the fifth session, Ramitha's fear began to reduce. He began practicing delivering presentations in front of a small crowd, and started talking to new people, something he was unable to do in

the past. By the end of the tenth session he showed an improvement and was able to face job interviews and approach new people without any anxiety.

From 2014 onwards FPA Sri Lanka has been influencing change to thousands of people with stories like Ramitha's. 12,849 services related to psychological problems have been provided by The Family Planning Association of Sri Lanka to 12,155 people.

14,224 non SRH counselling services were provided to clients island-wide. 87% of the services provided were for people under 25 years of age.

(All names are hypothetical)

**Conducted by**

Ms. Badra Udawatta,  
Assistant Director,  
Counsellor,  
Alokaya Counselling Centre.

**Reported by**

Ms. Heidi Pahalage &  
Ms. Kimaya Weerasekara



## Communication ... A way to resolve marital stress

Shania, a professional in her early thirties has a 13 month old son. Shania's widowed mother lives with her as her husband comes home only during weekends, being employed far from home. Sadly, conflicting issues that cropped up at the time wedding arrangements were being made along with other matters which arose after marriage, caused their relationship to suffer.

After a recent argument, her husband had suggested putting an end to the marriage and since then, the couple has been physically, emotionally and sexually distant. Despite still visiting home during the weekends and spending time with their son, he avoids her.

During her initial counselling session Shania was provided with a safe and confidential space to share her story, express her feelings and view of their marital disharmony. She believed that her husband didn't care, value or respect her. She found his lack of communication and his "silent treatment" of her frustrating. Being unable to cope with the uncertainty of her marriage, she wished her husband would go overseas, so that she could "live in peace" showing outwardly, her happily married status. While discussing the client's "My world" drawing, she revealed her son to be the most important person in her life, followed by her mother. The husband was depicted as small and far-off. When asked where she would want him to be, she indicated reluctance in bringing him closer. She seemed to prefer remaining in her "comfort zone", with her mother/siblings.

Anxiety about the sons' safety was another serious concern as she is unable to leave him with anyone else. Shani feels unloved, worthless and finds herself crying often. She displays anger and resentment in her behavior and distances herself from others.

However, treatment began by using relaxation techniques and psycho education through cognitive behavior therapy and exercises to develop communication skills for conflict resolution. Interventions using drama therapy techniques helped the client to gain insight about her style of indirect and aggressive communication causing confusion and anger to the spouse, resulting in him withdrawing and responding with silent treatment. Using the empty chair technique, the client was encouraged to imagine her husband being seated in the chair opposite her and express her thoughts and feelings to him.

Role reversal enabled Shani to understand why her husband was withdrawing and refusing to communicate with her. She was asked to move to another seat and imagine herself to be the husband and talk to the opposite chair, visualising herself seated there. She struggled

in her role as the husband's voice, to reveal his view of the situation or his reaction to her behavior. She was only able to repeat the accusations he had been making about her: not showing affection, being domineering, not doing domestic chores and being overly serious about life. When probed about "his" feelings through questioning, she appeared to become aware of how "he" was looking at the situation.

As per the records of 2012 Census, 41,194 people divorced and one of the key causes being post marital conflicts or relationship issues. 30,920 were legally separated and 113,061 separated, but not legally ( Marital status according to age group and sex - Census of Population 2012, 2012).

To establish strong relationships and development of family life, FPA Sri Lanka has provided 1,835 counselling services on Family Conflicts and 1,374 services on Partner Negotiation for the past 3 years.

(All names are hypothetical)

**Sessions Conducted and Reported by**

Ms. Badra Udawatta  
Assistant Director,  
Alokaya Counselling Centre

**Assisted by**

Ms. Subadra Barathanickam  
Trainee Counsellor



## Marital issues? Don't give up!

Ruzidha, is a mother of two children. Her husband Najeeb works as a taxi driver. Despite financial constraints, they enjoy family life. Through open discussion and compromise they resolved any problems that arose. Nevertheless, several years into their marriage, Najeeb engaged in an extramarital affair with a married woman who lived nearby. Her husband was unemployed and differently abled. Ruzidha who heard of this affair did not want to believe it. But due to her growing uneasiness she confronted Najeeb and inquired about the validity of this rumour. He denied it without any hesitation.

Despite his vehement denial she remained suspicious which resulted in Ruzidha confronting the woman in question. The altercation escalated and resulted in the police getting involved in the matter. Though Najeeb

was advised to resolve the matter between himself and his wife, he did not. Ruzidha became mentally unstable and suffered from depression. She neglected the health and well-being of herself and the family. After arguments with Najeeb she took out her frustration on her children and caused them much heartache. Concerned about her downward spiral, a relative of Ruzidha suggested she visit the Maradana Suwa Sewa Centre of The Family Planning Association of Sri Lanka.

Ruzidha was able to divulge her whole story at the very first counselling session and was given some helpful suggestions. She was encouraged to bring her husband Najeeb along for the following sessions. After a series of attempts, he finally agreed to accompany her. The sessions were very beneficial and their

relationship began to heal. It was a terrific opportunity to reveal their views, thoughts, insecurities and misbeliefs. With the advice and support received from the counsellor of the Suwa Sewa Centre, Najeeb and Ruzidha were able to save their marriage and protect the family unit.

If you are facing a similar situation, or know of someone who is, family counselling can help and covers a wide range of issues such as betrayal, lack of communication, financial issues, sexual issues, different goals or values etc.

During the last 3 years, 5,883 services on Marital Relationship have been provided to 5,428 people. About 87% of these services were for persons above the age of 25. The Alokaya Counselling Centre, Happy Life Contact Centre, Centre For Family Health and the other 6 Suwa Sewa Centres contribute to services distribution.

(All names are hypothetical)

**Reported and Documented by**

Ms. Udeshika Lumbini,  
Centre Manager,  
Ms. Sujeewa Yahampatharachchi,  
Programme Coordinator,  
FPA Suwa Sewa Centre  
Maradana.





## The cry of a baby. . . A dream come true

I would like to begin by thanking all the staff of the Koggala Suwa Sewa Centre and FPA Sri Lanka staff. I am Shyama, living in Habaraduwa, which is close to the Koggala Free Trade Zone. I am married to Chandana, who works as a helper at a tourist villa. We were enjoying our married life, very much in love but there was something missing.

We have been trying for a long time to have a baby but unfortunately it had not come to pass. Chandana even suggested I visit several holy places but we had no success. So much time and money was spent with no result.

Personally, I did not like to meet doctors or confide in anyone about our struggles, as I felt ashamed and embarrassed. I had always been quite shy, even as a child.

A relative D.M.Shriyakanthi visited us one day and told us about the Family Planning Association. We had heard about it, but did not have a clear idea about the services on offer. Shriyakanthi akka encouraged us to visit the clinic of FPA Sri Lanka, which was located near the main entrance of the Koggala Free Trade Zone. The staff were very kind and we were able to meet with a doctor to carry out some tests.

On our next visit, we were anxious to see the results of the tests. After checking the reports, the doctor recommended I take some medicine and gave us some steps to follow to increase the possibility of a positive pregnancy. After several weeks, my period stopped and I was full of hope. Chandana and I went to the clinic for a urine test and then I heard the doctor say the most wonderful words

“Congratulations! Shyama, you’re pregnant. Now you should take care yourself more than ever. We were ecstatic and cried tears of joy. It was truly an unforgettable moment for the both of us.

After 9 months we received our miracle, a very cute and healthy baby girl. Throughout my pregnancy, FPA staff were concerned about me and my baby, more than what we expected. Visiting the FPA Suwa Sewa Centre changed our life for the better.

Just like Shyama, thousands of people have to face infertility problems. Sub-fertility is defined as a failure to conceive after one year of unprotected regular sexual intercourse (Taylor, 2003). It can be classified as primary and secondary sub-fertility (Vessey & Greenhil, 2009) Primary sub-fertility occurs when a couple has never conceived (World Health Organization [WHO], 2013). According to the service statistics of FPA Sri Lanka during the last 3 years, 11,984 subfertility related services have been provided to 3507 people.

(All names are hypothetical)

**Reported by:**

Mr. Nishantha Hettiarachchi,  
Centre Manager,  
Mr. Milinda Jayalath,  
Programme Coordinator,  
FPA Suwa Sewa Centre,  
Koggala,

**Documented by:**

Mr. Janaranga Dewasurendra.



## A life restored and renewed...

### **Please briefly introduce yourself.**

I am Amaya, 29 years old and at present, working at a reputed private bank as an Investment Executive.

### **Let me know what happened during the time period before your marriage.**

Hmm well, I waited a long time to get married, and from my school days, I wished to have a good and sensitive husband. Nimesh was my colleague at the bank and we both worked in the same department. Therefore, meeting and carrying on our affair was easy. Our relationship grew stronger. After one and half years we decided to get married and planned our wedding, dreaming of a family someday.

### **Then what happened?**

In the months leading up to the wedding, I felt a sudden change in me. I felt confused and frustrated and started to distance myself from Nimesh. That is not what I wanted but it happened to be so. I could not explain it to him or really even to myself.

### **Who guided you to visit FPA Sri Lanka?**

Things were going from bad to worse and I confided in my best friend. She happened to be a long term client of FPA Sri Lanka, as she had obtained contraceptive services after the birth of her second child. She was confident that they could help me too. With her encouragement I visited the FPA Sri Lanka Koggala Suwa Sewa Centre. The staff was very helpful and they introduced me to a lady counselor who was of a similar age as me and

I felt comfortable with her.

### What was the reaction of the counsellor after listening to your issue?

She was kind, asked me numerous questions and very quickly identified what the underlying issue was. Actually, I was curious and confused of what sex was all about. I asked about sexual intercourse and what having a sexual relationship entailed. She understood that I had a fear or phobia with regards to having a sexual relationship.

### Is it true? Did you have a phobia or misconceptions about sexual relationships?

Hmmm. Firstly, I did not think so, but after the first session with the counselor, I understood that I had severe anxieties or fears about sexual intercourse. When I was 12, my cousin brother kissed me and unexpectedly touched my vaginal area. He was also very young at the time. It did not go any further than the touching, but I was scared and depressed after that episode

I have not told anyone of this, but with my wedding approaching it was constantly on my mind. I felt guilty and was wondering if my virginity could have been affected. As I had no access to sexual and reproductive health education, it was a very big concern to me.

### How did the counsellor help you overcome this issue?

She explained that what took place was not sexual intercourse and would not have affected my virginity. This was a great relief to me. She helped me understand what sex is, about sexual relationships and reproductive health, etc. She shared with me some informative booklets too. Step by step, I improved as I gained knowledge on sexual and reproductive health and relationships and how it helps build a happy family life. I am so thankful to her for helping me overcome my fears and anxieties.

### It is so wonderful to hear of this. What do you expect to do now?

I am now open-minded, confident and ready to share these matters with my boyfriend, before we get married. I think it will be a good foundation for our family life. FPA Sri Lanka gave me a fresh start to life and I feel almost born again!

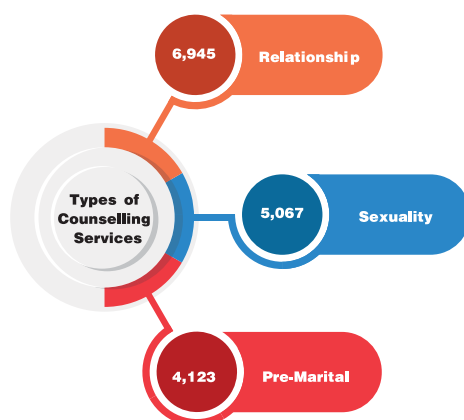
**There are many more stories like Amaya's. With the help of FPA Sri Lanka, thousands have enriched their relationships and lives.**

**Since 2014, FPA Sri Lanka has delivered the following Counselling services through its Units and projects.**

(All names are hypothetical)

**Reported and Documented by:**

Mrs. Maheshi Attanayaka,  
Counsellor,  
FPA Suwa Sewa Centre, Koggala



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)



## Shashidaran's story

Shashidaran's village is located on top of a hill, 5km from the Nuwara Eliya Town. He works as a supervisor at a tea factory. His story is all about a dream come true.

"My wife is Nithya, a very caring and kind hearted person. She supports me in all I do and takes care of the responsibilities at home when I am away. I do not have words to explain how much I appreciate her"

Shashidaran and Nithya were longing for a child, but several years into their marriage it was still a dream unfulfilled.

"Nithya was keen to meet a doctor to find out the reason why we were unable to conceive. During that time, as I had to temporarily move to Colombo for work, I was unable to fulfill her wish. It was a frustrating time for both of us. "

One day Nithya met her schoolmate Shruthi at the Nuwara Eliya market. While they are chatting, Nithya confided in her about her family life and how much she wanted a baby. At this time, Shruthi suggested she visit the Suwa Sewa Centre of Sri Lanka Family Planning Association, which was located near the city.

"During my vacation, Nithya gently asked me to accompany her to the FPA Suwa Sewa Centre. Despite feelings of fear, doubt and shame, I agreed. I thought I was the cause for our inability to have children and as a man, I did not want to deal with that. But fortunately, the staff of the Suwa Sewa Centre were very open minded and well educated on Sexual and Reproductive Health. The counsellor spent an hour with us discussing our concerns. He then requested us to come the next day to meet with a doctor."

After completing several tests the doctor told us not to worry too much and gave us various instructions on fertile dates, steps to follow during sexual intercourse and tips on how to have a healthy pregnancy. Nithya was delighted with the doctor's positive attitude and was very hopeful. We followed his instructions well.

"After two months, Nithya missed her period and we visited the Suwa Sewa Centre to do a urine test. It was a joyous unforgettable moment when we received a positive pregnancy test. Our dream was about to come true! We whole-heartedly thanked the staff of the clinic and we felt so grateful"

Now Shashidaran and Nithya have a cute little baby named Vishan, a healthy and active boy. They were able to make their dream a reality due to proper guidance from FPA Suwa Sewa Centre.

"I and Nithya are very appreciative of all the

advice and support given. Without the help of the Suwa Sewa Centre, we would still be discouraged. There must be many families like us, experiencing the same disappointments year after year and I want to urge them to visit FPA and make their dreams come true"

FPA Sri Lanka has been helping married couples like Shashi and Nithya for over six decades. Since 2014, 11,537 subfertility related services have been provided. Subfertility examination services, diagnostic imaging, lab tests and sampling procedures etc. In 2018-2022 we expect to provide 32,291 subfertility services with the support of IPPF.

(All names are hypothetical)

**Reported and Documented by:**

Mr. Palaniyandy Sivakumar.  
Centre Manager  
FPA Suwa Sewa Centre  
Nuwara Eliya.

(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)



## A lesson that changed my life

At first impressions, Rajani was a charming and innocent girl. But her revelations were quite contrary to what we expected. She stood before us on a cold day in Nuwara Eliya.

**Rajini, let me know your age now?**

I'm 18 now  
(She is trying to hide her smile)

**Then tell me, what your childhood was like and also of your marriage?**

Hmm well, I could not properly enjoy my younger days. Due to financial difficulties I had to stop schooling and very soon after, my parents wanted me to marry someone who could care for us. I wanted to support them by getting a job, but finally I had to agree to their choice.

I got married to Selvam, from our village. I was just 17 at the time. Actually, I had no clue what I was getting myself into but it took place. He is a very good husband. He loves me a lot, but he did not have any knowledge on family planning. He wanted to have a baby quickly.

**What was your reaction?**

I felt that it was all happening too fast and I was not ready and too young to be a mother. I was worried that there might be issues if I got pregnant at this age. Selvam understood my concerns but we did not want to stop having a sexual relationship. Every time we had unprotected sex, I was filled with worry. Therefore I really did not enjoy this intimacy as I was filled with apprehension.

### How did you get to know about the Family Planning Association of Sri Lanka?

Selvam's best friend Karthik and his wife knew about FPA Suwa Sewa Centre in Nuwara Eliya. They were long term clients of his and encouraged Selvam and myself to visit the Centre. So we decided to do so, to get advice on our concerns.

### Did they treat you as expected?

Actually the truth is that their treatment was more than I expected! The staff members were so friendly and welcoming. The counsellor listened to us patiently and firstly tried to console us. He then explained about the family planning methods. It was a terrific opportunity for us to learn some important lessons necessary for our lives that were not included in our school syllabus.

Both of us were convinced after listening to him. We selected the IUD contraceptive method and after a few days the insertion was done. I did not experience any after effects and they always followed up on me.

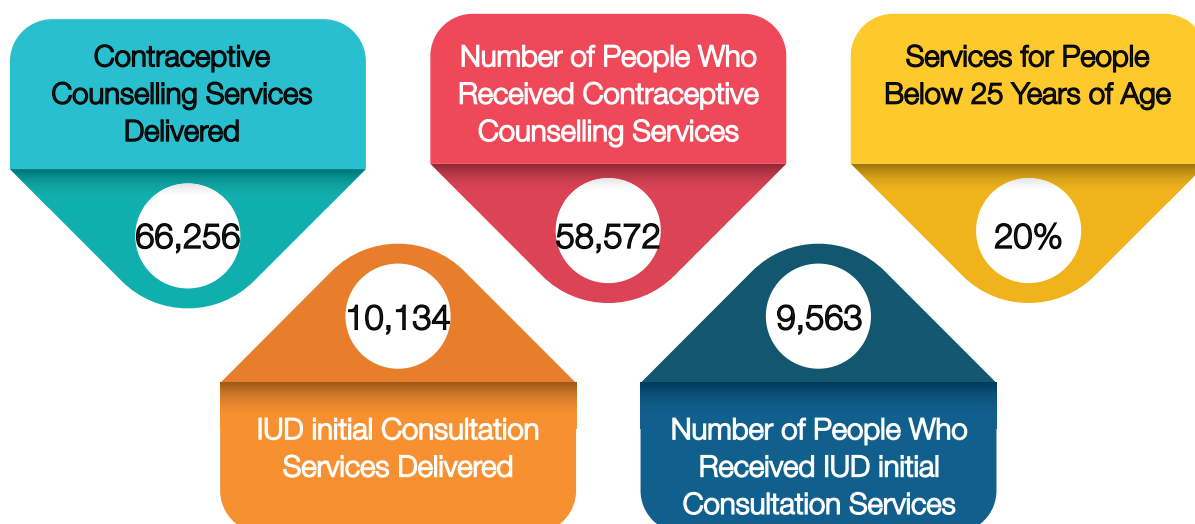
### Now can you explain what you feel?

Thanks to FPA Sri Lanka we are enjoying our married life without any anxiety. We hope to have a baby in the near future. I would like to convey my thanks again and again!

Now I know what the proper age is to have a healthy baby and what the ideal spacing should be between two babies. With this knowledge, we are planning the perfect family. As we know, The Family Planning Association of Sri Lanka has provided 66,256 contraceptive counselling Services to 58,572 people. 20% of these services were for persons below 25 years of age.

Also, 10,134 IUD initial consultation services were provided to 9,563 people according to the reports. (Service Overview, MEIMS)  
Reported and Documented by:

**Reported and Documented by:**  
Mr. Palaniyandy Sivakumar.  
Centre Manager  
FPA Suwa Sewa Centre  
Nuwara Eliya.



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)





## An end to heartbreak

Medhani loves music and dancing. Her goal was to be a reputed dancer in Katak tradition. But with the loss of her father she had to forego her dreams and take on the responsibility of looking after her family.

At the age of 28 she got married to her longtime friend Tharaka. Medhani was a good housewife and skillfully managed the home front and all its responsibilities. Tharaka expected a baby boy to protect his lineage, but this wish was unfulfilled for two years. It was the longest period of Medhani's life, where she experienced a mental breakdown each month when her period arrived.

Meanwhile Tharaka started to quarrel with her for no reason. Medhani knew the main cause behind this dissatisfaction and she did not want to carry on like this anymore. They got

divorced. Medhani wanted to live alone without considering marriage again but this was not to be. She met Aruna a year after the end of her first marriage, and after dating for a while they decided to get married.

Once again, Medhani had to face a similar fertility issue for two years which caused some unhappiness between them. But Aruna was not Tharaka, and he gently advised Medhani to find a solution. Aruna had heard from a friend about FPA Suwa Sewa Centre in Batticaloa which was known to treat and overcome subfertility challenges. It was very encouraging news for Aruna and Medhani and they visited the Centre soon after.

Doctor and staff listened to their story. Thereafter, a physical examination was carried out to understand their health condition and a

hysteroscopy examination was done. As per the reports the doctor informed that there was no indication of infertility and they were requested to revisit the following week for further examinations. Some medicines were prescribed and they had to attend a subfertility counselling session.

Aruna’s mom got to know of the clinic visit and was very upset with Medhani for making her son be subjected to testing too. Medhani and Aruna gently explained the situation and why the testing process was needed which she eventually accepted.

At the next clinic visit, she was tested again and advised on fertility dates and methods to improve the chances of pregnancy. After two months, Medhani received the good news. Her urine test was positive and she was going to be a mother! Until the birth, FPA Sri Lanka staff followed up on her in partnership with the PHM. Now Aruna and Medhani are proud parents of a 2 year old girl.

“I have no words to express my deep gratitude to FPA Sri Lanka. Their kindness and guidance helped me through my problem and to achieve our dream. I had lost my first marriage to this issue; and was so worried that I would lose Aruna too. But now everything is perfect. We are so happy when we hear the giggles of our cute Chanuki”

Although Sri Lanka records 2.09 fertility rate (The 2016 Census and Statistics Department) many married couples suffer in silence due to subfertility related issues. This concern was addressed by the implementation of the FPA Sri Lanka Strategic Plan. From 2014 onwards, we have provided sub fertility related services to 3595 people, sub fertility counselling services to 2666 people and sub fertility consultation services to 2885 people.

All names are hypothetical)

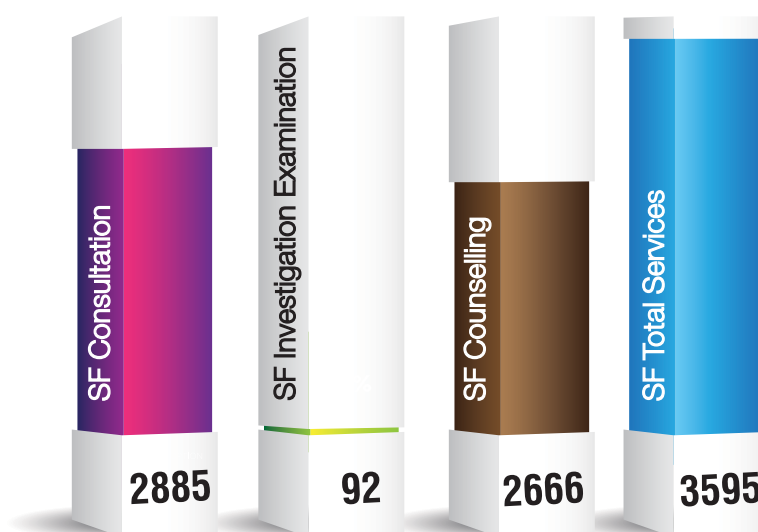
**Reported by:**

Mr. Shaul Hameed Imtiyas,  
Centre Manager,  
FPA Suwa Sewa Centre, Batticaloa.

**Documented by:**

Ms. T. Jayakanthi,  
Counsellor

**Number of People Served - Subfertility Services**



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)



## Secrets to a happy married life . . .

Each and every day, FPA Sri Lanka's Happy Life Contact Centre receives many calls and messages with regards to a variety of problems, most of which are issues related to sexuality.

“One day a person called our hotline and asked some questions about the relationship between sexual pleasure and the size of penis etc. We explained that size does not in any way influence sexual pleasure. The caller seemed satisfied with the answer; he thanked us and ended the call.”

There are many misconceptions and myths about sexual pleasure especially amongst young people. Though we assumed the caller had understood and accepted our explanation, it was not so. He called once again.

He had an issue with the size of his penis and revealed that he does not feel any pleasure during sexual intercourse. We inquired if he had any sexual dysfunctions/disorders. But he said there were no such problems, only the fact that he thought his penis was too small and that it was the reason of not experiencing any sexual pleasure.”

We listened to him patiently, and at the end of the conversation we invited him to come to the Family Planning Association of Sri Lanka's Colombo Head Office.

“We encouraged him to be truthful and state all the facts. He was happily married but from a young age, he was addicted to watching sexual videos. After marriage he worried about the size of his penis and sexual satisfaction of his wife. Although she did not express any

dissatisfaction, it was making him anxious.”

The doctor explained what a happy family life entailed, what sexual satisfaction is and how the penis works during sexual intercourse. Furthermore, he elaborated that sexual satisfaction does not depend on the size of the penis. Sexual well-being goes hand in hand with one’s overall mental, physical, and emotional health and the physical relationship of both husband and wife.

“After the doctor had finished speaking, he had more questions and points to clarify. Finally he was content with his newly acquired knowledge. He acknowledged all the staff members and left the clinic with some FPA Sri Lanka leaflets and booklets on sexual and reproductive health”

He called the following week to say that he had resolved all his issues. That he and his wife openly communicate their needs and desires and work on their relationship together.

This is one of the ways how FPA Sri Lanka Happy Life Contact Centre effects change in the lives of people.

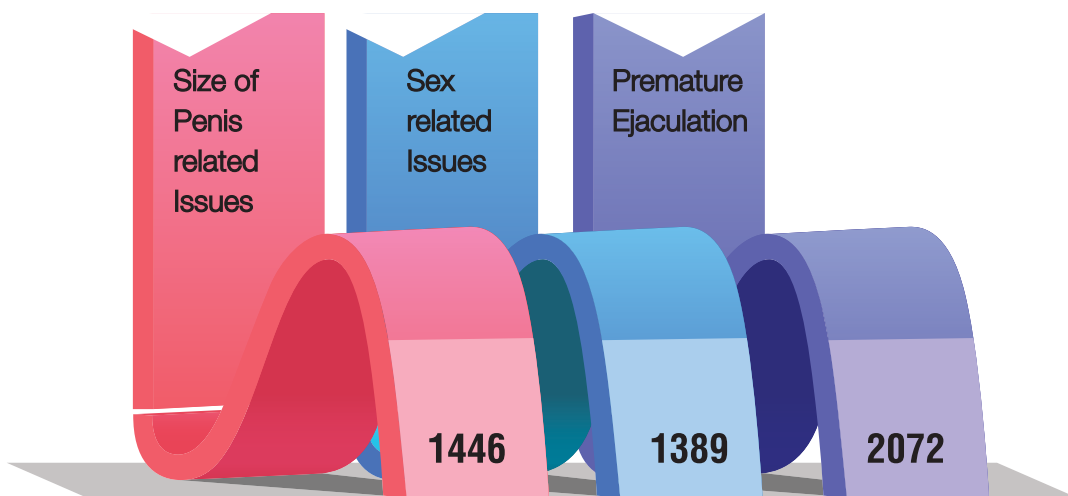
“Knowledge on existing services was very poor and boys were totally unaware of youth health services available through the public health system. On reproductive Health Matters, girls mainly sought help from friends whereas boys do not want to discuss their problems with anyone. Lack of availability of services was pointed out as the most important barrier in reaching the adolescent needs”. (Agampodi, Agampodi, & Piyaseeli, 2008).

Therefore, Happy Life works towards overcoming this country situation in accordance to the Strategic Framework of FPA Sri Lanka.

(All names are hypothetical)

**Reported & Documented by:**  
Mrs. Mallika Samarawickrama  
SRH Instructor  
Happy Life Contact Centre

**Number of People Served by Happy Life (From 2014)**



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)



## Understanding what Family Planning means, changed our lives

I have heard a lot of skepticism concerning family planning. It's impractical, is it harmful, why should we plan our family according to such rules etc are some common questions raised. But once you read my story I think doubters will become strong advocates for it.

My name is Hafza, 23 years old and from Valaichchenai. I have 5 children. Can you imagine the extent of my responsibility? I got married at the age of 16 to a husband who had quite a harsh character. As the saying goes, my marriage was a living hell, from the onset. I used to live carefree with my parents and brothers, but after the wedding day I had to face an unusual and painful living situation. My husband and his parents were keen we start a family as soon as possible. I had to obey and

let my husband decide the most important decisions of my life with no input from me. He was the one who decided when and how many babies we should have. I was helpless and voiceless.

As a result, within 7 years I became a mother of 5. My subsequent poor mental and physical health condition was ignored. I was depressed. The gap between the kids was just 11/12 months. I was constantly tired but my husband did not care.

The PHM inquired why I had 5 children without the advised age spacing. I broke down and shared my story with her. She recommended I visit the FPA Suwa Sewa Centre, Batticaloa.

After several days I visited the Centre alone. The staff helped me a lot, and the counsellor suggested I use a family planning method to enable an ideal spacing between the next child. I decided on a contraceptive method, where an injection was given every 3 months.

After several months my husband got to know that I was using an injectable contraceptive method without his consent. He scolded me and told me to stop it with immediate effect. I tried to explain how I felt, but it was of no use.

I decided to inform FPA Sri Lanka staff and the PHM. The next day, a FPA volunteer staff member and the PHM came to our home to meet my husband. Together they explained the importance of family planning and how it could benefit our family and our economic situation too. My husband accepted their views finally and agreed to me taking oral contraceptives instead of the injection. Things are now much better and he is the one who sometimes reminds me to take the pills in case I forget.

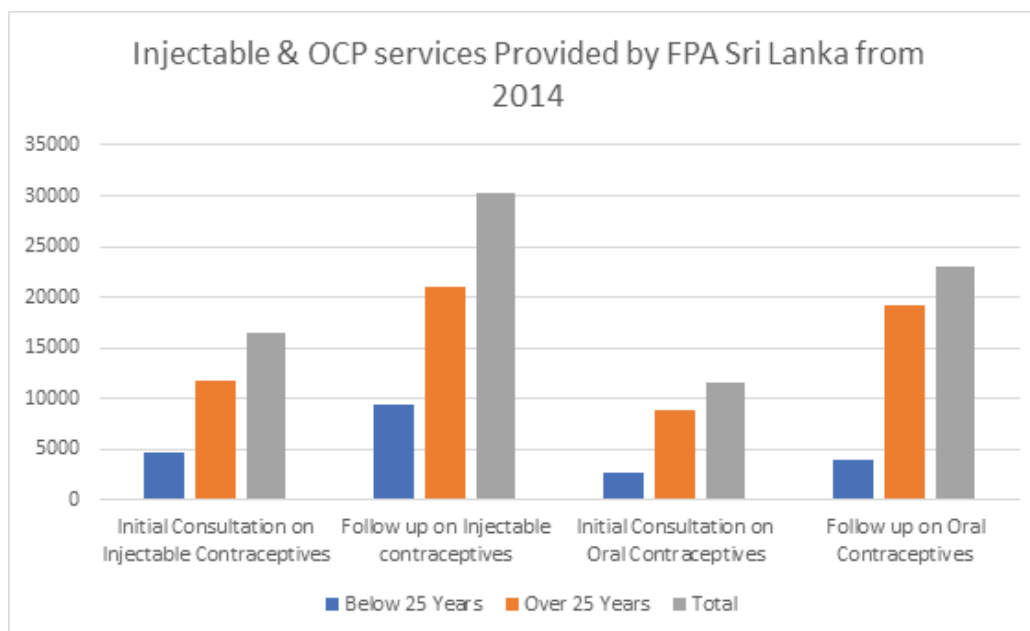
This is the way FPA Sri Lanka helped me to manage and change my life for the better. They enabled me to smile after a long time.

Hafza is not the only one who has faced this kind of situation and got a positive solution from FPA Sri Lanka. As per records from 2014, they have provided 16,450 initial consultations on injectable contraceptives, 21,871 follow up appointments on injectable contraceptives, 11,490 initial consultations on oral contraceptives and 23,048 follow up consultations on oral contraceptive services.

(All names are hypothetical)

**Reported by:**  
Mr. Shahul Hameed Imitiyas,  
Centre Manager,  
FPA Suwa Sewa Centre, Batticaloa

**Documented by:**  
Ms. A.Safaya,  
Volunteer Staff Member.



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)



## Happiness can be regenerated...

We will name him Jinadasa. He is working in Oman as a Technical Adviser in a reputed multinational company. He volunteered to tell us his opinion on the Alokaya Counselling Centre of The Family Planning Association of Sri Lanka.

### **First, tell us how did you come to know about the Alokaya Counselling Centre?**

It was during a very difficult time. I was searching for assistance or someone to disclose my problems to. I searched the internet and suddenly, I noticed the contact details and description of the Alokaya Counselling Centre. Therefore, without any hesitation, I decided to call them.

### **If you are willing, can you share what your concern was?**

For 20 years I was out of the country due to my profession. I could not be close to my family. Last year I arrived in Sri Lanka for a one-year vacation. It was a great opportunity for me to be with my family. After several weeks I found out that my elder son had an inappropriate affair with a girl who did not have an adequate educational or professional background. Her mother too had passed away due to cancer and I felt helpless and fearful about the future of my son.

### **Then what happened?**

My wife and I kindly requested our son to put an end to the affair. But he was not ready to do so. I felt dejected and hopeless. It was on my mind day and night. I was feeling mentally

unstable, unhappy and longed to be alone. Then I found about Alokaya Counselling Centre.

**How did they help you overcome your problem?**

It was a very comfortable place. There were several counsellors, who let me speak freely and kindly listened to me. It was established that I was suffering from depression. Instead of medication, they commenced counselling sessions that comprised many interesting activities such as Cognitive Behavioral Therapy, Empty Chair Technique, Drama Therapy, Self-talk etc.

**What was the end result? Tell us your true feelings?**

After all the sessions and techniques, I finally accepted and respected the decision of my son. Now I am trying to help my son to successfully plan his wedding. I am ready to accept my daughter in law with an open heart.

Visiting and participating in the sessions of the Alokaya Counselling Centre, changed the course of my life. I feel proud to be a good and understanding father.

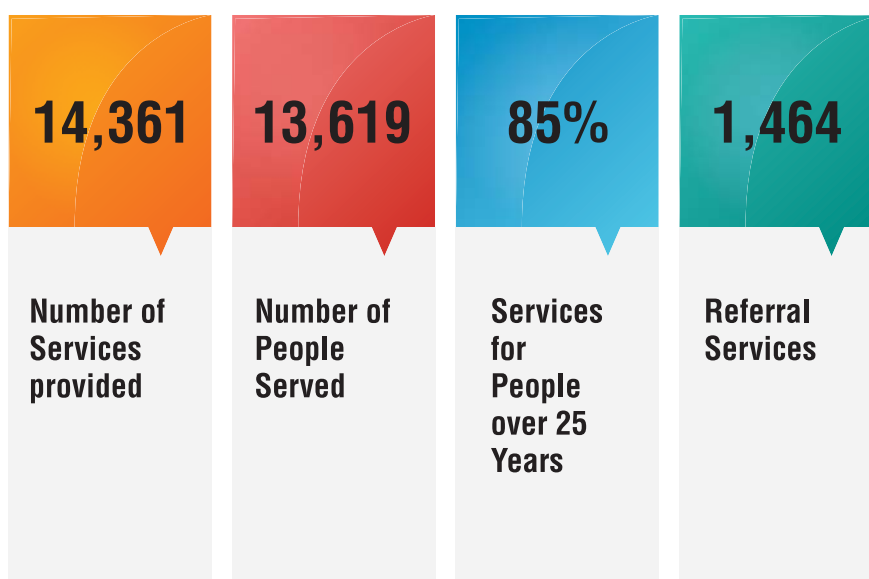
**Do you have any advice to share?**

Of course. Stop worrying and letting your problems take control. Suicide is not the right solution. If you have any problems related to your mental health seek help, visit the Alokya Counselling Centre.

(All names are hypothetical)

**Reported & Documented by:**  
Ms. Minuli Fernando,  
Counsellor,  
Alokaya Counselling Centre.

**Non-SRH Counselling Services from 2014**



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)





## Chethana's story

Chethana is 23 years old and a mother of two. Her husband Kelum works at a Company in the Free Trade Zone. He does not let Chethana work, therefore her focus is looking after the kids and household activities. She enjoys a peaceful life.

One-day Kelum visited the FPA Suwa Sewa centre in Koggala with Chethana. He seemed troubled and Chethana depressed. The Centre staff referred them to the Counsellor. Kelum stated that although Chethana fulfilled her role well as mother and housewife he had observed a notable change in her. She was not willing to have a sexual relationship with Kelum as they used to. She was rejecting him without any probable reason. Initially it did not bother him but now it had grown to be a major problem existing between them. As a result of her behavior Kelum had begun to be suspicious of

her. Meanwhile Kelum spent more time with friends outside the home. Things had come to breaking point.

Kelum kindly requested the counsellor's help to preserve their family. Chethana echoed Kelum's sentiments. She wanted to disclose matters that were concerning her. She said that she was scared to engage in a sexual relationship as she was worried that someone would spy on them while it was taking place.

The Counsellor noted all these details and conducted several counselling sessions with Kelum and Chethana on an individual basis. At her second session Chethana revealed an incident.

When Chethana was a teenager, her cousin brother and wife was living in her home.

One-day, by accident, Chethana witnessed them having sex. Though she had put this episode out of her mind, she recalled this experience, when engaging in sexual intercourse, after the birth of their second child. She was fearful of someone watching them.

This was affecting Chethana’s mental state and that was the reason of her rejection of Kelum. Through the subsequent sessions, the Counsellor helped her let go of the past and refresh her mind to be open to a positive sexual relationship with no anxieties. Chethana began to enjoy family life once again with Kelum. They are now happy and content.

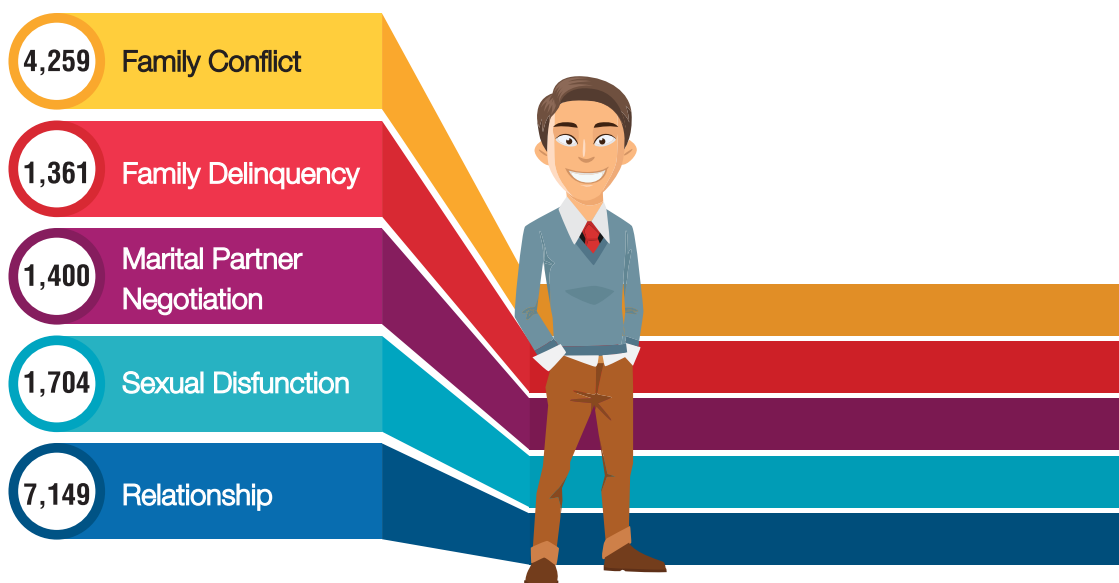
The Family Planning Association of Sri Lanka provides services to ensure a happy and healthy family life. Through service distribution channels of all the Units of FPA Sri Lanka during the last 3 years, these are the number of counselling services provided:

(All names are hypothetical)

**Reported & Documented by:**

Ms. Maheshi Aththanayake,  
Counsellor,  
FPA Suwa Sewa Centre, Koggala

**Counselling Services Provided During the Last 3 Years**



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)



## It was an amazing story . . .

When Sunil and Kamala got married they had many aspirations and having a child was one of the most important. After using natural contraceptive methods for nearly a year into marriage, they tried to conceive for a period of four years without any success. Being childless was hard to bear with pressure from relatives and others. They then decided to visit the subfertility clinic of the Sri Lanka Family Planning Association. They had got to know of this facility from a friend.

At the time, the husband was 35 and the wife 29 years of age. During the first clinic visit, the couple was registered and education and preconception counselling was provided. As the husband's Seminal Fluid Count (SFA) was normal, this test was not repeated. They then met the Medical Officer (MO) who counselled them on the physiology of reproduction

(ovulation and spermatogenesis), fertile period, temperature chart, anatomy of the reproduction system and the need for regular sexual intercourse etc.

Nilanthi was asked to return during her fertile period (any day between days 12 to 14 of her cycle) for a follicular scan. It was revealed that the size of the follicle was small (less than 14mm) and so she began treatment to induce follicular maturation. The scan, the following month showed improvement and a date was set to assess the tubal patency. Once all the tests were complete, the couple was then referred to the Consultant Visiting Obstetrician & Gynecologist (VOG) as the next step. After looking through all the investigations and talking to the couple, the Consultant VOG advised FPA Sri Lanka's MO's to begin Intra Uterine Insemination (IUI), to perform 6 cycles

of IUI and then to review if there was no success.

The couple was then advised to come during her fertile period for a follicular scan. As there were good follicles, a Serum HCG injection was given to induce ovulation. Sperm separation was done at the Medical Faculty and the first IUI was done at the FPA Sri Lanka clinic. Though the first was not successful, the 2nd IUI was.

The couple was then advised to get registered with the Public Health Midwife (PHM) at the Medical Officer of Health (MOH) clinic and the Hospital Ante Natal Clinic (ANC). She was asked to contact FPA Sri Lanka at any time during the Antenatal Period and was advised to come and discuss family planning options, 6 weeks after delivery

The fertility rate, (births per woman) in Sri Lanka was reported at 2.062 in 2015 (World Bank 2015), In comparison to other South Asian

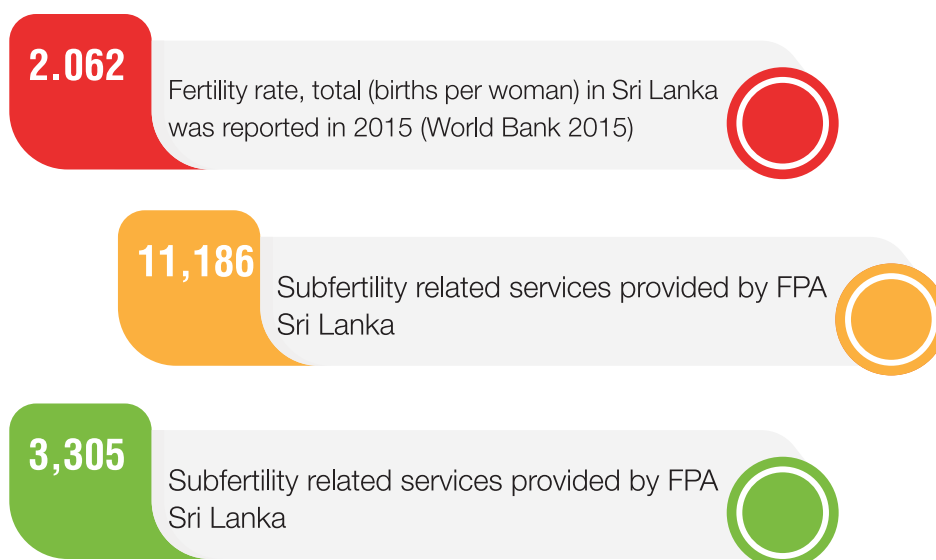
Countries it is considered as a lower rate. During the last 3 years 11,186 subfertility related services were provided by FPA Sri Lanka benefitting 3305 people. (Service Overview Report, 2017)

(All names are hypothetical)

**Reported & Documented by:**

Dr. SumithraThissera,  
Former Director,  
Medical Unit.

**Counselling Services Provided During the Last 3 Years**



(Source: Monitoring & Evaluation Information Management System of FPA Sri Lanka)