

## Launch of **SKYN**, the next generation condom - the closest thing to wearing nothing

The launch took place on the 4<sup>th</sup> of January at the Shangri-La Hotel amid much hype and festivity. The SKYN condom is designed using the very latest technology to give its users a truly intimate sexual experience. It is the first condom to be introduced to the local market that does not contain natural rubber latex, but instead is made from synthetic polyisoprene. It is therefore safe and suitable for people with a latex allergy or skin irritations. As the foremost organization in Sri Lanka for Family Planning and Sexual and Reproductive Health, FPA Sri Lanka continues its tradition of introducing innovative, technological advancements to this sector in Sri Lanka.



Chief Guest film actor M. Sanath Gunathilake, Mr Chandima Gunawardena - President FPA Sri Lanka and Ms Thushara Agus - Executive Director FPA Sri Lanka initiating the launch sequence



Social Marketing Programme Team

## New Look for the New Year!

FPA Sri Lanka turned sixty five this year and in commemoration of this significant milestone, the launch of a new and improved website took place on the 2nd of January 2018. The website provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health, with special focus on youth and adolescence, as well as details on the wide array of services and activities of FPA Sri Lanka in the important area of Sexual and Reproductive Health and Rights.

The website material aims to engage participation and use from partners, civil society, academia, as well as the general public. FPA Sri Lanka's website may be accessed via the link

[www.fpasrilanka.org](http://www.fpasrilanka.org).



The picture depicts Major Shirley Silva (Chairperson of the Website Development Committee and member of the FPA Sri Lanka IEC Committee) launching the website.



**FPA Sri Lanka commemorates Founder's Day and its 65<sup>th</sup> anniversary (15<sup>th</sup> January 2018)**



For 65 years, the Family Planning Association of Sri Lanka has worked tirelessly propagating family planning and Sexual and Reproductive Health and Rights, to improve the health and quality of life of women and their families and beyond that the nation.

FPA Sri Lanka was founded on the strength of people's belief in a cause. The volunteers who struggled courageously during its formative years handed the baton to the next generation of volunteers to steer the organization forward in the same spirit to propagate family planning and Sexual and Reproductive Health and Rights.

FPA Sri Lanka's commitment to its cause is unwavering and will continue in the years to come.



A token of remembrance was gifted to NC Members and thereafter to staff at a special meeting convened on the day.

# DID YOU KNOW?

No violence against children is justifiable; all violence against children is preventable.

FPA Sri Lanka has been identified as the lead organisation to take forward the Sexual and Gender-based Violence National Plan of Action: Child Affairs sector plan on 'Prevention of early marriages, and teenage pregnancies'. A planning meeting was held with the key stakeholders of the Ministry of Women and Child Affairs (MoWCA) to discuss the way forward. Raising awareness on Comprehensive Sexuality Education (CSE), projects to prevent teenage pregnancy, collecting information on prevalence of teenage pregnancies, capacity building of Child Rights Promotion Officers (CRPO) and other child related Ministry staff on CSE were identified as some of the future activities. We will play a chief role in providing: CSE trainings to children; capacity building of CRPO's, Women Development Officers and other Ministry officials on CSE; advocating with the MoWCA towards influencing the Ministry of education to teach the new SRHR curriculum to school children.

The Ministry of Women and Child Affairs conducted a survey in 2017 on reported cases of children's issues among all Districts and identified teenage pregnancies as the second most pressing problem facing children in Sri Lanka.

## Child Marriage

Child marriage can expose victims to a number of forms of violence. As of 2009, 13.8 % of women in Sri Lanka were married by the age of

## Gender based violence in emergencies - capacity building workshop



A capacity building, awareness session titled "Gender based violence in emergencies" was conducted for FPA Sri Lanka staff (representatives from all Units of the Organisation) by Ms Maria Holtsberg of the IPPF's, Humanitarian Hub.

Funded by Australia's Department of Foreign Affairs, and in collaboration with the Ministry of Disaster Management and Disaster Management Centre and the district MoHs, FPA Sri Lanka works in times of humanitarian crisis to strengthen the protection and promotion of rights of all children, women and marginalized communities at all levels when implementing response activities and also carry out awareness sessions on Gender-Based Violence for children, adolescents and women during the crisis and resettlement process

18, with 1.7 % marrying before the age of 15 (SL Department of Census and Statistics, 2009).

Statutory rape and/or early marriage and cohabitation hinder girls' education, economic security and autonomy, lowering their status within the family and community, and increasing their domestic and care burdens.



# Social Enterprise Acceleration Group (SEAG) Meeting

FPA Sri Lanka coordinated the IPPF SEAG Meeting that was held on the 17<sup>th</sup> & 18<sup>th</sup> January 2018 at OZO Colombo.

In 2015, IPPF established a Social Enterprise Acceleration Program (SEAP) that aimed to strengthen Member Associations (MA) capacity to apply entrepreneurial best practice in the health sector whilst delivering social value and improving lives. Its purpose is to suggest the establishment and growth of social enterprises to increase and diversify their funding base and provide greater sustainability.

FPA Sri Lanka was selected for the period of September 2017 - December 2018 by IPPF to function as the SE Hub and to ensure the successful implementation of SEAP which would enable IPPF's MA's to increase their financial resilience.



Some of the delegates visited our Service Delivery Point (SDP) in Koggala and product distribution centres (Pharmacies) in Galle to better understand our Outreach impact and our product placement.



A Member Association of

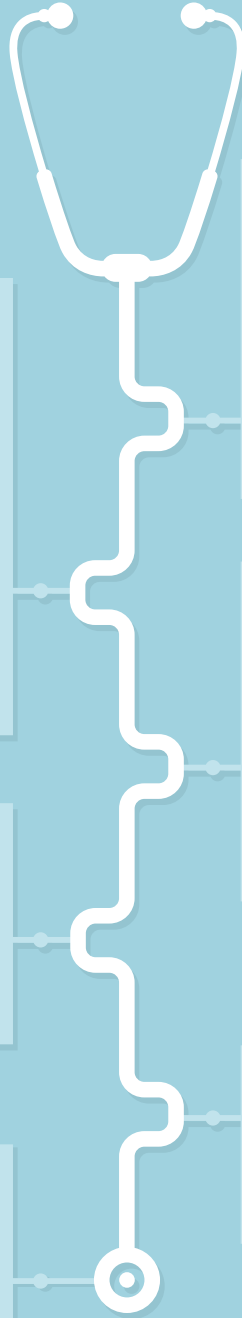


FPA Sri Lanka was successful in getting the Certificate of Accreditation in Phase 1, Phase 2 and most recent being Phase 3. FPA Sri Lanka was accredited as a Full Member of the International Planned Parenthood Federation (IPPF) at the meeting of the IPPF Governing Council on 19th November 2017. Following an accreditation review in January 2017 and successful implementation of the post accreditation action plan, the IPPF Governing Council was satisfied that the Association was found to be in full compliance with all 48 standards as defined under the Standards and responsibilities of IPPF Membership, namely that the Association is:

- ✓ open and democratic
- ✓ well governed
- ✓ strategic and progressive
- ✓ transparent and accountable
- ✓ well managed
- ✓ financially healthy
- ✓ a good employer
- ✓ committed to results
- ✓ committed to quality and
- ✓ a leading sexual and reproductive health and rights organization.



# Health Myths Busted



## Your body makes new eggs each month

Females are born with an estimated 1 million egg cells (oocytes), according to the American College of Obstetricians and Gynecologists. By the time we reach puberty, all but about 300,000 have wasted away. Each month, about 20 eggs start to get ready for ovulation, but usually only one-the biggest, and the one with the most hormone receptors-will 'win' the contest and actually ovulate. As we age, the eggs die off, and the cells break into small bits and are absorbed by the body. Overall, about 300 of the eggs are released by the ovaries during the reproductive years.

## Miscarriages can be caused by stress or lifting heavy objects

Miscarriages are rarely ever related to a traumatic event. The vast majority of miscarriages happen when the embryo, which is formed from that sperm and egg, is not genetically perfect.

## Eating too much sugar can cause diabetes.

By itself, eating sugary foods is unlikely to cause healthy people to develop diabetes. But eating too much of anything high in calories or fat can contribute to becoming overweight, and being overweight is a major risk factor for diabetes

## You Must Drink 8 Glasses of Water a Day

No need to count cups. Research shows people who gulp a glass of H2O when they're thirsty get enough to stay healthy and hydrated. Water-rich foods like soup, fruit, and vegetables and drinks like juice, tea, and coffee all help you get your fill. You might need to drink more water if your urine is dark yellow, you don't go regularly, you're very active, or you live in a hot climate.

## Birth control pills need to "clear" from your system before you can get pregnant

The truth is, once you stop taking the pills, you can get pregnant because your body is no longer receiving that extra dose of pregnancy-preventing estrogen or progestin hormones. It's even possible-though very rare-to get pregnant while taking birth control.

## Eggs Are Bad for Your Heart

Eating an egg or two a day doesn't raise the risk of heart disease in healthy people. What's more, eggs have nutrients, like omega-3s, that may lower the risk of heart disease.

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කෑගල්ල දිස්ත්‍රික්කය තුළ වැඩසටහන් සඳහා ගරු පාර්ලිමේන්තු මන්ත්‍රිනී වෛද්‍ය තුසිතා



විජේමාන්න මහත්මියගේ සුවිශේෂී දායකත්වය ලබාදී තිබේ.



# Teenage Pregnancy and Child Marriage in Sri Lanka

## அவளுக்கு பெருமையல்ல உரிமையே தேவை

பெண்ணின் பொறுமையையும், தியாகத்தையும் போற்றும் எம் சமூகம் அவளை அனைத்தையும் சகிக்கும், அனைவரின் விருப்பத்திற்கும் வளைந்து கொடுக்காமொரு பொம்மையாகவே பார்க்கிறது.

தன்வீடு, நடைபாதை, பொதுப்போக்குவரத்து, வேலை செய்யுமிடம் என அவள் செல்லும் எல்லா இடங்களிலும் வன்முறையையும் துப்பிரயோகத்தையும் அனுபவிக்கிறாள். எம் சமூகம் நடை உடை பாவனையென எல்லாவற்றிலும் அவளுக்கொரு வரையறையை கொடுத்திருக்கிறது அவளுக்கிருக்கும் சட்டங்களோ ஆயிரம் ஆயிரம்.

பொறுமையின் சிகரம், தாய், தேவி என போற்றுவோர் அவளின் சுதந்திரம் என்று வரும் போது அவளை ஒரு மனித உரிமைகள் கொண்ட ஒரு மனுஷியாய் கூட மதிப்பதில்லை. அவளின் தியாகத்தை பொறுமையை போற்றும் நாம் ஏன் அவளின் உரிமைகளை மறுக்கிறோம்? நாம் ஏன் அவளின் ஆசைகளை இலட்சியங்களை மதிப்பதில்லை? ஆணுக்கு நிகராய் சாதிக்க அவளுக்கும் முடியும், அதற்கான இடத்தை தருணத்தை ஏன் நாம் அவளுக்கு கொடுப்பதில்லை?

இனி அவளை தாயாய், தரமாய், சகோதரியாய் காணாது தனி மனுஷியாய், எல்லா உரிமைகளும் கொண்டவளாய் அவளுக்கென சுதந்திரமுள்ள ஒருத்தியாய் காண்போம். அவளின் கனவுகளையும் இலட்சியங்களையும் அடைய வழியமைப்போம்.

Priskila Arulpragasam  
YTAC Chairperson

Pregnancy during the adolescence period of a girl is termed Teenage Pregnancy. Several important reasons could be attributed to the cause of teenage pregnancy among girls. Most valid reason is their immature and irresponsible behavior, which is due to complex teenage psychology. Experts say that after infancy, the most dramatic growth of the brain occurs during adolescence. This growth means things get rather confused in the teen mind. With such confusion, they look for greater independence, tender loving care, and opportunities for decision-making, among many such other things. These qualities will change in their adulthood, but they do short-sighted things as teens, and the most serious of them is their sexual behaviour causing pregnancy.

No sooner the children reach teen age, it becomes the paramount responsibility of the parents to educate their children about sex. But, most unfortunately for the children, it does not happen, because parents still are living in the 19th or the early 20th century. In many cases they evade talking sex with their children, or mislead them with wrong information. Instead of encouraging children to discover knowledge and information on matters relating to human sexuality and reproductive health, by participating in discussions on such issues, parents act as a barrier. It is purely for the protection and wellbeing of the children, that the parents must provide guidance in this respect through proper communication links.

Unlike in the so-called good old days, now the teenage girls and boys enjoy ample opportunities to

meet each other, for instance, at campuses, tuition classes, sports meets and at various social gatherings. It is quite natural for them to get attracted towards each other, but how many of them have the foresight to protect themselves from irresponsible behavior and prevent unwanted pregnancies being the end result, is a seemingly elusive answer. However, the only pragmatic answer is found in the informed and adequate knowledge teenagers possess about safe sex. As teenagers, their prime responsibility should be to become adequately equipped with such knowledge, well before involving themselves in their intimate relationships with the opposite sex. Such knowledge coupled with the practice of that knowledge will invariably end up in avoiding teenage pregnancies and making their relationships pleasant.

In Sri Lanka, a formal marriage before a girl or a boy reaches 18 years is considered a Child Marriage. In a child marriage, it is mostly the girl who suffers and has to undergo a multitude of hardships immediately after the marriage, sometime after the marriage and more often than not, throughout her married life. Although a girl under the age of 18 is emotionally quick to get married, or forced to marry by her parents, with the passage of time - probably a short period of time - she starts suffering mentally. This is due to realizing the gravity of the decision she made to marry with zero experience of a family life, feeling a loneliness away from her family members, and having to adjust to a new family life at such young age. It can cause depression, stress and quick temperament, disturbing the peace and harmony with the spouse, even leading to violence. With the quick

**Teenage Pregnancy Cont . . .**

birth of the first baby, which is often the case, she will be in more trouble, having to attend to more responsibilities.

According to the voluntary organisation named "Girls Not Brides" and its "Roar Media" Report, child marriage robs a girl of opportunities to develop as a well matured woman, denies good health due to early pregnancies and misses higher education owing to early dropping out of school. Furthermore, she will face high risk of death or injury, as girls giving birth before 15 years of age are five times more likely to die in child birth, than girls in their twenties. Besides, the children thus born are less likely to live beyond their first birthday.

All in all, it becomes the undeniable responsibility of the parents - especially the mother - to expose her daughter to a well-informed sex education process, the very day - or even before - she enters her teens, to eliminate all chances of regret, unhappiness and suffering for their entire family.

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Mr Lal Hewapathirana, Volunteer  
The Family Planning Association  
of Sri Lanka



**ශ්‍රී ලංකාවේ අඩු වයස් විවාහ සහ ළමා ගර්භනීභාවය**

ළමා ගර්භනීභාවය පිළිබඳව ඇති වැදගත්කම කුමක්ද?

ශ්‍රී ලංකාව සංවර්ධනය වෙමින් පවතින රටවල් අතුරින් ඉතා හොඳ සෞඛ්‍ය තත්ත්වයක් හිමි රටක්. මාතෘ මරණ අනුපාතිකය, ළදරු මරණ අනුපාතිකය වැනි පිළිගත් සෞඛ්‍ය දර්ශක බොහොමයක ශ්‍රී ලංකාව හොඳ ප්‍රගතියක් පෙන්වා තිබෙනවා. තත්ත්වය එසේ වුවත් තව බොහෝ පැතිකඩ ඔස්සේ ශ්‍රී ලංකාවේ සෞඛ්‍ය ක්ෂේත්‍රය දියුණු

කළයුතුව තිබෙනවා. එයින් ඉතා වැදගත් එකක් තමයි අඩු වයස් විවාහ සහ ළමා ගර්භනීභාවය.

එයට ඒ තරම් වැදගත් කමක් ලැබෙන්නේ ළමයා කියන්නේ රටක අනාගතය වන නිසා. ළමයින්ගේ සෞඛ්‍යය කියන්නේ ප්‍රජාවේ සෞඛ්‍යය. ළමා මවක් කියන කාරණයේදී ගර්භනී තත්ත්වයට පත්වන ළමයාගේ සංවර්ධනයත් ගැබ් තුළ වැඩෙන ළමයාගේ සංවර්ධනයත් යන දෙකම පිරිහීමට පාත්‍ර වෙනවා. අඩු වයස් මව්වරුන්හට ගර්භනීභාවයේදී, ප්‍රසූතියේදී සංකුලනා ඇතිවීමේ අවදානම වැඩියි. එනිසා මාතෘ මරණ, නව ජන්ම මරණ, ළදරු මරණ අනුපාතිකයන් ට බලපානවා. ඒවගේම ළදරුවා රැකබලාගනීමේදී හා පෝෂණය කිරීමේදී එම වගකීම දැරීමට හිසි සුදානමක් නැති වීමත් පෙනෙන්නට තිබෙනවා.

**අඩු වයස් විවාහ හෝ ළමා ගර්භනීභාවය සම්බන්ධ දත්ත හා ප්‍රධාන සංඛ්‍යාලේඛන මොනවාද?**

අඩු වයස් විවාහ හැටියට සාමාන්‍යයෙන් පිළිගැනෙන්නේ 20 වැනි උපන්දිනයට පෙර ගැබ් ගැනීමක්. ශ්‍රී ලංකාව තුළ සමස්තයක් වශයෙන් සිදුවන ගැබ්ගැනීම් වලින් 6.5% පමණම අවුරුදු 15-19 කාණ්ඩයේ මව්වරුන්ගේ ලෙසයි සැලකෙන්නේ. UNFPA ආයතනය පෙන්වාදෙන ආකාරයට ශ්‍රී ලංකාවේ වැඩිම ළමා ගර්භනීභාවයක් පෙනෙන්නට තිබෙන්නේ වතු වැවිලි ක්ෂේත්‍රය තුළ නැගෙනහිර පළාතේ (10.2%) මධ්‍යම පළාතේ(4.1%) පිළිවෙලින් වැඩිම හා අඩුම ළමා ගර්භනීභාවයක් ඇති පළාත් හැටියට සැලකෙනවා. දිස්ත්‍රික්ක වශයෙන් ගත්විට ත්‍රිකුණාමලය (13.8%)වැඩිම හා කෑගල්ල (1.2%) අඩුම ලෙස සලකන්න පුළුවන්. පසුගිය දශක කිහිපය තුළදී රටේ ළමා ගර්භනීභාවය අඩු වීමක් පෙන්නුම් කළත් වවුනියාව, අම්පාර, ත්‍රිකුණාමලය, අනුරාධපුරය, පොලොන්නරුව යන දිස්ත්‍රික්ක තුළ මේ අඩු වීම පෙන්නුම් කෙරෙන්නේ නැහැ.

**ළමා මව්වරුන් බහුලවීමෙන් ඇතිවන සමාජීය ගැටලු පිළිබඳව වැදගත් පැතිකඩයන් මොනවා ද?**

ළමා මවකට තම දරුවන් අධ්‍යාපනය කරා යොමු කරවීමට ඇති අවකාශ අඩුයි, එවැනි දරුවන් යලිත් ළමා මව්වරුන් බවට පත්වීමේ අවදානමත් වැඩියි. අඩු අධ්‍යාපන මට්ටමක් සහිත ප්‍රජාවන් තුළ මෙම තත්ත්වය කැපී පෙනෙන ලෙස වැඩියි. ඒ වගේම විෂම චක්‍රයක් ඇති වීමයි වෙනත්. අඩු සමාජ ආර්ථික මට්ටමක් සහිත නාගරික හා ග්‍රාමීය දිළිඳු ප්‍රජාවන් තුළ මෙම තත්ත්වය මධ්‍යම පාන්තික සමාජයට සාපේක්ෂව වැඩියි. අස්ථාවර නිවාස තුළ ජීවත් වන ළමුන්, විදේශගත ශ්‍රමික කාන්තාවන්ගේ දැරියන්, ගුරුවරුන් හා මිතුරු මිතුරියන් හා සම්බන්ධතා අඩු දැරියන් මේ තත්ත්වයට පත් වන්නට ඉඩකඩ වැඩියි. ළමා මව්වරුන්ගෙන් 77% ම පවසා

තිබෙනවා ගැබ්බර වූයේ ස්වාමිපුරුෂයාගේ අවශ්‍යතාව නිසා බව.

එතනින් ඔබ්බට ගියොත් මේ ළමයින්ගෙන් 39% ම ගැබ්බර වූ විට පවුල් සෞඛ්‍ය සේවිකාවක් වෙත යොමුවී නැති බවත් විශේෂ කරුණක්. ඒවගේම සේවාවන් ලබාගත් අයගෙන් 38% වෙත පවුල් සැලසුම් පිලිබඳ තොරතුරු සම්ප්‍රේෂණය වී නොතිබීම විශේෂයි. පවුල් සැලසුම් ක්‍රම පිළිබඳව අනවබෝධය පිළිසිඳුගැනීමට හේතුවක් වූ බව 37% සහ ස්වාමිපුරුෂයා පවුල් සැලසුම් ක්‍රම භාවිත කිරීමට අකමැතිවීම 27% පවසා තිබීමත් සැලකිය යුතු කරුණක්. ඒ වගේම විවාහ නොවී එකට ජීවත් වීමේ ප්‍රතිඵලයක් ලෙස දරු ගැබ්බර ඇතිවීමත් එම තත්ත්වය සඟවාගෙන සිටීමත් යන කරුණු දෙක නිසාම සෞඛ්‍ය සේවයට එවැන්නවුන් හට ප්‍රවේශවීමත් උපදේශනය ඇතුළු සේවාවන් ලබා දීමත් ප්‍රායෝගිකව අපහසුයි.

**අඩු වයස් ගැබ්ගැනීම් හා සම්බන්ධ ශ්‍රී ලංකාවට බලපාන නීතිමය පැතිකඩ මොනවාද?**

ශ්‍රී ලංකාවේ නීතිමය වටපිටාවේ ඇතැම් ගැටලූන් ළමා මව්වරුන් අඩුවීම සඳහා රුකුලක් නොදෙන බවයි හැඟෙන්නේ. ශ්‍රී ලංකාව එක්සත් ජාතීන්ගේ ළමා හිමිකම් ප්‍රඥප්තියට අත්සන් තබා ඇති රටක් හැටියට වයස් අවුරුදු 18 ට අඩු සෑම කෙනෙක් ම ළමයෙක් හැටියට සලකනවා. නමුත් විවාහ වීමට අවම වයස් 18 ලෙසත් ලිංගික එක්වීමකට නීත්‍යානුකූල අයිතියක් හිමිවන වයස් ලෙස අවුරුදු 16 ලෙසත් සඳහන් වෙනවා. ඒ වගේම මුස්ලිම් විවාහ සහ දික්කසාද නීතියෙහි ගැහැණු ළමයෙක් විවාහ වීමේ අවම වයස් අපැහැදිලි වීම තුළ රටේ සමස්ත ගැහැණු ළමයින්ගෙන් 10% වැඩි ප්‍රමාණයක් අඩු වයස් විවාහයන් ට නැඹුරු වීමේ අවදානමක් සැලසෙනවා.

**උත්ත කරුණට සම්බන්ධව ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ භූමිකාව කුමක් විය යුතු ද?**

ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය හැටියට ගතහොත් අපගේ වගකීම වන්නේ ළමා ගර්භනීභාවය පිටුදැකීම වෙනුවෙන් රජයේ වැඩසටහන් සැදීමට න්‍යායාත්මක හා ප්‍රායෝගික තොරතුරු තුලින් අදාළ ජාතික ප්‍රතිපත්ති ගොඩනැගීමේ ක්‍රියාදාමයට සක්‍රීය දායකත්වයක් සැපයීම, රාජ්‍ය යාන්ත්‍රණයට අවතීරණය වීමට අපහසු ස්ථාන කරා වැඩසටහන් ක්‍රමිකව ගෙනයාම, අවදානම් සිතියම්ගත කොට සංඛ්‍යාලේඛන හා දත්ත මත පදනම් ව ඉලක්කගත සේවාවන් අවශ්‍ය ප්‍රදේශයන්ට ලබාදීම වැනි කර්තව්‍යයන්.

**අසිත ජී. පුංචිනේවා**  
නියෝජ්‍ය අධ්‍යක්ෂක  
සම්පත් උත්පාදනය සහ සන්නිවේදනය



# Peer education is an important component in achieving behaviour change

FPA Sri Lanka, supported by the Global Fund along with the National STD/AIDS Control Programme(NSACP) carries out diverse peer led HIV prevention interventions.(Delivery of HIV and STI related information, health devices, encouraging access to counseling and testing services etc.) Such products and services are targeted to most at risk populations such as female sex workers, men who have sex with men, drug users, beach boys and people who are living with HIV.

Details of the peer training programmes held in February are:

A 3 day training programme for peer educators of Female Sex Workers (FSW) belonging to the Districts of Colombo, Kandy, Anuradhapura, Matara, Galle, Kurunegala, Ratnapura and Gampaha .

Resource Persons: Dr. Geethani Samaraweera, Consultant, Venereologist. STD Clinic Kegalle and Dr. Himali Perera, Consultant, Venereologist, NSACP, Mr. Nanayakkara Project officer, GFATM - FSW, BB component and Ms. Priyanthi Sepalika Project Coordinator represented FPA Sri Lanka.



A 3 day training programme for peer educators of Drug Users took place in Tangalle.

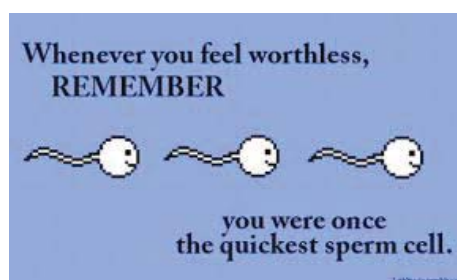
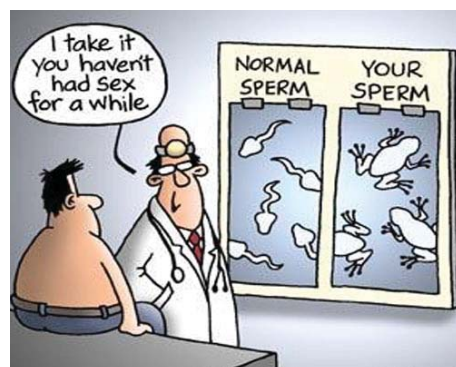
Resource persons: Dr. Shyama Somawardhana, Consultant Venereologist, STI Clinic, Hambantota, Mr. Manjula Health Education Officer, RDHS Office - Matara, Dr. Risini Dalumuragama (Medical Officer of Mental Health, District General Hospital - Hambantota), Ms. Maneka Gamage, Project Manager, GFATM Project, FPA Sri Lanka and Ms. Raheema Raheem.



A 3 day training programme for peer educators of Men who have Sex with Men (MSM) organized together with Saviya Development Foundation was held at the Help Age training Centre in Colombo.

Resource persons: Mr. Janaka Wijekoon Project Co-ordinator MSM Component, Ms.Nadika Fernandupulle. Project Manager, - PR2, GFATM - FPA Sri Lanka , Mr. Thushara Senanayaka - SR Project Manager - Saviya Development Foundation, Mr. Terance Rajapaksha - First Aid & Leadership Trainer Sri Lanka Red Cross Society, Mr. Shalinda Weerasinghe, Acting Project Officer - PR 2, GFATM NFM (HIV/AIDS) Prevention Project, FPA Sri Lanka, Mr. Thushara Senanayaka, Mr. Amal Bandara, M & E Office GFATM Project, Mr. Umesha Sathishka and Dr. G. Weerasinghe, Consultant - Venereologist National STD &

AIDS Control Programme, Dr. Lilani Rajapaksha Deputy Director/ Consultant - Venereologist - NSACP. Dr. Nimali Perera Consultant - Venereologist - NSACP



# සුවඹර දිවියකට මග පෙන්වන “ආලෝකය”

## Alokaya Counselling Centre at “The Wedding Show ”

ආලෝකය උපදේශන මධ්‍යස්ථානය ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ වෛද්‍ය අංශයට අනුබද්ධව පිහිටුවා ඇත. මෙහිදී සේවාවලාභීන්ට, තමන්ට විසඳුම් සොයා ගත නොහැකි විවිධ මානසික විභවයන්, අර්බුද, ගැටලු සඳහා, සුවදායී පරිසරයක් තුළ රහස්‍යභාවය රැකෙන පරිදි උපදේශකවරයෙකු විසින් වෘත්තීමය ස්වභාවයකින් පවත්වන උපදේශන සැසි හරහා සේවය ලබා ගත හැක.

### උපදේශකවරයෙකු යනු කවරෙක්ද?

මනෝවිද්‍යාත්මක උපදේශන පිළිබඳ පිළිගත් අධ්‍යාපනික සුදුසුකම් සහ වෘත්තීය පුහුණුවක් සහිත පළපුරුදු අයෙකි. ආලෝකය උපදේශන මධ්‍යස්ථානයේදී සේවාවලාභීන්ට එවන් විශේෂිත දැනුමකින් හා පළපුරුද්ද සහිත උපදේශක මඩුල්ලකගේ කාරුණික හා විශ්වාසනීය සේවාවක් සපයනු ලැබේ.

### උපදේශන යනු කුමක්ද?

පුද්ගලයෙකුට හෝ පුද්ගලයින් කණ්ඩායමකට / පවුලකට මනෝවිද්‍යාත්මක, අධ්‍යාපනික, පවුල් ජීවිතය, රැකියාව හෝ වෙනත් ඕනෑම ගැටලුවකදී මනෝවිද්‍යාත්මක ප්‍රතිකාර භාවිත කරමින් එම ගැටලුව විසඳා ගැනීමට අවශ්‍ය සහාය ලබා දීමයි.

ආලෝකය උපදේශන මධ්‍යස්ථානය ආකාර තුනකින් මෙම සේවාව ක්‍රියාත්මක කරනු ලැබේ.

### ප්‍රතිකාරය

මනෝවිද්‍යාත්මක ප්‍රතිකාර ක්‍රම භාවිත කරමින් කාරුණික අවධානය හා සුහදශීලී සවන්දීම තුළින් සේවාවලාභීන්ට මතු වී ඇති ගැටලු නිරාකරණය කර ගැනීමට අවශ්‍ය සහයෝගය ලබා දීම.

### වැළැක්වීම

පුද්ගලයාට ඇති විය හැකි විවිධාකාර ගැටලු වලින් වළක්වා ගැනීම සඳහා දැනුවත් කිරීමේ වැඩ සටහන් පැවැත්වීම

### සංවර්ධනය

සාමාන්‍ය පුද්ගලයා තුළ ඇති වන දුර්වලතා හඳුනාගනිමින් ඒවා ධනාත්මක දිශාවකට සංවර්ධනය කිරීම, පුද්ගල කුසලතා සංවර්ධනය හා වෘත්තීය සංවර්ධනය සඳහා විවිධ වැඩමුළු පැවැත්වීම.

### අප මධ්‍යස්ථානයෙන් උපදේශනය ලබා ගත හැකි විශේෂ අවස්ථා.

- විවාහය සැලසුම් කරන යුවල සඳහා පූර්ව විවාහ උපදේශනය.
- වඩාත් යහපත් විවාහ ජීවිතයක් සඳහා උපදේශනය.
- ලිංගික හා ප්‍රජනක සෞඛ්‍ය ගැටලු සඳහා.
- කාන්තා හා පිරිමින්ගේ විවිධ ලිංගික ගැටලු සඳහා.
- දරුවන් නොමැති යුවල සඳහා උපදේශනය.
- සිතෙහි ඇතිවන විවිධ මානසික විභවයන් සඳහා.
- ළමා අධ්‍යාපනික ගැටලු සඳහා.
- පවුල් ගැටලු විසඳා ගැනීම සඳහා.
- සැකය, බිය, කෝපය, කාංසාව ආදී විවිධ මානසික තත්වයන් නිරාකරණය කර ගැනීමට.

### විශේෂ වැඩමුළු

ආතති කළමනාකරණය / සංගීත විකිත්සනය / රංග විකිත්සනය / පූර්ව විවාහ උපදේශනය / ලිංගික විකිත්සනය / කෝපය කළමනාකරණය / පුද්ගල සංවර්ධනය

### පුහුණු පාඨමාලා

- රංගවිකිත්සක සහතික පත්‍ර පාඨමාලාව
- උපදේශන කුසලතා සහතික පත්‍ර පාඨමාලාව
- වෘත්තීය නිපුණතා ඩිප්ලෝමා පාඨමාලාව
- ලිංගික හා ප්‍රජනක සෞඛ්‍යය සහතික පත්‍ර පාඨමාලාව

### උපදේශනයෙන් සේවාවලාභීන්ට ලැබෙන ප්‍රතිලාභ:

- මානසික සැහැල්ලු බව
- අධ්‍යාපනය සාර්ථක කර ගැනීම
- ප්‍රීතියෙන් පවුල් ජීවිතයක් ගත කිරීමේ හැකියාව
- සෞඛ්‍ය සම්පන්න ලිංගික ජීවිතයක් ගත කිරීම
- සතුටින් රැකියාවේ නිරත වීමේ හැකියාව මේ සියල්ල හරහා සේවාවලාභීන් තම ජීවිතය සතුටින් ගත කිරීමේ හැකියාව ළඟා කර ගනී.

හේමා රණවක (BSc., PGD in Counselling) මනෝ උපදේශිකා ජ්‍යෙෂ්ඨ කළමනාකාරීන් ආලෝකය උපදේශන මධ්‍යස්ථානය



Representatives from FPA Sri Lanka's Alokaya Counselling Centre were at "The Wedding Show " held from the 16<sup>th</sup> -18<sup>th</sup> of February at the BMICH to provide information to couples on the Premarital Counselling Service (Social and Psychological aspects of marriage, building relationships, maintaining proactive sexual life and Family Planning methods) provided at the Centre which enables a happy family life.

## Client Testimony

"Our prime objective of this exhibition was to plan our big day to be the most perfect and beautiful day of our lives but when we visited this stall, we realized that the beauty of the life after our big day is more important. It is very important that a service of pre-marital counselling is provided at such an exhibition. We are glad that this service is provided by the Family Planning Association of Sri Lanka."



## වයඹ පළාත සඳහා ක්‍රියාකාරී සැලැස්මක් සකස් කිරීම



වයඹ පළාත් සභාව තුළ තරුණයින් සඳහා වූ ජාතික සෞඛ්‍ය ප්‍රතිපත්තිය ක්‍රියාවට නංවීම සඳහා ක්‍රියාකාරී සැලැස්මක් සකස් කිරීමේ මූලික වැඩසටහන පසුගියදා වයඹ පළාත් ප්‍රධාන ලේකම් පී. බී. එම්. සිරිසේන මහතාගේ ප්‍රධානත්වයෙන් වයඹ ප්‍රධාන ලේකම් කාර්යාලයේදී පවත්වන ලදී. විශේෂඥ වෛද්‍ය ජානකී විදානපතිරණ, විශේෂඥ වෛද්‍ය සුජීව හතුරුසිංහ, අධිවෘද්ධ ඒකකයේ අධ්‍යක්ෂිකා සොහොලි ගුණසේකර, සහකාර අධ්‍යක්ෂ රංගික වික්‍රමගේ යන මහත්ම මහත්මීන් ද පළාත් සභාවේ සෞඛ්‍ය, සැලසුම්, ක්‍රීඩා, තරුණ කටයුතු ආදී අමාත්‍යාංශ නියෝජන කරමින් නිලධාරීන් පිරිසක් මේ අවස්ථාවට එක්වූහ.

## FPA Sri Lanka's Online Campaign



FPA இந்தியா - FPA இலங்கை SMP கற்றல் வரகை

FPASL ஏற்பாட்டில் 2018 ஆம் ஆண்டி மார்ச் மாதம் 6 ஆம் திகதி தொடக்கம் 8 ஆம் திகதி வரையிலான இலங்கையின் கொழும்பில், வெற்றிகரமான சமூக சந்தைப்படுத்தல் திட்டம் மற்றும் சமூக தொழில்சார் நிகழ்ச்சி திட்டத்தில் பங்குபடுவதற்காக 13 சிரஷ்ட டிகாமயைளர்கள் 3 நாள் விஜயத்தை மறேகொண்டனர். இந்த கற்றல் வரகை FPAI இன் வணேட்டகோளின் பரேில் FPASri Lanka மற்றும் அதன் SMP மற்றும் SE மயற்சிலும் அதன் சிறந்த வரலாற்ற அடிப்படையில் தரேந்தடுக்கப்பட்டது. இந்த விஜயம் இரண்ட நாட்கள் தத்தவார்த்த அமர்வுகள் மற்றும் ஒரு நாள் களவிஜயத்திற்குப் போகவும் சந்தர்ப்பம் அமதைத் தகொட்கப்பட்டது. இந்த கற்றல் விஜயத்திலிருந்து பறெப்பட்ட டிக்கியமான படிப்பினகைளாவன சந்தைப்படுத்தல் கர்த்தகள் மற்றும் சமூக சந்தைப்படுத்தல் மற்றும் தொழில்நுட்ப அம்சங்களில் பங்குடுத்தவர்களுக்கு கற்றறிய தூயியதாக இருந்தது.


## FPA India - FPA Sri Lanka SMP Learning Visit




We conducted a 3-day residential learning visit for 13 Senior Managers from FPAI on its successful Social Marketing Programme and Social Enterprise Model from 6th - 8th March, 2018 in Colombo. This learning visit was facilitated upon a request by FPAI and FPA Sri Lanka was selected based on its excellent track record in its SMP and Social Enterprise endeavors. The visit consisted of two days of theoretical sessions and one day set aside for a field visit. Participants found the marketing concepts and other technical aspects of social marketing to be important learnings derived from this learning visit.




Welcome to **FPA Sri Lanka**



**Sonali Gunasekera**  
Director - Advocacy



**Rishikesh Thiyagaraja**  
Manager  
IPPF Social Enterprise Hub



**Anuradha Silva**  
Senior Manager - IT

# Congratulations to the winners!



## Sales person of the year awards (for the year 2016)

We appreciate your valuable contribution.

Left to Right :  
2<sup>nd</sup> Runner-up

**Mr. S.N. Jibri,**  
Ms. Thushara Agus  
(Executive Director),  
Winner

**Mr. Lahiru Pathirana,**  
Mr. Suhail Junaid  
(Director Marketing),  
1<sup>st</sup> Runner-up  
**Mr. Indika Edirisinghe**



## Outreach Unit Awards

In appreciation of the valued life changing work done by FPA Sri Lanka's Outreach Unit's Service Delivery Points/staff, awards were given at the Staff Meeting held on the 2<sup>nd</sup> of January. The SDP's are located strategically in Ampara, Batticaloa, Nuwara Eliya, Koggala and Matara.

They fulfill the need of providing quality SRH Services with the intention of reaching out to the poor, marginalised, socially excluded and under-served communities through its Static and mobile clinics.



Most outstanding SDP/1<sup>st</sup> place  
Nuwara Eliya SDP

From left to right:  
Mr Rajapakse- Head of Outreach,

Mr. P. Sivakumar - Centre Manager and Mr Chandima Gunawardena , Hon. President FPA Sri Lanka First runner up - Koggala SDP



Second runner up -Batticaloa SDP

From Left to right:  
Mr Rajapakse- Head of Outreach, Mr Nishantha Hettiarachchi-Centre Manager and Major Shirley Silva (IEC Committee Member)



From left to right:

Mr Rajapakse - Head of Outreach, Mr. S. H. Imthiyas, Centre Manager and Ms. G.C Dharmadasa (IEC Committee Member)



SDP with the highest number of clients : Ampara SDP

From left to right:

Mr. Rajapakse - Head of Outreach, Mr. Jayasiri Kularathne, Mr. Lal Hewapathirana (IEC Committee Member)



# 2017 Service Awards

10  
Years



Ms. Nadeeka Tharangani



Mr. Mahesh Kumara



Mr. Roshan Fernando



Mr. Sadeep Samarasekara



Mr. Saman Ekanayake

Mr. Eranga Weerasooriya (absent)



Ms. Sandapa Jayasekara



Ms. Sujeewa Yahampatharachchi



Mr. Duminda Rajakaruna



Ms. Nurasha Soysa



Ms. Damayanthi Bandaranayake



Mr. Lasantha Gunaratne



Ms. Nadika Fernandopulle



Mr. Ruwan Kalupahana



Mr. Saman Perera



Mr. Sunil Senaratne



Ms. Dilrukshi Wickramasinghe

FPA Sri Lanka  
37/27, Bullers Lane,  
Colombo - 07,  
Sri Lanka.

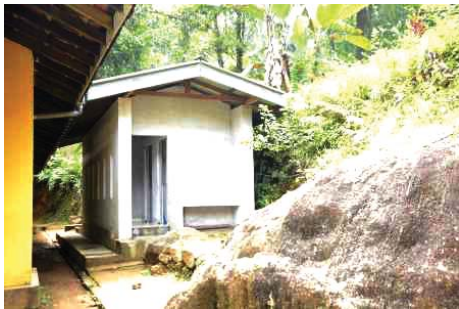
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Web : www.fpasrilanka.org

## Levi Strauss Foundation Project Activity



Funded by the Levi Strauss Foundation, FPA Sri Lanka supported the upgrading of the sanitation facilities of Devananda Vidyalaya in Kegalle. The opening ceremony took place on the 9th of March 2018.

Under the Levi's project, last year, sanitation facilities of commonly used evacuation centers (Schools / Temples) were improved in the areas belonging to Ratnapura and Kalutara Districts, that were affected by floods and landslides.

Provision of clean drinking water for households was facilitated and approximately 100 wells were cleaned (03 times each) in affected areas.

## Training Workshop on Minimum Initial Service Package (MISP) for Sexual and Reproductive Health (SRH) in Emergencies



In recent years, Sri Lanka is facing a trend of increased frequency and scale of natural disasters due to floods and landslides. Globally, National military forces are often well placed and sometimes specifically mandated by their governments to act as first responders, which is the state of affairs in Sri Lanka as well.

To this end, as a capacity building effort, a three-day residential training workshop on the Minimum Initial Service Package (MISP) for Sexual and Reproductive Health (SRH) in Emergencies took place from the 19<sup>th</sup> - 21<sup>st</sup> February 2018 at the Chinthana Training Center, Nainamadama at which 30 military personnel of the Sri Lanka Army were participants.

The Minimum Initial Service Package (MISP) is a set of priority lifesaving interventions required to respond to reproductive health needs at the onset of every humanitarian crisis.

The facilitators were Dr. Harischandra Yakandawala, SPRINT Project Head/Director-Medical of FPA Sri Lanka, Dr. Dinesh Fernando, Senior Lecturer of Faculty of Medicine, University of Peradeniya & Mr. Rangika Wickramage Assistant Director - Public Affairs, Policy & Advocacy, FPA Sri Lanka/SPRINT Project Coordinator.

### Topics Addressed

- Need of SRHR in Emergencies
- Introduction of MISP Objectives
- Maternal and Newborn Health in Crisis and Post-crisis settings
- Family Planning in Crises
- Preventing HIV/STI in Crises
- Introduction to Sexual Gender Based Violence & IASC Guidelines on Gender Based Violence Prevention in Humanitarian Settings and Medical Services for Rape Survivors