



The Bulletin

The latest news, views and announcements

FPA Sri Lanka – responding to the SRH needs of vulnerable groups in the community!

5000 Hygiene Kits were assembled at FPA Sri Lanka's headquarters. They were distributed to ensure and promote frequent hand washing, personal hygiene, and menstrual hygiene of marginalized and underserved women and girls in quarantine facilities and to those who belong to areas under lockdown in the Districts of Colombo, Gampaha, and Kalutara.

Each Kit contained three sanitary napkin packs, 02 bars of soap, 02 bars of antiseptic toilet soap, 01 pack of washing powder and 10 surgical masks. A leaflet containing hotline numbers of SRH, GBV, and psychological counselling service providers and information on preventing transmission of COVID19 was also included.

This activity was carried out under the Outreach Units' SPRINT III Project's purview, funded by the Australian Government Department of Foreign Affairs and Trade with technical support from IPPF.



1500 Hygiene Kits being handed over to the Colombo Municipal Council. The picture depicts Dr. Yakandawala – Consultant - SPRINT III Project, handing over the Kits to Her Worship the Mayor, Rosy Senanayake.



View the SPRINT Team in action, assembling the Hygiene Kits at our Headquarters. [Click here to watch video](#)

Periods Don't Stop for Pandemics – Neither will our efforts to bring safe menstrual hygiene to women and girls!

At a time when personal hygiene is of utmost importance, menstrual hygiene management is an important element. The lockdown and travel restrictions in some areas of Sri Lanka have resulted in restricted access, mobility, and freedom for many, and for women and girls making it even more difficult for them to manage their monthly cycle in a dignified, healthy way.

FPA Sri Lanka donated 15,000 sanitary napkins to the young girls and women in quarantine facilities and for those who belong to areas under lockdown in the Districts of Colombo, Gampaha, and Kalutara. Dr. Harischandra Yakandawala – Consultant - SPRINT III Project handed over the packs to the relevant partners: The Sri Lanka Army, the Family Health Bureau, Prison Headquarters, the District Secretariat Office, Kalutara, and the Colombo Municipal Council.



Donation at the Prison Headquarters.



Contribution to Dr. Chithramalee De Silva- Director FHB and Dr. Neththnjalee Mapitigama.

Partnership with UNFPA

The COVID19 pandemic has a disproportionate impact on specific populations or marginalized groups, who are already in vulnerable positions, such as persons with disabilities and LGBTQIA+ persons. FPASL procured and assembled 3420 Hygiene Kits, which were customized according to these target populations' needs and were distributed through the GFATM Project, sub-recipient organisations, and Disabled Persons Organisations (DPO).

UNFPA Sri Lanka works with FPASL to implement the Minimum Initial Service Package (MISP) for Sexual and Reproductive Health in Emergencies.

For more Project information click [here](#)





NEW PROJECT

LEVI STRAUSS Project - November 2020 - October 2022

The Outreach Unit was awarded a grant to support continued access to sexual and reproductive health services for female apparel workers in Sri Lanka during the COVID-19 pandemic. The Levi Strauss Foundation Project will be implemented through the Seethawaka, Koggala, and Wathupitiwala Service Delivery Points. (SDPs)

The majority of people employed in Sri Lanka's garment industry are young women who migrate from rural areas of the country seeking economic opportunity. These female garment workers represent a significant proportion of the country's labour force and a substantial segment of the population of young women of reproductive age. For those women who successfully find jobs in a factory, the resulting moderate wages and long hours, and sometimes difficult conditions can limit the time and/or resources available to maintain their health and well-being. In addition to inadequate knowledge of essential aspects of sexual and reproductive health, these workers struggle to access quality, affordable, and confidential health services.

Through our strategically located Service Delivery Points in the Export Processing Zones, we can provide information and services to address the reproductive health/family planning needs of this vulnerable population. This Grant will further improve and expand our capabilities.

Key project activities:

- To enable access to quality, comprehensive SRH information, services, and products via static, mobile, and associate clinics.
- Offer counselling services via a telephone hotline or online platforms - Counselling on sexuality, psychological problems, and other SRHR issues.
- Offer maternal care during pregnancy.
- Conduct capacity building sessions on staying safe and coping with the current pandemic.

The clinics at these SDP locations will commence in February 2021.

For more Project information click [here](#)

Some pictures of clinics currently in operation, on a twice a week basis

NUWARA ELIYA SDP

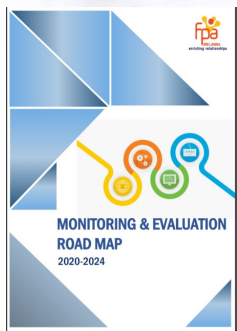


AMPARA SDP



BATTICALOA SDP





The M & E Unit launched a publication titled ' Monitoring and Evaluation Road Map' in December 2020.

In the foreword, Executive Director Thushara Agus's message is as follows:

'Monitoring and Evaluation is a key function of an organization involved in development work as it is about turning the searchlight inward. If identifying strategic directions and devising plans to achieve them are important, the assessment of these outcomes will also assume significance, hence the Roadmap.

FPA Sri Lanka has demonstrated a keen focus on its Monitoring and Evaluation function for the last decade, which has helped the organization to adopt an M&E centric approach from designing to implementing its numerous projects and activities. Needless to say, this also made the organization more accountable and results-oriented in its journey of growing to its current size. The M & E function itself has achieved many milestones that include an M & E policy, strategy, data management systems, and Research on Sexual and Reproductive Health.

These investments have improved the status of FPA Sri Lanka in the eyes of donors and stakeholders. The Roadmap comes at a mid-point of our current Strategic Plan, which itself needs a review to track progress. As explained in the Roadmap, the outcomes and indicators will vary for the ensuing period depending on the country's goals and context in relation to Sexual and Reproductive Health. I consider this Roadmap as an excellent and proactive initiative of our M & E Team, who will inform the management of the way forward as we transition from the current Strategic Plan to the next one'.

To access the book, click [here](#).

*FPA Sri Lanka's [Performance at a Glance](#) infographic for 2019, click [here](#).

*To view our corresponding [Annual Report](#) for 2019, click [here](#).

Annual Programme & Budget - 2021

Every
Voice
Matters

The APB describes in detail the comprehensive work programme for the upcoming year. Our mission and commitment is to serve the Sri Lankan people in the sphere of Sexual and Reproductive Health, especially targeting the under-served, marginalized, and stigmatized by society.

To read FPA Executive Directors' message, click [here](#)



HEALTH UPDATE

LAUNCH OF THE GLOBAL STRATEGY TO ACCELERATE THE ELIMINATION OF CERVICAL CANCER

Seventeenth November 2020 marked a historic milestone, with the World Health Organization (WHO) officially launching its global strategy to accelerate the elimination of cervical cancer as a public health problem, targeting the period 2020-2030. This is the first time the world has committed to eliminating a specific cancer. Cervical cancer is a preventable and curable disease, as long as it is detected early and managed effectively. Yet, it is the fourth most common form of cancer among women worldwide.

The human papillomavirus (HPV) is the primary cause of cervical cancer, and the *HPV vaccine is a safe and effective way to protect women against infection from HPV.

For the WHO statement - click [here](#)

**The HPV vaccine was introduced in the national immunization programme of Sri Lanka in July 2017 through school-based vaccination programmes. Two doses of vaccines are given to 11-12-year-old girls (in grade 6) with a minimum interval of 6 months.*



FPA President featured in IPPF SE Hub's Q & A segment



In 2015, The International Planned Parenthood Federation (IPPF) established the Social Enterprise Acceleration Programme (SEAP) with the long-term aim of strengthening the capacity of its Member Associations (MA) to apply entrepreneurial best practices in the health sector while delivering social value and improving lives.

The Programme supports the establishment and growth of social enterprises to increase and diversify the MAs funding base and provide greater sustainability.

Since January 2018, The Family Planning Association of Sri Lanka (FPASL) has functioned as IPPF's Social Enterprise Hub (SE Hub). The appointment of FPASL as the SE Hub was made with a long term view and belief that SEAP's potential and impact will be maximized if delivered in the context of a well-established MA with significant expertise and a successful track record in social enterprise. FPASL has a successful track record in Social Enterprise, i.e., the strength of its vibrant Social Marketing Programme since 1974.

President of FPA Sri Lanka, Mr. Chandima Gunawardena, shared some insight into the Associations' ongoing focus on social enterprise activities during a recent interview ('Getting 2 know SE' - Q&A segment) with the SE Hub.

To read, click [here](#)

Annual General Meeting

FPA Sri Lanka's 49th AGM took place via zoom on the 24th of October 2020.

The appointed National Council Members and Technical Advisory Committee Members are listed below.



NATIONAL COUNCIL Term of appointment: 2020 - 2022



Mr. Chandima Gunawardena
(Hony. President)



Dr. Sriani Basnayake
(Hony. Vice President)



Mrs. Aruni Marcelline
(Hony. General Secretary)



Mr. Anver Dole
(Hony. Treasurer)



Mrs. Nilanthi Jayathilake
(Assistant General Secretary)



Mr. Lakshana Senevirathne
(Asst. Treasurer)



Dr. Lasantha Malavige
(Chairperson Medical)



Ms. Kusum De Silva
(Chairperson IEC)



Mr. Nihal Wadugodapitiya
(Chairperson FAC)



Mrs. Dawn Austin
(Chairperson SMP)



Ms. Anuki Premachandra
(Chairperson YTAC)



Dr. Pramilla Senanayake
(Past President)



Mrs. Thushara Ranasinghe Agus
(Ex-officio)

We acknowledge and thank all outgoing Board Members who served diligently during the 2018 - 2020 tenure.

The main body of governance of the Association is the National Council. All operational level decisions are made by the Senior Management Team, while policy-related decisions are taken at the National Council level to maintain credibility, accountability, and transparency.

The five Technical Advisory Committees oversee specific operational and administrative areas.



By Mr. Lalithe Kulasuriya
Member (IEC Technical Advisory Committee)

Stay Safe. That is the trend and a very common wish that everybody hears these days.

'Stay Safe'. Why say so? More than just a wish, it has become a key responsibility that each of us must follow.

The health professionals are continuously instructing us on safety and hygiene guidelines during this pandemic. The media too is raising awareness on such matters. We must be smart, follow the guidelines and help the nation overcome this crisis. If we keep safe and keep others safe, this will materialize. It will create a win-win situation.

This is a critical period where all of us are facing some sort of challenge. Many of us are going through economic difficulties as well, and finding it hard to survive.

What will the future hold for us if we do not control and contain the situation without delay? How will the country move forward? Many questions on the future need answers because the pandemic is undoubtedly a threat. No country, rich or poor is free from this virus.

United, can we overcome the challenges as the government seeks our support to follow health guidelines.

The corporate community is exploring alternative business opportunities for continuity of their businesses. Employers are trying their best to maintain the health and safety of their human resource whilst continuing to be productive. The SME business community is offering many options to their customers, and the use of technology has really come to the forefront.

Concepts like working from home, e-learning, and online business options have become the norm. Thirty years ago, this would have been just a dream! There are the negatives of technology too, but it is something that we cannot exist without anymore.

Today, an essential resource for many is the mobile device. Palmtop devices give us the world at our fingertips. Be it food, medicine, to daily news updates; many use mobile devices to access products and services.

Many industries have collapsed or are hard hit due to this pandemic. Some of the industries that are still doing well are the food and beverage sector, healthcare and pharmaceuticals. I am grateful to be part of the telecommunications field or could face the loss of a job.

As I have stated above, it may be prudent for the younger generation when choosing their career path to select, such as mentioned above. As some jobs may get affected during a crisis, it is best to consider one of the fields mentioned above. Essential services will always have a scope, no matter the situation.

Even those holding **important** jobs with a high earning capacity have lost employment during this time. We believe all categories of employment are important, but how many of them are **essential**? That is the question we should be asking. I feel there is a vast difference between an **important** job and what is **essential**.

I want to focus on the word "**essential**" which also means indispensable, something we cannot do without. So, in today's context, as we are in the midst of this health crisis, it is **essential** we do our part, follow the guidelines and stay safe. Thereby we can overcome this challenge, serve our nation, build our lives and look forward to the day life goes back to normal.

STAY SAFE...



By Dr. Ajith Colonne
Member (IEC & FAC Technical Advisory Committee)

Digital violence against women in Sri Lanka is exponentially on the rise, and it can be classified into numerous forms such as Sexual Harassment, Character Assassinations and Blackmailing.

As per the comprehensive definition introduced by the task force appointed to look into sexual harassment in the US military academies sometime back, communication of vulgar jokes and offensive stories of sexual exploits, repeated and unwanted propositions for dates or sex amount to sexual harassment. There are thousands of fake account operators who have mastered the art of identifying vulnerable females through social media for sexual exploitation. If a lady responds either to an e-mail or a Facebook message coming from a fake account, she is assured of becoming the prey of such predators in the long run.

Cultural attributes also have completely changed during the last two decades with the digital revolution. Unlike in the western world, having pre-marital sex was not entertained by the female partner in a romantic relationship, as virginity of a bride was an issue and a social concern in our culture. An accidental pregnancy is the worst nightmare to be experienced by an unmarried girl a few decades ago. However, increased awareness and availability of protective measures have gradually liberated the younger generations to enjoy fully-fledged sex at an age it is most pleasurable and enjoyable.

To justify this with an example, about three decades ago, the maximum a couple in a relationship would have done is going to see a film. Instead, in the present context, they will go to a hotel room. However, what they do not realise is that in such unknown places the act they perform may be either observed or recorded by others using hidden sophisticated digital cameras that cannot be spotted. Police recently arrested the owner of a guest house in Colombo, who had rented a specific room fitted with digital video cameras and showed the couple performing to a clientele of his living overseas, through the internet, live.

A recent trend has emerged through YouTube channels to character assassinate ladies who are either VIPs or celebrities. Up to now, no such victims have ever attempted to confront such attacks levelled at them. Hundred and thousands of people are observing these videos. The sole objective of the masterminds behind such is to generate income with the number of viewers.

The evolution of the Smart Phone has further aggravated the situation. When an intimate relationship strengthens among two individuals, most often the male may request the female to expose her body, while they are in a telephone conversation. This is where young girls make a fundamental mistake based on trust. Once that is done, she may be on record at the other end. In the event of a relationship breakup, there is a very likely chance that the angry partner may threaten to upload them onto the internet and expose the girl. Also, there always is a possibility of the boy showing it to his friends.

A few months back, a lady lawyer took selfies of herself with her smartphone to see how beautiful she is. A few weeks later, the phone broke down, and she gave it to a repair centre. The owners of these mobile repair centres are aware of the fact that people have confidential information in phones and found the photographs of the naked lady who handed over the phone for repair. They called her and demanded money, not to upload them onto the internet. However, the lady acted prudently, complained to the police and got the culprits apprehended. This is why a lady must refrain from exposing her body to a camera under any circumstance, even her own.



A few years back, a young girl going to the dressing room of a dress shop was recorded by the owner of the dress shop by a camera hidden in it. Later, the owner blackmailed her, and she was compelled to accede to the demands. When the harassment became unbearable and intolerable, she informed her brother. The brother and a friend pulled the dress shop owner out and assassinated the man in broad daylight, in a busy suburban town.

In summary, some women fall victim to such circumstances that they cannot even go and complain to the police. Therefore, either the Police Department or the Women's Bureau must endeavour to set up a special unit comprising authoritative female officers to listen to such pathetic exposures of digital violence faced by women. This would enable them to redress their grievances and take remedial action in a manner that the dignity and the identity of the lady is protected. Also, the government must introduce new legislation to curtail the digital character assassination levelled at women.



The U.S. Embassy in Colombo shared an acknowledgement message on their Facebook and Twitter pages on the 7th of December 2020 as follows;

'Shoutout to Sylvia Fernando, an alumnus of the International Visitor Leadership Program, for her tremendous work in founding the FPA Sri Lanka in 1953. She made family planning a reality in a rather challenging environment with the subject being sensitive and an issue that was controversial at the time'.



NEWS FROM OUR UNITS



SOCIAL MARKETING PROGRAMME - REPORTED BY MR. SUHAIL JUNAID, DIRECTOR MARKETING

A LOOK BACK AT 2020

2020 was a very challenging year for the SMP. Our sales operation was severely affected due to the lockdown in mid-March. But by early April we started a skeletal operation by stocking at the key wholesalers to avoid an out stock situation of contraceptives in the market. But towards end April we were able to restock the products with the majority of retail outlets who were in operation. As there was a countrywide lockdown, there were many retail outlets who were closed.

Our primary focus at this stage was to make sure that the products were available in all territories to provide convenient access to clients, which we managed to do successfully.

The main challenges we faced were;

- Obtaining Curfew Passes - as the issuing of curfew passes were not fully systemized at the initial stages of the lockdown.
- Clearing of Shipments - there were some delays which resulted in a slight delay in replenishing the stocks in the market.
- Repacking and distributing - one of the significant challenges was the repacking of contraceptives as those involved in packing were living at various locations. We had to make transport arrangements and take all necessary precautions to ensure their safety.

We also faced delays in receiving supplies of packaging material as some suppliers had closed down their factories due to COVID19.

- Collections from dealers- this was another challenging task, as the customers were facing cash-flow issues. But it was encouraging to see our credit control team and sales team with the support from the Finance Unit, work together to ensure that almost all outstanding debts were settled.
- Achieving annual sales targets - after the first wave of COVID-19, we were able to recover, and the sales team was well on track to achieve the annual sales targets. But unfortunately, the second wave hit key territories of the country, controlling the majority of economic activities. Therefore, we had to face a severe drop in sales. We plan to get closer to the annual targets by the end of the year. We intend to meet or exceed surplus revenue promised at the beginning of 2020 so that the organization as a whole will not have a deficit in the budget.



NEWS FROM OUR UNITS



SOCIAL MARKETING PROGRAMME - REPORTED BY SUHAIL JUNAID, DIRECTOR MARKETING

Plans for 2021

It is not going to be an easy one for us. We will have to get acclimatized to the situation and move forward.

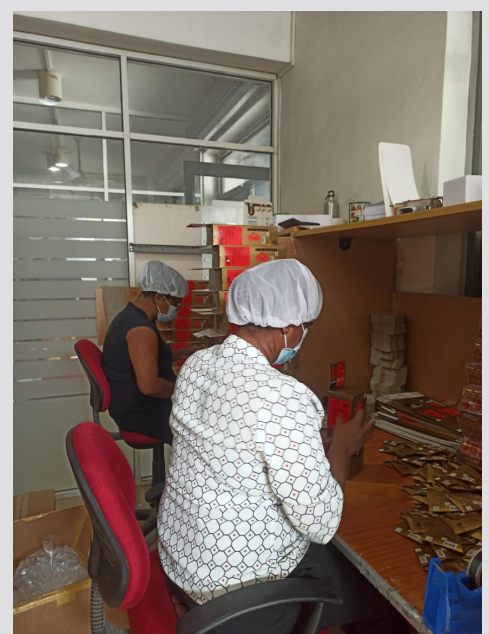
- As a precautionary measure, on the advice of our Hony. President and the Executive Director, we are planning to maintain a reasonable buffer stock to face immediate shutdowns.
- It was decided to secure some of our leading products in a fully packed version, and some products would include a trilingual information leaflet. This would streamline our packing process and minimize the risks of products going out of stock.
- We have negotiated for some extended credit from key suppliers so that we can reduce the burden on our cash flow issues.
- We have been working with online partners even before COVID. But after COVID lockdowns we expanded our online delivery partners. DARAZ and KAPRUKA both are on board now in addition to a few others. Such mechanisms provide another channel to widen accessibility and will be further explored.

Some products can be purchased online via our website - click [here](#)

I want to convey my thanks to the Executive Director for the leadership provided during this crucial period for us to carry forward our activities, and to the Finance unit including the Finance Director for all the support given concerning clearing the shipments, arranging payments, support in collections and banking etc. The credit-control team, SMP support staff, stores, packing staff and the drivers for their unstinted support given to the sales/marketing team to carry out their tasks. My thanks also go out to the entire sales team for the wonderful job they did, visiting all outlets in various parts of the country, during these uncertain times, risking their lives, to make sure all women in the country have access to safe contraception.



Staff in action





ADVOCACY - REPORTED BY SONALI GUNASEKARA, DIRECTOR ADVOCACY

A look back at 2020

- We chose an organisation to conduct a survey on 'Research to understand public perception and attitudes towards abortion in Sri Lanka'. Due to the COVID situation, there was a delay in beginning the research this year.
- We created a video in partnership with Roar Media and an independent illustrator on the topic of abortion. The video explores the medical and social issues that women face when restricted from accessing safe and legal abortions. The video was published on FPA and Roar Media's platforms to coincide with Human Rights Day (Dec 10) and will be used as a tool with the GBV Forum. (For more information on the Forum, click [here](#)).
- A document detailing various international laws related to the Rape of the Male Child is underway. It will be ready by the end of December 2020.

Project Updates

Improving access to information and services of SRHR and GBV for women and young people in Sri Lanka. (Funded by UNFPA)

The project functioned at a slow pace due to the first and second wave of COVID-19 pandemic, which hit the country. However, there have been many achievements during the past year.

- Development of two booklets and a curriculum on modern contraceptives- The two booklets were information provided to young people on SRHR. FPA together with the FHB developed the two day, TOT curriculum on modern contraceptives.
- TOT programmes - We conducted Training of Trainer programmes on modern contraceptives with representatives from Civil Society Organizations in each district. Out of the target of 21 TOT programmes. 10 have been completed to date. Another 04 will be carried out during December, totalling 14 programmes.
- Grass-root level training - On the rebranding of family planning/ modern contraceptives. A total of 120 training programmes to be completed during the project period. A total of 53 programmes have been done so far.
- In the year 2021, youth camps will be conducted in each district with 25 youth per youth camp. 600 youth will be trained by the end of next year. There will be an Advocacy Road Map developed for each Province (4 Provinces) to ensure the sustainability of the project. There will be modern contraceptive training for working women and urban women in the Gampaha and Kalutara districts.

FP 2020 Project funded by the Netherland Embassy

- Conducting TOT programmes: Six training of trainers programmes(TOT) (Kilinochchi, Mullaitivu and Puttalam districts) and two National level TOT programmes on modern contraceptives were held in the Colombo District. Six youth camps were organised in Kilinochchi, Mullaitivu and Jaffna districts despite the second wave of the COVID pandemic.
- IEC materials: Two Q&A booklets in Sinhala and Tamil on Sexual and Reproductive Health and Rights covering multiple topics were designed and published to be utilised for comprehensive sexuality education programmes for youth.



NEWS FROM OUR UNITS



ADVOCACY - REPORTED BY SONALI GUNASEKARA, DIRECTOR ADVOCACY

Plans for 2021

- The focus will be on conducting a survey 'Research to understand public perception and attitudes towards abortion in Sri Lanka'. To be followed by a Communication Strategy that would address some of the gaps that emerge from the survey.
- Through an innovative Communication Strategy, which includes campaigns, publications, and social media posts/webinars, we hope to change the perceptions of the public to be conducive towards changing the laws on abortion.
- We are currently in the process of developing material for a video of 'coming out' stories of LGBTIQ persons. IPPF Norway funded this piece of work that will be launched in 2021.
- A video will be developed on raising awareness of the public towards changing the penal code to include the male child into the definition of 'rape'. At present, the definition of 'rape' under Sri Lankan law includes the penis entering the vagina. Other countries have included 'rape' as the penis entering the mouth, anus and vagina. We are looking to broaden the Sri Lankan law to include all the above. The new definition would include abuses committed to males as well as females. The video will have a global view on this issue and stories of male children who have experienced 'rape' under the new definition.
- Consultations will be held with the LGBTIQ community to develop the alternative report of the Universal Periodic Review. (*UPR). [What is UPR? Click here](#)

TOT programmes in Tamil medium were conducted in the districts of Mannar, Jaffna and Ampara in the month of December 2020.



FPASL has been assigned the position of civil society focal point, with the specific target of assisting and complementing the services provided by the public sector.

Working alongside a coalition of CSOs. FPA's mission is to drive progress in the planning and implementation of the country's FP2020 goals, and this project is supported by the United Nations Population Fund (UNFPA) and people of Japan.

The CSOs will work with key populations, youth, working women, and older women, for whom the government sector's services limit coverage.

Under the UNFPA FP2020 Project, FPA is working in four Provinces (Southern, Central, Eastern and Northern) and in each Province, FPA had to conduct 06 Training of Trainers (ToT) Programmes in each District where staff and volunteers selected from various CSOs are trained.

Topics discussed at the TOTs: Reproductive System and Benefits of Planning the family, Contraceptive Methods and Emergency Contraceptive Methods, Unwanted Pregnancies / Sub Fertility, Myths on Family Planning Methods, Virginitiy, Mensuration and Counselling.



NEWS FROM OUR UNITS



AFAO-SKPA GRANT –REPORTED BY SRIYAL NILANKA, AFAO PROGRAMME OFFICER

A look back at 2020

Due to the country's prevailing situation in the country SKPA Programme and the National HIV response, and FPASL temporarily halted all activities planned during 2020. As the crisis affected all Sub Recipient (SR) organisations and work from home was required, it was noted that many organisations and their staff were unable to carry out virtual activities. SKPA reprogrammed their activities to plan basic IT training for all SRs. 4G routers were provided to each organisation registered under PR I & PR II. As limitations on physical meetings are imposed, a series of training will be carried out online.

During this time SKPA programme supported the PrEP Demonstration Project by gathering community members through an online signup sheet. We were able to get 124 interested participants. SKPA also carried out PrEP training for 41 TG and MSM through online/offline programs. With the support of iProbono and other interested CSOs, high-level meetings on Penal Code reform were carried out. We also commenced activities under the Gender Assessment.

Activities conducted under the gender assessment are:

- Develop protocol/guideline for referral of victims of violence
- Train peer educators and case finders on addressing self-stigma, suicidal ideation and suicide
- Develop specific gender-related IEC material for MSM and FSW and people who use drugs
- Conduct a research on Chemsex with interviews primarily from community members.

Plans for 2021

- Most activities that were planned for Year 2 were shifted to the final year. We are looking forward to working with local consultants to support our activities during the last year of the SKPA grant.
- As a continuation of our efforts to support the National Response, we hope to carry out more awareness programmes on PrEP and HIV Self Testing and plans to help stigma and discrimination reduction in healthcare settings.
- We will also be working with the IHRI Clinic in Bangkok to support NTNSL start a TG Health Clinic in 2021. Community organisations working under the programme requires adequate capacity development in the areas of Governance, Financial Management, Advocacy planning, and communication skills. We hope to engage three consultants to support this work through the year 2021.
- The SKPA programme adheres to the FPASL's strict regulations on community safety. It will commence in-person work when it has improved in the country. Until then, we hope to use the safest methods available such as virtual meeting platforms, to implement our activities.

APCOM Hero Awards 2020

Standing for HIV, Equality and Rights, the HERO Awards is an annual gala event in Bangkok which acknowledges outstanding HIV and LGBT advocates and allies from across Asia and the Pacific. The HERO Awards also raises money for the HIV prevention and human rights work of APCOM, a leading Asia Pacific HIV and LGBT community network based in Bangkok.

Our congratulations to team member **Sriyal Nilanka** - AFAO Program Officer, who received the 'HIV Hero' award at the event which took place on the 27th of November 2020. Click [here](#) to watch the award announcement and acceptance speech.



OUTREACH - REPORTED BY RAJAPAKSE VITHANAGE, CONSULTANT

A look back at 2020

2020 was extremely challenging for the Outreach Unit due to the outbreak of COVID-19 pandemic at the beginning of this year. Sri Lanka saw the emergence of two waves of COVID-19, which largely disrupted the people's access to comprehensive sexual and reproductive health. During the first wave, owing to the islandwide curfew imposed by the Government and lockdown in some parts of the country, all our service delivery points were closed down, and clinics were halted considering the safety of our clients, medical teams and staff.

During this period, the service delivery happened online/over the phone and the services were limited to general counselling, SRH counselling advice and provision of information and advice on SRHR and GBV and referrals to the MOH for family planning.

Several static, mobile, associate clinics and awareness programmes and CSE programmes were affected by the coronavirus during the period from March to May, this year. With the relaxation of curfew in some parts of the country, the Outreach Unit was able to reopen up the SDPs and provide services to the clients, as usual, adhering to safety guidelines issued by the Ministry of Health. Before reopening the SDPs, the medical team including all staff were trained on infection prevention and control. The SDPs were renovated with handwashing facilities, safety equipment for medical teams, important messages on COVID-19 were displayed in clinic premises, and sanitizing procedures were carried out as per the health guidelines. Initially, only one clinic was conducted in each SDP with limited members from the medical teams to prevent any risk of COVID-19 transmission in the SDPs and later on the clinics were increased to two to meet the increased demand for SRHR services among the clients. At the initial stage of clinic restart, only the essential family planning services were provided to the clients.

By June 2020, the country was returning to normalcy and all project activities were accelerated to reach the SRH service targets by the end of the year.

Levis and GGRE Project - Extensions were requested from the donors as most of the activities could not be implemented earlier due to the pandemic. They were successfully completed by August this year.

CSE Project: No CSE trainings were organized in schools and Vocational Training Authorities as relevant authorities were reluctant to release the students due to safety concerns and tight syllabus/course schedules. Hence, the Outreach unit is looking for alternative online platforms to overcome this challenge in 2021 and reach the youth target.

SDP services: We are lagging behind in both the services and youth targets for 2020 as a COVID-19 second wave again hit the country in September. As it was triggered within a leading garment manufacturer in the country, the apparel sector was identified as a high-risk territory for COVID-19. It resulted in the SDPs within the Export Processing Zones of Koggala, Seethawaka and Wathupitiwala being closed down with immediate effect. These three SDPs will remain closed until the end of this year to prevent any risk of COVID-19 transmission.

Nevertheless, they continue to provide counselling, SRHR information and advice and referrals to MOH online and over the phone. However, the Nuwara Eliya, Batticaloa and Ampara SDPs were closed only for a short period and were reopened on demand from the communities to ensure the continued access to SRH services for the poor, marginalized and underserved. Health guidelines were adhered to by the SDPs when conducting the clinics to ensure the safety of our clients, medical teams and staff. Even though the Outreach unit was able to reach only a smaller proportion of people this year owing to COVID-19 when compared with previous years, we are glad that we could extend our services to those in need at a distressing and critical time.



OUTREACH - REPORTED BY RAJAPAKSE VITHANAGE, CONSULTANT

SPRINT III Project - 04 capacity building programmes, 01 sensitization on MISP and 02 steering committee meetings were conducted under the SPRINT III project. Additionally, institutionalizing humanitarian within FPASL and integrating MISP into the National Midwifery Training Curriculum are ongoing implementation modalities of the project during 2020.

During this crucial time, the SPRINT III project initiated SPRINT Emergency Response in COVID-19 during the first and second waves to support menstrual and personal hygiene of women and girls affected by the pandemic with the funding from DFAT, Australia to ensure the access to SRH services during the outbreak. Through these responses, 30,000 sanitary napkins were provided for women and girls in quarantine centres and those undergoing home quarantine.

10,000 COVID-19 hygiene kits were distributed for vulnerable women and girls with less affordability and accessibility for sanitary supplies to ensure their personal and menstrual hygiene. A telephone hotline was also activated for providing psychological support for GBV survivors and SRH counselling for the populations under restricted movements.

Plans for 2021

Due to the current country situation, we assume that the Unit may have to face more or less the same challenges in 2021 as well. It is therefore imperative that we, as a unit, be prepared with a set of strategies to meet these challenges in an effective manner.

- For the safety of our clients, medical teams and staff, the Outreach unit has planned to organize a series of virtual refresher trainings on infection prevention and control in all the SDPs.
- Provision of personal protective equipment, disinfecting and cleaning liquids for the SDPs will continue in 2021 as well to prevent any risk of COVID-19 transmission and to safeguard the health of our clients, staff and medical teams. Adhering to Ministry of Health guidelines on infection prevention, clinics will be conducted. The SDPs will be upgraded as per the health guidelines issued by the Ministry from time to time.
- In terms of service delivery, intending to strengthen the service delivery through static clinics, the Outreach Unit plans to hire two Volunteer Health Assistants for each SDP to refer clients to the SDP. All VHAs will be given a service target to be reached at the end of each month. Additionally, we plan to reopen the SDPs in Koggala, Seethawaka and Wathupitiwala Export Processing Zones in early January, and commence clinics for the apparel sector employees. The number of static clinics will be increased after reopening the SDPs to ensure their access to SRH services.
- The Outreach unit has been awarded a project to support the health of female apparel sector employees in Koggala, Seethawaka and Wathupitiwala Export Processing Zones for two years commencing from 2021. It is an immense strength for the Unit as it is an opportune time to serve the under-served apparel sector by providing SRH services.

In addition to static clinics, mobile and associate clinics will be organized at the factories for those who are unable to visit the SDP. As a part of this project, a hotline will be introduced to deliver counselling services to factory employees.



OUTREACH - REPORTED BY RAJAPAKSE VITHANAGE, CONSULTANT

PLANS FOR 2021

- In 2021, the Outreach unit will continue to write proposals to donors worldwide for funding opportunities to extend our services to a broader segment of poor, marginalized and underserved communities across the country. Further, we will focus on identifying alternative in-country funding sources to conduct mobile clinics through Nuwara Eliya, Ampara and Batticaloa SDPs. Previously, the Associate Clinic Model was only implemented through SDPs located in EPZs. Nevertheless, from next year onwards, we have planned to conduct associate clinics through the Batticaloa, Nuwara Eliya and Ampara SDPs in Government and private hospitals in these areas. The negotiations for this initiative will commence early next year.
- Promotional activities - A social media campaign for 2021 to be carried out to raise public awareness on FPA SDPs and their services. We intend to develop a new leaflet on SDPs, their locations, services and contact details and distribute among the general public as a strategy to increase the clientele to the SDPs. Further, a poster is to be developed on SDPs and their services and display in factories within the Koggala, Seethawaka and Wathupitiwala Export Processing Zones. A uniform will be designed with FPA branding for the medical staff as a means of promotion in 2021.
- CSE programme- Initially, we conducted CSE training for students in VTAs and schools. From 2021, the youth focus group will extend to Universities and Technical Colleges as well. The Outreach unit will initiate discussions with relevant authorities of Universities and Technical Colleges to conduct CSE training for youth in these institutes. Primarily, we plan on using virtual platforms to conduct these trainings if current disturbances due to COVID-19 remain unchanged in 2021.

FPASL social media platforms will be utilized to communicate about virtual CSE trainings, so that interested youth will get the opportunity to register.
- SPRINT III - Since the project is in its final stage, the implementation this year will be geared towards sustainable SRH in emergencies. Building partnerships, integration into national policies, expanding organizational capacities, and innovations will be the main implementation modalities of SPRINT III in 2021.



**MEDICAL - REPORTED BY DR. NUZRATH NASOORDEEN, DEPUTY DIRECTOR
MEDICAL**

A look back at 2020

Centre for Family Health

The CFH Static Clinic operated only for seven months in the year 2020 due to COVID 19 pandemic. However, clients contacted us for information, advice and phone consultation with a doctor and referrals services via our hotline. Alokaya counselling Centre- Counselling consultation services were withheld when the Clinic was closed both during the COVID 19 wave 1 and 2. Tele counselling continued uninterrupted, and a 200% increase in hotline services was observed in the first and second quarters of 2020.

Happy Life Call Centre

The Centre one of the vital service provision units open at all times to the general public when most needed (especially for people living in isolated areas who needed SRH services).

Both Alokaya and Happy Life played a key role in delivering tele-counselling services under the SPRINT EMERGENCY RESPONSE PROJECT during COVID 19 pandemic wave one. They were assigned for the same service provision during COVID 19 wave two, which is to be implemented mid-December.

Plans for 2021

CFH

We intend to resume routine static clinic services taking all COVID 19 preventive measures in January 2021, coupled with hotline consultation. The Mobile Clinics will be on hold until the situation permits.

Alokaya Counselling Centre

We will continue tele-counselling and will resume one on one counselling eventually as and when the situation permits. The Associated Clinics will be carried out virtually. Training and awareness programmes will be delivered via an online mode.

Happy Life

Services will continue without interruption. We will promote and refer clients to FPASL's static clinic services.



NEWS FROM OUR UNITS



M & E - REPORTED BY SUCHIRA SURANGA, DIRECTOR, ORGANISATIONAL LEARNING & EVALUATION

A look back at 2020

2020 was one of the most challenging years of the past decade for the Monitoring and Evaluation Unit. However, it eventually was a year of some remarkable achievements and experiences in terms of strengthening Monitoring and Evaluation at FPA Sri Lanka.

- We finalized and published our organizational Monitoring and Evaluation Roadmap, which will direct our efforts during the next five years. The Roadmap was developed based on the results of the Monitoring and Evaluation Capacity Assessment conducted in 2019.
- The Monitoring and Evaluation Information Management System (MEIMS) was further improved to capture data related to annual indicators representing the hierarchy of objectives, service delivery outcomes and important aspects such as "service delivery cascade" analysis. We field-tested the "Integration Bridge" between MEIMS and DHIS-2 and commenced operation.
- Responding to the COVID-19 situation, we introduced a cloud-based "Sync and Share" system to the Sub-Recipient (SR) organizations attached to the Global Fund (GF) Project to share Peer Educator Calendars, Referral Slips and other Means of Verifications with FPA Sri Lanka. Further, we commenced integration between MEIMS and Microsoft Power BI (Business Intelligence) in 2020, which will be completed in 2021.
- A quality assessment on the CSE programmes was conducted in collaboration with IPPF SARO and outreach unit in February 2020. This assessment was conducted at the Seethawaka SDP using IPPF inside-out tool. Based on the findings, an action plan was developed to improve the CSE programmes of all 06 SDPs.
- A programme review on "Relevance and effectiveness of cancer screening services provided by FPA Sri Lanka" was conducted to improve the service delivery interventions.
- Research article on "Modeling Time Taken to HIV Testing and Follow-up Clinic Visits to Collect the Test Results; Application of extended Cox Proportional Hazard Model" was published in the "International journal on HIV and AIDS review".

Plans for 2021

- Our focus will mainly be on improving data visualization and sharing at FPA Sri Lanka using MS Power BI and other information telecommunication techniques.
- We intend to digitalize the "SRH Country Profile of Sri Lanka" and share among our stakeholders.
- We intend to display the 'Performance at a Glance' via a digital screen with real-time data. (This is developed manually during the past years).



NEWS FROM OUR UNITS



NATIONAL HIV PREVENTION PROJECT FUNDED BY GFATM - REPORTED BY NADIKA FERNANDOPULLE, DEPUTY DIRECTOR HIV & GFATM PROJECT MANAGER

A look back at 2020

- 2020 Targets were set to test more people for HIV to find new HIV cases and continue the prevention activities to ensure the current low prevalence is maintained. FPA as non-Government Principal Recipient (PR) for the National HIV Prevention programme, works towards the Government's goal to End AIDs by 2025. This year, FPA started to work with fewer partner organisations compared to 2019. 8 organisations began to work directly with the Government PR (NSACP) as part of the transition plan. Only 22 district level implementing organisations along with the 3 PLHIV organisations continued to work in 2020 with FPA. No one expected the year to be so challenging and life-threatening.
- The key testing strategy that worked really well in 2019 was testing high-risk populations in Hot spots through Mobile clinics and night clinics conducted by STD clinics. Under the Case Finding Model, STD clinics in Colombo and Gampaha districts went to the extent of conducting night clinics between 10 pm to 1.00 am intending to reach young high-risk groups who will not access the clinics. This was very effective, but the unexpected pandemic entirely disrupted all our plans in mid-March. Since then, this global health crisis is having a significant impact on our HIV work with the high-risk key population. Island-wide curfew for two months stopped all our KP interventions under the Case Finding Model and peer-led model in 11 districts. We went from daily KP clinics to "0" KP clinics. It wasn't a safe environment to conduct outreach work as usual. Communities also had to follow COVID guidelines to be safe, but they had to be more careful, based on their livelihood and behaviour. All HIV testing interventions and prevention activities did not function as usual till the end of the year due to the ongoing pandemic situation. Colombo and Gampaha, the epicentre for HIV were also the highest risk areas for COVID. As more than 50% of Country targets are from these two districts, we had to find innovative online approaches to reach to the community and continue project activities.
- FPA GFATM Team (Program/Finance and M&E) had to find mechanisms to complete the routine work from home and continue to carry out activities. Some staff and some partner organisations took more time to adapt to online work methods. We all had practical issues working from homes, fewer resources due to the unexpected situation, connectivity and IT issues. Some staff had to balance work with little kids at home, etc. The leadership and the management recommended staff of FPA to work from home to reduce the risk. The liberty to complete our work from home or office was a key decision during this very tough period. We are grateful to FPA and the Global Fund for being concerned about the safety of everyone.
- GF continued to provide financial support to the project staff but wanted PRs to be innovative in service delivery during this pandemic. Under the technical guidance and supervision of Dr Scott Berry, the Case finding online model was piloted using online platforms (Facebook). FPA Coaches did daily online coaching sessions and trained staff to use Facebook, host parties, to find clients on Apps, to share posts, video, etc. Initially, Coaches had to work long hours and late nights to teach members to use the platforms. Most of the female sex worker groups were less IT savvy, and many didn't use smartphones. It was challenging to identify the relevant target groups, as many were using fake names and also it was more difficult to convince people to test through online mechanisms. After a few months, some teams were very successful in the online approach. Some of the team members went out of the way to support newly diagnosed HIV members. They even supported the delivery of ART to their homes or escorting them to the clinic by taking a risk travelling during curfew/ lockdown times.



NEWS FROM OUR UNITS



NATIONAL HIV PREVENTION PROJECT FUNDED BY GFATM - REPORTED BY NADIKA FERNANDOPULLE, DEPUTY DIRECTOR HIV & GFATM PROJECT MANAGER

- Taking ART on time was crucial for PLHIV members, but with lockdown, curfew, travel restrictions, etc., it was not easy to access the clinic. NSACP and most STD clinics took proactive measures to deliver the medicine to some PLHIV members. The 3 PLHIV organisations supported this initiative and especially Lanka Plus staff members volunteered to deliver the medication to PLHIV members in lockdown, areas. FPA, together with the support and guidance from NSACP, managed to facilitate the delivery mechanism. Unlike other times, it required special permission from the Sri Lanka Police to enter into districts in lockdown. Mr Ajith Rohana, DIG of Police, directed and supported us to get necessary approvals from the Police.
- Our M&E team developed timely, Reporting and Recording guidelines. This helped partner organisations provide some services without interruption through online mechanisms and record/report them as per Grant requirement. This was very helpful, as it reduced regular travelling by Sub Recipients (SRs) and considerable circulation of documents which was very risky. Data recording and reporting flow have been continuing without interruption due to this initiative.
- For the first time, the team experienced an online Audit for the work carried out for the previous year. External Auditors based overseas had to complete the audit online as travel was restricted to Sri Lanka during the period. The usual practice is for Auditors to visit the PR and audit all the documents related to the project. For the online audit, all selected samples had to be scanned and shared. The work had to be completed with limited resources due to the lockdown and implemented mandatory isolation. Some team members didn't have the freedom to come to the office with the restrictions in the area. But the few team members (Finance & Programme) who agreed to complete the task, went to the office even with the high risk in the district, and they did a remarkable job in doing so, especially the Finance team. Arranging and scanning a large number of documents which are usually physically checked and carrying out the usual financial activities at the same time was not an easy task. There were many times we were not able to cope with the work due to the pandemic situation. There are many lessons learned that we would definitely apply for the next year to avoid such pressure.
- All our physical meetings, training, reviews and almost every discussion had to be online. This adoption was tough for everyone. Specially community members in lockdown areas who had to connect with us through online approaches and continue work. The Global Fund regional grant team facilitated most of our online sessions. Their contribution is much appreciated as IT-related platforms are always troublesome to many. The IT-related training for all SR staff members was done online, and most of the staff found this very helpful and appreciated the way it was carried out.
- Achieving the goal of Ending Aids and at the same time ensuring the safety of our staff (FPA & partner organisations in 11 districts) is vital. Due to the nature of the project, this wasn't easy. Reaching key people, via a one to one discussion and chat was a key aspect of activities until the Anti Human virus attacked "the human touch" part of our work. Meeting in person, talking to a person, convincing a person to go through the process and assuring a person that our Community Service providers will support them whatever the test result would be... All this could not be done with a mask and standing one meter away. But still, it had to be done for the safety of everyone. Even though testing and services are provided free by the Government, it wasn't easy to convince a person to test for HIV. Just like for COVID, HIV social stigma makes people hide and not seek health services which make the situation even worse.



NATIONAL HIV PREVENTION PROJECT FUNDED BY GFATM - REPORTED BY NADIKA FERNANDOPULLE, DEPUTY DIRECTOR HIV & GFATM PROJECT MANAGER

Plans for 2021

With or without the vaccine, next year is going to be more challenging. The future is unstable, and everything we did outdoors has been affected. The usual strategies will not work anymore. People are faced with many fears and more significant challenges. The fear of being COVID positive is less compared to the fear of being isolated from family, even though this is done to ensure the safety of everyone. Due to this fear, service providers want to limit meeting clients, and clients want to reduce visiting the clinics. Finding the right solution for this issue which has a significant impact on National Testing targets would be our primary goal in the next year.

We will expand what we piloted this year and increase our online approaches until we have the luxury to conduct our key interventions and our usual Outreach programmes.



How many HIV/ AIDS patients are there in Sri Lanka? Is there any research being carried out?

As of 2019, NSACP estimates that we have about 3600 persons who are living with HIV currently living. For more information about the latest numbers and data, please visit www.aidscontrol.gov.lk

Where can HIV/ AIDS patients find treatment easily during this pandemic?

Treatment options during the pandemic are maintained by the National STD/AIDS Control Program (NSACP) and the Family Planning Association. If someone is due for a refill they will be contacted by the STI clinic they are registered with, patients can also get in touch with their STI clinic or the Family Planning Association or any of the Three PLHIV organizations to request for a refill.

What is Pre-exposure prophylaxis (or PrEP)?

Pre-exposure prophylaxis (or PrEP) is a medication people at risk for HIV take to prevent getting HIV. It is not a vaccine, but it is a highly effective preventative method recommended by the World Health Organization (WHO). PrEP works even better when combined with other prevention methods. PrEP is a great new tool to protect against HIV. However, it is still a good idea to use condoms to make sure you do not get HIV and other sexually transmitted infections (STIs).

Can we buy PrEP tablets at any pharmacy in Sri Lanka?

You can get PrEP through the National STD/AIDS Control Programme Clinic at De Saram Place.



ඔබ 1992 දී දිස්ත්‍රික් ක්ෂේත්‍ර නිලධාරියෙකු ලෙස (DFP) ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ හි බාහිර සේවා ඒකකයට (Outreach) බැඳුණා? එම තනතුරට ඇතුළත් වූයේ කුමක්ද?

- මූලික පුහුණුවකින් පසු 1992 සිට රත්නපුර දිස්ත්‍රික්කයේ දිස්ත්‍රික් ක්ෂේත්‍ර නිලධාරී ලෙස රාජකාරි ආරම්භ කිරීම හා ප්‍රජා ශාන්ති පවුල් සැලසුම් ව්‍යාපෘතිය ප්‍රවර්ධනය කිරීමේ කටයුතු රාජ්‍ය අනුග්‍රහය යටතේ ක්‍රියාත්මක කිරීම.
- දිස්ත්‍රික් ක්‍රියාකාරී කමිටු රැස්වීම් සම්බන්ධීකරණය.
- දිස්ත්‍රික්කයේ ස්වේච්ඡා සේවක සේවිකාවන් තෝරා ගැනීම හා එම අයගේ සහභාගිත්වයෙන් ව්‍යාපෘති 20 ක් ක්‍රියාත්මක කිරීම.
- ස්වේච්ඡා සේවක මාසික රැස්වීම් පැවැත්වීම හා මාසික පවුල් සැලසුම් ප්‍රවර්ධනයේ ප්‍රගතිය සමාලෝචනය කිරීම.
- ප්‍රධාන කාර්යාලයේ මාසික ප්‍රගති සමාලෝචන රැස්වීම්වලට සහභාගිවීම.

බාහිර සේවා ඒකකයෙහි වත්මන් නියෝජ්‍ය අධ්‍යක්ෂවරයා ලෙස දැන් ඔබගේ කාර්යභාරය කුමක්ද? සිදු කරනු ලබන ප්‍රධාන ව්‍යාපෘති සහ ක්‍රියාකාරකම් මොනවාද?

- සුව සේවා මධ්‍යස්ථාන ප්‍රවර්ධනය සඳහා අවශ්‍ය කටයුතු සම්බන්ධීකරණය කිරීම යටතේ මධ්‍යස්ථාන සායනය (Static Clinic) හා ජංගම සායන (Mobile Clinic) සඳහා අවශ්‍ය වන වෛද්‍ය උපකරණ හා ද්‍රව්‍ය (Medical Equipment) කළමනාකරුවන්ගේ ඉල්ලීම් අනුව සැපයීමට කටයුතු කිරීම
- සුවසේවා මධ්‍යස්ථාන (SDP) අධීක්ෂණය හා සුපරීක්ෂණ කටයුතු කිරීම
- වාර්ෂික ඉලක්ක (Yearly Service Target) සපුරා ගැනීම සඳහා කළමනාකරුවන් දිරිමත් කිරීම
- සුවසේවා මධ්‍යස්ථානවල උපදේශන සේවා කටයුතු ප්‍රවර්ධනය සඳහා අවශ්‍ය සහය ලබාදීම
- පරිපූර්ණ ලිංගික අධ්‍යාපන ව්‍යාපෘතියේ ඉලක්ක සපුරා ගැනීම සඳහා තරුණ වැඩසටහන් සැලසුම් කිරීම හා ක්‍රියාත්මක කිරීමේදී සුවසේවා මධ්‍යස්ථානවල කළමනාකරුවන් හා සම්බන්ධීකරණය කිරීම
- පවත්වන තරුණ වැඩසටහන් අධීක්ෂණය හා සහභාගී වීම
- ක්ෂේත්‍ර අංශයේ කටයුතු සඳහා පූර්ණ සහයෝගය ලබාදීම
- ආයතනයේ සේවක සුභ සාධක සංගමයේ ලේකම් වශයෙන් 2009 සිට 2011 දක්වා කටයුතු කිරීම. නැවත 2018 සිට මේ දක්වා කටයුතු කිරීම

ලිංගික හා ප්‍රජනන සෞඛ්‍ය ක්ෂේත්‍රයේ ඔබගේ වඩාත්ම අමතක නොවන අත්දැකීම් හෝ ජයග්‍රහණය කුමක්ද?

රත්නපුර, හම්බන්තොට, කැගල්ල, බදුල්ල, මොණරාගල හා අම්පාර දිස්ත්‍රික්කවල ක්‍රියාත්මක සියලුම වැඩසටහන් ආයතනයේ අරමුණු ඉටුවන ආකාරයෙන් නිසි ලෙස ක්‍රියාත්මක කිරීම, රාජ්‍ය නිලධාරීන්, ස්වේච්ඡා සේවක සේවිකාවන් හා යොවුන් උපදේශන නිලධාරීන් සමග සුභදශීලීව කටයුතු කිරීම තුළින් පැහැදීමට ලක්වූ විධායක අධ්‍යක්ෂ හා නියෝජ්‍ය විධායක අධ්‍යක්ෂතුමන්ලාගේ අනුමැතියෙන් තනතුරේ උසස්වීම් ලැබීම එනම්, සම්බන්ධීකරණ නිලධාරී, සහකාර අධ්‍යක්ෂ, නියෝජ්‍ය අධ්‍යක්ෂ බාහිර සේවා අංශය.



බාහිර සේවා ඒකකය පාසල් තරුණ තරුණියන් සඳහා සහ ඉන් පිටත තරුණ තරුණියන් සඳහා පරිපූර්ණ ලිංගික අධ්‍යාපන වැඩසටහන් පවත්වයි. මෙහි අවධානය ලබා දෙන ප්‍රධාන මාතෘකා මොනවාද සහ මෙයට ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය වැඩි උපායමාර්ගික අවධානයක් යොමු කරන්නේ ඇයි? එවැනි වැඩසටහන් ක්‍රියාත්මක කිරීමේදී ඔබ මුහුණ දෙන අභියෝග මොනවාද?

- 1 - මානව ශාරීරික ව්‍යුහය (ස්ත්‍රී/පුරුෂ) මානව ප්‍රජනක පද්ධති හා ක්‍රියාත්මක වන ආකාරය
- 2 - ස්ත්‍රී පුරුෂ සමාජභාවය හා ලිංගික භීෂණය
- 3 - ලිංගිකත්වය හා ලිංගික අයිතීන්
- 4 - ලිංගිකව සම්ප්‍රේෂණය වන රෝග හා එච්. අයි වී / ඒඩ්ස්
- 5 - ගබඩාව හා ගබඩාව වැළැක්වීම
- 6 - එලදායි සන්නිවේදනය හා සන්නිවේදන කුසලතා වර්ධනය
- 7 - අඩු වයස් ගැබ්ගැනීම හා ඇතිවිය හැකි ප්‍රතිවිපාක
- 8 - පවුල් සැලසුම හා පවුල් සැලසුම් ක්‍රම

FPA හි ප්‍රධාන උපායමාර්ගික සැලැස්මේ ඉලක්ක සපුරා ගැනීම සඳහා මුහුණ දෙන ප්‍රධාන අභියෝගය වන්නේ වැඩසටහන් සැලසුම් කිරීමේදී සෞඛ්‍ය ක්ෂේත්‍රයේ හා තරුණ වැඩසටහන් සම්බන්ධ ආයතන ප්‍රධානීන්ගේ අනුමැතිය ලබාගැනීමයි.

අපනයන සැකසුම් කලාපවල සේවා සැපයුම් ස්ථාන (SDP/ Suwa Sewa Centers) විවෘත කිරීමට හේතුව කුමක්ද? මෙමගින් ආන්තික ප්‍රජාවන්ට සේවා සැපයීම සාර්ථක වී තිබේද?

තරුණ තරුණියන් මුහුණ දෙන කායික මානසික ගැටලුවලට කාලීන විසඳුම් හා උපදේශන සේවා සැලසීම මෙන්ම වෛද්‍ය සේවා පහසුකම් සැපයීම සේවා සැපයීම සාර්ථකවී ඇත.

COVID -19 වසංගතය බාහිර සේවා ඒකකයේ ක්‍රියාකාරකම් වලට බලපා ඇත්තේ කෙසේද? මෙම පසුබෑමට මුහුණ දීම සඳහා ක්‍රියාත්මක වෙමින් පවතින සැලසුම් මොනවාද?

Covid – 19 වසංගතය නිසා සුවසේවා මධ්‍යස්ථානවල වාර්ෂික ඉලක්ක සපුරා ගැනීමට නොහැකි තත්වයක් ඇතිවී තිබීම බාහිර සේවා ඒකකයට සෘජුව බලපා ඇත (නියමිත ආකාරයෙන් වැඩසටහන් හා සේවා සැපයීම මෙන්ම සායන පැවැත්විය නොහැකි නිසා).

ලිංගික හා ප්‍රජනන සෞඛ්‍ය ක්ෂේත්‍රයට පිවිසීමට බලාපොරොත්තු වන ඕනෑම කෙනෙකුට ඒ සඳහා දිරිගැන්වීමේ හෝ උපදෙස් කිහිපයක් දෙන්න.

- 1 – ලිංගික හා ප්‍රජනන සෞඛ්‍ය විෂයය පිළිබඳ පුළුල් දැනුමක් ලබා ගැනීම හා ලබාගත් දැනුම නිතර යාවත්කාලීන කිරීම
- 2 - ලිංගික හා ප්‍රජනන සෞඛ්‍ය විෂයයට අදාළ ඒ ඒ විෂයයන් ඉදිරිපත් කිරීමේදී මනා සැලසුමක් තබාගැනීම
- 3 - ලිංගික හා ප්‍රජනන සෞඛ්‍ය විෂය ඉදිරිපත් කිරීමේදී අදාළ කණ්ඩායම් හඳුනා ගැනීම ඉතා වැදගත් (පාසල් ළමුන්, පාසැල් හැර ගිය තරුණ කණ්ඩායම්, වැඩිහිටියන්, රාජ්‍ය හා රාජ්‍ය නොවන නිලධාරීන් වශයෙන්).



INTERNATIONAL DAYS COMMEMORATED THROUGH SOCIAL MEDIA - PICTURE HIGHLIGHTS -



World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provided an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Mental health stigma is a huge barrier to why many people don't seek help. We don't want to be judged for seeking treatment. We don't want to be defined as weak or incompetent, or even worse, seen as unable to take care of ourselves. It is critical to overcome such thinking and seek the help that is needed.

Alokaya Counselling Centre: 0779895252

FPA Hotlines :077 989 5252 , 077 785 0649, 071 847 5830 or Chat online:
<http://www.happylife.lk/>

Videos developed, click to play. [Video 1](#) [Video 2](#)



Each year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses.

The National STD/AIDS Control Programme (NSACP), Ministry of Health, spearheads the national response to HIV/AIDS in Sri Lanka with FPA Sri Lanka and other partner organisations in order to End AIDS by 2025.

Particularly through our Sustainability of Key Populations in Asia (SKPA) project, the aim is to promote sustainable services for key population members, scale-up of outreach work and improve key population members' access to prevention, testing and treatment and retention in the service cascade. Also to strengthen advocacy efforts, community response systems and address barriers to access, including addressing stigma and discrimination and other human rights- and gender-related barriers to services.

A week-long social media campaign was carried out with the participation of activists, peer educators, case finders, people living with HIV, community members and the Global Fund Project staff to share facts on HIV and AIDS, to encourage testing for HIV and STI, accessing treatment so that all people living with HIV can lead healthy and productive lives and to breakdown stigma and discrimination associated with HIV and AIDS.

To watch the campaign videos via the website, click [here](#). FPA YouTube channel, click [here](#).

IPPF SARO interview with Sriyal Nilanka. To watch, click [here](#).



INTERNATIONAL DAYS COMMEMORATED THROUGH SOCIAL MEDIA - PICTURE HIGHLIGHTS -



16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE & WORLD HUMAN RIGHTS DAY

16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day. It was started by activists at the inaugural Women's Global Leadership Institute in 1991 and continues to be coordinated each year by the Center for Women's Global Leadership. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls.

As the world retreated inside homes due to the lockdown measures introduced to curb the COVID-19 pandemic, reports showed an alarming increase in the already existing pandemic of violence against women, also known as the shadow pandemic. Since the outbreak of COVID-19 in Sri Lanka, there has been a surge in the number of reported cases of violence against women and girls



To commemorate 16 days of Activism Against Gender-based Violence, UNDP Sri Lanka together with FPA Sri Lanka, UNFPA Sri Lanka, the State Ministry of Women and Child Development and other collaborating organizations and individuals presented "When Home Isn't Safe Anymore" - a series of virtual short-film screenings followed by a chat session to raise awareness against GBV exacerbated due to the shadow pandemic that is affecting many women and girls around the country.

FPA's session was on December 10th, Human Rights Day and the topic was 'Reproductive Health and GBV within a COVID-19 context'. The Chat Discussants were, Madu Dissanayake, Assistant Representative, United Nations Populations Fund (UNFPA), Thushara Manoj, Senior Manager - Advocacy and Youth Affairs, FPASL and Subha Wijesiriwardena, Feminist Researcher and Human Rights Activist.

Click [here](#) to watch the discussion that was broadcasted on FB live, which included a video that explores the medical and social issues that women face when restricted from accessing safe and legal abortions.

EVENT SCHEDULE

- 26 November Lockdown: addressing Domestic Violence during COVID-19 and coping strategies (ENGLISH)
- 27 November Provision of Shelter addressing Teenage Pregnancy and Domestic Violence during COVID-19 (SINHALA)
- 30 November Protection: Responding to Child Abuse during COVID-19 (TAMIL)
- 2 December Responding to Cyberviolence / Digital Violence during COVID-19 (ENGLISH)
- 3 December Disability inclusion & GBV during COVID-19 (SINHALA)
- 7 December Intervention: Providing a Safe Haven - responding to COVID-19 (SINHALA)
- 9 December Hidden Challenges: COVID-19 and dealing with sexual bribery (ENGLISH)
- 10 December Reproductive Health and GBV within a COVID-19 context (SINHALA)



We want to hear your views and suggestions:
Email: fpa@fpasrilanka.org
Website: www.fpasrilanka.org
Call: +94 112555455, +94 76 588 4881