



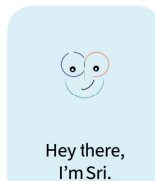
Thushara Agus
Executive Director

At the outset, let me wish all of you a happy and safe year as we near the end of the Pandemic. Contrary to what we thought and believed, the Pandemic has outlasted our wishes and continues still. The World Health Organization repeatedly warns us that it is not the time to let our guard down yet. It appears that we will still have to operate in the new normal and with our adopted safety measures.

On a more positive note, there is so much for us to be grateful for as an organization. Despite the minor setback in our income, we did well in our operational areas, such as the Social Marketing of contraceptives last year. We were able to surpass the budgeted income. The staff members were instructed well to operate in the new normal, and we did not encounter a situation to test our staff members based on their contacts at work. The Global Fund HIV Prevention project progressed with targets being achieved through novel mechanisms such as self-testing and delivery of ART through courier organizations and more. These would have taken years and lengthy negotiations to materialize before the emergence of the New Normal.

In 2022, we are hopeful of conducting physical meetings between staff and volunteers, as was customary. We are immensely grateful to our volunteers for their adaption to and understanding of internet platforms as Zoom, on which most of our meetings were based. Even donor and training meetings were transformed to internet-based platforms and were held rather effectively. However, the need to meet and connect remains and hopefully will be possible by the end of this year.

The FPA Newsletter has been gaining ground in the last two years as an effective communication tool that connected all of us in demonstrating the work that FPA conducted amid the Pandemic. It has improved in content and quality, and I am pleased to convey my appreciation to the Communication Team of FPASL for the excellent work in releasing the editions in a timely manner.



'Ask Sri!', Sri Lanka's first sex-ed chatbot



Making impactful strides in the space of sexual and reproductive health education, The Family Planning Association of Sri Lanka (FPASL) plans to launch 'Ask Sri!', a friendly chatbot answering common questions around sexual health and wellbeing in April.

In Sri Lanka, effective sex education and youth-friendly accessible counselling services are significantly lacking in quantity and quality to serve the unmet needs of the fast-growing youth population. 'Ask Sri!' aims to fill this gap in our education system by creating a safe, virtual space for anyone to have conversations about safe sex, dispel sex-related myths and taboos, discuss contraception, and address mental health concerns. 'Ask Sri!' will be available in English, Sinhala and Tamil and is a man-machine ecosystem that delivers accurate information about sexual health. 'Ask Sri!' will be linked to FPA's Happy Life clinic, where trained counsellors will assist you if Sri cannot answer your question.

"We are ecstatic to finally be ready to launch Ask Sri. Sri is truly a product of passion. The incredible team at YTAC - the Youth Technical Advisory Committee of the FPA - realized that Sri Lankan teens and youth needed access to an outlet that provided reliable information on sexual health, given that our school curriculums did not fill this need. We are working to improve Sri every day. We hope that the platform widens the accessibility to sexual and reproductive health education to all Sri Lankans", remarked Anuki Premachandra, the Youth Technical Advisory Committee Chair.

Encyte, a local software company, currently managing the FPA corporate website, assisted in creating this Artificial Intelligence chatbot. Data fed into the chat interface powers it to answer all Sexual and Reproductive Health and Rights (SRHR) related questions. The chatbot's constant learning capacity will ensure that answers are more streamlined over time, adjusting and tailoring its responses according to user queries.

"Ask Sri is an innovative, engaging, and educational intervention that enables vulnerable and hard-to-reach population groups to talk and learn about sensitive and important issues. 'Ask Sri' is a powerful testimonial of the strong potential that lies in AI technologies for social good", noted FPA's Executive Director, Thushara Agus.

FPA has learnt that media platforms can be used in a positive, educational and awareness-raising way to change public opinion in favour of misunderstood SRHR clusters like abortion, LGBTQIA+, contraception and sex education. The media can play a vital role in communicating their needs and spreading awareness for human rights and justice, ultimately contributing to the achievement of equality and social cohesion. The RFSU funding has been used to address the issues of media bias against the LGBTQIA+ community.

The RFSU SRHR Fellowship Programme 2022 was envisioned to foster deeper local narratives, networks and connections whilst boosting youth changemakers to strengthen the SRHR agenda.

This programme includes 3-day

The Swedish Association for Sexuality Education (RFSU) SRHR Fellowship Programme



January - December 2022



provincial workshops for young changemakers. This intensive training will include expert sessions and interactive activities to hone and harness their skills.

These workshops will produce innovative concept notes with the youth groups to create more strategic and innovative youth-based ideas and interventions. After the workshops, 20 fellows will be chosen and given financial aid, technical guidance, and support to carry out their ideas and strategies. There will be mentorship sessions and networking summits for the fellows to showcase their work and discuss lessons learnt and strategy forward.

We hope that by providing the necessary tools to young changemakers, we can empower them to tell their stories more authentically and in a manner that will extend their

reach beyond their existing networks and make a positive, sustainable change towards the acceptance, decriminalisation and progress of marginalised communities. RFSU funding has also been extended to include an Abortion Study on 'Attitudes and perceptions of the Public to Abortion in Sri Lanka'. This study was completed in March 2022. The key results, together with the research findings, will be published on the FPASL website.

Following the published report, the information and evidence that has been collected from the abortion study will be used to develop a communication strategy on abortion. The abortion communication strategy will change the attitudes and values of young people towards supporting a revision to the abortion law and supporting abortion rights in Sri Lanka.

Movement Accelerator Project



June 2021 - August 2022

This project is funded by the Movement Accelerator Grant by IPPF. Strengthening the rights of the LGBTQIA+ community in Sri Lanka has been a long-standing effort. With the support of the State, we hope to bring about legal change in Sri Lanka. For the first time in Sri Lanka, we will be working on amending the existing Penal Code to strengthen and recognize the rights of LGBTQIA+ persons in Sri Lanka by drafting an amendment bill to the Penal Code which focuses on reforming laws used to target the LGBTQIA+ community. Furthermore, to strengthen the movement of rights for the transgender community in Sri Lanka, the Transgender Protection Bill is being drafted. An extensive advocacy campaign will run parallel to change the negative narratives and portrayal of LGBTQIA+ community members in Sri Lanka.

Planned Activities

1. Penal Code Reform: stakeholder consultations to obtain their feedback and recommendations on the draft bill. Stakeholders include; LGBTQIA+ organizations, Women's rights organizations and legal professionals.
2. Transgender Protection: provincial consultations were held to obtain the feedback of the transgender community from different provinces. The next stage of this project is to hold consultations with LGBTQIA+ organizations, legal professionals and the media to obtain their feedback and recommendations on the draft bill.
3. Advocacy: The advocacy campaign is two-fold and will consist of interviews, press releases, social media campaigns to change the narrative and portrayal of LGBTQIA+ persons.



Improving healthcare for factory employees

Accessing sexual and reproductive health services via mobile clinics at their workplace premises is a huge advantage. The purpose of partnerships with factories in the EPZs is to respond to the needs of women working in garment factories whose access to quality sexual, reproductive health and HIV/STI prevention services is limited. Family planning/contraceptive services, STI and cancer screening services, ante and post-natal check-ups, and general medical check-ups are some of the services provided at these clinics.



At GP Garments, Seethawaka EPZ - organized by the Wathupitiwela Service Delivery Point (SDP). (DFAT-RESPOND Project)



At the MAS Unichela factory - organized by the Koggala SDP. (LEVIS Project)



The Batticaloa SDP conducted an SRH Clinic for the parents of students of the BT/BW/Muthalaikuda Junior School, Padipalai, Batticaloa.

The school has education facilities for children with special needs and a consultation clinic was held for children who did not have proper medical reports by the Padipalai MOH office. (DFAT-RESPOND Project)

Associated Clinics were established in partnership with PERKS Clothing (Pvt) LTD, Eravur and the Mithula Puri Care Home, Chenkalady.

Contraceptive products and leaflets containing vital sexual and reproductive health (SRH) information were handed over to the respective health units. The Batticaloa SDP will thereafter conduct regular health clinics at the locations. Clients can also visit the SDP for SRH and counselling care. (DFAT-RESPOND Project)



S. Imthiyas, Manager - SDP Batticaloa with the Perks Clothing Health Unit staff.

HIV Rapid Test strips were donated to the FPA Wathupitiwela SDP by the STD Unit of the Wathupitiwela Base Hospital.

Testing for HIV is a simple and pain-free process. It involves giving a small sample of blood. Results are confidential and available in 20 minutes. It is really common to feel a little worried about going for an HIV test, but deciding to test is the best thing you can do for your health.



Knowledge is certainly power!

Comprehensive Sexuality Education (CSE) is an essential part of a good quality education. It supports young people to become critical thinkers about their health and wellbeing.

Making sure that Sri Lanka's youth population grows up happy and healthy is not only important from a human rights perspective but also brings benefits to the community and society.



The Koggala SDP conducted a three day CSE programme for the students of the Vocational Training Centre in Yakkalamulla.



The Batticaloa SDP conducted a three day CSE training programme for 93 students of the National Vocational Training Authority, Vantharamoolai.



The Nuwara Eliya SDP conducted a three day CSE programme for students of Methodist College. 320 students, between the ages of 14-17 participated.

New Lease Agreement: Commitment to Serve

FPA Sri Lanka signed a new lease agreement for the Wathupitiwela Service Delivery Point that is located at the EPZ.

Times are changing, and so are the dynamics of Sexual and Reproductive Health service provision. As more women are working and cannot be accessed through traditional home visits made by Public Health Assistants, coupled with their inability to visit the government clinics due to work commitments, many women needing services are unable to access regular clinics during regular working hours.

This is why FPA Sri Lanka's Workplace Service Delivery programme, particularly in the Industrial Zones is designed and in place to address the needs of this key group of young men and women engaged in work, at their convenience.

The picture depicts the BOI Chairman and the FPA Executive Director, Thushara Agus at the signing that took place at the BOI Head Office, World Trade Centre on the 7th of February 2022.



OPENING THE CONVO
Phase VI

SRH
Sexuality & STI

Dr. S.R.K.T. Gamage
MBBS(SL)
PgD Family Medicine(Col)
Dip Psychological Counselling (Peradeniya)

P. Sivakumar
Senior Manager
FPA Sri Lanka
Nuwaraeliya Branch

03rd of February 2022
8.00 - 10.00 pm
Via ZOOM

The Leo Club of the University of Colombo invited FPA Sri Lanka to be part of their Sexual and Reproductive Health programme titled 'Opening the CONVO, which was held in February. Palaniyandy Sivakumar, Manager of the Nuwara Eliya SDP was invited to speak on three topics: Sexuality and STIs, Sexual orientation and Sexual and Reproductive Health.

Participant Testimonial - [Click to View](#)

Implementation of Sexual and Reproductive Health Services in drought management.

As a follow up to last year's consultative meeting where gaps were identified in service delivery during emergencies, an innovative pilot preparedness activity plan was formulated.

The consultative meeting discussed the implementation of Sexual and Reproductive Health Services in drought management.

Emergencies have a disproportionate effect on the poorest and most vulnerable. These include women, children, adolescents, those expressing non-binary gender identity or sexual orientation, and persons with disabilities. A proactive approach that strengthens health systems and builds national, sub-national, and community capacity can reduce lives lost and mitigate the impact of disasters, especially for marginalized and vulnerable communities.

Attending the meeting were Dr. Tamara Wickramasekara (FPA SPRINT III Project Consultant), FPA SPRINT Project Team and representatives from the Ministry of Environment, Family Health Bureau, Disaster Management Centre, The Children and Women Bureau and the National Child Protection Authority.



Integrating Minimum Initial Service Package (MISP) into the national Public Health Midwives training curriculum!

Midwives are key contributors to sexual, reproductive, maternal and newborn health care. Their role is essential in stable times, and even more so during emergencies. The contribution of midwives towards disaster/emergency risk reduction, preparedness and response are vital. Having MISP part of the curriculum contributes to sustaining the availability of trained health professionals to provide priority SRH care during emergencies.

FPA Sri Lanka advocated integrating a MISP module into the Public Health Midwives (PHM) training curriculum. We worked together with the Family Health Bureau, Disaster Preparedness and Response Division and the Education, Training and Research Unit of the Ministry of Health to identify the elements of the MISP training package that were missing and where these could be integrated into the PHM training curriculum.

FPA conducted advocacy meetings with both entities to ensure buy-in and commitment for the implementation. The trainer guide and case-based learning activities for the suggested Disaster Management and MISP modules in the PHM curriculum were developed with Dr. Novil Wijesekara, CCP, DPRD, Ministry of Health, and Dr. Tamara Wickramasekara, Consultant SPRINT III.

* The Minimum Initial Service Package (MISP) is a set of life-saving activities to be implemented at the onset of every humanitarian crisis. It is an internationally accepted minimum standard of care for reproductive health, pioneered and rolled out by IPPF.



Cervical Cancer is a preventable cancer, but still, its incidences are rapidly increasing.

Learn how you can protect yourself from cervical cancer in this Facebook Live session with **Prof. Sanath Lanerolle**, Consultant Obstetrician and Gynecologist - Castle Street Hospital for Women | President - Sri Lanka College of Obstetricians and Gynecologists | Past President - Menopause Society of Sri Lanka.

[Click the image to view.](#) This activity was conducted under the DFAT- RESPOND Project.





මූල්‍ය අංශයේ සහකාර අධ්‍යක්ෂිකා දිල්වර්කෂි වික්‍රමසිංහ මහත්මිය සමඟ කතාබහක

ඔබ ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයට බැඳුණේ 1987 වර්ෂයේදී. ඔබගේ වෘත්තීය ජීවිතය ගැන සරලව විස්තර කරන්න.

ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයට ගිණුම් ලිපිකරු ලෙස 1987 වර්ෂයේදී සේවයට බැඳුණි. ඊට පසුව අවස්ථා කිහිපයකම පොත් තබන්නා තනතුරටත්, කළමනාකරු ගිණුම් සහ පෝෂ්ඨ කළමනාකරු ගිණුම් යන තනතුරටත් උසස්වීම් ලබන ලදී. 2016 වර්ෂයේදී මම සහකාර අධ්‍යක්ෂක ගිණුම් තනතුරට උසස්වීමක් ලැබුණි. මා විධායක අධ්‍යක්ෂක 4 දෙනෙකු යටතේ හා මුදල් අධ්‍යක්ෂක 8 දෙනෙක් යටතේ සේවය කර ඇත.

ආයතනයේ කාර්යභාරයන්, ක්‍රියාපටිපාටි යනාදිය පුද්ගලයින් විසින් කරන ඒවා සිට ඩිජිටල් දක්වා වෙනස්වීම් බොහෝ ප්‍රමාණයක් දුටු කෙනෙක් ඔබ. මෙම පරිවර්තන සිදුවූයේ කොහොමද? ඒ සියල්ලම ධනාත්මක ආකාරයෙන් සිදු වුණද?

1992 වර්ෂයට පෙර මුදල් අංශයේ සියළුම ගිණුම් කටයුතු ලිඛිතව පොත් වල සටහන් කරන ලදී. නමුත් ඒ සඳහා වැඩි ශ්‍රම දායකත්වයක් හා වැඩි කාලයක් ගතවිය. තවද මෙම ක්‍රමයේදී ඵ්දිනෙදා සටහන් වන දත්ත වල ගිණුම් ශේෂ දැන ගැනීම අසීරු විය. වාර්ෂික ගිණුම් වාර්තා පිලියෙල කිරීමේදී වැඩි කාලයක් අවශ්‍ය විය. තවද එම ගිණුම් වාර්තා පොත්පත් ආරක්ෂා සහිතව

තබා ගැනීම සහ ගබඩා කිරීම සඳහා වැඩි ඉඩකඩ ප්‍රමාණයක් අවශ්‍ය විය.

නමුත් එම ගිණුම් කටයුතු පරිගණකගත කිරීම නිසා ඒවායේ නිරවද්‍යතාවය, විනිවිද භාවය හා විගණන කටයුතු වලට වඩා පහසුකමක් ලැබුණි. තවද විවිධ ආයතන සහ ආයතනයේ කළමනාකරණය සමඟ දත්ත හුවමාරු කිරීම පහසුවට හා ඉක්මනට කරගත හැකිවිය. පරිගණක ක්‍රියාවලිය මගින් සේවකයන්ට තම දැනුම වර්ධනය කර ගැනීමට අවස්ථාවක් ලැබුණි. මෙම ක්‍රමය නිසා ආයතනයේ මුදල් ශේෂය හා බැංකු ශේෂ ඵ්දිනෙදා ලබා ගැනීමට හැකිවීම විශේෂ වාසියකි. *Email* ක්‍රමය නිසා ඉතා ඉක්මනින් පණිවිඩ හුවමාරුව සිදුවිය. මෙම පරිවර්තනය ඉතා සුබදායී ලෙස සිදුවිය.

ඔබ තමයි ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ කාර්ය මණ්ඩල සුබසාධනය සම්බන්ධ ගිණුම් කටයුතු අධීක්ෂණය කරන්නේ. ඔබට පුළුවන් ද මොන වගේ ප්‍රතිලාභ ද කියලා කාර්ය මණ්ඩලයට ලැබෙන්නේ?

සුබසාධක සංගමය මගින් සේවකයන්ට අඩු පොලියක් යටතේ ඉතා ඉක්මනින් ණයක් ලබා ගැනීමට හැකිවිය. එම නිසා තම පවුලේ අවශ්‍යතා කරගැනීමට විශාල දායකත්වයක් ලැබුණි.

තවද සාමාජිකයන්ට ඉතිරිකිරීමේ ක්‍රමය හඳුන්වාදීම මගින් ඔවුන් තම වැටුපෙන් යම් ප්‍රමාණයක් ඉතිරිකිරීමට පෙලබුණි. එම මුදල වසර අවසානයේ පොලියක් සමඟ ලබා ගැනීමට හැකිවිය. වෛද්‍ය ආධාර ක්‍රමය මගින් අසනීප තත්වයකදී සාමාජිකයාට හෝ තම පවුලේ සාමාජිකයන්ට ගිණුමේ පවතින ශේෂය ප්‍රතිපූර්ණය කරගත හැකිවිය. වෛද්‍ය ආධාර අරමුදලේ ශේෂයද වසර අවසානයේ ලබා ගත හැක. තවද මරණාධාර දීමනාව මගින් තම පවුලේ අවමංගල අවස්ථාවකදී යම් මුදලක් ලැබීම විශාල සහනයකි.

සෑම ව්‍යාපෘතියකම එයට අදාළ කාල රාමුවක් සහ කොන්දේසි තිබෙනවා. ඒත් කොවිඩ් වසංගත සීමාවන් වැනි යම් යම් පාරිසරික සාධක නිසා ගිණුම් වාර්තා ඉදිරිපත් කිරීමට ප්‍රමාද වීම වැනි දේවල් සිදුවෙන්න පුළුවන්. ඔබ සහ ඔබගේ කාර්ය මණ්ඩලය කොහොමද ගිණුම් අංශයේ එකමුතුකම සහ ප්‍රතිපාදන සපයන ආයතනවල අවශ්‍යතා යනාදිය කළමනාකරණය කරගන්නේ?

කොවිඩ් වසංගත සමයේ මුදල් අංශයේ සේවය පෙර පරිදීම සිදුවිය. ගිණුම් වාර්තා පිලියෙල කිරීම සහ ඵ්දිනෙදා ගිණුම් කටයුතු *Fund transfer* මගින් හා අවශ්‍යතාවය මත සේවකයන්ට ආයතනයට පැමිණීමෙන් එම කටයුතු විය.

මුදල් අධ්‍යක්ෂිකා සුරේකා පෙරේරා

මහත්මියගේ අධීක්ෂණය හා කැපවීම ඉතා ඉහලින්ම අපට ලැබුණි. තවද විධායක අධ්‍යක්ෂිකා තුෂාරා අගුස් මහත්මිය නිරතුරුවම අපට මගපෙන්වන ලදී. මුදල් අංශයේ සියළුම සේවක සේවිකාවන්ගේ සහාය නොඅඩුව ලැබීම මෙම කාර්ය නිසිලෙස කිරීමට මහත් රුකුලක් විය.

මෙම කාලය තුළදී සියළුම ගෙවීම් කටයුතු *Fund transfer* මගින් සිදුවිය. ආයතනයේ බාහිර හා අභ්‍යන්තර විගණන කටයුතු කිසිදු ප්‍රමාදයකින් තොරව කර ගැනීමට හැකිවිය.

වැඩ සහ ජීවිතය සමබර කර ගැනීම අතිශයින්ම වැදගත්. රැකියාවක් කරන මවක් ලෙස ඔබට පුළුවන් ද අපිට ඒ ගැන යමක් පවසන්න.

දරුවන්ගේ අධ්‍යාපන කටයුතු සහ ගෙදර කටයුතු සමඟ රාජකාරි කටයුතු කළමනාකරණය කර ගැනීම ඉතා වැදගත්, ඒ සඳහා කාලය ඉතා වැදගත් ලෙස සලකමින් රාජකාරි කටයුතු හා ගෙදර කටයුතු සඳහා කාලය මනාලෙස කළමනාකරණය කලා. මෙම කටයුතු ඉතා සමබර ලෙස මා ඉටු කලා. කොවිඩ් වසංගත සමයේ ඇදිරි නීතිය පවත්නා කාලය තුළ කාර්යාලයට පැමිණීමට සිදුවීමේදී මා හට මාගේ සැමියාගෙන් හා දරුවන්ගෙන් විශාල සහයෝගයක් ලැබුණා. ඔවුන් එම කොවිඩ් වසංගත සමයේ පවා මා රැකියාවට යෑම ගැන උනන්දු කලා. සමහර අවස්ථාවල ගෙදර කටයුතු මා වෙනුවෙන් ඔවුන් ඉටුකලා.

රැකියාවට සහ මවකගෙන් ගෙදර ආර්ථිකයට විශාල දායකත්වයක් ලැබෙනවා. එය ඉතාම වටිනා දෙයක්. තවද රැකියාවට යන මවක් ඉතා සීමිත කාලයක් තුළ ගෙදර කටයුතු වලට යොමුවන බැවින් ඇය ඉතා ක්‍රියාශීලී මවක් වනු ඇත. තවද මා දරුවන්ට ඉගෙනීමට මඟ පෙන්වා තම කටයුතු ස්වාධීනව කරගන්නවා.

උපදේශන කුසලතා සංවර්ධන පාඨමාලාව

වාර්තා කරණය - හදා උඩවත්ත

උපදේශන කුසලතා සංවර්ධන පාඨමාලාවන් ශ්‍රී ලංකාවේ පවුල් සම්බන්ධ ගැටළු හා තාරුණ්‍ය අතර ලිංගික ගැටළු ශ්‍රීක්‍ෂයෙන් වැඩි වෙමින් පවතී. මෙම ගැටළු පුහුණු හුපුහුණු උපදේශකවරුන් වෙත යොමුවීමත් සමඟ උපදේශන විෂය මාලාව පුළුල් කිරීමේ අවශ්‍යතාවය මතු විය. එයට පිළියමක් වශයෙන්, ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ ලිංගික හා ප්‍රජනන සෞඛ්‍ය ආයතන මගින් විවිධ පාඨමාලාවන් හඳුන්වාදීම 2016 ආරම්භ කරන ලදී. එම පාඨමාලා, ලිංගික ගැටළු හා ප්‍රතිකාර පාඨමාලාව, උපදේශන කුසලතා සංවර්ධන පාඨමාලාව, රංග විකිත්සක පාඨමාලාව, වෘත්තීය උපදේශන පාඨමාලාව වශයෙන් අධ්‍යයන පාඨමාලා පිරිනමනු ලැබේ.

අද ලෝකය පුරා විවිධ මානසික, කායික, අධ්‍යාපනික, සමාජීය, අධ්‍යාත්මික ගැටළු වලට පුද්ගලයින්හට මුහුණ දීමට සිදුවේ. ඒ අතරින් පවුල් ගැටළු හා ලිංගික ගැටළු නිසා මානසික අරගලයක සිටින බව උපදේශනයට යොමුවූ සේවාවලින් තුළින් අපට දැක්වීමට ලැබේ. ශ්‍රී ලංකාව තුළ දික්කසාද, වෙන්වීමට වෙර දරන යුවලුවල් අපට දැක ගත හැකිවේ. පාසල්වියේ සිට නිසි දැනුමක් නොලබන හෝ මිතුරන්, සමාජයේ වෙනත් පුද්ගලයින් මගින් නිවැරදි නොවන ලිංගික දැනුමක් ලබා ගන්නා තාරුණ්‍යයේ ලිංගික ගැටළු පිළිබඳව ඔවුන් දැනුවත් කිරීම සහ ඒවා සම්බන්ධ උපදේශන සිදුකිරීම මෙම පාඨමාලාවේ අරමුණයි. මෙහි ප්‍රතිකාර ක්‍රම දෙයාකාර වේ, එනම් වෛද්‍ය ප්‍රතිකාර සහ මානසික ප්‍රතිකාර. එහිදී උපදේශකවරුන් තම හැකිය මට්ටමේ සිට මෙම ගැටළු නිරාකරණ කිරීමට නිසි ප්‍රතිකාර ලබාදීම සිදුකරනු ඇත.

අතීතයේ සිට පුද්ගලයා ලෙඩ රෝග වලින් සුවය ලැබීම සඳහා ප්‍රතිකාරාත්මක රංගන ක්‍රියාවක් භාවිතා කර ඇත. නිදසුනක් ලෙස, ගම්මඩු ශාන්තිකර්මය - ලෙඩ රෝග වලින් මිදීමට හා සශ්‍රීකත්වය සඳහා පහත රට ප්‍රදේශවල භාවිතාවේ. කොහොඹා කංකාරිය - ලෙඩ රෝග වලින් මිදීමට හා සශ්‍රීකත්වය සඳහා උඩරට ප්‍රදේශවල භාවිත වේ. තොවිල් - රෝගීවූ පුද්ගලයින් සඳහා මෙවැනි විවිධ අවස්ථා වලදී විකිත්සක ක්‍රමයක් ලෙස රංගනය භාවිත කර ඇත. ප්‍රතිකාරාත්මක ක්‍රමලේඛයන් ලෙස රංග විකිත්සාව (*Drama Therapy*) බටහිර රටවල පැතිරීමෙන් පසු සෙසු රටවලටද ක්‍රමයෙන් ව්‍යාප්තවූයේ එහි සාර්ථක ප්‍රතිඵලය මතය. වර්ථමානය වන විට ශ්‍රී ලංකාව තුළ මෙය ව්‍යාප්ත වී ඇති අතර එතෙක් ශාන්තිකර්මයක් ලෙස පමණක් හඳුන්වූ ශිල්ප ක්‍රම උපදේශන ප්‍රතිකාරාත්මක ක්‍රියාවලියටද යොමුවනුයේ උපදේශන න්‍යායන් හරහාය. පුද්ගලයාගේ ගැටළුව නිවැරදිව හඳුනාගැනීමට සැලැස්ම හා ගැටලුවෙන් මිදීමට අවශ්‍ය නිවැරදි විසඳුම් නමා විසින්ම හඳුනා ගැනීමට

සැලැස්වීමට, රංග විකිත්සක ප්‍රතිකාර භාවිතා කෙරේ.

මෙහි සඳහන් උපදේශන කුසලතා සංවර්ධන පාඨමාලා තුළින් ලබාදෙන සායනික පුහුණුව මගින් ශිෂ්‍යයින් තුළ දැනුම, කුසලතා සහ ප්‍රායෝගික පුහුණුව වැඩි දියුණු කිරීම ඉලක්ක ගත වේ. මෙහිදී ඔවුන් තුළ ආත්ම හැකියාවන් විකාසනය කරගැනීමට, ආතම විශ්වාසය ගොඩනැගීම, තමා තුළ ඇති දැනුම මුඛගත කරගැනීමට ඉඩ සැලසීම මේ පාඨමාලාව තුළ ඇති විශේෂත්වයයි. පුහුණුවේ අරමුණ වනුයේ වෘත්තීය මනෝ උපදේශකවරයෙකු වීමට අවශ්‍ය කුසලතා පුහුණුව පුළුල් කිරීමයි. මෙම පාඨමාලාව උපදේශනය පිළිබඳව ඩිප්ලෝමා පාඨමාලාවක් හදාරා ඇති වෘත්තීය උපදේශකවරයෙකු වීමට කැමති ඔබ සඳහා වේ. උපදේශන කුසලතා සංවර්ධන පාඨමාලාව පහත අංගයන්ගෙන් සමන්විත වේ. උපදේශන ප්‍රවේශ සහ උපදේශන කුසලතා පුහුණුව, ලිංගික හා ප්‍රජනන සෞඛ්‍ය දැනුම, පවුල් සැලසුම් ක්‍රම සහ උපදේශනය, HIV & STI උපදේශනය, ගෘහස්ථ හිංසනය පිළිබඳ උපදේශනය, LGBTIQIA+ පාරිභාෂිතය හඳුනා ගැනීම සහ උපදේශනය, නියුරෝ ලිංගස්ථික ක්‍රමවේද හඳුනා ගැනීම, ලිංගික ගැටළු සහ ප්‍රතිකාර, උපදේශනයේදී නාට්‍ය විකිත්සක භාවිතය, උපදේශන විකු විකිත්සක භාවිතය, උපදේශනයේ ආචාර ධර්ම හඳුනා ගැනීම, යොමු කිරීම වේ. මෙය සය මාසික පුහුණු පාඨමාලාවක් වන අතර පුහුණුව සඳහා අයකිරීම 35,000/- කි.

උපදේශන කුසලතා සංවර්ධන පාඨමාලාව සඳහා සහභාගිවූ ඉර්ෂානාගේ අදහස

”උපදේශන කුසලතා සංවර්ධන පාඨමාලාව උපදේශකයින් ලෙස අපගේ කුසලතා වැඩි දියුණු කිරීමට පමණක් නොව නව දැනුම ඉගෙන ගැනීමට ද වටිනා අවස්ථාවක් වන අතර එය වෘත්තීය සංවර්ධනය සඳහා අත්‍යවශ්‍ය වේ. උදාහරණ රංග විකිත්සාව, LGBTIQIA+ උපදේශනය සඳහා පුළුල් ක්‍ෂේත්‍රයක් ආවරණය වන බැවින් මෙම පාඨමාලාව ඉතා සිත්ගන්නා සුළුය. දේශන සැසි ආවරණය කරනු ලබන්නේ අදාළ විෂය යටතේ සිටින විශේෂඥයින් විසිනි. ප්‍රායෝගික සැසි මෙම පාඨමාලාවේ නවත් වැදගත් අංගයකි. ශිෂ්‍යයන්හට ආරම්භයක් වශයෙන් උපදේශකවරයා සහ සේවාවලාභියා ලෙස රඟ දැක්වීමට අවස්ථාව හිමිවේ. ඉන්පසු ඔවුන්ට විශ්ලේෂණය කිරීමට සහ අදහස් දැක්වීමට සිද්ධි අධ්‍යයන ලබා දෙනු ලැබේ. පසුව ප්‍රවේශම් අධීක්ෂණය යටතේ සැබෑ සේවාවලාභීන් සමඟ කතා කිරීමට අවස්ථාව ලබා දෙන ලදී. COVID - 19 වසංගතය පාඨමාලාවේ සඵලතාවය අඩාල කළේ නැත. පාඨමාලාවේ වඩාත් ආකර්ෂණීය කොටස වන්නේ ක්‍ෂේත්‍ර සංචාරයයි. අපිව

අංගොඩ NIMH එකට ගෙන ගියා. මෙම පාඨමාලාව උපදේශකයින්ට ඉතා ප්‍රයෝජනවත් වන අතර සිසුන්ට දැරිය හැකි මිලකට ලබාගත හැකි” බව පාඨමාලාව හැඳුරු ඉර්ෂානා ශිෂ්‍යාව සඳහන් කළාය.

|| The Counselling Skills Development Course provided a valuable opportunity to enhance our skills as Counsellors. Acquiring new knowledge and keeping abreast with the latest tools and therapies in counselling is invaluable in our field of work.

I found this course very interesting as it covers a wide range of topics, from Drama Therapy to LGBTIQIA+ counselling. The lecturers are very friendly, helpful and always ready to respond to any queries students may have.

The practical component is another important aspect of this course. Students first begin by participating in role-play, taking turns to be the client and counsellor. Thereafter, case studies are given to dissect, analyze and comment on. We were also given the opportunity to talk with actual clients under careful supervision.

The pandemic did not dampen the effectiveness of the course. While all of the above was conducted online, we are now allowed at the Alokaya Counselling Centre in the FPA premises in small groups since restrictions have eased. In addition, we were shown how to take records and the general tasks related to a counselling service.

The most exciting part of this course is the field visits! At the National Institute of Mental Health in Angoda, we were shown around by a Senior Registrar, and every aspect of the National Institute of Mental Health was explained thoroughly. I'm looking forward to the many other visits lined up for us.

This course is very affordable. The student counsellors find it easy to follow lectures and instructions as they are helped in whatever language they're comfortable in, be it Sinhala, Tamil or English. **||**

Silma Ahamed

Video with **pulse** - What should you do if you become a target of cyber exploitation?

Reported by YTAC Chairperson, Anuki Premachandra



Over the years, as more people become immersed in the digital sphere, the threats of cybercrime including data theft, revenge porn and cyber extortion have become more prominent. In Sri Lanka, reported cybercrime increased by 8,255 from December 2019 to June 2020. This video was done in collaboration with Pulse, Sri Lanka's biggest lifestyle platform, to educate users about what cyber exploitation online consists of, and how a victim can navigate a situation in a legal environment.

Experts Aritha Wickramasinghe, Kaveesha Coswatte and Ram Dulip were consulted in this video that aims to raise awareness on the issue and provide viewers with what they can do if they find themselves in a similar situation. The video has over 10,000 views on Facebook and 133 reactions, comments and shares.

[Click to view.](#)

AFAO Project Update January - March 2022



The Sustainability of HIV Services for Key Populations in Asia (SKPA) Programme officially wrapped up its first three years in Sri Lanka on the 31st of December 2021. During this period time, the programme implemented a few critical interventions such as;

- Review of the Packages of HIV Services for Key Populations in Sri Lanka
- Gender Review of HIV and Key Populations in Sri Lanka
 - Assessment of Sexualized Drug Use and HIV related risk
 - Guidelines for Peer Educators on addressing Gender-Based Violence and Suicide ideation due to People Living with HIV status, and / or Sexual Orientation, Gender Identity and Expression (SOGIE)
- Promote Transgender Friendly Service Redesign supported by APTN
- Provision of IT capacity training and routers to Sub Recipient organizations working for the National Response Programme

- Draft CSO Proposal for Penal Code reform developed with the leadership of. iProbono
- Strengthen Civil Society Organizations in Governance, Management and Monitoring and Evaluation, Finance and Human Resources, Communication and Advocacy and Resource Mobilization.
- Promote TG friendly healthcare services
 - Pilot Transgender Health Clinic with NTN Sri Lanka and IHRI Clinic
- Support Trans Protection Law Project by carrying out Community Consultations in five districts.
- Develop Demand Generation Materials for the uptake of PrEP.



The SKPA programme in Sri Lanka will be followed by SKPA 2, also implemented by the Australian Federation of AIDS Organizations (AFAO) with the support of The Family Planning Association Sri Lanka and will commence in July 2022, to be implemented until June 2025.

From January 2022 onwards, the SKPA programme will be closing out the first SKPA project. They will continue the following activities to provide the background for SKPA 2. The programme's focus will be to reduce Human Rights and Gender-related barriers and strengthen sustainable interventions that improve the Government's commitment to financing HIV services.

Closeout activities:

- Improve availability of innovative services cost data for financial sustainability
- Implement HIV Allocative Efficiency Modeling: The Optima Model in Sri Lanka
- Create Demand for PrEP using the PrEP demand generation materials with CSOs in Colombo and Gampaha.
- Implement the Pathuma Community Health Center (transgender clinic)

The above activities will conclude by the end of June.

APCOM's PrEP Demand Generation Toolkit Now Available in 14 Languages from 9 Countries



News from the Federation



In mid-July 2021, APCOM launched “Get. PrEP. Done. - PrEP Demand Generation (DG) Toolkit”, a resource guide specifically developed for community organizations looking to online strategies to create or generate demand for pre-exposure prophylaxis (PrEP) among key population communities. Developed with technical support from The Joint United Nations Programme on HIV/AIDS (UNAIDS) and World Health Organization (WHO), the handy toolkit covers the inception to monitoring phase, along with several easy-to-understand strategies for effective implementation.

APCOM has secured support to translate the toolkit into 14 languages from 9 countries across the region: Cambodia, Indonesia, Laos, Mongolia, Nepal, the Philippines, Sri Lanka, Thailand and Timor-Leste.

[Click to view](#) the toolkit in Sinhala

[Click to view](#) the toolkit in Tamil

The SKPA programme's initiative to create demand for PrEP through the civil society organizations was heavily influenced by the APCOM PrEP Demand Generation Toolkit. We also had the privilege to have our plans reviewed by APCOM and receive valuable direction on how to implement our work. Moving into the implementation stage, having the toolkit translated to Sinhala will benefit the programme. Every member who partakes in the implementation will now have a clear understanding of the materials and the process of developing them. They can even revise and re-strategize their materials even after the SKPA programme support ends in June 2022.

Sriyal Nilanka
Programme Officer - AFAO

IPPF launches redesigned global websites

‘After 11 long months, we have launched our new, refreshed and redesigned websites. You will notice that the brand visibility and messaging hierarchy is much easier to follow for first time users to the site but also those looking for specific information; we have an energised and modernised look and feel; a media centre; a dedicated and curated space for thought leadership pieces via featured perspectives; we have a more intuitive and interactive way for searching our Member Associations; and we finally have an Arab World website! It's the first step in our digital transformation and I'm looking forward to building on this throughout 2022.

Thank you to everyone who helped move this along including colleagues from programmes!

[Click to view](#) the revamped Website

Statement from Amina Khan
IPPF's New Media Adviser



IPPF's The Pleasure Project has been working closely with WHO to showcase how Pleasure is an important component of SRHR. New research shows that sexual health programmes that include sexual desire and sexual pleasure can improve knowledge and attitudes around sex, as well as condom use compared to those that do not. The data which was published in advance of Valentine's Day, by the World Health Organisation [WHO] and The Pleasure Project, the leading global advocate for pleasure based sexual health, was published in the open access journal PLOS ONE.

[Click to view](#) the Review Article

[Click to view](#) the Press release



Social Media Campaigns

ගෞරවනීය සම්බන්ධතාවයකට ඇතුළත් වන්නේ :

- එකට විනෝද වීමට සහ සුවපහසුවක් දැනීමට හැකි වීම
- ඔබට සහ ඔබේ සහකරුට ගරු කිරීම
- සවන් දීම සහ ඇසීම
- අකමැත්ත ප්‍රකාශ කිරීමට හැකි වීම
- ඔබේම තීරණ ගැනීමට හැකි වීම
- පිළිගැනීම සහ ඔබම වීමට නිදහස් හැඟීමක් තිබීම
- ඔබේ සිතුවිලි සහ හැඟීම් එකිනෙකා සමඟ අවංකව ප්‍රකාශ කිරීමට හැකි වීම
- එකට දේවල් කතා කිරීමට සහ සම්මුතීන් ඇති කර ගැනීමට හැකි වීම
- හොඳ සහ හරක කාලවලදී එකිනෙකාට සහයෝගය දැක්වීම

   **#LoveShouldNotHurt**

Valentines Day - #LoveShouldNotHurt

We raised awareness on Intimate Partner Violence (IPV). It is essential to understand that abuse can take various forms - recognizing abuse is the first step towards seeking help. IPV can occur in any age group or demographic segment and across gender and sexual identities. Through the three day, trilingual campaign (February 14th - 16th), we shared information on:

- The different 'faces' of violence
- The steps that can be taken to help a friend, co-worker, neighbour, or family member who is being abused by an intimate partner or somebody they are dating
- The national and FPA domestic abuse helpline numbers

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



Let's Break The Bias on gender stereotypes at school and work. Girls and women, boys and men, should be able to pursue their passions in whatever field they choose.

Saarah Silva
Programme Assistant - GF Project

Venura Peiris
Programme Coordinator - Outreach

  **#BreakTheBias**

International Women's Day - #BreakTheBias

A social media campaign (Commencing 8th March) was carried out with the participation of staff, volunteer members and influencers. The theme was Break the Bias, a campaign to celebrate women's achievement, raise awareness against bias, take action for equality and help forge a gender equal world! We focused on the following:

- Investing in girls and women creates a ripple effect that yields multiple benefits, not only for individual women, but also for families, communities, and countries. When sexual health and rights are violated, girls and women are unable to fulfill their potential.
- Leaders are accountable for fostering an inclusive workplace to ensure that all employees have equitable access to opportunities and ensuring the safety, health and well-being of women at work.
- The importance of understanding the deep roots of gender inequality and challenging discrimination when we see it.
- Beyond gender stereotypes, choosing a profession should be in line with the interests and skills of a person.

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

Will Sri Lanka finally reform its outdated abortion laws?

brunch

Article by the lifestyle platform 'Brunch'

"It is indeed a very good move; one that women have been waiting for years and will be beneficial to women"
FPA Advocacy Director, Sonali Gunasekera.

"It is time we separate religion from governance. There are several countries with strong religious ideals who have legalised abortion taking into consideration that women should have the right to decide what they want to do with their body"

Prof. Hemantha Senanayake.



[Click here](#) to read.

Journal articles

By the M&E Unit

The article on “**HIV Estimation and Projection in Sri Lanka (2019-2025); Application of AIDS Epidemic Model and Spectrum**” was published in the “Sri Lanka Journal of Sexual Health and HIV Medicine”.

This study aims to generate HIV estimates for Sri Lanka and identify the pattern of the AIDS epidemic and develop future directions. Results of national estimates indicate that 3,600 people are living with HIV (PLHIV) in Sri Lanka in 2019. Of this estimate, 3,550 are adults who are 15 years and older, and the male to female ratio was 2.93. The trend of PLHIV is relatively stable in the past five years, implying the state of balance between new infections and AIDS-related deaths. Total new HIV infections were estimated at 140 in 2019, with 137 new HIV infections among adults 15 years and older. Although the epidemic is declining in numbers, new HIV infections among men who have sex with men (MSM) as a share of total new HIV infections is growing. In 2019, 169 AIDS-related deaths were estimated among adults living with HIV.

[Click to read.](#)

Journal article on “**Modeling time taken to HIV testing and uptake of test results: application of extended PWP model**” was published in the international journal of Biostatistics & Epidemiology, the official publication of the International Biometric Society. The HIV testing data of the Female Sex Workers attached to Global Fund intervention available in the Monitoring and Evaluation Information Management System (MEIMS) was purposed for this study.

[Click to read.](#)

Abstract

Improving HIV testing among the most at risk populations (MARP) is one of the first steps to achieve the Sustainable Development Goal target of ending AIDS by 2030. Factors affecting time taken to HIV testing and subsequent clinic visits to uptake the test result are important inputs for development of HIV prevention programmes. This study aims to develop multivariate statistical models to describe HIV testing behaviour of MARP. HIV testing data of 5667 Female Sex Workers registered with the National HIV Prevention Programme in 10 districts of Sri Lanka during 2016 and 2017 were modelled using univariate and multivariate survival analysis techniques.

Results showed that the Prentice, Williams & Peterson gap time model (PWP GTM), and all univariate Cox Proportional Hazard Models together generated consistent results. However, higher number of effects of the factors and interaction effects were detected in the PWP GTM compared to other models. Further, PWP GTM generated more precise estimates with lower standard errors. In all the models, most of the factors were identified as time dependent covariates. Study concludes that the extended PWP GTM is the more appropriate technique to model time taken to HIV testing and subsequent clinic visit to uptake of test results among MARP.

An article researched and compiled by FPA Sri Lanka's M&E Unit with support from Professor Indralal De Silva and Dr. Malith Kumarasinghe on “**Impact of the Family Planning Association of Sri Lanka's contraceptive social marketing on the National Family Planning Programme (2001-2020): Is there an effect of COVID-19?**” was published in the Journal of the College of Community Physicians of Sri Lanka.

[Click to read.](#)

Welcome to the Team



A. Ratthika
Data Entry Operator /
Programme Assistant
Batticaloa SDP



Shehal Fernando
Accounts Assistant
GFATM Project

Team from IPPF's South Asia Regional Office (SARO) visits FPA

The team comprising Sonal Indravadan Mehta, Regional Director, Tushar Palorkar, Director - Finance and Operations and Dr. Sreejit Enartha Mavattan, Director - Programmes visited FPA from the 7th – 11th of March 2022 to meet the Senior Management Team and unit staff, attend meetings with project stakeholders and visit clinics operated by FPA.

Statement by Dr. Sreejit Enartha Mavattan, Director - Programmes

'This was the first visit by the team since the COVID outbreak in 2020. The team visited the FPASL Head office and clinic, government offices of the National STD/AIDS Control Programme (NSACP) and Family Health Bureau under the Ministry of Health and clinic sites in Wathupitiwela and Seethawaka. They interacted with the Senior Management Team of FPASL, clinic staff and senior government officials. The team also had the opportunity to visit some of the field operations under the Global Fund, like the PWID site 'ACT for Health' Community Centre, Heart to Heart Drop in Centre and the Drop in Centre managed by the National Transgender Network (NTN). The visit concluded with a meeting with Board members, including the President, General Secretary, and Treasurer. The visit was aimed primarily as an introductory visit to appraise themselves of the key programmes/interventions/ strategies/ growth objectives of FPASL.

The team appreciated the work done by the Member Association (MA) to complement the efforts of the government in both SRH and HIV prevention and care and commended the close working relations it has developed with NSACP and the Family Health Bureau under the MoH. It was a great learning experience for the IPPF SARO team to know about the Association's Social Marketing Programme and work done by the Social Enterprise Hub.

With the goodwill of the government and close ties the MA has with grassroots organisations, including those working with Key Population groups, the MA is well-positioned to continue as the leading SRHR organisation in the country and take on an expanded role. The MA has demonstrated great potential and willingness to scale their existing activities (like widening the network of SDPs), take on more youth, SRHR and SRH advocacy work with the latter, building on the impressive work done with NTN and LGBTQIA groups.

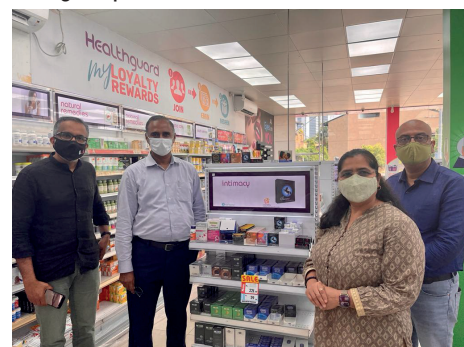
They also felt the MA could do well to expand and diversify their donor base, step up on advocacy and expand work with young people, which will not only add impetus to the Social Marketing Programme but also work as a risk mitigation measure in the wake of shrinking donor support and factors like market /currency challenges'.



At the Wathupitiwela Service Delivery Point



With the Director of the NSACP, Dr. Rasanjali Hettiarachchi, Dr. Loshan Munasinghe, and Dr. Chitramalee de Silva, Director Maternal and Child Health, Family Health Bureau



At a pharmacy outlet displaying FPA products



With members of the Senior Management Team and Unit Heads



With members of the National Council



With Dr. Satya Herath (NSACP) at the Drop in Centre for Persons Who Inject Drugs (PWID)



Tarangee Mutucumarana
LL.B (Hons)(Lon.), LL.M (Lon) Attorney
at Law, Barrister at Law of
England and Wales
FPA Sri Lanka Youth Technical Advisory
Committee Member

MENOPAUSE: THE END OF AN ERA!

Menopause occurs when you've stopped producing the hormones that cause your menstrual period and have gone without a period for 12 months in a row. Menopause is a natural part of aging and marks the end of the female reproductive years.

If you are unsure if you are in menopause, your doctor will be able to tell you based on your symptoms and how long it's been since your last menstrual period. At times a blood sample is taken to check the hormone levels. There are three stages of menopause: perimenopause, menopause and post-menopause.

The years leading up to menopause, when women may have irregular periods, vaginal/vulvar itching, vaginal dryness, hot flashes, chills, night sweats, sleep problems, mood changes, weight gain and slowed metabolism, cognitive changes (difficulty remembering names, directions, losing focus/train of thought) or other symptoms, are called the menopausal transition or perimenopause. The menopausal transition most often begins between ages 45 and 55.

If you haven't undergone menopause, you will experience menopause if both ovaries are removed. This deprives the body of the hormones, such as estrogen and progesterone, produced in the ovaries, leading to complications of menopause signs and symptoms, such as hot flashes and vaginal dryness.

Post-menopause is the time after menopause has occurred. Once this happens, you're in post-menopause for the rest of your life and you are unlikely to get pregnant as your ovaries are

likely to stop releasing eggs. However, until your doctor has confirmed you are no longer ovulating, continue to use birth control if you don't want to become pregnant.

There is no specific age at which that you are automatically in post-menopause. Once your period has been absent for more than one year, you're in post-menopause regardless of age. On average, people go through menopause around 51 years of age.

Most people in post-menopause feel lingering symptoms from menopause mentioned above. The symptoms are less intense and in some cases, almost disappear. However, if your symptoms become more intense or interfere with your daily life, speak to a doctor to rule out any underlying condition causing these symptoms.

For example, vaginal bleeding during post-menopause isn't a normal side effect. While the dryness in your vagina could cause some light bleeding or spotting after sex in some cases, in others, it could indicate a condition like endometrial hyperplasia (thickening of inner lining of the womb) or uterine fibroids, infections like endometritis (irritation or infection of inner lining of the uterus), or cancer, which is why an evaluation from your doctor is important.

People in post-menopause are at an increased risk for certain health conditions like osteoporosis and cardiovascular disease. Medication or healthy lifestyle changes such as eating a healthy diet, exercising regularly and not smoking may reduce the risk of these conditions. People in post-menopause may continue to struggle with vaginal dryness for years after their last period. Using vaginal lubricants can help ease any discomfort caused by sex. This will also help women who have lost interest in sex due to vaginal dryness and discomfort.

Many people in post-menopause also experience mental health issues such as depression, anxiety and moodiness, which could be caused by stress, sexual tension, decreased hormone levels or other life challenges that occur during this time. Such mental health issues can also reduce the levels of interest in sex for some women. Speaking to a counsellor or therapist about how you are feeling is likely to help during this difficult period.

It is recommended that you still go for routine gynecological care even though you aren't menstruating and do the necessary pap tests, pelvic exams, breast exams and mammograms. Bone density screenings are also recommended due to the increased risk of osteoporosis.

Menopause can be uncomfortable and present new challenges and health concerns. Doctors and counsellors can assist in supporting you through this time and you must speak with them to get the care you need if you have any symptoms mentioned above. There is also a support organization called the Menopause Society of Sri Lanka that is composed of health professionals from different specialties such as gynecology, internal medicine, and public health who will be happy to assist you.

“Menopause is a significant physiological event in a woman's life. It is a challenge for a Gynecologist. With the improvement of health care in Sri Lanka, the life span of a female is extended to 80 years. Therefore, one-third of a woman's life is spent on Menopause”



Prof. Sanath Lanerolle
Consultant Obstetrician
and Gynecologist

Castle Street Hospital for
Women – Borella

President
Sri Lanka College of
Obstetricians and
Gynecologists

Past President
Menopause Society of
Sri Lanka

National Review and Felicitation Event - Global Fund HIV Prevention Project 2019 – 2021 (GFATM)

At the end of each year, a National Review of the HIV programme is carried out to look back and assess performance on targeted interventions, ascertain key learnings, and plan activities in the ensuing years to improve the project's effectiveness and efficiency. As the grant cycle 2019 - 2021 came to a close, to acknowledge the work done by our partner organizations, a felicitation ceremony also took place at the Review event, held at the Water's Edge Hotel on the 29th of December 2021.

FPA Sri Lanka, as Principal Recipient 2 (PR2) led the HIV Prevention Project together with the National STD and AIDS Control Programme (NSACP) since 2013. From 2022 onwards, under the new grant (2022 - 2024), NSACP will be the Principal Recipient, and FPA Sri Lanka will be the Sub Recipient working in Colombo and Gampaha, the epicentres for HIV.

From supporting 21 Implementing Entities (NGO, CBO, Key Population organizations) in 13 districts in 2019, HIV prevention work was carried out in 4 districts in 2021, with the support of 15 Implementing Entities. Under the Global Fund Transition plan for 2019-2021, districts were gradually



The dynamic GFATM Project Team

transitioned from FPA to Government PR/District STD clinics.

In attendance were the Secretary to the MoH - Dr. Sanjeewa Munasinghe, Additional Secretaries to the MoH, Dr. Lakshmi Somatunge of the MoH and Programmes, NSACP Consultants, representatives of stakeholder organizations and community organizations.

Speaking at the event, in reference to project activity during the pandemic related lockdowns, FPA Executive Director Thushara Agus said

'The most important achievement was on HIV testing. With physical access constrained, we were unable to escort the KP groups for night testing or hold hot spot based mobile clinics. NSACP and STD clinics conducted special clinics even during lockdown with the provision of curfew passes for clients. In 2021, NSACP piloted self-testing and embarked on delivering test kits to anyone who wanted to his/her HIV status. Our Outreach teams reached clients and conducted Assisted Self-testing at a convenient place. This was a major breakthrough in our testing algorithm. Today, we have an array of testing mechanisms for our future programmes that include clinic testing, rapid testing, community assisted testing, and self-testing. Looking ahead, we are equipped to achieve our 90:90:90 targets and eliminate AIDS by 2025.'

[Click the image](#) to view Thushara Agus, Executive Director of FPA Sri Lanka delivering the welcome address.



Dr. Rasanjalee Hettiarachchi, Director of The National STD/AIDS Control Programme (NSACP) of the Ministry of Health speaking on 'NSACPS's response to ending AIDS in Sri Lanka by 2025.



M & E Unit's Mr. Amal Bandara, Assistant Director M&E presenting the key project achievements of 2021.



Dr. Sriyakanthi Beneragama, National Focal Point, presents an overview of the Key Population HIV prevention interventions.



Felicitation of project partners by the Chief Guest Dr. Sanjeewa Munasinghe, Secretary, Ministry of Health, and the Additional Secretary PHS.





Address by the Chief Guest Dr. Sanjeewa Munasinghe, Secretary, Ministry of Health



Address by the Guest of Honour, Dr. Lakshmi Somathunga, Additional Secretary PHS, Ministry of Health



Dr. Sathya Herath, Consultant of The National STD/AIDS Control Programme (NSACP) shares insight into the new Global Fund Grant for the National Key Population Programme



Community voices - Mr. Mahesh Nissanka speaks on behalf of all Drug User (DU) organizations regarding the Project



Appreciation awards presented to all Sub Recipient organizations



Project Manager - GFATM HIV Prevention Project and Deputy Director - HIV at FPA Sri Lanka, Nadika Fernandopulle presenting the Vote of Thanks

With the participation of the National Council, Senior Management Team and FPA staff, New Year celebrations were held on the 3rd of January at the Head Office.

The Senior Management Team gathered in person, whilst the rest of the staff joined via zoom. Long-serving staff members were felicitated, and awards were presented to the top sales personnel associated with the Sales and Marketing Programme Unit.

Sales Person of the Year Awards 2020



From Left to Right :
Indika Edirisinghe (1st Runner up)
Lahiru Kulasinghe (Winner)
 Thushara Agus (Executive Director)
 Suhail Junaid (Director Marketing)
Gowshic Babu (2nd Runner up)

Service Awards



 <p>Prabath Dissanayaka</p> 	 <p>Nishantha Hettiarachchi</p> 	 <p>Amila Gunasekara</p> 	 <p>P. Sivakumar</p> 	 <p>Shalinda Weerasinghe</p> 
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 <p>Thakshila Gamage</p> 	 <p>Thushara Agus</p> 	 <p>Suhail Junaid</p> 	 <p>Duminda Rajakaruna</p> 	 <p>Nadeeka Tharangani</p> 
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 <p>Lakshmi Kannamma</p> 	 <p>Thamara Manthiriratne</p> 	 <p>H. Palitha</p> 	 <p>Badra Udawatta</p> 	 <p>Ravindra Peiris</p> 
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We want to hear your views and suggestions! Please write to: FPA Sri Lanka, 37/27, Bullers Lane, Colombo - 07, Sri Lanka.
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