

**This week** reflected the scale and diversity of FPA Sri Lanka’s work in action. Across outreach, advocacy, youth engagement, research, and strategic partnerships, FPA Sri Lanka continued translating commitment into measurable action, ensuring sexual and reproductive health and rights remain accessible to all.



## Strengthening Staff Well-being: International Women’s Day Programme

To mark International Women’s Day, FPA Sri Lanka hosted a motivational session for female staff led by Ms. Hema Ranawake of Alokaya Counselling Centre. The session focused on mental well-being, confidence, stress management, and work-life balance. Each participant received a commemorative mug.

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## From Learning to Leading: Youth Network for Health – Puttalam

Established last year under the RFSU – IPPF Sweden project, the Youth Network for Health – Puttalam continues to grow. Recent sessions reviewed progress, refreshed the constitution, and supported seed grant proposal development. The focus has shifted from capacity building to action and youth-led community engagement.



## International Women’s Day Campaign: Rights. Justice. Action.

Our online campaign centered on “Rights. Justice. Action. For ALL Women and Girls,” highlighting health, equality, safety, and speaking up.

A Q&A series featuring FPA staff and partners shared perspectives on advancing women’s rights and shared responsibility.

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## Inclusive Healthcare in Action: Well Woman Clinic

Bloom by FPA Sri Lanka partnered with the Women’s Forum of the Sri Lanka Federation of the Visually Handicapped to conduct a Mobile Well Woman Clinic. Twenty-five women accessed breast and cervical screenings, menstrual health guidance, and SRH consultations, reinforcing that health is a right for every woman.



## New Partnership: FPA Sri Lanka & Amanté

FPA Sri Lanka formalized a new partnership with Amanté on March 9th, 2026. The following day, Amanté hosted the “Rhythm of Love” programme for 140 female employees. Led by Dr. Amila Chandrasiri, the session covered SRH, menstrual health, and mental wellbeing, marking a strong start to this collaboration.



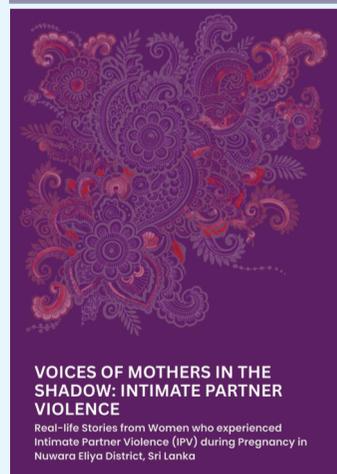
## Islandwide Outreach Update

FPA Sri Lanka continued expanding outreach across districts this week. Health clinics were conducted in Akmeemana, Badalkumbura, Kiran, and at our new Kandy Centre in Pallekele. Awareness sessions were held in Monaragala and Batticaloa, reaching schools, government offices, and community centres. These efforts strengthen access to essential sexual and reproductive health services nationwide.



## MOU Signed with Flash Health (Pvt) Ltd

On 11th March 2026, FPA Sri Lanka signed an MOU with Flash Health (Pvt) Ltd to expand digital access to SRH products. Our full product range will be available on the Flash Health platform, alongside Daraz, Kapruka, ShyBuy, and Celeste Daily, strengthening nationwide online access.



## New Publication: Voices of Mothers in the Shadow

Published by the Monitoring & Evaluation Unit of FPA Sri Lanka

Behind closed doors, too many women face violence during pregnancy. *Voices of Mothers in the Shadow* presents real-life narratives from women in Nuwara Eliya District who experienced intimate partner violence during pregnancy.

This publication highlights intimate partner violence as a serious public health and human rights concern.

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