

This week, we share the latest updates on sexual and reproductive health research, community programmes, and initiatives that are making a real impact across Sri Lanka. Stay informed on how we're supporting health, inclusion, and well-being in communities nationwide.



Executive Director Receives WIM Recognition

We are proud to share that our Executive Director, Dr. Ruchitha Perera, was recognised as one of five Male Champions at the Women in Management (WIM) International Women's Day event. Honoured for his leadership, advocacy, and dedication to fostering inclusive workplaces, Dr. Perera shared:

"As a passionate advocate for marginalised and underserved women and girls and their families, this award strengthens my confidence and motivation with even greater dedication. I share this honour with the entire team of FPA Sri Lanka."



Community Programmes at Supmalkanda & Densworth Estates

With support from the IPPF SPRINT SRH project, the Seethawaka Centre conducted SRH awareness sessions in Dehiovita, Kegalle District. Participants gained knowledge on key SRH topics, learned to recognize signs of gender-based violence, understood when and how to seek help, and were informed about available referral pathways for support.



ReproSex Vol. 1, Issue 2 is Now Online!

Discover new studies, expert insights, and updates on sexual and reproductive health in Sri Lanka, live on the Sri Lanka Journal Online Platform.

[Click to Read](#)



The Bulletin – Our First Quarterly Issue of the Year!

Three months of action, outreach, youth engagement, service delivery, advocacy, and partnerships. Explore the stories, milestones, and momentum shaping our journey this year.

[Click to Read](#)



New Blog: Gym Supplements, Steroids & Male Health

We've published a new blog on how gym supplements and steroid use impact sexual and reproductive health. Learn how these substances affect hormones, fertility, and long-term well-being – plus safer ways to stay fit.

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Community Health Outreach

The Killinochchi Centre conducted an awareness session for Premier Tech Lanka (Pvt) Ltd factory workers and a mobile clinic at Sooranpatru Common Hall, helping the community stay informed and take charge of their sexual and reproductive health.