

This week, we were part of important national conversations, strengthened partnerships, and engaged young people, continuing our work to support health, dignity, and informed choices across Sri Lanka.



Breaking the Silence: Rethinking Menstrual Health in Sri Lanka

A high-level roundtable in Colombo was convened by NetWwater (Network of Women Water Professional), the Rotary Club Colombo West, and the Marga Institute to address menstrual hygiene management challenges. Representing FPA Sri Lanka, Dr. Chintha Rupasinghe joined as a speaker, highlighting menstrual health as a strategic SRH priority. Discussions emphasized period poverty, education gaps, stigma, and sustainable solutions.



Youth Action for Crisis Response

Youth camps in Gampola and Passara strengthened participants' knowledge on sexual and reproductive health and crisis response. Sessions built practical understanding for informed decision-making during emergencies. Menstrual kits were distributed, supporting dignity, health, and overall well-being of young participants.



National Dialogue on Anticipatory Action in Sri Lanka

FPA Sri Lanka participated in a national dialogue on disaster preparedness, focusing on integrating sexual and reproductive health into humanitarian standards. With multi-sector partners present, FPA will contribute to developing a national roadmap, ensuring SRH is embedded within anticipatory action frameworks for more inclusive and effective disaster management.

Vacancies – Explore Opportunities

Looking to make an impact? Join FPA Sri Lanka and be part of a team advancing health and well-being nationwide.

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'Rhythm of Love' Session Promotes Youth Health

The "Rhythm of Love" session engaged 150 students of the National Youth Theatre Ensemble in meaningful discussions on sexual and reproductive health. Facilitated by Dr. Amila Chandrasiri, the programme created a safe space for learning, reflection, and dialogue, supporting young people to make informed choices for a healthy life and future.