

Over the past two weeks, FPA Sri Lanka has continued its work across safeguarding, menstrual health advocacy, strategic partnerships, and organisational strengthening. From staff capacity building to impactful national collaborations, these highlights reflect our ongoing commitment to advancing sexual and reproductive health, rights, and dignity across Sri Lanka.



## Transforming Chinthana: From Training Centre to Eco Retreat

FPA Sri Lanka reopened the former Chinthana Training Centre as the Chinthana Eco Retreat after refurbishment. The upgraded facility offers modern training spaces, accommodation, and eco-friendly surroundings for workshops and retreats. It is designed to support capacity building and generate sustainable income while advancing FPA's mission in health and rights-based programming.

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## Executive Director Advocates for Menstrual Leave

FPA Sri Lanka Executive Director Dr. Ruchitha Perera was featured in The Morning, highlighting advocacy for paid menstrual leave. The feature underscores FPA's commitment to workplace equity and menstrual health rights, positioning menstrual leave as a progressive step toward inclusive labour policies and improved well-being for women and girls across Sri Lanka.

[Click to Read](#)

[Click to View Menstrual Hygiene Day Advocacy Video](#)



## Strengthening Partnerships for Menstrual Health and WASH

A collaborative event for World Menstrual Hygiene Day brought together partners working across menstrual health, WASH, climate resilience, and SDGs. Held at FPA Sri Lanka, the dialogue featured expert insights and cross-sector reflections. The discussions highlighted menstrual health as a matter of dignity, equality, and sustainability, emphasizing stronger partnerships for lasting impact.

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[Click to View Partner Reflections](#)



## CAAPP Project Concludes with Final Restitution Event

The Final Restitution of the CAAPP project marked the conclusion of the 2023–2025 initiative addressing period poverty in Northern and Central Sri Lanka. The event featured embassy



remarks, research findings, and expert dialogue on sustainable menstrual health solutions. Discussions reinforced continued action to ensure dignity, equity, and access for all menstruators beyond the project period.

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## Safeguarding Workshop Strengthens Staff Commitment

Staff from Head Office and Service Delivery Points across Sri Lanka participated in a Safeguarding Workshop facilitated by Attorney-at-Law Ms. Naushalya Rajapaksha. The session covered safeguarding principles, reporting mechanisms, and shared responsibilities, reinforcing a culture of accountability, respect, and protection. It strengthened understanding of safe practices and our duty to protect all communities we serve.

**Feedback from a client who accessed support through FPA Sri Lanka's Happy Life hotline**



"At first, I was afraid because I thought I had an STD, so I was scared to tell anyone around me about my situation. I decided to search online and find a safe place to get tested. That's when I came across the Happy Life number, and I decided to call them.

They were very kind and supportive, and I felt that they did not judge me in any way. They guided me perfectly through the entire process. I completed my tests and was relieved to find out that I was not infected.

I still remember how they helped clear my mind and supported me throughout the testing process. I am truly happy to recommend Happy Life and their services to everyone living in Sri Lanka."