



## FPA Sri Lanka Launches Digital Donation Platform to Support Reproductive Health and Rights



FPA Sri Lanka is pleased to announce the launch of its dedicated online donation platform, providing individuals and organizations with a convenient way to support reproductive health, rights, and justice initiatives across Sri Lanka.

The new platform, available at [donation.fpasrilanka.org](https://donation.fpasrilanka.org) enables supporters to directly contribute to the essential health services, education programmes, advocacy initiatives, and counselling services delivered through FPA Sri Lanka's network of 10 Service Delivery Points.

The launch of the online donation platform marks an important step towards strengthening community-driven sustainability and expanding access to vital services.

Commenting on the launch, Dr. Ruchitha Perera, Executive Director of FPA Sri Lanka, stated: "Individual giving is the heartbeat of sustainable change. When people choose to invest personally in reproductive health, rights, and justice, they are doing far more than making a donation. They are affirming that every woman, every girl, and every family deserves dignity, choice, and access to quality care.

In Sri Lanka, the gaps in reproductive health services remain real and pressing, and it is the generosity of committed individuals that allows FPA Sri Lanka to reach the most underserved communities. This kind of giving is not charity; it is solidarity.

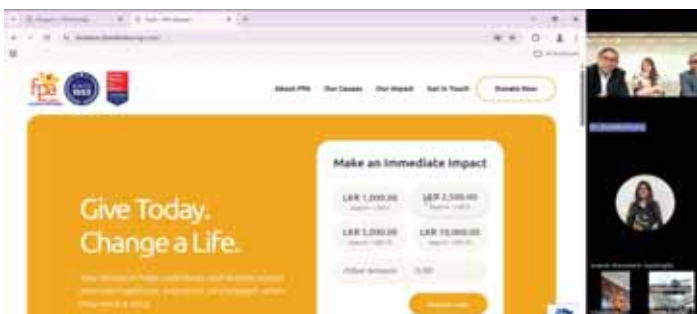
It is a recognition that reproductive justice is not a privilege for the few but a fundamental right for all. We invite every person who shares this belief to stand with us, because lasting change is built one act of courage, and one act of giving."



The platform offers three ways for supporters to contribute:

- Cash or Grants – Financial contributions to support ongoing programmes and emerging needs.
- Gifts in Kind – Donations of essential items such as hygiene products, medical supplies, and equipment.
- Gifts in Service – Volunteering time, skills, or professional expertise to strengthen programmes and operations.

Individuals and organizations interested in supporting FPA Sri Lanka's work can visit the online donation platform or contact [donate@fpasilanka.org](mailto:donate@fpasilanka.org) for further information.



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FPA Sri Lanka proudly marked the reopening of the former Chinthana Training Centre, now reimagined as the Chinthana Eco Retreat, following extensive refurbishment and transformation.



This renewed space reflects a refreshed vision of creating an environment that brings together learning, collaboration, and well-being in harmony with nature. Surrounded by serene landscapes, the Chinthana Eco Retreat now offers an enhanced setting for residential programmes, trainings, workshops, conferences, and group retreats.



The upgraded facility provides improved accommodation, modern training and meeting spaces, dining facilities, and outdoor recreational areas, allowing it to better serve diverse groups and programmes. The centre is designed to support both structured capacity-building initiatives and experiential learning engagements. Importantly, it will also contribute to the financial sustainability of FPA Sri Lanka by generating income that helps further strengthen and advance its mission of delivering health services and promoting reproductive health, rights, and justice across Sri Lanka.



Gracing this special occasion were Ms. Aruni Marcelline, President of FPA Sri Lanka's Board of Directors; Executive Director Dr. Ruchitha Perera; Ms. Kritanjali Ratnasabapathy, Chairperson of the FPA Youth Services Committee; Dr. Chinthana Rupasinghe, Director – Sexual and Reproductive Health; Mr. P.S.U.R. Fernando, Medical Officer of Health – Wennappuwa; Mr. C.I. Lalith, Chief Inspector of Police – Wennappuwa; Ms. Chanchala Mallawarachchi, Grama Niladhari, CEO of Cost Service Management; Mr. K.G.M. Susantha, Director of Cost Service Management; Mr. Nishantha Wickramasinghe; representatives from local authorities; and FPA Sri Lanka staff members.



Adding a meaningful touch to the occasion, staff members planted trees across the retreat premises.



## FPA Sri Lanka's 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 alongside several well-known professionals in Sri Lanka at the Women in Management (WIM) International Women's Day event held on the 31st of March at Amari Colombo. He was honoured for his leadership, advocacy, and sustained commitment to fostering inclusive workplaces and advancing Diversity, Equity, and Inclusivity in Sri Lanka.

As emphasised by Women in Management, "Gender balance is a leadership responsibility." Sharing his thoughts, Dr. Perera stated:

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

## Strengthening a Long-Standing Partnership with UNFPA



Mr. Phuntsho Wangyel, UNFPA Representative for Sri Lanka, visited FPA Sri Lanka. Having taken up his role in 2026, the visit provided an opportunity to reaffirm the strong and long-standing partnership between UNFPA and FPA Sri Lanka.

During the meeting with Executive Director Dr. Ruchitha Perera and the senior management team, unit heads shared an overview of FPA Sri Lanka's key initiatives and ongoing work.

Over the years, UNFPA has supported FPA Sri Lanka's efforts in advancing Comprehensive Sexuality Education (CSE), promoting Sexual and Reproductive Health (SRH) awareness among young people, and strengthening humanitarian response initiatives. We look forward to continuing this collaboration and working together to further expand access to information, services, and support for communities across Sri Lanka.

## Strengthening Inclusive SRHR Education for the Deaf Community



As part of the RFSU-supported project on the intersection of disability and SRHR, FPA Sri Lanka continues to improve access to inclusive health education for the deaf community in Sri Lanka. Last year, teachers from special education schools were trained on SRHR topics and relevant sign language terminology to strengthen classroom teaching. Building on this

foundation, teacher evaluations and review processes are now being conducted across four schools in several provinces to assess the effectiveness of SRHR lesson delivery.

The evaluation process commenced at the Islamic Centre for the Physically Handicapped, where six teachers conducted SRHR lessons based on selected health curriculum topics. Follow-up evaluations were also carried out at Sivaraja School, Mahawewa, Chilaw, and the Nuffield School for the Deaf and Blind, Kaithady, Jaffna. Sessions were evaluated by Mr. Brian from the Sri Lanka Central Federation of the Deaf and Mr. Ranjith from the Special Education Department. This initiative helps ensure that children with hearing impairments have equitable access to accurate SRHR information, while strengthening inclusive education and accessible health information for all.

## Empowering Community Outreach Workers through National Vocational Recognition



FPA Sri Lanka successfully launched the National Vocational Qualification (NVQ) Level 3 and Level 4 for Community-Led Outreach Workers (HIV and STI) on 9th April 2026 at FPA Sri Lanka. Developed under the Global Fund-supported SKPA-2 Programme in collaboration with national partners and endorsed by the Tertiary and Vocational Education Commission (TVEC), this nationally accredited programme was implemented in partnership with the National Apprentice and Industrial Training Authority (NAITA Sri Lanka).

It marks a significant milestone in recognising and

professionalising community-level HIV and STI service providers in Sri Lanka.

The event brought together key stakeholders from the National STD/AIDS Control Programme, Health Equity Matters, government institutions, development partners, civil society organisations, and community representatives.

The launch highlighted the critical role of outreach workers. It reaffirmed a shared commitment to strengthening community-led responses and advancing Sri Lanka's goal of ending HIV as a public health threat.

## Bringing Essential Menstrual Health Services to the Dambana Indigenous Community



A menstrual hygiene kit distribution programme with the collaboration of UNFPA was successfully conducted for the indigenous community in Dambana with the objective of promoting menstrual health and improving access to essential hygiene products among women.

In conjunction with the distribution, a Sexual and Reproductive Health Awareness Programme was carried out to enhance participants' knowledge of reproductive health, menstrual hygiene management, and overall well-being.

The programme provided a valuable platform for discussion and learning, empowering women with information necessary to make informed health

decisions. More than 100 indigenous women participated in the programme, reflecting strong community engagement and interest in health-related initiatives.

The event was attended by Sri Lanka's foremost indigenous leader, Vishwa Keerthi Vanaspathi Uruwarige Vannila Aththo, Dr. Ruchitha Perera, Executive Director - FPA Sri Lanka; Mr. Sandun Adikari, Head of Service Delivery (Outreach) -FPA Sri Lanka; and members of the Outreach Department staff. Their presence and support contributed significantly to the successful implementation of the programme and reinforced the commitment to improving health awareness and access to essential services within indigenous communities.

## Creating Safe Spaces for Youth After Crisis



Under the theme “Resilient Futures: Youth Action for Crisis Response,” Youth Camps have commenced in the districts of Kandy, Badulla, and Nuwara Eliya from March onwards, for communities affected by last years’ Cyclone Ditwah. The initiative aims to support and motivate young people impacted by displacement and disruption, while equipping them with SRH knowledge and skills, encouraging participants to become informed advocates and active contributors within their communities.

One such camp was held in Doluwa, Gampola on the 12th of May 2026, featuring learning sessions, interactive games, fellowship, and discussions.

The programme was attended by representatives from the New Zealand High Commission, including Ms. Gabrielle Isaak, Deputy High Commissioner, Ms. Sumudhu Jayasinghe, Policy Advisor, and Ms. Stephani Fernando, Executive Assistant. Representatives from UNFPA Sri Lanka including Dr. Dayanath Ranatunga, Assistant Representative – UNFPA, Ms. Sarah Natali Soysa, National Programme Analyst – SRHR, together with the UNFPA team, also joined the programme.

Special appreciation is extended to Dr. Nayana Danapala, MOMCH – RDHS Office, Kandy, for serving as a resource person and contributing to the learning sessions. These camps continue to create safe and engaging spaces for young people to connect and learn.

## Breaking the Silence: Rethinking Menstrual Health in Sri Lanka



A critical conversation took place in April, as NetWwater, the Rotary Club Colombo West, and the Marga Institute convened a high-level roundtable to address the realities of menstrual hygiene management in Sri Lanka.

Representing FPA Sri Lanka, Dr. Chintha Rupasinghe (Director – SRH) joined as an invited speaker, presenting on “Advancing Menstrual Hygiene: A Strategic SRH Priority for Sustainable Development in Sri Lanka”.

### *Key takeaways from the discussion:*

- Period poverty continues to impact millions, limiting access to education and opportunity.
- Many girls are still unprepared for their first period, showing the urgent need for earlier, accurate education.
- Conventional menstrual products raise growing health and environmental concerns.
- Breaking stigma requires a cultural shift using simple, inclusive language and meeting young people where they are.
- Sustainable alternatives are not just an option, but a necessity. With increased attention from policymakers and stakeholders, the momentum is building, but sustained action, open dialogue, and collective responsibility are essential.

## Strengthening Partnerships for Menstrual Health, WASH and Sustainable Development



In observance of World Menstrual Hygiene Day 2026, a collaborative consortium of organisations, namely NetWwater, FPA Sri Lanka, Rotary Club of Colombo West, Perera and Sons PLC, the Marga Institute, and Appe Lanka Foundation organized an advocacy initiative bringing together leaders and advocates working across menstrual health, Water, Sanitation and Hygiene (WASH), climate resilience, and sustainable development.

Held at FPA Sri Lanka, the event was honoured by the presence of Chief Guest H.E. Dewi Gustina Tobing, Ambassador of Indonesia to Sri Lanka and the Maldives. The keynote address by Ms. Kusum Athukorala explored the interconnectedness of Integrated Water Resources Management (IWRM), Water, Sanitation and Hygiene (WASH), Menstrual Hygiene Management (MHM), and Climate-Informed Action (CIA) in advancing community well-being. The programme featured insightful presentations by:

- Dr. Chintha Rupasinghe, Director SRH – FPA Sri Lanka, on menstrual health, dignity, and advancing equity within the SDGs

- Ms. Diluka Piyasena, Interim Coordinator – Global Water Partnership South Asia, on climate change, community water resilience, and menstrual hygiene management
- Ms. Shaan Corea, Founder/CEO of Appe Lanka Foundation, on bridging rural development, WASH, and MHM.

An interactive reflection session moderated by Amar Gunatilleke, Executive Vice Chairman of the Marga Institute, encouraged participants to identify key challenges, practical solutions, and collective pathways forward.

The discussions reinforced that menstrual health is not only a health issue, but also a matter of dignity, gender equality, climate resilience, education, and sustainable development. Strengthening partnerships and cross-sector collaboration remains essential to ensuring equitable access and breaking stigma for all.

## Rhythm of Love' Session Promotes Youth Health

FPA Sri Lanka conducted interactive SRH awareness sessions under the “Rhythm of Love” and “Rhythm to Life” initiatives, engaging both the National Youth Theatre Ensemble (150 students) and students of Gonagala Maha Vidyalaya, Ruwanwella, in collaboration with MAS LEGATO Pvt. Ltd. Facilitated by Dr. Amila Chandrasiri, the programmes used music and creative expression as engagement tools to explore relationships, health, and decision-making. The sessions created safe, reflective spaces that helped adolescents connect familiar rhythms with meaningful conversations on SRHR and informed life choices.



## The Final Restitution of the Collective Action Against Period Poverty (CAAPP) project



The Final Restitution of the CAAPP project was held marking the conclusion of the 2023–2025 initiative implemented by the French Embassy in Sri Lanka and the Maldives in collaboration with FPA Sri Lanka. The project focused on addressing period poverty across Sri Lanka's Northern and Central Provinces. The event commenced with opening remarks by H.E. M. Rémi Lambert, Ambassador of France to Sri Lanka and the Maldives, followed by a presentation of key research findings by Mihirani Dissanayake of Survey Research Lanka.

A roundtable discussion titled “Towards a sustainable response to menstrual poverty in Sri Lanka: lessons from the CAAPP project” was moderated by Widya Kumarasinghe of Everystory



Lanka. The panel brought together expert voices including Ranmali Abeysekera of the Selyn Foundation, Dr. Asanthi Balapitiya of the Health Promotion Bureau, Dr. Rashmira Balasuriya (Private Medical Practitioner), and Rakulan Kandasamy of Save a Life.

The session concluded with an engaging audience Q&A, followed by closing remarks delivered by Olivia Bellemere of the French Embassy in Sri Lanka and the Maldives.

This event marks a significant step forward in ensuring that sustainable menstrual hygiene solutions and dignity for all menstruators in Sri Lanka continue well beyond the life of the project.

## Strengthening SRHR Access for the Deaf Community RFSU Project



A stakeholder meeting was held to discuss proposed activities targeting the deaf community in Sri Lanka. Following a thorough selection process, FPA Sri Lanka reaffirmed its partnership with the Sri Lanka Central Federation of the Deaf to implement initiatives promoting sexual and reproductive health, rights, and justice (SRHRJ).

Representatives from the Ministry of Education, including the Departments of Special Education,

School Health and Nutrition, and Publications, along with the National Institute of Education, the Health Promotion Bureau, the Family Health Bureau, and UNFPA, provided guidance on the regulatory and preparatory steps required for implementation. Four key activities were planned: developing a video glossary of essential SRHR terminology from the school curriculum as a teaching aid; conducting review sessions with trained teachers from special schools in the Western, Central, and Northern provinces to monitor knowledge dissemination; training sign language interpreters on SRHRJ and related content; and organising one-day awareness programmes for deaf students in special schools, facilitated by MOH doctors and trained interpreters.

Representatives from the Ministry of Education, including the Departments of Special Education, School Health and Nutrition, and Publications, along with the National Institute of Education, Health Promotion Bureau, Family Health Bureau, and UNFPA, provided guidance on regulatory and preparatory steps required for implementation.

## Strengthening International Partnerships: Learning Visit to RFSU and Sex & Samfund



Executive Director Dr. Ruchitha Perera, Director of Marketing Mr. Suhail Junaid, and Project Consultant Ms. Desaree Soysa conducted a learning visit to Riksförbundet för Sexuell Upplysning – RFSU – IPPF Sweden. The delegation shared FPA’s programmes, strengths and technical expertise and project updates, while the RFSU team shared their strategies for working in the project areas.

The team also held discussions with senior representatives from RFSU’s key departments, including teams working on the clinic services, communications and advocacy, fundraising and membership, sexual and reproductive health and rights (SRHR) policy, Comprehensive Sexuality Education (CSE), programme management, and international cooperation.

This ongoing partnership supports four key thematic areas: Comprehensive Sexuality Education (CSE) and SRH awareness programmes for youth in the Nuwara Eliya and Puttalam districts; disability inclusion and SRHR initiatives focusing on the deaf community; medical termination of pregnancy; and the prevention of sexual and gender-based violence.



The FPA team met with the RFSU Leadership Team, including Ingela Holmertz (Secretary-General), Lina Fridén (President of the Federation), Tobias Hallerby (Chief Financial Officer), and Anna Edgren (Head of International Programme Activities).

Dr. Ruchitha Perera and Mr. Suhail Junaid visited RFSU Ltd and met with CEO Annika Jerveland and other senior officials to gain insights into the organization’s contraceptive marketing and commercial operations, while also sharing experiences and updates from FPA Sri Lanka’s own social marketing programme.



The FPA Sri Lanka team also visited Sex & Samfund – The Danish Family Planning Association, where they met with Executive Director/General Secretary Majbrit Berlau and the team. The visit marked a meaningful moment, as it was also the setting for the launch of FPA Sri Lanka’s online donation platform, further strengthening opportunities for support and collaboration. During the visit, both organizations shared overviews of their respective scopes of work and key programme areas, fostering knowledge exchange and creating opportunities for shared learning.

## Bringing SRHR to the Forefront: FPA Sri Lanka at Medicare



FPA Sri Lanka took part in Medicare – International Healthcare Exhibition 2026, Sri Lanka's largest healthcare platform bringing together medical professionals, healthcare businesses, and the public in one place.

Organized under the patronage of the Ministry of Health Sri Lanka, Medicare continues to connect the public with trusted healthcare solutions, innovation, and the latest advancements in prevention, treatment, and technology.



In addition to showcasing our Social Marketing Programme (SMP) products, our team provided client consultations through Bloom by FPA Sri Lanka – Head Office Clinic, while raising awareness about the services of the Alokaya Counselling Centre.

Events like this create important spaces to raise awareness, strengthen partnerships, and ensure that quality sexual and reproductive health services remain accessible to all.

## Dealer Meeting in Galle – Building Partnerships!



The Social Marketing Programme held a dealer meeting in Galle with pharmacy owners to strengthen partnerships and enhance product knowledge. The session focused on engaging key frontline providers who directly serve customers, sharing updates, and reinforcing understanding of product benefits and responsible use to support informed service delivery.

## National Dialogue on Anticipatory Action in Sri Lanka



The National Dialogue on Disaster Preparedness was held on April 28 at the Sheraton Hotel, Colombo, bringing together government, non-governmental, and private sector stakeholders to strengthen anticipatory action in disaster management. Organized by the Disaster Management Center, UNFPA, the Australian Refugee Programme, and the Red Cross, the dialogue focused on integrating sexual and reproductive health within minimum humanitarian standards.

Representing FPA Sri Lanka, Dr. Chintha Rupasinghe (Director – SRH) and Mr. Sandun Adikari, Head of Service Delivery (Outreach) and SPRINT Project Focal Point participated in the discussions. A key outcome is FPA's role in the expert panel developing a national roadmap to integrate SRH into Sri Lanka's anticipatory action framework for disaster management.



In conversation with  
**Ms. Zaroosha Farook**  
Head of Finance

**You have worked across sectors including aviation, consultancy, auditing, and now the development sector. What inspired your transition into the SRHR and non-profit space?**

My professional journey has taken me through auditing, consultancy, aviation, and now the development sector. Each stage has shaped me in a different way. Auditing and consultancy gave me a strong professional foundation, while my fifteen years at SriLankan Airlines taught me discipline, accountability, risk management, and the importance of strong systems in a complex and highly regulated environment.

When I was very young, I had a dream of one day being part of an NGO where I could contribute to society in a meaningful way. However, as life moved forward and financial responsibilities became a priority, I followed a

corporate career path. I am grateful for that journey, because it gave me the experience, confidence, and maturity I needed. When my personal financial responsibilities were more settled, the opportunity to join FPA Sri Lanka came at a time I least expected. Looking back, I believe it was meant to be. It allowed me to connect my professional experience with a mission that touches people's lives, dignity, health, and choices.

Coming from a middle-class background, I have seen the struggles faced by ordinary families, especially women and young people. Those experiences made me want to contribute, even in a small way, to work that could make a difference in one person's life. At FPA Sri Lanka, I found that purpose.

**With over two decades of experience in finance and governance, what have been some of the biggest lessons you have learned about leadership and accountability?**

One of the biggest lessons I have learned is that leadership is not about position; it is about responsibility. In finance, that responsibility is significant because we are entrusted with the resources, credibility, and trust of the organization.

Accountability means being answerable not only when things go well, but also when decisions are difficult. It requires courage to ask the right questions, strengthen controls, say no when necessary, and protect the organization even under pressure.

Over the years, I have learned that leadership must be built on integrity. Technical knowledge is important, but integrity is what sustains trust. A finance leader must be fair, disciplined, transparent, and consistent. As a woman and a Chartered Accountant, I have also learned that confidence is built through competence, resilience, and values. There will always be

challenges, but when decisions are guided by ethics and the best interest of the organization, we are able to stand firm.

**Finance is often seen as numbers and compliance, but behind every figure there is a story. How do you see the connection between financial management and the real impact FPA Sri Lanka creates in communities?**

Finance is often seen as number crunching, reports, budgets, and compliance. But to me, every number tells a story. Behind every figure, there is a service delivered, a clinic supported, a community reached, a young person gaining awareness and knowledge to make informed decisions, or a woman receiving care and support.

In here, finance is not separate from the mission. It enables the mission. When funds are properly planned, monitored, and protected, services can continue, donor commitments can be fulfilled, and communities can be reached more effectively. The figures may be recorded in accounts, but the real impact is seen in the lives touched through the work of FPA.

**In your experience, what helps build long-term trust and credibility with donors, partners, and other stakeholders in an organization like FPA Sri Lanka?**

Long-term trust is built through transparency, consistency, accountability, and honesty. Donors, partners, and stakeholders must have confidence that the organisation has strong systems and that funds are used responsibly for the intended purpose.

Timely reporting, proper documentation, compliance with donor requirements, clean audits, strong internal controls, and responsible communication all contribute to credibility. However, trust is not built only through reports. It is also built through how we respond to challenges,

manage risks, and remain honest in difficult situations.

In the development sector, credibility is one of the most valuable assets an organisation can have. It takes years to build and must be protected with care. For FPA, safeguarding trust also means safeguarding the mission and the people we serve.

**You have extensive experience in strengthening systems and internal controls. In your view, how does good governance contribute to the sustainability and growth of an organization like FPA Sri Lanka?**

Good governance is the foundation of sustainability. An organisation cannot grow on commitment alone. It must also have strong systems, clear policies, proper controls, responsible decision-making, and effective oversight.

For us, as an organisation, governance is especially important because we work with donor funds, public trust, sensitive services, and communities that depend on us. Strong governance helps manage financial, operational, compliance, reputational, and sustainability risks.

Internal controls are not barriers; they are safeguards. They protect the organisation, strengthen decision-making, and ensure that resources are used properly. When I look at governance, I see it as a responsibility to protect the continuity of FPA. Every policy strengthened, every control improved, and every risk identified early contributes to the Association's ability to serve not only today, but also future generations.

**This year's Annual Report reflects many achievements across the Association. From a finance and governance perspective, what are some milestones or improvements you are especially proud of?**

From a finance and governance perspective, I am especially proud that FPA Sri Lanka continued to remain financially stable and accountable during a year that was not without challenges. The 2025 financial statements received a clean audit opinion, confirming that they give a true and fair view in accordance with SLFRS for SMEs.

To me, this reflects the discipline, commitment, and integrity of the finance function and the wider organisation. I am also proud that the Association was able to maintain strong donor confidence, with total grant funding of LKR 519 million during the year, while continuing to receive support from key partners such as IPPF, the Global Fund, RFSU and others. In a changing global funding environment, this is an important achievement.

Another milestone is the continued growth of the Social Marketing Programme, which generated LKR 1,283 million in contraceptive revenue in 2025. This is more than just income; it strengthens access to affordable contraceptive products while supporting the organisation's financial sustainability.

From a governance perspective, we continue to place strong emphasis on risk management, strengthening internal controls, and structured oversight. The organisation's risk management framework supports better planning, informed decision-making, accountability, and the protection of donor funds, organisational assets, and stakeholder trust. These measures are essential not only for compliance, but also for ensuring that the organization remains resilient, responsible, and sustainable.

What gives me the greatest satisfaction is knowing that these improvements are not only financial achievements. They help protect the continuity of FPA, strengthen donor and

stakeholder confidence, and support the Association's ability to serve communities with dignity and care. As Head of Finance, I see these milestones as part of our responsibility to keep the organisation strong, sustainable, and true to its mission for the years ahead.

**Many young professionals, especially women, aspire to build careers in finance and leadership. What advice would you give them about navigating their professional journeys with confidence and integrity?**

My advice to young professionals, especially women, is to build your career on knowledge, discipline, courage, and integrity. Technical skills are important, but your values will define the kind of professional and leader you become.

Confidence does not come overnight. It comes through preparation, responsibility, learning from mistakes, and having the courage to face challenges. Do not be afraid to ask questions, accept difficult assignments, and step into spaces where you may not always feel comfortable. Most importantly, never compromise your integrity. In finance, credibility is your greatest strength. Once trust is lost, it is very difficult to rebuild.

As women, we must support one another in the right way – with honesty, fairness, and genuine encouragement. Leadership is not only about reaching a position; it is about opening doors, building confidence in others, and leading with integrity rather than self-interest. True leadership should inspire trust, and should show that it is possible to lead with both strength and compassion.

I would encourage young professionals to see their work beyond a job title. Whatever role we hold, our contribution should strengthen the institution, support others, and create value beyond ourselves.

Looking ahead, what are your hopes for the future of FPA Sri Lanka, and how do you see the finance function evolving to support the organization's long-term vision?

My hope is that FPA Sri Lanka will continue to grow as a trusted, sustainable, and impactful organisation, remaining true to its mission and purpose.

The needs of communities are changing, donor funding is becoming more challenging, and organisational risks are becoming more complex. Therefore, the finance function must also evolve. It must move beyond traditional accounting and become more strategic, analytical,

technology-driven, and forward-looking.

Finance must support the organisation through stronger planning, improved resource allocation, better cost management, digital transformation, and long-term sustainability. It must help the Association understand not only how money was spent, but how every resource can be used more effectively to create greater impact.

As Head of Finance, I see my role as protecting the financial integrity of the Association while enabling its mission. This means strengthening systems, improving financial information for

decision-making, managing risks early, supporting responsible investments, and ensuring that funds are directed to areas where they can make the greatest difference.

Looking ahead, the continued strength and relevance of the Association will depend on the collective efforts of its governance, management, staff, volunteers, members, partners, and all others connected to its mission. My hope is that FPA Sri Lanka will continue to build on its strong foundation, serve communities with dignity, responsibility, and compassion, and remain responsive to the needs of future generations.

## Building Young Minds Through Fun and Learning!

The Alokaya Counselling Centre conducted an engaging, activity-based session at Child Action Lanka, focusing on enhancing children's concentration, memory, interpersonal skills, and teamwork. The session was facilitated by Ms. Hema Ranawake, Assistant Director of Alokaya Counselling Centre, with the support of Assistant Counsellor Ms. Tharushi Perera and volunteer Ms. Salma Mohommad. Through interactive and enjoyable activities, the children actively participated, developing key life skills in a positive and supportive learning environment. The Centre remains committed to promoting holistic child development through meaningful and structured psychosocial support initiatives.



## Bringing Essential Health Services to Communities

FPA Sri Lanka's Medical Unit collaborated with the Faculty of Medicine, University of Colombo, for the "Wassana Diyawara" community medical camp in Mahagalwewa, Suriyawewa. Over 50 women accessed cervical cancer screening, breast examinations, and gynaecology consultations.

The programme highlighted the value of partnerships in strengthening community access to essential sexual and reproductive healthcare services.



## Women's Celebration Art Gallery: Celebrating Creative Resistance

As part of its Women's Day celebrations, FPA Youth launched the Women's Celebration Art Gallery, an initiative exploring the intersection of art, feminism, and creative resistance. The competition invited participants from across Sri Lanka to reflect on issues affecting women and girls through visual expression.

The gallery received over 40 submissions from around the island across photography, mixed media, paintings, and drawings, showcasing diverse perspectives, lived experiences, and powerful calls for gender justice.

Entries were reviewed by a distinguished panel of judges comprising Rea Samsudeen, Purnima Singh,

and Kumi Samuel, each bringing extensive experience in advocacy, gender justice, and creative engagement. Following a highly competitive selection process, three winning artworks were chosen and awarded cash prizes in recognition of their outstanding artistic merit and powerful messages.

The initiative provided a platform for artists to challenge norms, amplify marginalized voices, and demonstrate the transformative power of art as a tool for feminist expression and social change.

Scan to explore all entries and the stories behind the artwork.



Artist: Shehara Silva  
Medium: Mixed media  
First Place



Artist: T. Jeykumar  
Medium: Oil on Canvas  
Second Place



Artist: Abdul Gafoor Fathima Zeenath Thoofa  
Medium: Mix Media  
Third Place

## CSE Programmes Led by the FPA Youth Team

FPA Youth, together with the Wathupitiwala Service Delivery Point team conducted a Comprehensive Sexuality Education (CSE) programme with sessions on reproductive health, adolescence, contraception, and on SOGIESC awareness for the Attanagalla Youth Corps.

In addition, a separate session was conducted in collaboration with the Nuravi Foundation for 250 students of Upananda College, Manawila, Galle. Facilitated by Dr. Amila Chandrasiri with support from Mrs. Chishani Thenuwara, Attorney-at-Law, the session strengthened students' understanding of SRHR through interactive learning and discussion.



## Supporting Youth Wellness at SHE'volve 2026

FPA Youth served as the Official Health & Wellness Partner for SHE'volve 2026, organised by AIESEC at the University of Colombo. The event focused on youth empowerment, wellness awareness, and meaningful engagement, strengthening conversations around health, personal growth, and well-being among university students.



## Building Inclusive Corporate Leaders



FPA Youth hosted a SOGIESC sensitisation session at the FPA Head Office for 25 young professionals from diverse corporate backgrounds. Facilitated by Wathsala Herath, the three-hour session focused on building clarity around gender diversity and sexual orientation, challenging myths and misconceptions, and strengthening inclusive attitudes within workplace settings. Through interactive discussions, lived experience reflections, group activities, and an engaging Q&A, participants gained both knowledge and practical tools to foster respectful and safe environments.

By investing in these critical conversations today, we are nurturing a generation of corporate leaders committed to creating equitable, stigma-free workplaces for tomorrow.

## SOGIESC Awareness with Leo Club Attanagalla Victory



In collaboration with the Leo Club of Attanagalla Victory, FPA Youth conducted a Sexual Orientation, Gender Identity, Expression, and Sex Characteristics (SOGIESC) awareness workshop for members across the Leo network.

**Welcome**

**To The Team**



**R. Linthujan**  
Programme Assistant  
Kilinochchi SDP



**D.S. Jiffry**  
Counsellor  
Pallekelle SDP



**R.G.N.Tharanga**  
Programme Assistant  
Ampara SDP



**R.R.J.Ruplin**  
Counsellor  
Kilinochchi SDP



**H.A.D.G.Kavidu**  
Muti Duty Assistant



**J.A.N.M.Jayasuriya**  
Project Coordinator  
FGMC Project



**P.H.P.S.De Silva**  
Counsellor  
Puttalam SDP



**A.R.G. De Zoysa**  
Accounts Executive



**M.M.Dilshani**  
Accounts Assistant



**A.A.K.N.Siriwardhane**  
Stores Assistant



**J.P.K.A. Jayalath**  
Manager – SRH Institute



**I.H.Coomasaru**  
Credit Controller

## IPPF SPRINT Project – Steering Committee Meeting

The first Steering Committee meeting of 2026 marked a strong start to the year, bringing together key stakeholders, including representatives from the Disaster Management Centre, the health sector, UNFPA, and the Sri Lanka Red Cross.

Discussions reaffirmed the importance of continued multi-sectoral collaboration and strengthened commitments to integrating sexual and reproductive health into humanitarian preparedness, coordination, and response mechanisms.



### Strengthening Resilience: IPPF-SPRINT Team Evaluates Progress in Batticaloa



From April 21st to 23rd, The International Planned Parenthood Federation – IPPF team, Dr. Diana Pulido – Head of Humanitarian Quality Services – IPPF and Ms. Apurva Rastogi – AOC – IPPF, South Asia Region visited the Batticaloa Service Delivery Point and conducted a comprehensive monitoring visit to review project impact and success stories from the SPRINT emergency response efforts by FPA carried out after Cyclone Ditwah. Over the three days, the team engaged with a diverse range of stakeholders, including:

- **Service Providers & Government Authorities:** Consultations were held with the Disaster Management Centre (DMC), the Medical Officer of Maternal and Child Health, and specialists in HIV/STI and Mental Health
- **Community Based Organizations (CBOs):** Partners such as the Surya Organization and Women in Need (WIN) shared insights on local implementation and advocacy.
- **Beneficiaries:** The team conducted Focus Group Discussions (FGDs) with youth, pregnant mothers, the LGBTQIA+ community, and persons with disabilities to gather firsthand accounts of the project's impact and document success stories.

### Empowering Youth Through Peer Education – RFSU Project



A Comprehensive Sexuality Education (CSE) Roll-Out Session was conducted for youth from the Mundalama MOH Division in the Puttalam District. The session was facilitated by trained youth leaders from the Youth Network for Health – Puttalam, who have been equipped as peer trainers on Sexual and Reproductive Health, Rights and Justice (SRHRJ) and Comprehensive Sexuality Education (CSE).

During the one-day programme, participants engaged in discussions on key topics including puberty, reproductive anatomy, menstruation, pregnancy, and sexually transmitted infections and diseases (STIs/STDs), enhancing their understanding of essential health and well-being issues.

This initiative highlights the impact of peer-led education in promoting SRHR awareness among young people. It strengthens community-level understanding while empowering youth to become informed advocates for their own health and rights.



## Completion of Sustainable Social Entrepreneurship Training

The Sustainable Social Entrepreneurship Business Module under the IPPF Stream II Sex Work Consortium Policy Project was successfully completed with the support of Business Consultant, Dr. Lasantha Wickremesooriya.

Over five days, participating organizations engaged in intensive learning on building sustainable social enterprise models. The programme concluded on 10th June, where each organization presented their developed business concepts.

Continued support will be provided to strengthen and operationalize these social enterprises. This includes financial assistance, along with technical guidance and other key resources for each organization to support long-term sustainability.



## Safeguarding Workshop for FPA Sri Lanka staff

Staff from FPA Sri Lanka Head Office and Service Delivery Points islandwide came together for a Safeguarding Workshop facilitated by Ms. Naushalya Rajapaksha, Attorney-at-Law and Human Rights Practitioner.

The session explored key safeguarding principles, prevention and response mechanisms, individual and organizational responsibilities, reporting pathways, and the importance of fostering a culture of respect, accountability, and protection. It strengthened staff understanding of safeguarding best practices and reinforced our commitment to creating safe, inclusive, and supportive environments for everyone we serve and work alongside.

Safeguarding is everyone's responsibility, and continuous learning helps ensure that the rights, dignity, and well-being of all individuals remain at the heart of our work.



## Welcoming a New Batch of Psychology Graduates

The Alokaya Counselling Centre commenced its second internship programme of the year for psychology graduates. The programme was inaugurated with the support of Dr. Chintha Rupasinghe, Director – Sexual and Reproductive Health, while the orientation session was facilitated by Ms. Hema Ranawake, Assistant Director of Alokaya.

The internship offers graduates a valuable opportunity to gain practical experience, build professional skills, and apply their academic knowledge in real-world settings. Through this experience, participants will further develop their capacity to provide ethical and responsible psychological services while gaining exposure to working with diverse and underserved communities.



## Strengthening Understanding on SOGIESC



A Sexual Orientation, Gender Identity and Expression, and Sex Characteristics (SOGIESC) sensitization session was held for FPA head office staff, facilitated by Dimithri Wijesinghe, with a similar session conducted for the Attanagalla Youth Corps. The sessions created an open and engaging space for dialogue and learning, strengthening awareness while promoting respect, inclusion, and understanding. This initiative was supported by IPPF SARO.

## Advancing Youth Knowledge on SRH



FPA Sri Lanka contributed to the Post-Orientation Programme 2026 of the Faculty of Indigenous Social Sciences and Management Studies (FISSM) at Gampaha Wickramarachchi University of Indigenous Medicine. Dr. Chintha Rupasinghe, Director SRH conducted a session on Sexual and Reproductive Health Awareness, providing undergraduates with essential knowledge to make informed decisions, promote healthy relationships, and safeguard their well-being.

## ReproSex: International Journal

ReproSex: International Journal on Sexual and Reproductive Health - Vol. 1, Issue 2 is now available on the Sri Lanka Journal Online Platform. Explore the latest research and insights on sexual and reproductive health in Sri Lanka.

Scan the QR Code to read.



## Sequins and Stilettoes: Celebrating Pride 2026



FPA's Youth Team, in collaboration with the Advocacy Department, hosted Sequins and Stilettoes in celebration of Pride 2026. The first segment was a Bollywood themed-movie screening, followed by a dance masterclass centred on movement, healing and self-expression. The event also included a free mehendi stall and Indian snacks.

The second segment of Sequins and Stilettoes included a drag movie screening followed by a makeup masterclass sponsored by Viana Cosmetics. This two-part event series created a vibrant and inclusive space for celebration and community.

## Outreach Unit Activities

The Outreach Unit has been actively engaged this quarter in conducting Comprehensive Sexuality Education (CSE) workshops, mobile clinics, and facilitating youth club meetings across Service Delivery Point (SDP) branches, while also organizing youth camps in Cyclone Ditwah-affected areas, strengthening community outreach and youth engagement at community level. Here are some picture highlights.



CSE session at BT/ Puthukkudiyiruppu Kannaki Maha Vidyalayam – Batticaloa SDP



Mobile Clinic for the Civil Security Department – Kanagapuram Camp – Killinochichi SDP



Mobile Clinic at CBL (Munchee) Exports – Seethawaka SDP



Youth Club Meeting –Koggala SDP



Disaster Management Working Group Discussion – Pallekelle SDP



Mobile Clinic in Nawagaththegama Puttalam SDP



Youth Camp at the Vocational Training Authority (VTA) Nuwara Eliya SDP



CSE Session at Youth Training Centre – Ampara SDP



CSE Session for Attanagalla Youth Corps – Wathupitiwala SDP



Youth Camp in Passara Moneragala SDP

## New Board of Directors appointed at FPA Sri Lanka's 55<sup>th</sup> AGM



FPA Sri Lanka held its 55<sup>th</sup> Annual General Meeting on the 27<sup>th</sup> of June at the FPA Head Office, where a new Board of Directors was elected for the 2026–2028 period.

The Board of Directors serves as the main body of governance for the Association, ensuring the

organization maintains credibility, accountability, and transparency. While policy-related decisions are made at the Board level, all operational-level decisions are handled by the Senior Management Team. Additionally, five Technical Advisory Committees oversee specific operational and administrative

areas. FPA Sri Lanka extends its heartfelt gratitude to the outgoing Board of Directors for their exemplary service and dedication throughout their tenure. Their contributions have been instrumental in guiding the Association towards achieving its goals and advancing its mission.

**Appointees for 2026 – 2028:**

- Hon. President  
*Mr. Asanga Karunaratne*
- Hon. Vice President  
*Ms. Jayomi Marasinghe*
- Hon. Assistant Secretary  
*Ms. Methara Serasundera*
- Hon. Treasurer  
*Mr. Sanath Wijesinghe*
- Hon. Assistant Treasurer  
*Mr. Gordon Aponso*
- Chairperson Sexual and Reproductive Health Services Committee  
*Professor Sanath Lanerolle*
- Chairperson Youth Services Committee  
*Ms. Kritanjali Ratnasabapathy*
- Chairperson MarCom Committee  
*Ms. Shehara De Silva*
- Chairperson Policy and Strategy Committee  
*Dr. Lahiru Kodituwakku*

We look forward to a productive and impactful term under their leadership.



The 2025 Annual Report, The Art of Social Change, captures a year of progress, resilience, and impact. Scan the QR code to view the full Report.

**Celebrating Tradition, Strengthening Bonds**



The FPA Sri Lanka team welcomed the New Year on the 20<sup>th</sup> of April at the Head Office, with fellowship games and festive treats, celebrating unity, cultural pride, and the spirit that drives our work.

We want to hear your views and suggestions! Please write to: FPA Sri Lanka, 37/27, Bullers Lane, Colombo - 07, Sri Lanka.

E-mail : fpa@fpasilanka.org Web : www.fpasrilanka.org Tel : +94 11 255 5455