

# EQUALITY

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*International  
Human Rights  
Day 2017*

## COLOMBO PRIDE 2018

-PEACE & LOVE-

**PEACE EXPO & COLOMBO  
FOOD FEST 2017**

**I'M HERE, I'M QUEER**  
I'm getting used to it



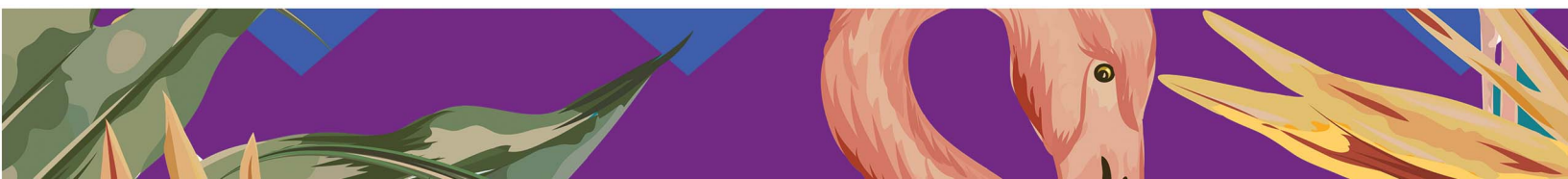
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# Editorial

**I**t's a new year, and much has happened over the past three months. We successfully provided scholarships under the Women on Top Scholarship program. Six LB women from our community received scholarships to help start and continue their education, assist with their vocational training and support their small businesses.

Last December at the commemoration of Human Rights Day, EQUAL GROUND launched the report of the Mapping survey of LGBT persons conducted in Colombo, Kandy, Matara & Nuwara Eliya. The report highlighted a staggering 19.6% of the population of the 4 districts identified as L, G, B, or T. Although this percentage may have been skewed on the high side due to the fact that our enumerators were LGBT friendly and interacted frequently with community members, it could be said that data could also be skewed on the low side as many might not divulge their SOGI to non LGBTIQ enumerators for obvious reasons. It was also shocking to see the continued discrimination faced by our community. The study showed that over 25% of LGBT members were in forced heterosexual marriages, 46.7% of LGBT people experience police harassment, 72.2% were refused education, 57.14% were terminated from work, and 70% were denied medical assistance. Some face physical and sexual abuse as well as emotional distress due to their sexual orientation and gender identity and expression.

On a positive note, we were invited to take part at the Peace Expo hosted by the Ministry of National Integration and Reconciliation at the Independence Square for International Human Rights Day 2017, which included a march at which community members proudly walked publicly with Rainbow flags. Rather than face harassment, scorn or bullying, the marchers were joined by the many non LGBTIQ marchers on the road that day in sing songs and a show of solidarity and camaraderie - with a few well-placed toots of the horn by supportive motorists along the way! We see this as progress from where we were 3 years ago, where marching on the road may not have been this gladly looked upon.

EQUAL GROUND began 2018 with the launch of the 135 Campaign. We are happy to report that three months in, we've managed to quadruple the support from last year on our online petition. To sign the petition and lend your voice to ending the 135 years of systematic discrimination and abuse faced by the LGBTIQ community of Sri Lanka go to <https://www.change.org/p/end-135-years-of-criminalisation-of-same-sex-conduct-in-sri-lanka>. BE the change you wish to see in our country!

Colombo PRIDE 2018 is around the corner, and we are preparing for nearly three weeks of celebrations this year. Our Colombo PRIDE 2018 line up is published here, but if you need breaking updates of events and venues and other pertinent information, please do like our Colombo PRIDE Facebook Page. We hope to see more and more of you at our events!

EQUAL GROUND is always looking for allies and friends who will help us create a safe and peaceful place in this country for our LGBTIQ community members. To increase our support base and to also encourage more families and friends to accept

their LGBTIQ family members and friends, we launched the group FAMILIES AND FRIENDS OF LGBTIQ (FFLGBTIQ) and held the first ever meeting of this group in February 2018. It is increasingly evident that just as much as coming out is hard for the LGBTIQ community, accepting and supporting a family member or friend that is LGBTIQ is also a 'coming out' process for many families and friends as well. Eventually, we all have to realise that being LGBTIQ is not a deliberate act to break up a family or bring shame on them. Being shunned by one's family is the most heart breaking and devastating thing that can happen to a person. Fostering understanding and being there to support those families and friends, who are struggling to accept their LGBTIQ child or friend, is foremost at FFLGBTIQ. Future plans include frequent meetings, peer support and counseling services in order to nurture a better understanding of the issues which will in turn stop the friction and trauma between parents, families and friends and their LGBTIQ family member/friend.

EQUAL GROUND is constantly striving to create a platform or space whereby friends, allies and LGBTIQ persons can get together in solidarity and fight against the constant harassment and discrimination the LGBTIQ community faces in this country. Foremost on our radar is of course, decriminalisation. It's sad that 70 years past independence and 135 years since the British brought these appalling laws to our country, the LGBTIQ community are still marginalized, discriminated and treated harshly and disrespectfully.

On May 17th 2018 we commemorate the International Day against Homophobia, Transphobia and Biphobia or IDAHOT as it is popularly referred to. Join us on this day as we talk about ways forward and how we can hold the Government of this country accountable for their commitment at the Universal Periodic Review of Sri Lanka last November, to put in place measures to combat discrimination and criminalization of the LGBTIQ community.

The many unexpected changes and political uncertainties that continue to shadow progress in this country are alarming. We need to all keep in mind that we are all citizens of this country and as such, we shouldn't be promoting the discrimination of others, under any circumstance. As a minority community we know first-hand what it means to be marginalized and experience stigma and discrimination on a regular basis. So, let's look at all our brothers and sisters as one family, one nation and continue to spread messages of love and peace. Hatred and war must not have a footing in our island paradise.

As Bob Marley would say: *"One love, one heart, let's get together and feel alright."*

Wishing you all a Happy Colombo PRIDE - let's get together and feel alright!

Peace and Love!

Rosanna Flamer-Caldera  
Executive Director



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Get-together

Women on Top

# அப்பா PARTY



**T**he Women on Top Appa party took place on the 19th of January, 2017 at the EQUAL GROUND office. **Women on Top** is an initiative launched by EQUAL GROUND to open up opportunities for lesbian and bisexual women looking to pursue vocational or educational training. During the event, we introduced our scholarship winners and enjoyed the night with a dinner that served hoppers as a tongue in cheek way of ridiculing the derogatory term used for lesbians.

EQUAL GROUND கார்ட்டை சர்வீஸ் வுல்டீ "The Women on Top" சமூகமீட சவ்வைடி சூதடி தமூடி 2017 சனவரி மச 19 வத டீத சவ்வைடி லடி. "**Women on Top**" டது மூடுகவமூ சமூரிசு காத்நா தா டீவீரிசு காத்நாவத் வெதுவெத் டு வடகசுமககி. விகீடி மூடித்மே வாத்நீச தா டகடாசதிக சூதுது வடகசுமகத் சடதா மசுதவ்வை லமூடிம சீடககடி டதர வீடித மசுதவ்வை வடகசுமககை சீசுமூகககிசீத் மே தமீ சூகாடி கைமூ மூடித் தடித்வா டுத்ஓ.

வுமென் ஓன் டாப் ஆப்ப பார்ட்டி "**Women on Top**" -Appa party) 19ம் திகதி தை மாதம் EQUAL GROUND அலுவலகத்தில் நடைபெற்றது. வுமென் ஓன் டாப் ஆப்ப என்பது, லெஸ்பியன் மற்றும் இருபால் பெண்களுக்கு தொழில் அல்லது கல்வித் துறையைத் தொடர வாய்ப்புகளைத் திறப்பதற்கு தொடங்கப்பட்ட ஒரு முயற்சியாகும். நிகழ்வின் போது, நாங்கள் எங்கள் புலமைப்பரிசில் வெற்றியாளர்களை அறிமுகப்படுத்தினதுடன் மற்றும் இரவு உணவு வழங்கப்பட்டது.



# PEACE EXPO & COLOMBO FOOD FEST 2017

**P**ace Expo and Colombo Food Fest 2017, launched by UN Sustainable Development Goals Action Campaign, was held on the 9th and 10th December 2017, on Premakeerthi De Alwis Mawatha, from 10am to 10pm.

The annual event provided NGOs, NPOs, CSRs, and other humanitarian projects an opportunity to connect with the public and raise awareness on a wide range of issues, such as peace, human rights, and environmental responsibility

The event consisted of a food festival, which featured organic food from various vendors, a media zone, which offered a platform for various social media to converge and find solutions to global issues, and finally, White Night Walk, a walk to celebrate Human Rights Day on the 10th of December.



EQUAL GROUND was honoured to be a part of the event and showcase our campaign for, 16 Days of Activism Against Gender-Based Violence **“Break the silence against LGBT violence”**. The campaign focused on forced marriages of lesbians, abuse of lesbian couples face in social contexts, sexual abuse of gay men by law enforcement and peers, sexual violence faced by Transmen, and sexual abuse and street harassment faced by Transwomen. Leaflets about our campaign and the services we offer were distributed, and we were able to raise awareness on the issues of gender-based violence and present them to a diverse group of people.



එක්සත් ජාතීන්ගේ ධරණීය සංවර්ධන අරමුණු ක්‍රියාත්මක ව්‍යාපාරය විසින් **“Peace Expo and Colombo Food Fest 2017”** ප්‍රදර්ශන වැඩසටහන දෙසැම්බර් මස 9 හා 10 යන දෙදින තුළ උදෑසන 10 සිට රාත්‍රී 10 දක්වා ප්‍රේමකීර්ති ද අල්විස් මාවත හිදී පවත්වන ලදී.

වාර්ෂිකව පවත්වන මෙම අංශය හරහා NGOs, NPOs, CSRs සහ මානුෂීය ව්‍යාපෘති සඳහා සාමය , මානව හිමිකම් සහ පාරිසරික ගැටළු යන විවිධ ගැටළු පිළිබඳව මහජනතාව දැනුවත් කිරීමට හා ඔවුන් සමඟ සබඳතා වර්ධනය කරගැනීමටත් මෙන්ම එකී ගැටළු පිළිබඳව දැනුවත් කිරීමේ අවස්ථාවකටද ඉඩ සැලසිණි.

ඒ හා සමගාමීව කාබනික හා ඖෂධීය ගුණාති විවිධ ආහාර වර්ග වලින් යුක්තව **“කොළඹ ආහාර ප්‍රදර්ශනය 2017”** (Colombo food festival) පැවැත්විණි. එහිදී විවිධ ගෝලීය ගැටළු සඳහා පිලියම් සෙවීමේ අරමුණින් පුළුල් මාධ්‍ය ආවරණයක් ද ලබා දී තිබුණි. අවසානයේදී මානව හිමිකම් දින සැමරුම වෙනුවෙන් දෙසැම්බර් 10 වන දින **“White Night Walk”** නමින් පාගමනක් දියත් කරන ලදී.

EQUAL GROUND ආයතනය මෙම මානව හිමිකම් දින සැමරුමට සමගාමීව පැවති **“Peace Expo and Colombo Food Fest 2017”** එහි පාර්ශවයක් වීම හරහා ස්ත්‍රී පුරුෂ සමාජභාවය මත පදනම්ව සිදුවන හිංසනයන් සඳහා වූ දින දහසයේ ක්‍රියාකාරීත්ව ව්‍යාපාරය තව දුරටත් පුළුල් කරමින් LGBT ප්‍රජාවට එරෙහි හිංසනයන් වෙනුවෙන් නිහැකියාව බිඳ දැමීමට එකී අවස්ථාව දායක කරගන්නට හැකි විය.

லிம் வியாசாரச்சேதி ஈர்ஜிஸ் பூவுீ ச஡ீரிசி காவ்வைல் ஡ல்லைக்காரச்சேதி லீவாக கர்஢ீ஡, சலாச ச஢ீ஢ீறகை வுல ச஡ீரிசி காவ்வா கி஑கை, கீகி ஡ல்லை஡க கர்஢ீவை னா சாலாகை ஑காவலல்ை ச஡ீரிசி ஑சுவலல஡ சி஢ூவக லீ஡கை கி஑கை, ச஑்஑ுவீ஡ி லீ஡கை ஑சுவல ஡ி஑ு஑ ஢ே஑ ஡஡க லீ஡கை கி஑கை சி஢ீ஡஢ு ஢ூ஑ுவல் கீ஡ீ஡ல் கல ஈ஡ர் ஡ே஡ீ஢ீ ஡ூ஢ீன ஑஡ீகா னர்னா சீ஡ீ ஑ூ஑ச சலாசவாலய ஡க ஑஢ு஡ீல சி஢ூவக கி஑கைகல் சி஢ீ஡஢ு ஢ுே஡ாசயல் ஈ஑ுவல் ஡க஑கைவா ஢ூ஑ுவல் கீ஡ீ஡ல் லீ஡ீ஢ீ சி஢ூவீச.

**ச஡ாதான கண்கா஢்சி ஡ற்றும் கொழும்பு ஃணவு விழா**

ச஡ாதான கண்கா஢்சி ஡ற்றும் கொழும்பு ஃணவு விழா 2017, ஐ.நா. நலையான அபிவிருத்தி ஡லக்குகள் அதிரடி ஑ிரச்சாரத்தால் ஡லா஢்க஑்஑஢்டது. 9 ஡் ஡ற்றும் 10 ஡் ஡ிகதி ஢ிச஡஑்ர ஡ாதத்தில் ஑ிரே஡கீர்த்தி ஡ அல்வில் ஡ாவத்தையில் காலை 10 ஡ணியிலிரு஑ு ஡ாலை 10 வரை ந஢ட஑ெற்றது.

஡ந்த வரு஢ாந்த நிகழ்ச்சி ஃனது NGOs, NPOs, CSRs ஡ற்றும் ஑ிற ஡னி஡ா஑ி஡ான ஡ிட்டங்களை ஑ொ஑ு ஡க்களு஢் ஡ிணைக்க ஡ற்றும் ச஡ாதான, ஡னித ஃரி஡ைகள், ஡ற்றும் சற்றுச்சுழல் ஑ொறு஑்பு ஑ோன்ற ஑ர்ந்தளவிலான விவகாரங்களில் விழி஑்புணர்வை ஈற஑ு஢ுத்஑ும் வா஑்஑்பை வழங்கியுள்ளது.

஡ந்த நிகழ்வில் ஑ல்வேறு ஃணவு விற்ற஑னையாளர்களிட஡ிரு஑ு ஡ியற்றகை ஃணவை கொ஢்஢ ஃணவு ஑ண்஢ிகை ந஢ட஑ெற்றது, ஑ல்வேறு சழக ஃ஑கங்களுக்கான ஃலகளாவிய ஑ிரச்சினைகளுக்கு ஡ீர்வு காண஑தற்கான தள஡ாக ஃ஑க ஡ண்஢லம் காண஑்஑஢்டது. ஡று஡ியில் வெள்ளை ஡ை஢் வாக் ஑ண்஑ும் ஑ெயரில் ஡ார்கழி 10 ஡் ஡ிகதி ஡னித ஃரி஡ைகள் ஡ி஑த்தை கொ஢்஢ா஑ுவதற்காக வை஢்஢ை஢் வாக் ந஢ட஑ெற்றது (White Night Walk).



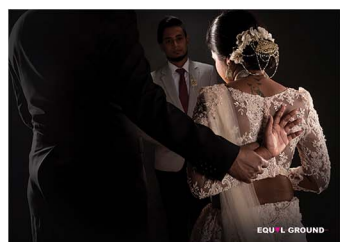
஡ந்த நிகழ்வில் EQUAL GROUND ஑ங்களித்து, 16 நாட்கள் ஑ாலின அடி஑்படையிலான வண்முறைக்கு ஑திரான செயல்முறை "LGBT வண்முறைக்கு ஑திரான அ஡ைதியை ஃடைக்க" ஑ன்ற ஑ிரச்சாரத்தில் ஑ரு ஑குதியாக ஡ியங்குவதை நினைத்து ஑ெரு஡ைய஢ைகிறது. ஡்஑்஑ிரச்சாரம் லெஸ்஑ியன்ஸ் க஢்டாய ஡ிரு஡ணம், சழக சுழ்நலைகளில் லெஸ்஑ியன் ஐோ஢ிகளைத் தவறாக஑ ஑யண்஑ுத்ததல், ச஢்ட அ஡லாக்கம் ஡ற்றும் சக நண்஑ர்களினால் கே ஃண்கள் ஑ாலியல் துஷ்஑ிரயோகம் செய்஑்஑டல், ஑ாலியல் வண்முறை, ஡ற்றும் ஑ாலியல் துஷ்஑ிரயோகம் ஡ற்றும் ஡ிருநங்கைகளினால் வீதிகளில் ஑தீர்கௌ்ள஑்஑஑ும் ஑ாலியல் வண்முறைகள் ஑ோன்றவற்றின் ஡ீது கவண் ஑ெலுத்தியது.



# International Human Rights Day 2017



Human Rights Day was held on the 10th of December 2017 at Sri Lanka Foundation Institute. It is an annual event organised by EQUAL GROUND to celebrate International Human Rights Day. A welcome speech was given by the Executive Director Rosanna Flamer-Caldera, on the situation of the LGBTIQ community of Sri Lanka and why it is important to discuss issues about the community. The photoshoot of the campaign for Gender-based violence, specifically looking at violence faced by the LGBT community, was launched and displayed at the event. EQUAL GROUND set out to map and understand the issues faced by the LGBT individuals in Sri Lanka. The pilot mapping study of conducted in Kandy, Colombo, Nuwara Eliya, and Matara showed a considerable number of individuals as well as outlined significant discrimination faced by community members. The findings were presented at the Human Rights Day commemoration, and the study is available on the EQUAL GROUND website for anyone interested in reading the study at length. Finally, the South Asian Human Rights Association's Annual Human Right Violation report was also presented before concluding the event.





# ජාත්‍යන්තර මානව හිමිකම් දිනය 2017



## මனிත உரிமைகள் தினம் 2017

මනිත உரிமைகள் தினம் டிசம்பர் 10, 2017 ல் இலங்கை மன்றக் கல்லூரி நிறுவனத்தில் நடைபெற்றது. இது சர்வதேச மனித உரிமைகள் தினத்தை கொண்டாடுவதற்கு EQUAL GROUND ஆல் ஒழுங்கு செய்யப்பட்ட வருடாந்த நிகழ்வாகும். இலங்கையில் LGBTIQ சமுதாயத்தின் தற்போதய சூழ்நிலை பற்றி மற்றும் இச்சமூகத்தை பற்றிய விவகாரங்களை கலந்துரையாடுவதன் முக்கியம் பற்றி நிறைவேற்று இயக்குனரான நோஷானா பிளமர்-கால்டெராவினால் வரவேற்புரையில் கூறப்பட்டது. பாலின அடிப்படையிலான வன்முறைக்கான பிரச்சாரத்தின், குறிப்பாக LGBT சமூகத்தால் எதிர்கொள்ளப்பட்ட வன்முறைகளைப்பற்றிய புதைபட்டதொகுதி பிரசுரிக்கப்பட்டு காட்சிக்கு வைக்கப்பட்டது. இலங்கையில் உள்ள LGBT நபர்கள் எதிர்கொண்டுள்ள பிரச்சினைகளைப் அறிந்து புரிந்துகொள்ளுவதற்கு EQUAL GROUND அமைக்கப்பட்டுள்ளது. கண்டி, கொழும்பு, நுவரெலியா, மாத்தறை ஆகியவற்றில் நடத்தப்பட்ட பைலட் மேப்பிங் ஆய்வு கணிசமான எண்ணிக்கையிலான தனிநபர்கள் மற்றும் சமூக உறுப்பினர்கள் எதிர்கொள்ளும் குறிப்பிடத்தக்க பாரபட்சங்களைக் கோட்டுக் காட்டியுள்ளது. ஆய்வின் கண்டுபிடிப்புகள், மனித உரிமைகள் தினம் நினைவுக் கூட்டம் ஒன்றில் வழங்கப்பட்டது, மற்றும் ஆய்வை வாசிக்க ஆர்வம் உள்ளவர்களுக்கு அது EQUAL GROUND வலைத்தளத்தில் காணப்படுகிறது. இறுதியாக, தெற்காசிய மனித உரிமைகள் சங்கத்தின் வருடாந்த மனித உரிமை மீறல் அறிக்கையானது நிகழ்வு முடிவுக்கு வர முன்பு வழங்கப்பட்டது.

லා ඌමිකව EQUAL GROUND ආයතනය විසින් ජාත්‍යන්තර මානව හිමිකම් දින සැමරුම වෙනුවෙන් සංවිධානය කෙරුණු “මානව හිමිකම් දින සැමරුම 2017” දෙසැම්බර් මස 10 වන දින ශ්‍රී ලංකා පළාතේ ආයතනය හිදී පවත්වන ලදී. ශ්‍රී ලංකාවේ LGBTIQ ප්‍රජාව හා ඔවුන්ගේ ගැටළු පිළිබඳව අවධානය යොමුකිරීමේ වැදගත් කම පිළිබඳව අවධාරණය කරමින් විධායක අධ්‍යක්ෂිකා රෝසනා ඊලෙමර් කල්දේරා විසින් පැමිණ සිටි සියලු දෙනා පිළිගන්නා ලදී. එම අවස්ථාවේදී ස්ත්‍රී පුරුෂ සමාජභාවය මත පදනම් වූ නිංසනයන් සහ විශේෂයෙන්ම LGBTIQ ප්‍රජාව විසින් මුහුණ දෙනු ලබන නිංසනයන් පිළිබඳව සිදුකළ ජායාරූප ව්‍යාපාරය ප්‍රථම වරට විලිදක්වන ලදී. EQUAL GROUND ආයතනය විසින් LGBT ප්‍රජාව හා ඔවුන් විසින් මුහුණ දෙනු ලබන ගැටළු පිළිබඳව සිදු කළ සිතියම් ගතකරණය සඳහා වූ පර්යේෂණයක් මහනුවර, කොළඹ, නුවර විලිය හා මාතර දිස්ත්‍රික්ක ඉල්ලකේක කරමින් සිදු විය. එම සිතියම් ගත කරන ලද පර්යේෂණය හරහා මාතර දිස්ත්‍රික්කය තුළ සංඛ්‍යාත්මකව වැඩි ප්‍රමාණයක් LGBT ප්‍රජාව විවිධ ගැටළු වලට මුහුණ දෙමින් සිටින බව සොයා ගන්නා ලදී. විශේෂයෙන්ම LGBT ප්‍රජාව සිතියම් ගතකරණය සඳහා වූ පර්යේෂණය හා විහි සොයාගැනීම් මානව හිමිකම් දින සැමරුම් දින ඉදිරිපත්කළ අතර එය EQUAL GROUND වෙබ් අඩවිය ඔස්සේ ඔබට පරිශීලනය කළ හැකිය. අවසානයේදී දකුණු ආසියානු මානව හිමිකම් සංගමය මානව හිමිකම් කඩවීම් පිළිබඳ වූ වාර්ෂික වාර්තාව එහිදී ඉදිරිපත් කරන ලදී.



# ஹாங்காங் 2022ம் ஆண்டு ஓரினச்சேர்க்கையாளர் விளையாட்டுகளை (Gay Games) நடத்தும் கோறளை வேண்டுகிறது.

பங்கேற்பு, உள்ளீடு மற்றும் தனிப்பட்ட சிறப்புத் திறமைகளை வெளிக்கொண்டு வருதல் என்பவற்றை அடிப்படையாகக் கொண்ட ஓரினச்சேர்க்கையாளர் விளையாட்டுகள் 1982ம் ஆண்டு முதல், ஓரினச்சேர்க்கையாளர் சார்பான விளையாட்டுக்கள் மற்றும் கலாச்சார நிகழ்வுகளின் மூலம் சமத்துவத்தை மேம்படுத்தும் முகமாக நடத்தப்பட்டு வந்துள்ளது. இவ் ஓரினச்சேர்க்கையாளர் விளையாட்டுக்கள் ஒலிம்பிக் பந்தகள (Olympic Decathlete) விளையாட்டு வீரரான டொம் வாடெல் (Tom Waddel) மற்றும் மற்றவர்களின் சிந்தனையின் தோற்றப்பாடு ஆகும்.

கடந்த ஒக்டோபர் மாதம் பிரான்சின் பாரிஸ் நகரில் நடைபெற்ற ஒரு வாக்கெடுப்பில், ஹாங்காங் 2022 ஓரினச்சேர்க்கையாளர் விளையாட்டுக்களை நடத்தும் முயற்சியினை ஆசியா பகுதிகளில் காணப்படுகின்ற முன்னேற்றத்திற்கு மேலும் பங்களிக்கும் முகமாக வெற்றிபெற்றுள்ளது. இது தைவானின் திருமண சமத்துவப் பிரகடனத்துடன் பன்முகத்தன்மை மற்றும் ஒன்று சேர்ப்பு, உள்ளடங்கலிற்கு பாரியதொரு வெற்றியாக அமைகின்றது.

ஓரினச்சேர்க்கையாளர் விளையாட்டுகள், அவற்றை கடந்த காலத்தில் நடத்தியுள்ள நகரங்களில் கலாச்சாரம், விளையாட்டு, பொருளாதாரம், வரலாறு மற்றும் குறிப்பாக LGBTIQ சமத்துவத்தின் அனைத்து விடயங்களையும் உயர்த்துவதற்கு உதவுதல் மூலம் அவ்விடங்களில் பாரிய தாக்கத்தை ஏற்படுத்தியுள்ளன.

ஹாங்காங்கில் பாகுபாடின்றி தொடர்பான சட்டபூர்வ பாதுகாப்பு அல்லது சமமான திருமண உரிமைகள் காணப்படாத போதிலும், "சமமான வாய்ப்புகளை ஊக்குவித்தல் மற்றும் சமூகத்தில் அனைவரையும் உள்ளடக்குதல் மற்றும் பரஸ்பர மரியாதை கலாச்சாரம் மற்றும் மதிப்புக்களை ஊக்குவிப்பதில் அரசாங்கம் உறுதியாக உள்ளது," என ஹாங்காங் அரசு கூறியுள்ளது.

கதே பசிபிக் (Cathay Pacific), கிரெடிட் சூயிஸ் ஹாங்காங் லிமிடெட் (Credit Suisse Hong Kong Ltd) மற்றும் லிங்க்லேட்டர்ஸ் (Linklaters LLP) போன்ற பெரிய நிறுவனங்களால் ஆதரிக்கப்படுவதுடன் இந்த விளையாட்டுகள் 15,000 க்கும் அதிகமான பங்கேற்பாளர்களை ஈர்க்கும் என எதிர்ப்பார்க்கப்படுகின்றது. அத்துடன் பொருளாதாரத்திற்கு HK \$ 1 பில்லியன் ஊக்கத்தை அளிப்பதாகவும் திகழ்கின்றது.

2018 ஆம் ஆண்டிற்கான ஓரினச்சேர்க்கையாளர் விளையாட்டுகள் பாரிசில் ஆகஸ்ட் 4ம் திகதி முதல் ஆகஸ்ட் 12ம் திகதி வரை, 36 விளையாட்டு நிகழ்வுகள், 14 கலாச்சார நிகழ்வுகள் மற்றும் ஒரு கல்வி மாநாட்டினை உள்ளடக்கியதாக இடம்பெறும். 2018 ஓரினச்சேர்க்கையாளர் விளையாட்டுகளில் 70 க்கும் மேற்பட்ட நாடுகள் பங்கேற்கும் என எதிர்பார்க்கப்படுகின்றது.



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**“WHEN DIFFERENCES ARE NO LONGER SEEN AS REASONS FOR CONFLICT, THEY CAN BE CELEBRATED.”**

Cultivating an acceptance of diversity in a society that has rigid expectations and labels for everything is not an easy task. Acceptance is a mindset that exceeds mere tolerance, and embraces understanding of different experiences. In such a society, individuals may be able to express themselves, love themselves, and will be in a better position to give their best selves to any opportunity that arises. An inclusive society is one that sees the value in being different as diversity brings a range of different ideas and approaches to our cultures. When our differences are no longer seen as reasons for conflict, they can instead be celebrated.

Most of the time, acceptance comes from exposure to new ideas that allows us to gain a new perspective. A country's law can shape how people view what is right and wrong, and in a country with no legal protection for LGBT individuals, this can put such individuals in a torturous and unfair position when facing the public. These laws give the law enforcement the power to discriminate and treat LGBT

individuals as lesser parts of the community. It adds to the constant fear of being humiliated that the LGBTIQ persons live with on a daily basis. Coming out to a society that punishes anyone who deviates from the norm, can be a frustrating and terrifying experience. Often, it comes with a range of social and legal concerns that can keep those persons from accessing the opportunities and resources that the rest of society enjoys. Rejection often starts at home, and bullying and abuse continues in schools and develops into harassment and discrimination in the workplace and in other public areas of an LGBTIQ person's life. More concerning are the mental health implications and the staggering amount of harassment and discrimination that the LGBT community continues to face because of the lack of acceptance and understanding of their sexual orientation, gender identity and expression. Research shows that LGBT youth are much more likely to suffer from depression and anxiety and four times more likely to attempt suicide.

Our laws tell the LGBT community that they cannot be who they are and instead must conform to the social norms or be marginalized and harassed. Without legal protection, the abuse and discrimination that

they face goes unreported, unpunished and often disregarded.

As citizens of Sri Lanka, we can be doing more to raise awareness on the topics of acceptance and the value of diversity in our culture. The 135 Campaign was created in the hopes of shedding light on the stigma and discrimination faced by the LGBT community and of spearheading a movement of the people that could bring change to the way we view the struggles faced by a significant group of our society.

As much as it takes courage to come out as an individual of the LGBTI community, it takes strength to support the LGBTIQ community as an ally. Anyone interested in extending their support to equal rights for the gender and sexual minorities of Sri Lanka can pledge their support for decriminalisation by signing the 135 Campaign petition at <https://goo.gl/EMxEij>. We are also accepting support via video testimonials for the 135 Campaign. Please email [media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com) or visit our Facebook page at [www.fb.com/135campaign](http://www.fb.com/135campaign).

Resources:  
<https://www.theverge.com/2016/8/11/12438678/cdc-report-queer-teens-health-risk-suicide>

Repeal SLPC 365 & 365A



# වෙනස්කම් යනු තවදුරටත් ගැටුම් සඳහා හේතුවේ නොවන්නේ නම් ඒවා සැමරිය හැකිය.



සමාජය තුළ 'විවිධත්වය පිළිගැනීම' යන අදහස ව්‍යාප්ත කිරීම ම ඉතාම අභිරුහා පහසු නොවන කර්තව්‍යයකි. පිළිගැනීම යනු හුදු ඉවසීමකට වනා ගොස් විය මානසික විභවය/ආකල්ප දක්වා විහිද යන්නකි. විවිධ වූ අත්දැකීම් තේරුම් ගැනීම යනු විවිධත්වය සමාජය තුළ වැළඳ ගැනීම යන අදහසක් ඉන් ඉස්මතු වන බවක් කිව හැකිය. මෙවැනි සමාජයක් තුළ, පුද්ගලයෙකුට ඔවුන්ව ප්‍රකාශ කිරීමට, ආදරය කිරීමට සහ සුදුසු අවස්ථාවන් ඔවුන්ට ලබාදීමට හැකි විය යුතුය. විශේෂිතවම සමාජය තුළ වෙනස්කම් පවතිද්දී 'සමාජ අගයන්' යන්න තවමත් නිස් මුදුනින් බහුතරය පිළිගනිති. වෙනස්කම් යන සංකල්පය තුළ විවිධත්වයේ විවිධ පරාසයන් හා ප්‍රවේශයන් සංස්කෘතිය වෙත ගොඩනගමින් සිටියි. වෙනස්කම් යන්න තවදුරටත් ගැටුම් සඳහා හේතුවේ නොවන නිසාවෙන් ඔවුන්ට ඒ වෙනුවට එකී වෙනස්කම් පිළිගනිමින් ඒවා සැමරිය හැකිය.

සාමාන්‍යයෙන් පිළිගැනීම ලැබීම ඔස්සේ නව අදහස් ජනිත වීම හරහා නව ප්‍රවේශයක් නිර්මාණය වීමට ඉන් රුකුලක් වන බව පැවසිය හැකිය. රාජ්‍යයක පවතින නීතිය විසින් මිනිසුන් වෙත හරි වැරද්ද කුමක්ද යන්න පෙන්වා දෙනු ලැබේ. එහිදී LGBT පුද්ගලයන් ආරක්ෂණය සඳහා රාජ්‍යයක නෛතික ප්‍රතිපාදන නොමැතිකම හරහා පුද්ගලයන් වෙත වද වේදනා පැමිණ වීම් සහ සාමාන්‍ය මහජනතාව සමග අසමානතාවයක් ඉන් නිර්මාණය කෙරෙනු ඇත. මෙවැනි නීති හරහා නීති බලාත්මක

කරන්නන් වෙත වෙනස්කොට සැලකීම වලට තව තවත් බලයක් ලැබීමත් LGBT පුද්ගලයන් ප්‍රජාවෙහි ආන්තිකරණයට ලක්වූ තවත් එක් සුළු කොටසක් ලෙස සැලකීමට ඉන් ඉඩ සලසයි. වය නින්දාවට පත්වීම ගැන නිරන්තරයෙන් බිය උපදවනු ලබන අතර LGBTIQ ප්‍රජාව දෛනිකව දවස ගෙවන්නේ කෙසේද යන්න මත සිතමින් ජීවත් වනු ලැබේ. සමාජයෙහි පවත්නා ධර්මතාවයන් විසින් ඒවා උල්ලංඝනය කරමින් පිටතට පැමිණෙන්නන් හට දඩුවම් කිරීම තවත් එක කාරණයකි. වය තම බලාපොරොත්තු හංගත්වයට හා අමිහිරි අත්දැකීම්කට ඔබව භාජනය කළ හැකිය. එහිදී පැමිණෙන නෛතික හා සමාජමය කාරණා මත පිහිටා සමාජය තුළ අවස්ථා සහ සම්පත් සඳහා ප්‍රවේශ වීමට ඔවුන්ට හැකියාව තිබිය යුතුය. LGBTIQ පුද්ගලයන්ගේ ජීවන කතාවේ ඔවුන්ව ප්‍රතික්ෂේප කිරීම තම නිවස තුළින් ඇරඹී පාසල තුළදී ඒවා හිංසනයක් බවට පත්වීම රැකියා ස්ථානය හා මහජන ප්‍රදේශ තුළ වෙනස්කොට සැලකීම හා හිංසනයන් දක්වා ඒවා වර්ධනය වීම දැක ගත හැකිය. වයට හේතු ලෙස මානසික ගැටළු හා සංඛ්‍යාත්මකව හිංසනයන් වැඩිවීම හා වෙනස්කොට සැලකීම සඳහා ඔවුන්ව පිළිගැනීම වරල වීම හා ලිංගික දිශානතිය, ස්ත්‍රී පුරුෂ සමාජභාවී අනන්‍යතාව සහ ප්‍රකාශනය පිළිබඳව තේරුම් ගැනීමේ ප්‍රමාණය අඩු වීමයි. පර්යේෂකයන් විසින් සොයාගන්නා ලද පරිදි තරුණ LGBTIQ පුද්ගලයන් මානසික ආතතිය හා සාංකාව හෙවත් අවුල් සහගත බවකින් පෙළෙන බවත් සියදිවි

නසා ගැනීමට අවස්ථා හතරකට වඩා ඔවුන් උත්සහ කොට ඇති බවත් සඳහන් කොට ඇත.

නිත්‍යානු ප්‍රකාරව LGBT ප්‍රජාව හට සත්‍ය වශයෙන්ම ඔවුන්ට ඔවුන්ම වීමට නොහැකි වීමත්, ඒ හරහා ගනානුගතික සමාජ ධර්මතාවයන් තව දුරටත් තහවුරු කිරීම සිදුවීමත් තුළින් සමාජයෙන් කොන් වූ සුළු ජන කොටසක් ලෙස LGBT ප්‍රජාව පීඩාවට පත්වේ. නෛතික ආරක්ෂණයක් නොමැතිව ඔවුන් විසින් මුහුණ දෙනු ලබන වෙනස්කොට සැලකීම හා හිංසනයන් වාර්තා නොවන අතර හිංසනයන් සිදුකළ අයට නියමිත දඩුවම් නොලැබීමත් සහ ඒවා සැහැල්ලු කොට තැකීමත් වර්තමානයෙහි දක්නට ලැබේ.

ශ්‍රී ලංකාවේ පුරවැසියන් ලෙස සංස්කෘතිය තුළ විවිධත්වයේ ඇති අගය පිළිබඳව දැනුවත් කිරීම් අපට තවදුරටත් කළ හැකිය. එකී අරමුණින් මෙම ප්‍රජාව විසින් මුහුණ දෙනු ලබන වෙනස්කොට සැලකීම හා කොන්කිරීම් නවතාලනු වස් 135 ව්‍යාපාරය ක්‍රියාත්මක වෙයි. සාමාන්‍ය ප්‍රජාව එකී විවිධත්වයන් හා ඒවායෙහි වටිනාකම් පිළිබඳව දකින ආකාරය වෙනස් කිරීමට කරනු ලබන අරගලයක් ලෙස මෙය ක්‍රියාත්මක වෙයි. ප්‍රජාවේ සාමාජිකයෙක් ලෙස පිටතට පැමිණීමට LGBTIQ ප්‍රජාව වෙත ධෛර්ය ඇති කරමින් ඒ හරහා LGBTIQ ප්‍රජාව සමඟ සංවේදී හිතවත් පිරිසක් නිර්මාණය කිරීමටත් ඔවුන් හා එක්ව කටයුතු කිරීමට හැකිවන පසුබිමක් මෙම ව්‍යාපාරය හරහා බිහි කිරීමට හැකි වන බව අපේ අදහසයි. EQUAL GROUND වෙත සහයෝගය ලබාදී ශ්‍රී ලංකාවේ ස්ත්‍රී පුරුෂ සමාජභාවී හා විවිධ ලිංගික දිශානති සහිත පුද්ගලයින් වෙනුවෙන් සහයෝගය ලබාදීමට ක්‍රියාත්මක වන '135 ව්‍යාපාරය' වෙනුවෙන් මෙම සබැඳිය ඔස්සේ <https://goo.gl/EMxEij> පෙන්සමට අත්සන් තබන්න. තවදුරටත් ඔබට විකියෝවක් මඟින් ඔබගේ අදහස් දක්වමින් 135 ව්‍යාපාරයට සහයෝගය ලබාදිය හැකිය. ඒ සඳහා [media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com) විද්‍යුත් තැපෑල ලිපිනය මගින් අප හා සම්බන්ධ වන්න. එසේත් නැතිනම් අපගේ ෆේස්බුක් පිටුව වෙත පිවිසෙන්න [www.fb.com/135campaign](http://www.fb.com/135campaign).

මූලාශ්‍ර : <https://www.theverge.com/2016/8/11/12438678/cdc-report-queer-teens-health-risk-suicide>



## முரண்பாட்டிற்கான காரணங்களாக வேறுபாடுகள் காணப்படாத போது, அவர்கள் கொண்டாடப்படலாம்.

எல்லாவற்றிற்கும் கடுமையான எதிர்பார்ப்புகள் மற்றும் முத்திரை குத்தும் ஒரு சமூகத்தில் பன்முகத்தன்மையை ஏற்றுக்கொள்வது சுலபம் அல்ல. ஏற்றுக்கொள்ளாதல் என்பது வெறுமனே சகிப்புத்தன்மையையும் தாண்டிய ஒரு மனநிலை, மற்றும் மாறுபட்ட அனுபவத்தை விளங்கிக்கொள்ளாதல். அத்தகைய சமுதாயத்தில், தனிநபர்கள் தங்களை வெளிப்படுத்திக் கொள்ளலாம், தங்களை நேசிக்கலாம், எழும் எந்தவொரு சந்தர்ப்பத்திற்கும் சிறந்த நன்மையை வழங்குவதற்கு ஒரு சிறந்த நிலையில் இருப்பார்கள். ஒரு உள்ளடக்கிய சமுதாயம் என்பது பன்முகத்தன்மைக்கு வித்தியாசமாக இருக்கும் மதிப்பைப் பார்ப்பது, நமது கலாச்சாரங்களுக்கு பல்வேறு கருத்துக்கள் மற்றும் அணுகுமுறைகளை கொண்டு வருகிறது. எங்கள் வேறுபாடுகள் இனி மோதல் காரணங்களாக காணப்படாவிட்டால், அதற்கு பதிலாக அவை கொண்டாடப்படலாம்.

பெரும்பாலான நேரங்களில், ஏற்றுக்கொள்ளாதல் ஈன்பது எங்களுக்கு புதிதாக கிடைக்கும் அனுபவத்தின் மூலமே வருகிறது. ஒரு நாட்டின் சட்டங்கள் சரியான மற்றும் தவறானவை என்பதை

மக்கள் எவ்வாறு கருதுகிறார்கள் என்பதை வடிவமைக்க முடியும். மற்றும் ஒரு நாட்டில் LGBT தனிநபர்களுக்குள் எந்த சட்ட பாதுகாப்பும் இல்லாமல் காணப்படும்போது, இது போன்ற தனிநபர்கரி ஒரு கடினமான மற்றும் சித்திரவதைக்குரிய நிலையில் பொது மக்கள் வைக்க முடியும். இந்த சட்டங்கள், LGBT தனிநபர்களை, சமூகத்தின் ஒதுக்கப்பட்ட ஒரு விடயமாக மக்கள் பார்ப்பதற்கும் மற்றும் நடத்துவதற்கும் இடமளிக்கின்றன. தினசரி வாழ்ந்துவரும் LGBTIQ நபர்களுக்கு இது அச்சத்தை ஏற்படுத்துகிறது. வழக்கத்துக்கு மாறாக நடப்பவர்களை ஒதுக்கி வைக்கும் சமுதாயத்தை எதிர்கொள்வது அவர்களுக்கு வெறுப்புட்டும் மற்றும் திகிலூட்டும் அனுபவமாக இருக்கலாம். நிராகரிப்பு வீட்டில் தொடங்குகிறது, கேலி செய்தல் மற்றும் துஸ்பிரயோகம் பள்ளிகளில் தொடர்கிறது மற்றும் வேலைத்தளங்களில் அவை துன்புறுத்தலாகவும் மற்றும் பருபத்தலாகவும் உருவாகிறது.

பாலியல் சார்பு, பாலின அடையாளம் மற்றும் வெளிப்பாடு ஆகியவற்றின் அங்கீகாரம் மற்றும் புரிந்துகொள்ளாதல் ஆகியவை குறைவாக காணப்படுகின்ற காரணத்தினால், மனநல தாக்கங்கள் மற்றும் LGBT சமூகம் எதிர்கொள்ளும் துன்புறுத்தல் காணப்படுகின்றமை கவனத்திற்கொள்ளவேண்டிய விடயம் ஆகும். LGBT இளைஞர்கள் மன அழுத்தம் மற்றும் பதட்டம் போன்றவற்றால் பாதிக்கப்படுவதாகவும் மற்றவர்களை விட நாளுக்கு மடங்கு அதிகமாக தற்கொலை முயற்சி செய்வதற்கு முன் வருகின்றனர் என்று ஆராய்ச்சி காட்டுகிறது.

எங்களது சட்டமானது LGBT சமூகத்தினர் அவர்கள் விரும்பியவாறு இருக்காமல் அவர்கள் சமூக விழுமியங்களுக்கு கட்டுப்பட்டு அல்லது ஒடுக்கப்பட்டு அல்லது துஸ்பிரயோகத்துக்கு இருக்க வேண்டும் என்று சொல்கிறது. சட்டப்பூர்வ பாதுகாப்பு இல்லாமல், அவர்கள் சந்திக்கும் துஷ்பிரயோகம் மற்றும் பாகுபாடு, வெளியிடப்படாமலும் தண்டிக்கப்படாமலும் புறக்கணிக்கப்படுகிறது.

இலங்கையின் குடிமக்களாக, ஏற்றுக்கொள்ளாதல் மற்றும் நம் கலாச்சாரத்தில் பன்முகத்தன்மையின் மதிப்பை அதிகரித்தல் தலைப்புகள் பற்றிய விழிப்புணர்வு இன்னும் பலவற்றை செய்ய முடியும். LGBT சமூகத்தால் எதிர்கொள்ளப்பட்ட களங்கம் மற்றும் பாகுபாடு மீதான ஒளியைக் குறைப்பதற்கான நம்பிக்கையிலும், நமது சமூகத்தின் கணிசமான குழுவினரால் எதிர்கொள்ளும் போராட்டங்களை நாம் மாற்றுவதை மாற்றக்கூடிய மக்களுடைய இயக்கத்தை முன்னெடுத்துச் செல்லும் நம்பிக்கையிலும் 135 பிரச்சாரம் உருவாக்கப்பட்டது.

LGBTI சமூகத்தின் ஒரு தனிநபராக வெளியே வர தைரியம் தேவை என்பதால், LGBTIQ சமுதாயத்தை ஒரு கூட்டாளியாக ஆதரிப்பதற்கு பலம் தேவைப்படுகிறது. இலங்கையின் பாலின மற்றும் பாலியல் சிறுபான்மையினருக்கு சமமான உரிமைகளுக்கு அவர்களின் ஆதரவை விரிவாக்குவதில் ஆர்வமுள்ளவரும், <https://goo.gl/EMxEij> யிலுள்ள 135 பிரச்சார மனுவை கையெழுத்திட்டு மூலம் தங்களது தீர்ப்பை உறுதிப்படுத்த முடியும். 135 பிரச்சாரத்திற்கான வீடியோ சான்றுகள் வழியாக நாங்கள் ஆதரவையும் ஏற்றுக்கொள்கிறோம். தயவுசெய்து [media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com) க்கு மின்னஞ்சல் செய்யவும் அல்லது [www.fb.com/135campaign](http://www.fb.com/135campaign) இல் எங்கள் முகப்புத்தக பக்கத்தைப் பார்வையிடவும்.



திலினி மீவாடனா





# Buddhism & Homosexuality



Nowadays Buddhists in other countries, such as Thailand, are open to same-sex conduct. In the United States as much as 78% of Buddhists voted yes for same-sex marriage.

In Asia, it is normal to find same-sex conduct. Francis Xavier, the catholic missionary, states that he encountered same-sex acts in China. In Japan, the founder of Shingon Buddhism, Kukai is said to have been open to homosexuality and supported it.

Buddhism does not force you to do anything. It simply outlines moralities. It is up to disciple to follow. Buddha himself said that one should not simply believe in his teachings without reasoning. Therefore, homosexuality is not seen as a sin in Buddhism if it is not done through hatred and anger.

Buddhism does not interfere in marriage but discourage the engagement with individuals who are incapable of providing their own informed consent.

If you love your partner with all your heart and have a relationship that is filled with respect, acceptance, compassion and kindness that is not a sin nor is it unholy. It is as holy and sacred as any other heterosexual engagements fostered with consent and compassion.

**“Na hi verena verani  
sammantidha kudacanam  
averena ca sammanti  
esa dhammo sanantano”**

Meaning: Hatred is, indeed, never appeased by hatred in this world. It is appeased only by loving-kindness. This is an ancient law.

**B**uddhism is the 5th largest religion in the world and is considered a religion of peace. A majority of Sri Lankans identify as Buddhists.

The Judeo Christian influenced religions place a high grade of discrimination on same-sex conduct, especially sex between same-sex partners. With colonial influence we see that even though a majority of Sri Lankans identify as Buddhists, they too tend to carry homophobic values. But what does Buddhism teach about homosexuality?

Buddhism does not say anything about same-sex conduct, however, people believe homosexuality is considered a sexual misconduct. The Vinaya Pitaka of the Pali canon includes an identity called A Pandaka: a person who has an unquenchable thirst for lust. A Pandaka is described to be either castrated or to have both male and female genitals or to be dressed as a woman.

Nowadays, people interpret the Pandaka as a gender binary person. Some people also say it is a homosexual, or to be more specific a drag queen.

Pandakas were not to be ordained as monks. If a person is found to be a Pandaka, they should be immediately expelled from the sangha community. It is also mentioned that monks should keep their distance from them. These rules are for the sangha (ordained) community.

# Nothing but PRIDE



COLOMBO  
PRIDE 2018

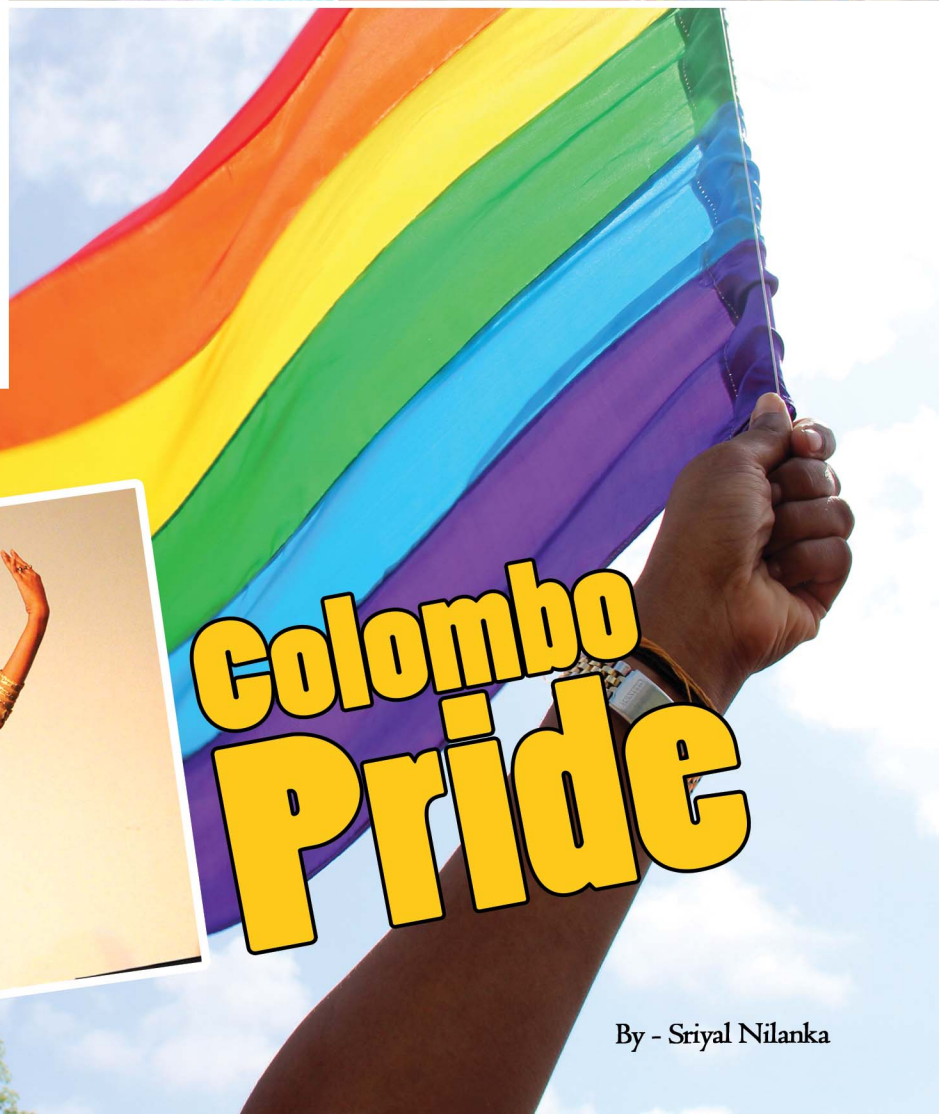
-PEACE & LOVE-

**C**olombo Pride moves to its 14th year in 2018 hoping to unite and celebrate the differences that uniquely make us who we are.

EQUAL GROUND ventured out to celebrate **Colombo Pride** in 2005 at the Taj Samudra with a mere Queer Party. Since then Pride has grown from strength to strength. From one event it has grown to a month long series of events that has also been hosted outside of Colombo. Over the years our exciting line up of events have included two rainbow runways, plays, forum theaters and many workshops that have engaged with the media and the corporate sector.

This year our program includes a workshop addressing the media and responsible reporting of the LGBTIQ community, we are hosting a residential workshop for young leaders from around the country, we hope to host a forum for family and friends of the LGBTIQ community to come together and share their experiences in hopes of expanding our alliances with our loved ones. Returning this year, we will also be hosting Abhimani, the only Queer Film Festival in Sri Lanka, the Rainbow Art and Photography exhibition, the Rainbow Music and Dance festival showcasing the talents of the queer and allied community, the successful Rainbow Bus Parade, Idea Junction, an open house event hosted in collaboration with the LGBTIQ and allied organizations in Sri Lanka, the much anticipated Rainbow Pride Party, and we will finish it all off with the Kite Festival.

Come join us at **Colombo PRIDE 2018** from the 4<sup>th</sup> of June to the 24<sup>th</sup> of June this year!



By - Sriyal Nilanka



# අභිමානය

## සමඟ ඉදිරියටම



COLOMBO  
PRIDE 2018

-PEACE & LOVE-

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ඵතර ලිංගික ප්‍රජාවට තම අන්‍යතාවය සැඟවීමෙන් තොරව, තම අභිමතය පරිදි තමන්ට තමන් වීමට අවස්ථාවන් සැලසීමේ බලාපොරොත්තුවෙන් 14වන වරටත් කොළඹ අභිමාන සැමරුම් උත්සවයන් සුදානම් වෙමින් පවතී.

ප්‍රථම වරට 2005 වසරේදී EQUAL GROUND විසින් ටාප් සමුද්‍ර හෝටලයේදී කොළඹ අභිමානය උදෙසා 'අභිමාන සාදයක්' පැවැත්වූ අතර එතැන් පටන් වසරක් පාසා පවත් වනු ලබන කොළඹ අභිමාන සැමරුම් උත්සවයන් පියවරෙන් පියවර වඩ වඩාත් උසස් තත්වයක් ලබා කරගනිමින් සිටී. එක් දිනයකට පමණක් සීමා වී තිබුණු මෙය මේ වන විට මාසයක් පුරා දින ගනනාවක් ඇතුලත පැවැත්වෙන අතර කොළඹ නගරයෙන් පිටතටද මෙම විශේෂාංග ව්‍යාප්ත වේ. පසුගිය වසර ගනනාව ඇතුලත විනෝදාස්වාදය සහ සිත් වසඟ කරවන සුළු උත්සව අවස්ථාවන් අතර විලාසිතා දැක්මන්, විවිධප්‍රසංගයන්, නාට්‍ය තරඟාවලි ඇතුලත්ව දිවයිනේ ප්‍රමුඛ ව්‍යාපාර අංශයන් සම්බන්ධ කරගනිමින් වැඩිමුළු ගණනාවක් පවත් වනු ලැබුණි. මෙවර අපගේ උත්සව අවස්ථාවන් අතරින්, LGBTIQ ප්‍රජාව පිළිබඳව වාර්තාකරණය සිදුකරන මාධ්‍ය හා වගකිව යුතු නිලධාරීන් සම්බන්ධ කරගනු ලබමින් පවත් වන විශේෂ වැඩිමුළු ද, LGBTIQ ප්‍රජාවගේ නෂ්ට මිතුරන් සම්බන්ධ කරගනිමින් ඔවුන්ට තම අත්දැකීම් සහ ආකල්ප බෙදා හදා ගැනීමට සහ වඩා හොඳ දැනුවත් වීමක් ලබා ගැනීමට පවුල් සහ මිතුරන් වෙනුවෙන් පැවැත්වීමට නියමිත සංසදය ද විශේෂ ස්ථානයක් හිමි කරගනී. ශ්‍රී ලංකාවේ එකම LGBTIQ සිනෙමා උලෙළ වන 'අභිමානී සිනෙමා උලෙළ' ද, 'දේදුනු චිත්‍ර සහ ඡායාරූප ප්‍රදර්ශනය' ද, LGBTIQ ප්‍රජාවේ සහ ප්‍රජාවට සහයෝගී පුද්ගලයින්ගේ දක්ෂතා ඇතුලත් 'දේදුනු නර්තන හා ගායන කුසලතා දැක්ම' ද, සිත් ඇදගන්නා සුළු 'දේදුනු රිය පෙරහැර' ද, LGBTIQ ප්‍රජාව වෙනුවෙන් ක්‍රියා කරන සංවිධාන එකට එක් වී පවත් වනු ලබන 'අදහස් මංසල' වැඩසටහනද, බොහෝ පිරිසකගේ බලාපොරොත්තුව වන 'දේදුනු සාදය' මෙන්ම අභිමාන උත්සව අවස්ථාවන්ගේ හිමාව සනිටුහන් කරන 'දේදුනු සරංගල් සැණකෙලිය' ද මෙවරත් පැවැත්වීමට නියමිතය.

පුද් මස 04 වන දා සිට 24 වෙනිදා දක්වා පැවැත්වෙන කොළඹ අභිමානය සැමරුම් උත්සවයන් සමගින් සම්බන්ධ වීමට ඔබටත් ආරාධනා.



# PRIDE மட்டுமே தவிர வேறு எதுவுமில்லை

## கொழும்பு பிரைட்

2018 ஆம் ஆண்டில் கொழும்பு பிரைட் (Colombo Pride) ஆனது அதன் 14 ஆவது வருடத்தில் நாம் கொண்டிருக்கும் தனித்துவமான வேறுபாடுகளை ஒன்றிணைத்து கொண்டாடுவதற்கு எதிர்பார்க்கின்றது.

2005 ம் ஆண்டு கொழும்பு பிரைட் (Colombo Pride) ஆனது, வெறும் புதுமையர் கொண்டாட்டமொன்றுடன் தாஜ் சமுத்திராவில் EQUAL GROUND அமைப்பினால் நடத்தப்பட்டது. அன்றிலிருந்து பெருமை வலிமை பெற்று வளர்ந்துள்ளது. ஒரு நிகழ்ச்சியிலிருந்து கொழும்பிற்கு வெளியிலும் நடத்தப்பட்டுள்ள ஒரு மாத கால நிகழ்வாக அது வளர்ந்துள்ளது. இக்காலப்பகுதியின் நிகழ்வுகளின் உற்சாகமான வரிசையில் இரண்டு ரெயின்போ ஓடுபாதைகள் (Rainbow Runways), நாடகங்கள், மன்றங்கள் மற்றும் பல தொழில் ஊடகங்கள், பெருநிறுவன துறைகளின் ஈடுபாட்டுடனான செயற்திட்டங்களும் நடைபெற்றுள்ளன.

இந்த வருடம், எங்கள் நிகழ்ச்சி நிரலானது, செய்தி ஊடகங்களை அழைத்தல் மற்றும் LGBTIQ சமூகம் தொடர்பான பொறுப்பான அறிக்கையிடல் ஆகியன தொடர்பான பட்டறை, நாடளாவிய ரீதியில் காணப்படும் இளம் தலைவர்களுக்கான குடியிருப்பு பட்டறையை நடத்துவதற்கான ஒழுங்கமைப்பு, LGBTIQ சமூகத்தின் நபர்களின் குடும்பத்தினர் மற்றும் நண்பர்கள் ஒன்று சேர்ந்து, தங்கள்



அனுபவங்களை பகிர்ந்து கொள்ளவும், அதனுடாக தமது அன்பானவர்களுடன் தம் கூட்டணிகள் விரிவுபடுத்தப்படும் எனும் நம்பிக்கையில் ஒரு மன்றத்தை நடத்துவதற்கு நாம் எதிர்பார்க்கின்றோம். மேலும் ஒவ்வொரு வருடமும் நடத்தப்படுவதனைப் போன்று இவ்வருடமும் அபிமானி - இலங்கையின் ஒரேயொரு ஓரினச் சேர்க்கையாளர், புதுமையர் திரைப்பட விழா, ரெயின்போ கலை மற்றும் புகைப்படக் கண்காட்சி, புதுமையர் மற்றும் கூட்டணி சமூகத்தின் திறமைகளை வெளிக்காட்டும் ரெயின்போ இசை மற்றும் நடன திருவிழா, வெற்றிகரமான ரெயின்போ பேருந்து அணிவகுப்பு (Rainbow Bus Parade), யோசனை சந்திப்பு (Idea Junction) - இலங்கையில் உள்ள LGBTIQ மற்றும் அதனுடன் இணை அமைப்புக்களுடன் இணைந்து நடத்தப்படும் திறந்த நிகழ்வு, மிகவும் எதிர்பார்க்கப்பட்ட ரெயின்போ பிரைட் கொண்டாட்டம் (Rainbow Pride Party) அத்துடன் இவையனைத்தினையும் வானவில் பட்ட விழாவுடன் (Kite Festival) நாம் முடிவடைப்போம்.

இந்த ஆண்டு ஜூன் மாதம் 4 ஆம் திகதி முதல் ஜூன் மாதம் 24 ஆம் திகதி வரை கொழும்பு PRIDE 2018 உடன் ஒன்றிணைந்து எம்முடன் கொண்டாடுங்கள்!

# Colombo PRIDE 2018

## EVENTS CALENDAR

Colombo PRIDE moves to its 14th year in 2018 hoping to unite excel and celebrate the differences that uniquely make us who we are. Come join us at Colombo PRIDE 2018 from the 04<sup>th</sup> of June to the 24<sup>th</sup> of June this year!



04  
JUNE

**MEDIA CONFERENCE**

09  
JUNE

**YOUTH CAMP**

12  
JUNE

**PARENTS AND FAMILY FORUM**

14  
JUNE

**MUSIC & DANCE FESTIVAL**

16  
JUNE

**RAINBOW BUS RIDE**

17  
JUNE

**LAUNCH OF THE ABHIMANI FILM FESTIVAL**

17  
JUNE

**ART & PHOTO EXHIBITION/ABHIMANI FILM FESTIVAL**

21  
JUNE

**IDEA JUNCTION**

23  
JUNE

**RAINBOW PRIDE PARTY**

24  
JUNE

**RAINBOW KITE FESTIVAL**



# A LIGHTER SHADE OF TRUTH

by Brandon Ingram

## FAMILY MATTERS

**A** grandaunt, whom I had always known was quite fond of me, once cornered me at a lunch I was hosting and asked: “so when are we going to meet this girlfriend of yours?” To which I replied: “I think it’s time I told you, you should be asking about my boyfriend.” I hadn’t expected to drop the news on her so casually, though I must confess the prospect of shocking her rather excited me. That was when she said: “Oh, well, is he a Burgher boy?” and shocked me instead.

Over the years, both before and after coming out as a gay man to my friends and family, there are many conversations I’ve had that will forever be etched in my memory for what they did to my own perspective (or lack thereof) and how I saw and perceived people. This particular conversation I carry with me and craft into a tale that must be told whenever I encounter those who make excuses for why they can’t be open about who they are with their families. That families and people of a certain generation will never understand something so personal and profound as the revelation and acceptance of one’s sexuality.

We sometimes [I think it is right to use the word] ‘enjoy’ painting our elders in shades of non-empathy, narrow-mindedness, and blissful ignorance, when it is often true that we haven’t given them much of a chance to begin with. We allow our own narrow views of them to keep us from bridging a gap that could very well end up

shaping the society we so fervently claim we want to live in. We deny them the right to get to know us and then blame them for never trying.

For a long time after I had come to terms with my own sexuality, I refused to “come out” to my family. I held in petulant regard that if straight people weren’t required to have these kinds of conversations with their families then gay people shouldn’t either. And while I still believe that this is what the eventuality of the world we live in should be, I am under no illusion that we’re there yet. That is why even though I had all the emotional support I needed and celebrated myself so openly with no prejudice or bias shown toward me (at least not to my face), I still felt I wasn’t at peace with all of me. It took me a long while to understand that this greater disconnectedness was the part of myself I kept hidden from my family.

I thought I had done all the right things, said all the right words, behaved in all the right ways and even had all the right conversations with all the people who mattered the most. And then, almost three years after I had (I thought) come out to my mom, she [and the rest of the family] took the time to tell me that they all believed it was an elaborate joke. It shattered me to hear that three years of my life, the men I had loved and the truth that I had spoken so openly about had been seen as nothing more than sharp wit and dark humor by the people who were supposed to be mine over everyone else.

It wasn’t until that moment that I understood how very important sharing this part of my life with my family was to me. I had been flippant about it to them and, in turn, they had not taken it seriously. And as much as I wanted

source of image - www.freepik.com

to scream and cry (which I did) I realized that I was as much to blame as they were. I had not respected my truth or any of them enough to speak about it clearly, to spell it out, to share details, to be vulnerable, to bare all. I thought I was free before, and then I found the courage to have the conversation that started with them saying to me: "help us understand." And that is when true freedom began.

When your aunt who hasn't seen you in months calls you to say: "come over for lunch, and bring whichever boy you're seeing these days with you", that is freedom. When your little sister and you can talk about how you found the same guy attractive, that is freedom. When your uncle puts his arm around you in front of a relative you've just come out to and says: "he's ours, and we love him, and nothing can change that", that is freedom. When your mother says to you: "I love you no matter who you choose to love", that is beautiful.

When older brothers say: "I think that girl was hitting on you", and you can reply with "do you wanna tell her she's barking up the wrong tree?" and you can all laugh about it, that is freedom.

That is family.

Remember, they are less prepared for this than you are. Give them a chance and let them surprise you.

*Remember, they are less prepared for this than you are. Give them a chance and let them surprise you.*

**"I love you no matter who you choose to love",**

Interested candidates,  
please email your CV to  
[media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com)

**EQUAL GROUND**  
**HIRING TAMIL LANGUAGE**  
**COPY WRITER/TRANSLATOR**

Looking for a fulltime/part time  
copy writer to work on  
Media and Communications  
and Advocacy documents  
for LGBTIQ Rights.

# "THERE ARE WORSE THINGS IN THE WORLD THAN A BOY WHO LIKES TO KISS OTHER BOYS."

- 'Aristotle and Dante discover the secrets of the universe' by Benjamin Alire Sáenz



The first story I remember my mom telling me was Cinderella. I still remember how much I loved it. I have always wanted that prince charming to materialize from thin air and sweep me off my feet. Until I realized that I'd rather have Cinderella, herself. Do you remember listening or hearing all those stories where girls and boys fell for each other? Do you remember those stories where every single character was heterosexual and cisgender? Do you remember being taught over and over again that being cisgender and straight is normal, and the bitter taste of compulsory heterosexuality and all the self-doubt that came with it? Because I do!

And I am tired; I want to read something that I can identify with. I want to raise awareness and see the LGBTQ+ community being normalized in media. Positive representation will help a lot of LGBTQ+ people who suffer from discrimination feel more supported. Of course, in Sri Lankan media the positive LGBTQ+ representation is nonexistent. Until this shift in the media occurs, I'd like to introduce you to some of the books you can find internationally.

First book I have in my bag is 'Aristotle and Dante discover the secrets of the Universe'. It is a coming-of-age young adult novel by American author Benjamin Alire Sáenz, first published on February 21, 2012. For me, this book was a breath of fresh air, new and exciting with a hint of nostalgia and comfort. You will be hooked from the first word. It is poetic without being pretentious and sweet without being phony. Set up in 1987, the story is driven by the characters, their relationships, their self-discoveries during their adventure in the universe.

The story revolves around Ari, a fifteen year old teenager, who is angry at the world for keeping secrets from him. He is at the age when one begins to question themselves and their surroundings with a growing awareness of society and its issues.

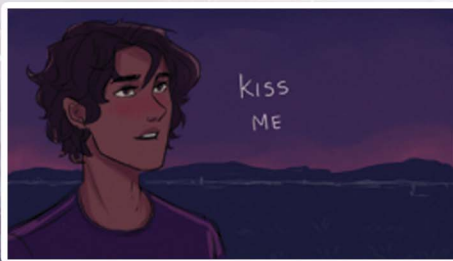
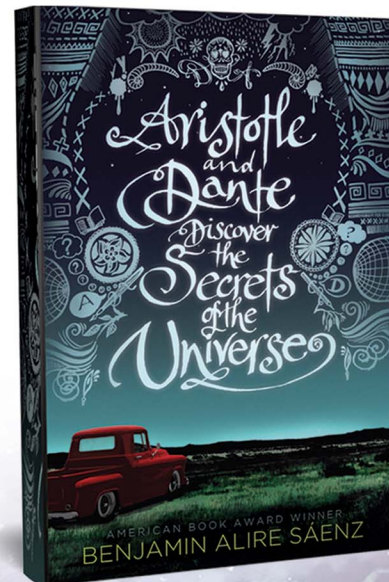


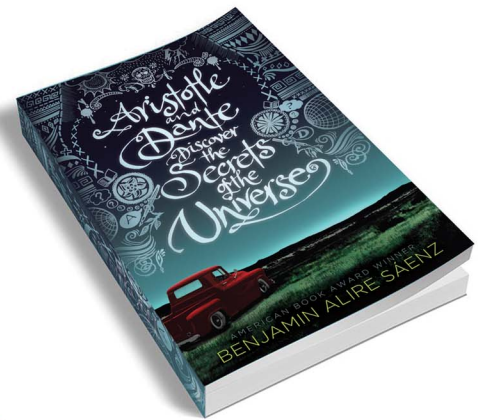
Image courtesy : Tumblr (#junknight)



He prefers being alone. He doesn't feel comfortable being around people his age but that doesn't necessarily mean he's a recluse. Everyone thinks he's sad and lonely but, really, he doesn't mind it. Until one day he met another fifteen year old boy, a boy who is in love with the world. Dante loves poetry, art and philosophy. Our protagonist, Ari, was fascinated by Dante's eccentric and tender way of looking at the world. It made him want to see the world in a different light.

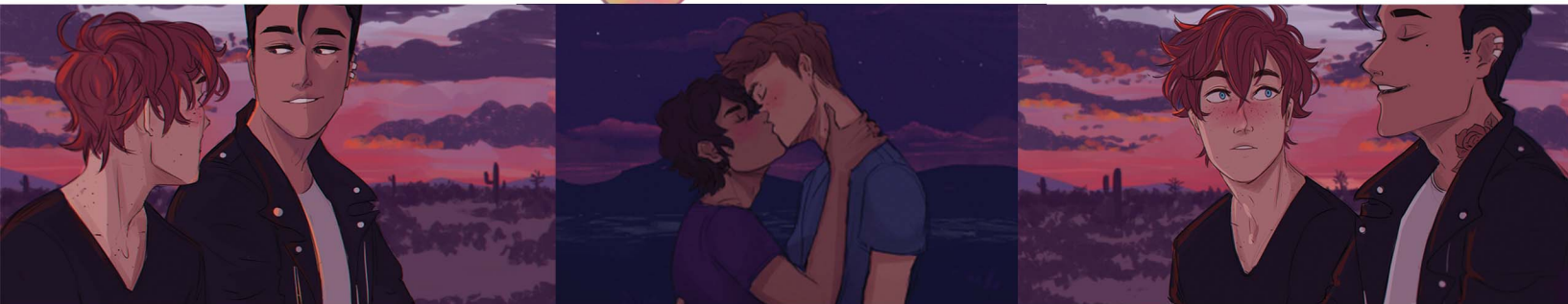
You can see how Ari and Dante grow. As the boys spend more time together, they mature by learning and experiencing new things together. The development process of their relationship is slow in a perfect and beautiful way. The story also touches upon the obstacles the characters had to face, such as self-discovery, especially in terms of race and sexuality.

What marvels me is the depth behind the simplicity of the language in this book. This book deals with not only internal and external homophobia, but also self-acceptance, personal growth, development of the relationship between family members and struggles in boyhood. I strongly recommend this book if you're looking for something new, and full of love!



 Pam Ekanayake

Image courtesy : Tumblr (#junknight)



## RAINBOW VISIONS LGBTIQ ART & PHOTO EXHIBITION



*This year alongside the submissions under the 2018 theme 'Peace & Love', we will be accepting 'Queer' related artworks and photographs, so please take your cameras, paintbrushes and scrapbooks 'out of the closet' and get creative!*

For more information: Hiran 0112805187  
[media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com)

SUBMISSION DEADLINE :  
1<sup>ST</sup> JUNE 2018



## EQUALITY's Culinary Column

This brilliantly bright and bold Rainbow Fudge is a super wonderful choice to take to a party or give as a gift!



# RAINBOW FUDGE

### INGREDIENTS:

- 2 cans (14 oz each) sweetened condensed milk (not evaporated)
- 5 boxes (6 oz each) white chocolate baking squares, chopped
- 1 1/4 teaspoons vanilla
- Red, blue, green and yellow liquid food color

### METHOD :

- 01** Line 9 x 5-inch loaf pan with foil.
- 02** Divide sweetened condensed milk between 5 microwave-safe small bowls, about 1/2 cup per bowl.
- 03** To make the bottom PURPLE layer, add 6 ounces of chopped white chocolate to one bowl of the sweetened condensed milk. Microwave uncovered on High 1 minute; stir until smooth. Stir in 1/4 teaspoon vanilla. Tint PURPLE by adding 9 drops of red food color and 6 drops of blue food color; stir well. Immediately pour fudge mixture in the bottom of a foil lined pan, spreading to edges. Firmly tap pan on counter to even out layer. Place in freezer for at least 15 minutes or until top appears set.
- 04** For the BLUE layer, add 6 ounces of chopped white chocolate to one bowl of the sweetened condensed milk. Microwave uncovered on High 1 minute; stir until smooth. Stir in 1/4 teaspoon of vanilla. Tint BLUE by adding 18 drops of blue food color; stir well. Gently pour and spread mixture over PURPLE layer in pan. Firmly tap pan on counter to even out layer. Place in freezer at least 15 minutes or until top appears set.
- 05** For the GREEN layer, add 6 ounces of chopped white chocolate to one bowl of the sweetened condensed milk. Microwave uncovered on High 1 minute; stir until smooth. Stir in 1/4 teaspoon of vanilla. Tint GREEN by adding 18 drops of green food color; stir well. Gently pour and spread mixture over BLUE layer in pan. Firmly tap pan on counter to even out layer. Place in freezer at least 15 minutes or until top appears set.
- 06** For the YELLOW layer, add 6 ounces of chopped white chocolate to one bowl of the sweetened condensed milk. Microwave uncovered on High 1 minute; stir until smooth. Stir in 1/4 teaspoon of vanilla. Tint YELLOW by adding 12 drops of yellow food color; stir well. Gently pour and spread mixture over GREEN layer in pan. Firmly tap pan on counter to even out layer. Place in freezer at least 15 minutes or until top appears set.
- 07** For the top RED layer, add 6 ounces of chopped white chocolate to one bowl of the sweetened condensed milk. Microwave uncovered on High 1 minute; stir until smooth. Stir in 1/4 teaspoon of vanilla. Tint RED by adding 18 drops of red food color; stir well. Gently pour and spread mixture over YELLOW layer in pan. Firmly tap pan on counter to even out layer.
- 08** REFRIGERATE at least 12 hours until cold and firm. Cut into 8 rows by 4 rows, trimming edges as desired. If fudge becomes soft during slicing, return to refrigerator to firm up. Store covered in the refrigerator.



Challenge Accepted?

This recipe was taken from <https://www.tablespoon.com>  
Source of image - <https://www.wineandglue.com/rainbow-fudge/>





# Shine Together

By women, for women, towards women.

STHRI by **selyn** is an ethical fashion collective featuring a range of everyday wear, curating collaborations with like-minded fashion designers and social brands. Combining fashion and social movement, STHRI brings to you empowered fashion for women by women.



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## The Mount Lavinia Hotel came alive with *"The Sound of Music"*

The cast of the famed theatrical Broadway "The Sound of Music" produced by Andrew Lloyd Webber and David Ian were hosted for brunch at the Mount Lavinia Hotel on the 15th of February. During their visit to the hotel, the cast members enjoyed a historical expedition of sorts. Members of the cast were enthralled by the rich history behind the hotel and were awed by the colonial splendor that the British Governor's residence still possesses. Sea, sun and sand proved the perfect setting as they enjoyed a relaxing and refreshing dip in the mighty blue which was followed by a magnificent brunch spread especially crafted for the Sound of Music cast.



## HOLI FESTIVAL ON THE BEACH

The golden sandy shores of Mount Lavinia Hotel were canvassed with an array of bright colors as the Holi festival was held on 10th March. The annual festival is celebrated to pay homage to the symbolic triumph of good over evil. Guests were treated to the authentic festive spirit with a splash of colored powder, rain dances, Bollywood beats and the commendable eat-treats of Indian cuisine. The Holi event was organized by Mount Lavinia hotel in collaboration with COLIND – Colombo Indians in Sri Lanka.



# ආදර සංධිවනිය



එකකට එකක සම්බන්ධ එකක පස්සේ එකක යන දෙකට මිනිස්සු කියන්නේ ජීවිතය කියලා. එකකට එකක සම්බන්ධ නැති, මෙහෙය මේකයි කියලා අර්ථකථනය කරන්න බැරි දෙකට මිනිස්සු කියන්නේ ආදරය කියලා....

**ආ**දරය කියන අකුරු හතර අතරලො, කවදාවත් වචනයෙන් කියලා ඉවරයක් කරගන්න බැරි අර්ථකථනය මොකක්ද කියලා හෙමි හෙමින් වැයෙන වයලින් නාදයන් අස්සෙන් යකෝදා විමලධර්ම එහෙම කියන්නේ සමණල සන්ධිවනිය විග්‍රහය ඔස්සේ... ආදරය නිර්වචනය කරන බොහෝ වචන කියන, සරල වචන කිහිපයක් තියනවා... ගැඹුරු හැඟීමක්, හදවතේ කොහක ඉඳන් පැන නගින දෙයක්. කෙනෙක් තවකෙනෙකුට හදවතින්ම දෙන තෘප්තියක්... ආදරය නිර්වචනය කරලා ඉවරයක් කරන්න කොයි තරම් අපහසුද කියලා මේ ගෙවෙන තත්පරේ මම ලියන වචනයක් වචනයක් ගානේ එක යුරියුඩ් විඩියෝවකින් මට උගන්වමින් ඉන්නවා. සරලවම ආදරය අනන්තයි... අර්ථකථනයෙන් දුරයි... තමන්ගේ අම්මා වටේ කරුණෙන් ගමන් තමන්ගේ පන්තියේ හොඳම ගැහැණු යාළුවාට දෙන්න එක රෝස මලක් ඉල්ලන අවුරුදු හයක පුංචි පොඩිතෙක් ගැන මුහුණු පොතේ සමීප මිතුරියක් ලියපු එක සටහනක ඇය අන්තිමට මෙන්න මෙහෙම දෙයක් ලියලා තියෙනවා. "ආදරය සැඟවිය යුත්තක් නොවන වගන් විය විවෘත සුන්දර දෙයක් වගන් ඔහු ළපටි විදේදීම හඳුනාගෙන අහවර ය." සැඟවීමේ ආදරය සැඟවිය නොයුත්තක් බව බොහෝ දෙනා දන්නා දෙයක් වුවත් අප අමතක නොකළ යුතුවන්නේ සිහිත්තා පිටින් වන්නේ ඉතාලියේ බවයි. එය වත්මන් ශ්‍රී ලංකාව තුළ සිදු වූවා නම් බොහෝ ගුරුවරුන්ට සහ දෙමාපියන්ට තම වම් කම්මුල මත දකුණු අත තබා කියවන්නට බොහෝ දේ ඉතුරු වනු ඇති.

රිජිප්තුවේ උපන් සඟා ස්මයින් සහ ස්පාඤ්ඤ ජාතික ස්පනියාර්ඩ් රිකෝ බොහෝ සාමාන්‍ය ලෙස ජීවත් වන්නා වූ සමසෙනෙහස් යුවලක් ලෙස ලන්ඩන් නුවර ජීවත් විය. නමුත් හදිසියේම සාඟාගේ පියාගේ කැඳවීමකට බුබායි හි පිහිටි සිය නිවාසය වෙත යාමට සාඟාට සිදුවූ අතර ඇය සිය පෙම්වතිය ද කැටුව බුබායි වෙත යන්නේ සිය පියාගේ කැඳවීමට ප්‍රතිචාර වශයෙනි. නමුත් යම් දෙයක් වැරදි ඇති බව ඔවුන්ට වැටහීමට ගත වන්නේ ඉතා සුළු නිමේශයක් වූ අතර බුබායි වෙත පැමිණි දින පටන් ඔවුන් වෙත මරණ තර්ජන වල්ල වන්නට විය. සාඟාව සිය නිවස තුළ සිරගත කළ අතර ඉස්ලාමීය නීති ප්‍රකාරව සමසෙනෙහස්භාවය නම් ඉතා පහත් 'පවක්' බවත් එය නැවැත්විය යුතු බවත් ඔවුන් හමුවේ සිය පවුල කියන්නට විය. සිය පෙම්වතිය සමඟ නිවසින් පලා යන සාඟා සොයා පෝර්ජියාවට එන පියා ඔවුන්ගේ ගුවන් ගමන් බලපත්‍ර ඉරා දමන අතර නැවතත් පැන යාමට සමත් වන සාඟා සහ ස්පනියාර්ඩ්, අවසානයේ තුර්කි දේශ සීමාවේදී තුර්කි බලධාරීන් විසින් අත් අඩංගුවට ගත්හ. තුර්කි රුදවුමේදී විඳීමට සිදුවූ කාර සහගත වධ බන්ධනයන් අවසානයේ රිකෝගේ දෙමාපියන් ස්පාඤ්ඤ බලධාරීන් දැනුවත් කිරීමේ ප්‍රතිපලයක් ලෙස ඔවුන්ව නිදහස් කෙරුණු අතර මාධ්‍ය හමුවේ සිය අදහස් දක්වමින් සාඟා කියා සිටියේ, "මම හිතුවේ නැහැ අපිට කවදාවත් ගෙදර එන්න පුළුවන් වෙයි කියලා. ඔවුන් මාව නිදහස් කරන්න කැමති වුනා. නමුත් ශාසාව තියා ගන්නවා කිව්වා. මම කිව්වා ශාසා නැතිව මම යන්නෙ නැහැ කියලා. සමසෙනෙහස් වූ පමණින් අපට මෙසේ සලකන්න කිසිවෙකුට පුළුවනිද?"

බුබායි රාජ්‍ය වේවා, තුර්කිය වේවා, ලන්ඩනය වේවා නැතහොත් පෝර්ජියාව වේවා සියළු තැන්හි වෙසෙන්නන් මිනිසුන් නොවේ දැයි ප්‍රශ්නයක් මා ඔබෙන් ඇසුවොත්, ඔබේ සරල පිළිතුර ඔවුහු සියල්ලෝම මනුෂ්‍යයෝ වන බව මා දන්නවා. නමුත් විවිධ රටවල් තුළ පදනම ලෙස ක්‍රියා කරන්නා වූ ආගමික මතවාද හෝ සංස්කෘතිය යයි හදුනා ගන්නා අනන්‍ය ලක්ෂණ නිසාවෙන් සැබෑ ජේමිය මනුෂ්‍යයාට හිමිවන්නේ දැයි මම නැවත ඔබෙන් ඇසුවොත්, ඔබ සැබෑවින්ම නිරන්තර වන බවද මා පැහැදිලිව ම දන්නවා. ආදරය සිරගත කළ හැකිද? පිළිතුර, "නැහැ". ආදරය බෙදා වෙන් කොට සීමා පැනවිය හැකිද? සරල පිළිතුර, "නැහැ". බොහෝ බැඳීම් අර්ථකථනය හුදෙක් ලිංගිකත්වය මත සිදු කිරීම නිසා ආදරය අනෙකාට අහිමි වෙනවාද? සරල පිළිතුර, "ඔව්". සමසෙනෙහස් පාර්ශවයන් තුළට සමාජය දක්වන්නා වූ ලිංගිකත්වය පදනම් කරගත් දැක්ම නිසාවෙන් ආදරය හිමිකර ගැනීමට ඔවුන් මේ මොහොතෙන් සටන් කරන බව ඔබ දන්නවාද? සරල පිළිතුර, "ඔව්"...

ශ්‍රී ලංකාව වැනි රටක් තුළ ද දණ්ඩ නීති සංග්‍රහයේ 365 වැනි වගන්ති මගින් අප වැටකොටු බැඳ ඇත්තේ ලිංගිකත්වයට නොව ආදරයට බව ඔබ ද මා ද කවදා වටහාගති දැයි සැබෑවින්ම මා නොදනි. නමුත් ඔබ ද මා ද තේරුම් ගත යුතු එකම සත්‍ය නම් ආදරය සීමා කළ නොහැකි සේම ආදරය දිනෙක ආදරයම සොයා යන බව පමණි. ජේමණිය හෝරාවන් අද්දර රතු රෝස පිපෙන නිමේශයන් තුළ ඔවුන්ගේ ද අයිතිවාසිකම් ගැන සිතා බැලීම ඔබේ ද මගේ ද යුතුකම වන්නේය.



# I'M HERE, I'M QUEER

## I'm getting used to it

By: Alvin

*In a world obsessed with perfection, is the possibility of being different even remotely fathomable?*

A question I asked myself when I was just 14. You'd think growing up in different countries would expose a characteristically traditional family to be more open minded and accepting, but at the end of the day; humans are humans and traditions instilled in elder generations tend to last longer than we would like. Coming out as a member of the LGBTQ community is a tough yet totally unnecessary wright of passage that many do go through, and what makes it tough is acceptance; "will they look at me differently?, will they no longer love or trust me?, will I be given the same treatment as I am now later on?".

The hardest part for me in acceptance was accepting myself which I refer to as "Stage 1", the secret I had worked so hard to keep hidden was a journey of finding ways in being at peace with who I am, ensuring I knew what my truth was before I

turned my world upside down by coming out. Personally mine was an emotionally tedious and intense journey during this stage of acceptance, exploring my sexual identity at a very young age, just to ensure I knew I was gay. Figuring out what it might be like for a guy who isn't a jock or overcompensated gym addict to live a happy life without all the extra baggage. I felt at a crossroad filled with congestion, do I move forward on my path? Is it time? Am I ready to come out and prepare for the consequences? Do I simply keep living a lie and keep everyone else happy? Or do I live as a "discreet" gay teenager with a strictly promiscuous life? Discretion and commitments didn't feel possible.



life which is what I call "Stage 2". I had promised myself that when I got into a serious relationship I'd come out to my very religious picturesque parents who met, got married and worked in church, you'd think it'd be as cringe-worthy running around Jurassic park in designer footwear, but it was all in my head. People absolutely looked at me differently, my friends and family were more accepting than I had expected but it was the general public that noticed my new found strength and confidence, some noticed it positively and others not so much, but hey! Can't please everyone right? Being a very emotionally sensitive person I did hate having to say goodbye to a few known faces, simultaneously worrying about being stuck between my happiness and my faith; is there absolution for the desire to be happy?



Everyone knows in their heart when it's simply time to let their loved ones know the truth whether it be triggered by adrenaline, the desire for transparency and freedom or in my case; a milestone in your



Six years. Numerous dates. Three relationships. One serious. All resulting in heartbreak. Hook-ups from hell. Came out. Accepted myself. Battled religious and moralistic ideals. If I was keeping score, I'd go up a few notches...pretending it was still all peachy. But life isn't a walk through sunflower fields, sometimes it can be stressful and emotionally draining. What makes all this worth it, is when someone you've never met before sees the confidence exude from your unique individuality and in silence... you inspire them. Acceptance is not an easy journey but once you've faced what may seem like the biggest fear in your life, everything else seems a little bit lighter, you allow yourself to dress how you want, talk how you want, be happy and even though not everyone may look at you the same or that one aunty will never understand why you don't get married and have children... it doesn't bother as much. By the time you realize how happy you are, you've reached "Stage 3", validation that requires no one's approval but yourself.



*Acceptance is not an easy journey but once you've faced what may seem like the biggest fear in your life, everything else seems a little bit lighter...*



We are all someone's brother or sister, aunt or uncle, son or daughter, mother or father.

**Protect our families - don't criminalise them.**

**DON'T TURN YOUR BACK ON FAMILY!**



පවුලේ කෙනෙකු කොන් කිරීමෙන් හෝ  
වෙනස්කොට සැලකීමෙන් වලකින්න.

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by Hiran Hemantha

# සංචාරක සටහන

Travel with Hiran

Source of image - [www.videoblocks.com](http://www.videoblocks.com)  
water-buffalo

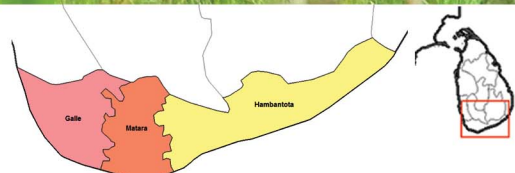
අවිචේති පරිසරයෙන් මිදී නිස්කලංක පරිසරයකට සමීප වීමේ අවශ්‍යතාවය මත හෝ ජීවිතයේ සුන්දරත්වය අත්දැක වටිනා මතකයන් රැසක් එකතු කරගැනීමට පිවිසිය හැකි ඉතාමත් සුන්දර ස්ථානයක් කිහිපයක වගතුග අප මෙසේ ඔබ ඉදිරියේ දිගහරින්නෙමු.

ගමන් සඟයින් තිදෙනෙකු හා මා ගිරිඋල්ල නගරයෙන් උදෑසනම ගමන සදහා පිටත්විය. කුලී පදනම මත ලබාගත් මෝටර් රථයකින් තොරණ, රත්නපුර, කහවත්ත ,මාදම්පේ, උඩවලව, තණමල්විල, යන මාර්ග ඔස්සේ තිස්සමහාරාමය නගරය හරහා අප යාල ජාතික වනෝද්‍යානය වෙත ගමන්කරන්නට විය.

ශ්‍රී ලංකාව, අපටම ආවේණික වූ ජෛව විවිධත්වයකින් හා සත්ත්ව විශේෂ වලින් බොහොම පොහොසත් රටකි. යාල ජාතික වනෝද්‍යානය එයට හොඳම නිදර්ශනයකි. යාල ජාතික වනෝද්‍යානය ශ්‍රී ලංකාවේ පිහිටා තිබෙන දෙවන විශාලතම ජාතික උද්‍යානය ලෙස හැඳින්වේ. එය විශාලත්වයෙන් දෙවෙනි වන්නේ විල්පත්තු වනෝද්‍යානයට පමණි. උද්‍යානයේ බටහිර, උතුර, වයඹ සහ ඊසාන දිග ප්‍රදේශ අයත් වන්නේ උඹු පළාතේ මොණරාගල දිස්ත්‍රික්කයටය. දකුණු හිරිතදිග, ගිනිකොණ දිග හා නැගෙනහිර කොටස් අයත් වන්නේ හම්බන්තොට දිස්ත්‍රික්කයට ය.

රක්ෂිතයේ ප්‍රමාණය වර්ග කිලෝමීටර 979 ක් වුවද සංචාරකයින් වෙත විවෘත කර ඇත්තේ මෙම භූමි ප්‍රදේශයෙන් සුළු කොටසක් පමණි. යාල වනෝද්‍යානය අද වන විට ශ්‍රී ලංකාවේ වැඩිම සංචාරකයින් පිරිසක් පැමිණෙන ප්‍රමුඛතම වනෝද්‍යානය බවට පත්වී ඇති අතර දේශීය මෙන්ම විදේශ සංචාරකයින්ද විශාල පිරිසක් වී අතර වේ.

යාල ජාතික උද්‍යානයේ ඇති විශේෂත්වය වන්නේ රක්ෂිතයෙන් වැඩි කොටසක් පහත් බිම් වශයෙන් පැවතුන ද වෙරල ප්‍රදේශ, දිය උල්පත්, ගංගා සහ ලඳු බිම් ආදී විවිධ පරිසර තත්ත්වයන්ගෙන් ගහණ වූ වනෝද්‍යානයක් වීමයි.



විමඟින් පෙනී යන්නේ යාල වනෝද්‍යානයේ ජෛව විවිධත්වය ඉතා ඉහළ මට්ටමක පවතින බවයි.

මෙහි ලොකු කුඩා සෑම ක්ෂීරපායී සතෙකුම ගත්කළ සුවිශේෂී සත්ව කොට්ඨාශ ගණනාවක් ජීවත්වෙයි. යාල වනෝද්‍යානය ප්‍රසිද්ධව ඇත්තේ ශ්‍රී ලංකාවේ දිවියන්, වලසුන් සහ අලි ඇතුන් විශාල ප්‍රමාණයක් ගහන වනෝද්‍යානයක් වශයෙනි. එපමණක් නොව යාල වනෝද්‍යානය දිවියන් වැඩිවශයෙන්ම ගැවසෙන රක්ෂිතයක් ලෙසද ප්‍රසිද්ධියට පත්වී ඇත. පක්ෂීන් ලෙස ගත්කළ ලංකා වලි කුකුළා සහ ඉන්දියානු මොණරා මෙම වනෝද්‍යානයේ බහුලව දැකිය හැකි අතර පක්ෂීන් අතරින් හේවාසික පක්ෂීන් පමණක් නොව සංක්‍රමණික පක්ෂීන් අතින් ද යාල වනෝද්‍යානය පොහොසත්ය.

අපට සේම සතා සිවිපාවන්ටද ජීවත්වීමට අයිතියක් ඇති හෙයින් විනාශ වීමේ තර්ජනයන්ට මුහුණපා තිබෙන සියළු උරුමයන් ආරක්ෂා කිරීම හා ආදරය කිරීම අප කාගේත් යුතුකම හා වගකීම බව අප අමතක නොකල යුතු ය.



Wild boar  
Photography by - Hiran



## හුම්මානය - කුඩාවැල්ල

දකුණු වෙරළේ පිහිටි හුම්මානය යනු ස්වාභාව ධර්මයා විසින් අපට දායාද කළ අපූර්ව ස්වාභාවික නිර්මානයකි. විශාල ගල් පර්වත දෙකක් අතරින් ශබ්දයක් සමග විසිරෙන විශාල ජල වර්ෂාව සහිත මෙම ස්ථානය “ කර්ජ්ජමාලාව ” කියා දකුණේ බස් වහරෙන් හදුන්වයි. සුවිශේෂී භූවිද්‍යාත්මක පිහිටීමක් වන හුම්මානය ඉතා විරල පිහිටීමකි. මෙම විශේෂ ස්වාභාවික නිර්මාණය ලෝකයේ වෙනත් රටවල ඇති හුම්මාන හය අතරින් විශාලත්වයෙන් දෙවන තැන ගන්නා බව වාර්තා වේ. මෙම විරල ස්ථානය කුඩා වැල්ල - වැලි කැලේ වෙරළ තීරයේ කඳු ගැටයක් මත පිහිටා ඇත. මුහුදු රැල්ලේ පීඩනයත් සමග විහිදී යාමට පෙර එක දිගට “හුම්” ලෙසින් හඬක් පිට කරනා බැවින් “හුම්-ගාන ය” හුම්මානය වූ බව ජන වහරේ කියවේ.

හිරිත දිග මෝසම් නැතිනම් වාරකන් සමයේ මුහුදු රල වේගවත්වූ විට හුම්මානය වඩාත් ක්‍රියාශීලීව අඩි 40-50 පමණ අහස දෙසට ජල කදම්භමක් උසුලාගෙන ඉහලට විහිදී යන අයුරු දක්නට ලැබීම අසිරියකි. හුම්මානය අසලදී කෑ ගැසීම, හු කීම හුම් හඬට සමාන ශබ්ද නැගීම අත්පුඩා ගැසීම මගින් හුම්මානයේ ක්‍රියාකාරීත්වය ඉහළ නැංවීමට හේතුවන බව ගැමියන් අතර මතයක් පවතී.

තම රට වාහන නවතා තැබීමේ පහසුකම් මෙහි පවතින අතර මද දුරක් ධීවර ගම්මානය මැදින් පා ගමනින් යා යුතු වේ. මෙම මාර්ගය දෙපස මාළු කරවල වැනි ධීවර නිෂ්පාදන විකුණන කුඩා වෙළෙඳසැල් හා ඒ අවට ජීවත්වන්නන්ගේ වාසස්ථානයන් පසුකරමින් මෙම ස්ථානයට ඔබට ලගාවිය හැකිය.

Photography by - Hiran / Kirinda

## කිරින්ද මහා විහාරය

තිස්සමහාරාම - කිරින්ද මාර්ගයේ සැතපුම් කිහිපයක් ගිය විට කිරින්ද රජ මහා විහාරයට ප්‍රවේශ විය හැකිය. කාවන්තිස්ස රජුගේ අගමෙහෙසිය වූ විහාර මහා දේවිය රුහුණේ ගොඩබැස්ස මෙම ස්ථානය ලෙස ජනප්‍රවාදයේ පවතී. විහාර මහා දේවිය ගොඩබැස්ස මෙම ස්ථානය හා එහි සිදුවීම සිහි කරනු පිණිස කාවන්තිස්ස රජු ක්‍රි.පූ. 2 වන සියවසේ දී මෙම විහාරය ඉදි කළ බව ජනප්‍රවාදයේ සඳහන් වේ.

Source of image - www.ceylonshots.com kirinda temple



## මාතර තාරකා කොටුව

ඕලන්ද ජාතිකයින් විසින් දකුණේ මාතර ප්‍රදේශය තුළ තම බලය අත්පත් කරගැනීමෙන් පසු ක්‍රි.ව 1762 ත් ක්‍රි.ව 1765 අතර කාලයේදී තරුවක හැඩයට මාතර නගරය තුළ අතු සෙවිලි කළ කුඩා බලකොටුවක් සාදන ලදී. මෙවැනි තරුවක හැඩයගත් කොටුවක් ලංකාවේ දකුණේ දක්නට ලැබෙන්නේ මාතර ප්‍රදේශය තුළ පමණි. මෙම කොටුව නිර්මාණය කළ නිර්මාණ ශිල්පියා වූයේ ඕලන්ද ජාතික කැප්ටන් ජැන්හෙන්ය. නිල්වල නදිය අසබඩ මාතර රෝහල ඉදිරිපිට අදටත් ඔබට මෙහි නටබුන් දැක ගත හැකිය.



Source of image - mirissasunset.com Star fort, Matara



# ඔබගේ දරුවා

## සමර්සි, ද්විර්සි හෝ සංක්‍රාන්ති ලිංගික වන්නේ ඇයි?



මව්පියෙකුට තම දරුවා LGBT වීමෙන් ඇතිවිය හැකි යැයි වැඩියෙන්ම සිතිය හැකි ප්‍රශ්නය නම් “ඇයි?” යන්නයි. මගේ දරුවා සමර්සි වුනේ ඇයි? හේතුව මොකද? වයාව ඇති දැඩි කරන කොට අපි මොනවා හරි වැරද්දක් කළාද? ඒක රෝගයක්ද? මේ විදිහ ඒ අය තෝරාගත්තද?

“සමහරක් සමර්සි වන්නේ ඇයි?” යන ගැටළුවට පිළිතුර විද්‍යාඥයින්ට දිගු කාලයක් තිස්සේ සොයාගැනීමට අපොහොසත් වූ ප්‍රශ්නයකි. නමුත් පිළිතුරක් සොයා ගැනීමේ පර්යේෂණවලට මිලියන ගණනක් ආයෝජනය කර තිබුණත්, තවදුරටත් එසේ කරමින් තිබුණත් නිර්ණායක ඒකමිතියක් තවමත් සොයාගෙන නැත.

කෙසේ වුවත්, ජෛව විද්‍යාත්මක සංරචකයක් විසින් පුද්ගලයින්ගේ ලිංගික දිශානතිය (හැඩගැසීම) හා අනන්‍යතාවය නිර්ණය කරනු ලබන බවට ඉතාම ශක්තිමත් යෝජනාවන් තිබේ. එයින්, සමහර විද්‍යාඥයින්ගේ අදහස වන්නේ ලිංගිකත්වය ජාන මගින් තීරණය වන බවයි: පුද්ගලයෙකුගේ අනෙක් ආර්ථික ලක්ෂණ (නිසැකයේ වර්ණය, උස, වචන හෝ දකුණත හුරුව) සකසන්නාක් මෙන් ලිංගික හැඩගැසීමද ඔහුගේ හෝ ඇයගේ ජාන මගින් තීරණය වෙයි. එහෙත් මේ අදහස තවමත් නිශ්චිතවම ඔප්පු කළ යුතුව තිබුණත්, ක්‍රමිකව විශ්වසනීයත්වය ගොඩනගා ගනිමින් සිටියි. සමහර අවස්ථාවල පවුලේ සහෝදර සහෝදරියන්ගේ (සමහර අවස්ථාවල නිවුන් සහෝදර සහෝදරියන්ගේ) සමාන ලිංගික හැඩගැසීම් පිළිබඳ කාරණය විසින් මේ න්‍යාය සහාය ලබයි.

විමෝචන දරුවෙකු වැඩෙන පරිසරය ඔහුගේ හෝ ඇයගේ ලිංගික අන්‍යතාවය තීරණය කරන බවට ජනප්‍රිය විශ්වාසයක්ද ඇත. මෙයින් කියවෙන්නේ මිනිසුන් වැඩෙන පරිසරය, ළමා විදේදී තිබෙන සම්බන්ධතාවයන්, ඔවුන්ගේ පරමාදර්ශී වර්ත, සහ විවිධ අත්දැකීම් යන මේ සියල්ල ඔවුන්ගේ ලිංගිකත්වයේ සංවර්ධනයට බලපාන බවයි.

තවමත් විවැනි දරුවන්ගේ දෙමව්පියන්ට යම් පුද්ගලයෙක් සමසෙනෙක්, ද්විර්සෙනෙක් හෝ සංක්‍රාන්ති ලිංගික වන්නේ මන්ද යන්නට ඇති විද්‍යාත්මක කාරණා නොවැදගත්ය. කාරණය නම් විශේෂයෙන්ම මෙවැනි තෝරා ගැනීමක් විවිධාකාරයේ ගැටළු රාශියකට අතවැනිමක් වන ලෝකයක කිසිවකු LGBT වීමට තමා විසින්ම තෝරා නොගන්නා බවයි. එසේම සමහර දෙමව්පියන් සිතන්නේ දෙමව්පියන් ලෙස තමන් ප්‍රමාණවත් නොවූ නිසා තම දරුවන් LGBT වූ බවයි. නමුත් දරුවන්ගේ ලිංගික හැඩගැසීම සම්බන්ධයෙන් දෙමව්පියන් වගකිව යුතු නැති බව සහතික කළ යුතුය. අනෙක් සියළුම ක්ෂීරපායීන්ගේ මෙන්ම මිනිසුන් අතරද විකල්ප ලිංගික හැඩගැසීම් ඉතාමත්ම ස්වාභාවිකය. එය රෝගයක් නොවේ. දරුවෙකුට “සමලිංගිකත්වය” ඉගැන්වීමෙන් ඇති නොවේ, එය දරුවෙකුට නිවැරදි වර්ගයේ පෝෂණය නොලැබුණ නිසා හෝ වැරදි වර්ගයේ රූපවාහිනී වැඩසටහන් නැරඹීම නිසා ඇති වූවක් නොවේ. සරළවම ඒ ඔවුන් ඉපදුන හෝ වැඩුණ ආකාරයයි. එනම් එය දරුවෙකු වමන් කරුවෙකු වීම හෝ ලස්සනට ගී ගැසීමට හැකිවෙනවාක් මෙන් සාමාන්‍ය තත්වයකි.

ඔබගේ දරුවාගේ ලිංගික නැඹුරුතාවය හෝ ඔබගේ දරුවාගේ ස්ත්‍රී-පුරුෂ සමාජනාවී අනන්‍යතාවය හා ප්‍රකාශනය සහ, ලිංගික ලක්ෂණ පිලිබඳ ඔබට ගැටළු තිබේද? එසේනම් අප හා සම්බන්ධී දැනුවත් වන්න.

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# நான் இங்கே, நான் ஒரு ஒரீன சேர்க்கையாளர்... நான் அதற்கு பழக்கப்படுகிறேன்.

By: ஆல்வின்



**பூரணத்துவம் நிறைந்த  
உலகில், தொலைவிலிருந்து  
கூட வித்தியாசமாக இருப்பது  
சாத்தியமானதா?**

நான் 14 வயதாக இருந்தபோது ஒரு கேள்வி நான் என்னிடமே கேட்டேன். வெவ்வேறு நாடுகளில் வளர்ந்து வருவதன்மூலம், ஒரு பண்புரீதியாக பாரம்பரிய குடும்பத்தை சேர்ந்த குடும்பம் வெளிப்படையாகவும் மற்றும் ஏற்றுக்கொள்ளும் தன்மையுடனும் இருப்பார்கள் என்று நீங்கள் நினைப்பீர்கள், ஆனால் இறுதியில் மனிதர்கள் மனிதர்களாகவும், பழங்கால தலைமுறைகளிலிருந்தும் கொண்டு வரப்பட்ட வழக்கங்கள் நாங்கள் விரும்புவதை விடவும் தொடர்ந்து நீடித்து வருகிறது. டிபுடென்டு சமூகத்திலிருந்து வெளிவருவது கடினம், அது ஒரு தேவையற்ற அனால் எல்லோராலும் தலையிடப்படும் விடயம், மற்றும் அதை ஏற்றுக்கொள்வது கடினமாக காணப்படுகிறது "அவர்கள் வித்தியாசமாக என்னைப் பார்ப்பார்களா? அவர்கள் இனிமேல் என்னை நேசிக்கமாட்டார்களா அல்லது நம்பமாட்டார்களா? பின்பும் இதே போன்று மற்றவர்களால் மதிக்கப்படுவேனா அல்லது வித்தியாசமாகவா?".

மிகவும் கடினம் விடயம் என்னவென்றால், நானே என்னை ஏற்றுக்கொள்வது. அதை நான் "நிலை 1" என்று கூறுவேன். என் பயணத்தில் நான் யார் என்பதுடன் சமாதானமாக வாழ்வதற்கான வழிகளை தேடுவதற்கான பயணமே நான் கடினப்பட்டு மறைத்து வைத்துக்கொண்டிருக்கும் இரகசியம், வெளியே வந்து இந்த உலகத்தை தலைகீழாக மாற்றுவதற்கு முன்பு, நான் யார் என்பதை நான் உறுதியாக அறிந்து கொள்வதில் உறுதியாக இருந்தேன். இந்த கட்டத்தில் தனிப்பட்ட முறையில் நான் சிறு வயதில் என் பாலியல் அடையாளத்தை வெளிக்கொணர் நான் ஒரு ஒரீன சேர்க்கையாளர் என்று உறுதிப்படுத்த, எனக்கு உணர்வுபூர்வமாக கடினமானக இருந்தது. ஒரு சாதாரண ஆணாக வாழ உடற்பயிற்சிக்கூடத்திற்கு அடிமை ஆகாமல் வேறு எந்த தொந்தரவும் இன்றி சந்தோசமான வாழ்வது எப்படி இருக்குமென கண்டறிய ஆவலாக இருந்தேன். நான் குறுக்குவழிகளில் நெரிசல் அதிகமாக இருப்பது போல் எனக்குள் உணர்ந்தேன், என் பாதையில் நான் முன்னோக்கி செல்வதர் இதுதான் நேரம், நான் வெளியே வந்து விளைவுகளை சந்திக்க தயாரா? நான் இன்னும் வெறுமனே பொய்யான வாழ்க்கை

வாழ்ந்து அனைவரையும் சந்தோஷமாக வைத்திருக்கிறேனா? அல்லது நான் பொதுவாக சாத்தியமில்லை என்று நினைக்கும் சாதாரண ஒரீனச்சேர்க்கை இளைஞனை போல வாழ விரும்புகிறேனா? எல்லோருக்கும் தனது உண்மைநிலை பற்றி எப்போது தன்னுடன் அன்பாக நெருக்கமாக இருப்போருக்கு சொல்ல வேண்டும் என்று பொதுவாக தெரியும். அந்த விருப்பம் அட்ரினலின் ஹார்மோன் மூலம் தூண்டப்பட்டு வந்த மாற்றமாக இருக்கலாம், ஒரு வெளிப்படாததன்மை மற்றும் சுதந்திரத்திற்கான விருப்பமாக இருக்கலாம். ஆனால் என்னுடைய விடயத்தில் அது ஒரு மைல் கல். அதை "நிலை 2" என்று கூறுவேன்.

நான் ஒரு உண்மையான உறவுமுறையை உருவாக்கும்போது, மத்தத்தை பின்பற்றும் தேவாலயத்தில் சந்தித்து திருமணமாகி வேலை செய்யும் என் பெற்றோருக்கு, தெரிய வைப்பேன் என்று எனக்கே நான் சத்தியம் செய்தேன். முற்றிலும் என்னை மக்கள் வித்தியாசமாக பார்த்தனர். ஆனால், நான் எதிர்பார்த்ததை விட என் நண்பர்கள் மற்றும் குடும்பம் என்னை ஏற்றுக்கொண்டனர். ஆனால் எனது புதிய பலம் மற்றும் நம்பிக்கையை கவனித்த பொது மக்களில் சிலர் அதை சாதகமாகக் கவனித்தனர், மற்றவர்கள் அவ்வளவு அதிகம் இல்லை. நான் மிகவும் உணர்ச்சிவசப்படுகின்ற ஒரு நபர். என்னால் தெரிந்த பழக்கப்பட்ட உறவுகளிடமிருந்து அவ்வளவு விரைவில் விடைபெற முடியாது. அதே நேரம் என் சந்தோசத்திற்கும் தலைஎழுத்துக்கும் இடையில் சிக்கி இருக்கவும் விரும்பவில்லை மகிழ்ச்சியாக இருக்க விரும்புவது ஒரு குற்றமா?



ஆறு வருடம். பல நாட்கள், மூன்று உண்மையான உறவுகள். ஒன்று தீவிரமானது. அனைத்தின் விளைவும் கவலையே. வெளியே வாருங்கள். வந்து மத மற்றும் தார்மீக கொள்கைகளை விட்டு என்னை ஏற்றுக்கொள்ளுங்கள். வாழ்க்கை என்பது சூரியகாந்தி பூ தோட்டத்தின் மீது நடப்பது போலல்ல, சில நேரங்களில் இது கடினமானதாக காணப்படலாம். உதாரணமாக இவர்ற்றையெல்லாம் எது மதிப்புள்ளதாக ஆக்குகின்றது என்றால், நீங்கள் எப்படி கண்டிராத ஒரு நபர் உங்கள் தனித்துவமான மனஉறுதியைப்பார்க்கும்போது. நீங்கள் அவரை ஊக்குவிக்கின்றீர்கள். மற்றவர்களால் ஏற்றுக்கொள்ளப்படுவது ஒரு எளிதான பயணம் அல்ல, ஆனால் உங்கள் வாழ்க்கையில் மிகப்பெரிய அச்சத்தை நீங்கள்

சந்தித்தீர்கள் ஆயின், அதன் பின் எல்லாமே உங்களுக்கு சிறிதாக தோன்றும், நீங்கள் எப்படி உடை அணிய வேண்டுமோ அப்படி அணிவீர்கள், எப்படி கதைக்கவேண்டுமோ அப்படி கதைக்க விரும்புவீர்கள், மற்றவர்கள் உங்களை ஒரே மாதிரி பார்ப்பாவிடிலும் அல்லது உறவினர் ஒருவர் நீங்கள் ஏன் திருமணம் செய்யவில்லை மற்றும் குழந்தைகள் பெற்றுக்கொள்ளவில்லை என்று விளங்கிக்கொல்லாவிடிலும், நீங்கள் சந்தோசமாக இருக்க முடியும். நீங்கள் எவ்வளவு மகிழ்ச்சியாய் இருக்கின்றீர்கள் என்று எப்போது உணருகின்றீர்களோ அப்போது நீங்கள் "நிலை 3" ஐ அடைந்து விட்டீர்கள். ஏற்றுக்கொல்லுதர மற்றவர்களிடமிருந்து வரத்தேவையில்லை. ஆனால் அது உங்களிடமிருந்து வர வேண்டும்.



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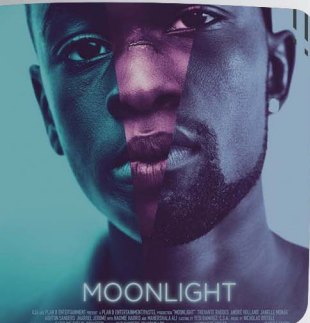
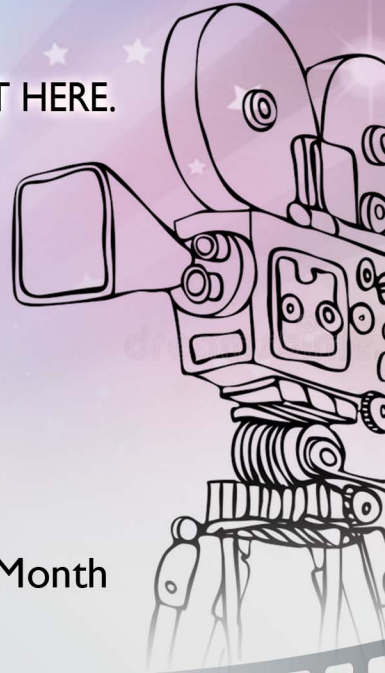
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# நாங்கள் அனைவரும் சமமானவர்கள்



## ஐ

க்கிய நாடுகளின் சுதந்திர பிரகடனம் கூறுகிறது, "...அனைத்து மனிதர்களும் , அவர்களது படைப்பாளரால் வாழ்க்கை, சுதந்திரம் மற்றும் மகிழ்ச்சி போன்ற சில தனித்துவமான உரிமைகளுடன் சமமானவர்களாக உருவாக்கப்படுகிறார்கள். இந்த உரிமைகளை மனிதர்களிடையே பாதுகாப்பதற்காக, அரசாங்கங்கள் நிறுவப்படுகின்றன".

இது மேற்கத்தேய நாடுகளினால் பின்பற்றப்பட்டு வருகிறது. இருப்பினும், வளரும் நாடுகளில் மற்றும் உலகின் மிக ஏழ்மையான நாடுகளில், அனைவருக்கும் சமத்துவம் கிடைப்பதற்காக நிறைய விடயங்கள் செய்ய வேண்டிய தேவை காணப்படுகின்றது என்று நான் உணர்கிறேன். அவதூறு சொல்லுதல், கலாச்சார பழக்கவழக்கங்கள், மத நம்பிக்கைகள் மற்றும் பழக்கவழக்கங்கள் போன்றவையே இவ்வாறான ஏற்றத் தாழ்வுகளுக்கு காரணமாக அமைகின்றது. நிறம், மதம், தேசியவாதம் அல்லது பாலியல் என்பவற்றை பொருட்படுத்தாது சம உரிமைகள் மற்றும் எல்லோருக்குமான கருத்து சுதந்திரம் வழங்கப்பட வேண்டும் என்று நான் நம்புகின்றேன் மற்றும் அதற்காக என்னால் முடிந்த வரை போராடுவேன்.

ஓர் பாலின திருமணத்திற்கு எதிரான ஒரு வாதம் என்னவெனில், ஓரே பாலின திருமணத்தின் மூலம் குழந்தைகளை உருவாக்க முடியாதென்பதே, இதன் விளைவாக ஓரே பாலின ஜோடிகளுக்கு திருமணம் செய்ய வேண்டிய அவசியமில்லை என்ற முடிவிற்கு வருகின்றனர். சரி, மில்லியன்கணக்கான வழக்கமான திருமணம் செய்துகொள்ளும் பலருக்கு குழந்தைகள் இல்லை என்று வாதிட்டிருக்கலாம். இருப்பினும், அவர்களை நாங்கள் வேறுபடுத்தி பார்ப்பதில்லை. உண்மையில், அது சமூக ரீதியாக ஏற்றுக்கொள்ளப்படுகிறது. நான் உறுதியாக சொல்லுகிறேன், அதிகமாக ஓர் பாலின திருமணத்திற்கு எதிராக இருபோர், எப்போதுமே வழக்கமான முறையில் திருமணம் செய்து பிள்ளைகள் பெற்றுக்கொள்ளாமல் இருந்தால், அவர்களை வேறுபடுத்தி பார்க்க மாட்டார்கள். குழந்தைகள் கொண்டிருப்பது மட்டுமே

திருமணத்தின் ஓரே நோக்கம் அல்ல. மக்கள் அதை விருப்பத்துடன் அர்ப்பணிப்பு நடவடிக்கையாக செய்கிறார்கள்.

இது எந்த தவறும் செய்யாத மக்களுக்கு சமமற்ற, நியாயமற்ற முறையில் நடத்தும் முறை. ஓரினச்சேர்க்கைகளை எதிர்க்கும் எவருமே பழைய வாதங்களை பயன்படுத்துகின்றனர். "பைபிள் கூறுகிறது", "அவர்கள் இனப்பெருக்கம் செய்ய முடியாது", மற்றும் "சட்டம் சட்டப்பூர்வமான திருமணம் இல்லை போன்ற விடயங்கள். யாரையும் மதிப்பிடுவதற்கான உரிமை எங்களுக்கு இல்லை. நாம் மனிதனை மதிக்க வேண்டும் மற்றும் வாழ்க்கைக்கு மதிப்பளிக்க வேண்டும். எல்லோருக்கும் ஒற்றுமையாக வாழவே பூமி படைக்கப்பட்டது. இந்த பிரச்சினைகள் அனைத்தும் மனிதகுலத்தால் உருவாக்கப்பட்டு மனிதகுலத்தின்மீது சுமத்தப்பட்டுள்ளன.

LGBTIQ நபர்களை ஏற்றுக்கொள்ளாத காரணங்களை நாம் ஆய்வு செய்தால், முக்கிய காரணம் போதுமான அறிவு இல்லாதது. அதை எதிர்க்கும் பெரும்பாலான மக்களுக்கு அவர்கள் எதிர்ப்பது என்னவென தெரியாது. அவர்கள் கே அல்லது லெஸ்பியன் மக்கள் பற்றி ஓரளவு அல்லது சிறிதளவாவது தெரிந்திருக்க மாட்டார்கள், அதனால் அவர்கள் தங்கள் மனதில் முற்றிலும் வேறுபட்ட ஒரு விளக்கத்தை கொண்டுள்ளனர். குறிப்பாக வளர்ந்து வரும் உலகில், எங்கே வறுமை மற்றும் பிற பொருளாதார பிரச்சினைகள் பெருகி வருகின்றனவோ, எங்கே LGBTIQ சமூகத்தின் விழிப்புணர்வு மற்றும் அவர்களை சமூகத்தோடு இணைத்தல் போன்றவற்றில் குறைவான கவனம் செலுத்தப்படுகிறது. நாம் ஒரு கூட்டு சமூகத்தை உருவாக்க வேண்டும்.

**கடவுள் முன், நாம் அனைவரும் சமமாக வாரியாக, மற்றும் சமமாக முட்டாள். -ஆல்பர்ட் ஐன்ஸ்டீன்**



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ගෝඨිය අරමුදල සහ ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ දායකත්වයෙන් (H2H (heart to heart lanka)) ආයතනය මගින් පවත්වාගෙන යනු ලබන ගොඩ වැදීමේ මධ්‍යස්ථානය (DIC) මගින් ඔබගේ HIV රුධිර පරීක්ෂාව (rapid test) විනාඩි 20ක් වැනි සුළු කාලයකදී නොමිලේ කරගැනීමේ හැකියාව ඇත.

Heart2Heart අනුභවකරුවන්ගේ දායකත්වයෙන් සිදුකරනු ලබන මෙහිදී, සියලුම ප්‍රතිඵල 20 நிමිට්ස්කින්ද ඔබට ලබාදෙනු ලබනු ඇත. [DIC] Heart2Heart මගින් මෙහිදී සහභාගී වනු ලබනු ලබනු ඇත. Global Fund මගින් සහය ලබනු ලබන මෙහිදී, සියලුම ප්‍රතිඵල 20 நிමිට්ස්කින්ද ඔබට ලබාදෙනු ලබනු ඇත. Family Planning Association, මෙහිදී සහභාගී වනු ලබනු ඇත. මුහුණතේ සහභාගී වනු ලබනු ඇත.



**F**amily equality is the recognition and protection of diverse forms of family by the state and society- and open societies should recognise and protect all forms of families where individuals experience love, care, support, home, protection, affection, support each other, are respected, and belonging. Family equality is a pre- condition to achieve social justice and inclusion for all.

Instead of counting anti- equality arguments about a model or ideal family- heterosexual, white, religious, married, with children, it is time for social justice activists to talk about their families and their vision of family. So this will be more effective than talking about rights alone. In the public mind, rights are for minority groups, family is for everyone.

### What is the problem?

Families have always existed in diverse and different forms. In the world some of the families benefits from rights, from the state's protection, from social recognition and from access to resources. Some families are explicitly denied recognition, and families that challenge gender norms and expectations are less recognised and poorly protected. Individuals in these families experience stigma and discrimination- ironically, often at the hands of people and movements who claim to defend "family values".

*Using Family as a frame in social justice activism*

### What families suffer from family inequality?

For example, families headed by a single parent; families that include Lesbians, Gay, Bisexuals, Trans, Intersex and Questioning (LGBTIQ) parents and/ or children; childless or unmarried couples; families headed by grandparents or non- kin; or families with male primary caregivers. Individuals of those families are denied access to rights other families enjoy. When it comes to children, diverse families enjoy fewer rights and protections, in violations of their universal human rights. These families can suffer from additional discrimination due to their class, or their disability or migrant status for example.

## Effective strategies; approaches to help activist integrate family equality into their work.

- Mainstreaming family equality into social justice activism.
- Family in social justice finding.
- Family in research and preparatory work.
- Family in strategic communication and messaging.
- Family in lobbying and advocacy.
- Family in cross- movement alliance.
- Family in media work.
- Responding to the opponents.



Progressive campaigns and discourses should include family equality or family values from their conception. Also civil society leaders and their organizations should spend more time and resources on understanding the challenges to help break down stigma & discrimination. Campaigns should be focused on shared values and lived experiences than ideology and identity. Social justice activists should consider including frames and values linked to family in their lobbying and advocacy. Furthermore equality activists should consider focusing less on identity based claims and more in horizontal social justice issues.

Not all families are ideal. Some can be sites of alienation, oppression and violence, especially for their most vulnerable members. Women, children, people with disabilities or the elderly. Efforts to counter violence inside and outside family-whatever its form are essential. Far from replacing this crucial work, working on family equality can and should connect to it.

Image & Information - Source: [www.reclaimingfamilyvalues.eu](http://www.reclaimingfamilyvalues.eu). - <https://www.pinterest.co.uk/>  
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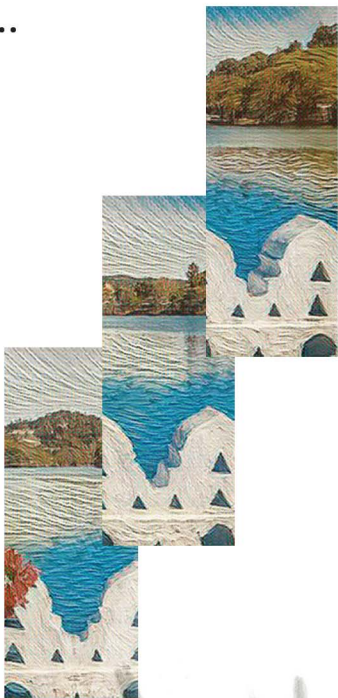
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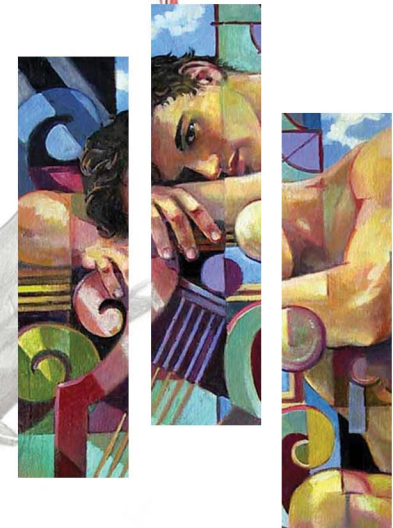
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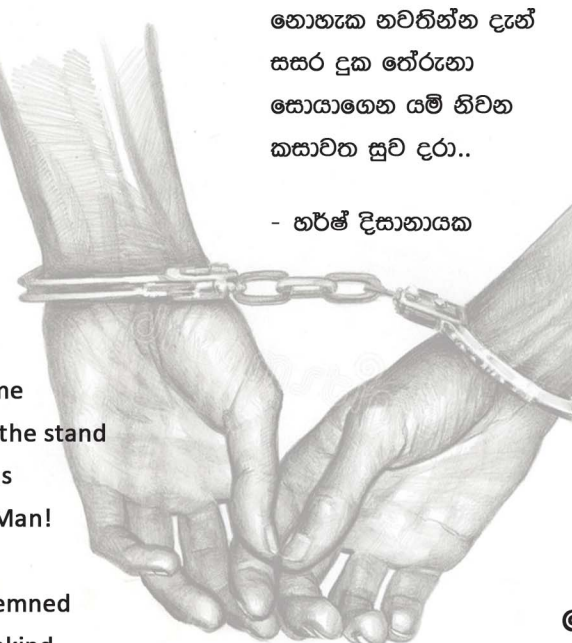


**UN-BLIND**

His terrible crime  
His jurors took the stand  
Was that he was  
In Love with a Man!

Although condemned  
He wasn't as unkind  
For it was only Love  
Which could make them UN-BLIND!

- Dorian Grey



**අහම්බයක්  
නොවෙන සුවඳ...**

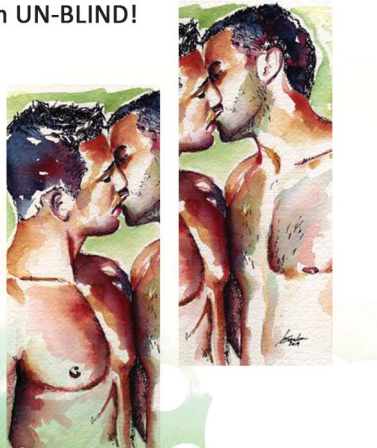
වෙරළ මල් සුවඳම නොව  
එය මහ අමුතු සුවඳක්  
උඹ ලග ඇති මගෙ ලග නැති

වෙල් එලියේ රෑ අහසට  
වඩා නැඟයි මද්දහන  
අහසට වඩා මම දැක්කෙ පොලොව

මී අඹ ගනේ දැන් දැන් පව දරනවද  
ගෝමර උඹට නව ලස්සන වෙයිද  
බඩ ඉරිගු නැඟිදැඩි වැඳීයි හීන වලට

එක ජාතියේ ගල් ඇතිල්ලෙන කොට  
පත්තු වෙන ගින්නදරෙ ලකයක් ඇතිය  
පිරිමි පපු ගැටෙනකොට  
හිරි ඉතිරුනේ කුමක.....

- හෙලනි වතුරානි සිල්වා







# රැල්ල.....

දුව එනා දුව යනා  
 දෙපා මගේ දොවන්නා  
 කිරිපාට පෙනපිඬුත්  
 සරසගෙන වසින්නා  
 නැගි නැගී හෙමි හෙමිත්  
 විටෙක තව රළු වෙමිත්  
 වෙරළ ඉම සොයා එන  
 මගේ දෙපා දොවලන  
 කරදියට පෙම්බදිම්  
 විගස ආපසු දුවන  
 රන්පාට වැලි කැටත්  
 දෙපා මගේ සරසවන  
 ආයේ යන්නට හැරෙන  
 තෙත දෙපා සොයා එන  
 සියුම් වැලි කැට නොයෙක  
 තවත් මග සරසවයි  
 දෙපා මට තබන්නට....

- R. ඉසුරු

# කවි කීව පෙම්වන්ති

...

කවදාකවත් නොපතනා.....  
 කවදාකවත් නොපෙනෙනා.....  
 නුඹේ හිත ගාව හොර රහසෙ  
 කවි කීව පෙම්වන්ති  
 මම වේ, මම වේ, ප්‍රදේ.....  
 පොදු වැස්ස ඇඳ වැටුන ඇළි පාට වැනි දාට  
 එක කුඩයේ සෙවනෙන් ගියේ....  
 වෙන කෙනෙකු හා බැඳිලා නුඹ යද්දි දුර ඇත  
 දුක නොහිතනානම් නොවේ.....  
 හිත පතලෙ නුඹ ගැනම මට ආලෙ දැනුනාට  
 ලං වෙන්න තහනම් ඉතින්..  
 ඔබ ගැනම පෙරැමින් පුරාලා මතුදාක  
 ඔබ මාගෙ කරගනිම් මං....

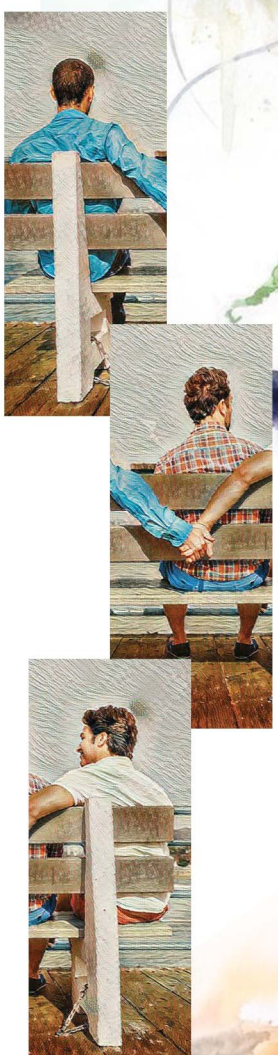
- අවින්නසා අමරකෝන්



# ත්‍රිSome...

ප්‍රේමයේ පුජාව  
 එක සිතක නොවෙනම්  
 සිතන්නට වත් එපා  
 හිඳින්නට සමසුන්  
 එකම සයනයේ නුබ  
 තවෙකුගෙ වෙයි නම්  
 ඉතින් එතනින් යනට  
 මට උඹව අරහං  
 කිසි දින නෑ මගේ  
 ළඟ සාම ගිවිසුම්  
 එකා මිස එකෙක් නොව  
 ජීවිතේ නුබෙ මං  
 පුදන්නට බෑ උඹව  
 වෙනකෙකුට අහියම්  
 කිසි දිනක උබ එක්ක  
 වෙන්නෙ නෑ ත්‍රිSome...

- දිමුතු රණසිංහ



# කරළියේ රැඟුම්...

කළු සුදු නේක පැහැයෙන්  
 යුත් වෙස් මුහුණු  
 වංකව අවංකව  
 ලෝ දන හැඩ කෙරුණු  
 ලැජ්ජා නොමැති ඉවිජාවට  
 දිග හැරුණු  
 කරළියේ රඟති රැඟුමත්  
 කවුරුත් දරුණු  
 රඟදෙන රැඟුම් බලමින්  
 සිටිනා අතරේ  
 ජීවිතයත් අරන් යනවා  
 අපි අතරේ  
 දුදනන් ඉතින්  
 කොස් ඇට බාවයි මිතුරේ  
 සිහියට ගනිත්  
 හිත්තයටත් එයි වාරේ

- දිමුතු රණසිංහ



# YOU ARE NOT ALONE

සිතට සහනයක්  
மனதிற்கு ஒரு நிம்மதி

## ONLINE Counselling Service For LGBTIQ Community

We now offer a free general counselling service for Lesbian, Gay, Bisexual, Transgender, Intersex and Questioning (LGBTIQ) persons via **Facebook Messenger**.

Monday to Friday 9.30am to 5.00pm



අප, සමසෙනෙස් පුරුෂයින් හා කාන්තාවන්, සංක්‍රාන්ති සමාජභාවීය හා තම අනන්‍යතාව ප්‍රශ්නකාරී ප්‍රජාව වෙනුවෙන් වූ අපගේ උපදේශන සේවාව තවදුරටත් පුළුල් කළෙමු. ඔබ වෙනුවෙන් අප දැන් **Facebook Messenger** හරහා විශේෂ කඩිනම් උපදේශන සේවාවක් සැපයීමට සූදානම්.

සඳුදා සිට සිකුරාදා හෙක් උදෑසන 9.30 සිට පස්වරු 5.00 දක්වා

அகனள்மார், ஆண் ஓரினசேர்கையாளர்கள், இருபால் சேர்க்கையாளர்கள், திருநர்கள், பால் குறுக்கீடான மக்கள் மற்றும் கேள்விக்குரிய (LGBTIQ) நபர்களுக்கான ஒரு பொது ஆலோசனை சேவையை இப்போது நாங்கள் வழங்குகிறோம் **Facebook Messenger** வழியாக.

திங்கள் முதல் வெள்ளி வரை காலை 9.30 மணி முதல் மாலை 5 மணி வரை.

Monday to Friday 9.30am – 5.30pm

General counselling line- +94114334277  
Lesbian and Bisexual women counselling Line - +94115679766  
Transgender counselling line- +94114334278

සඳුදා සිට සිකුරාදා දක්වා උදෑසන 9.30 සිට තවස 5.30 දක්වා

සාමාන්‍ය උපදේශන ඇමතුම් සේවාව - +94114334277  
සමසෙනෙස් හා ජීවිසෙනෙස් කාන්තාවන් සඳහා විශේෂ උපදේශන සේවය - +94115679766  
සංක්‍රාන්ති පුද්ගල උපදේශන ඇමතුම් සේවාව - +94114334278

திங்கள் முதல் வெள்ளிவரை காலை 9.30 - மாலை 5.30

பொது ஆலோசனைக்கு - +94114334277  
பெண் ஓரினச்சேர்க்கையாளர் மற்றும் இருபாற்றெயற்கை பெண்களுக்குரிய ஆலோசனைக்கு - +94115679766  
மாற்றுப்பாலினத்தவருக்குரிய ஆலோசனைக்கு - +94114334278

Are you a woman who loves women? A man who loves men? Do you love both men and women? Are you having issues with your sexual orientation or your gender identity?

Do you feel isolated because you cannot share your thoughts and aspirations with anyone?

If you answered "YES" to any of the questions above, then do give our trained counsellors a call.

We offer a free general counselling service for Lesbian, Gay, Transgender and Questioning (LGBTIQ) persons and a counselling service specifically for Lesbian and Bisexual women through a secure and confidential hotline.

ඔබ කාන්තාවකට ආදරය කරන කාන්තාවක්ද? පිරිමියෙකුට ආදරය කරන පිරිමියෙක්ද? තැන්පත් ගැහැණු පිරිමි දෙපාර්ශ්වයටම කැමති අයෙක්ද? ඒ ඔබගේ ලිංගික ජීවිතයයි. ඔබ ලිංගික ජීවිතය හෝ ස්ත්‍රී පුරුෂ සමාජභාවීය අනන්‍යතාව නිසා ගැටළුවලට මුහුණ පාන අයෙක්ද?

ඔබගේ හැගීම්, අදහස්, ප්‍රශ්න වෙනත් අයෙකු සමග බෙදාගැනීමට නොහැකිව තිබේද?

ඉහත ප්‍රශ්නවලට ඔබගේ පිළිතුර "ඔව්" නම්, අපගේ පළපුරුදු උපදේශකවරුන්ට දුරකථන ඇමතුමක් ලබාදෙන්න.

අපි සමසෙනෙස් පුරුෂයන්, කාන්තාවන්, සංක්‍රාන්ති සමාජභාවීය හා තම අනන්‍යතාව ප්‍රශ්නකාරී ප්‍රජාව වෙනුවෙන් නොමිලයේ දුරකථන මාර්ගික උපදේශන සේවාවක් පවත්වනු ලැබේ. විශේෂයෙන් සමසෙනෙස් හා ජීවිසෙනෙස් කාන්තාවන් සඳහා විශේෂ උපදේශන සේවයක් සැපයීමට අපි සූදානම්. ඔබගේ තොරතුරුවල රහස්‍යභාවය ආරක්ෂා කරනු ලැබේ.

நீங்கள் பெண்ணை விரும்பும் பெண்ணா? ஆணை விரும்பும் ஆணா? அல்லது இருவரையும் விரும்புவாரா? உங்களுடைய பாலினம் மற்றும் பாலின நாட்டம் காரணமாக ஏதேனும் பிரச்சனைக்கு முகம் கொடுக்கின்றீர்களா?

உங்களுடைய தனிமை பிரச்சனைக்கு முடிவில்லை எமக்கு கூறுங்கள் எமது ஆலோசகர்கள் மூலம் சிறந்த ஆலோசனை வழங்கப்படும்? எமது ஆலோசனைகள் நம்பி, நங்கை, திருனர் மற்றும் பாலின கேள்விகுரியவர்களுக்கு (LGBTIQ) வழங்கப்படும். தகவல்கள் முற்றிலும் பாதுகாப்பானது



ඔබත් අපූර්ව හැකියාවන් වලින් යුක්ත වූ ආදරණීය ප්‍රජාවක කොටසකි.



ඔබ ඔබේ අනන්‍යතාවය හඳුනාගත් කෙනෙකු වුවත්...



ඔබේ අනන්‍යතාවය සොයමින් සිටින කෙනෙකු වුවත්....

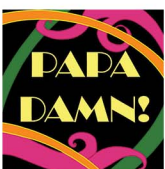
ඔබට ආදරය රැකවරණය සලසන්න ආදරණීය ප්‍රජාවකම ඔබ වෙනුවෙන් සිටින බව මතක තබාගන්න.



අප, සමසෙනෙහස් පුරුෂයින් හා කාන්තාවන්, සංක්‍රාන්ති සමාජභාවය හා තම අනන්‍යතාව ප්‍රශ්නභාවී ප්‍රජාව වෙනුවෙන් වූ අපගේ උපදේශන සේවාව තවදුරටත් පුළුල් කළෙමු. ඔබ වෙනුවෙන් අප දැන් **Facebook Messenger** හරහා විශේෂ කඩිනම් උපදේශන සේවාවක් සැපයීමට සූදානම්.

සඳුදා සිට සිකුරාදා තෙක් උදෑසන 9.30 සිට පස්වරු 5.00 දක්වා

සාමාන්‍ය උපදේශන ඇමතුම් සේවාව : +94 114334277  
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 සංක්‍රාන්ති පුද්ගල උපදේශන ඇමතුම් සේවාව : +94 114334278



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