

# EQUALITY

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MY RIGHTS,  
MY RESPONSIBILITY

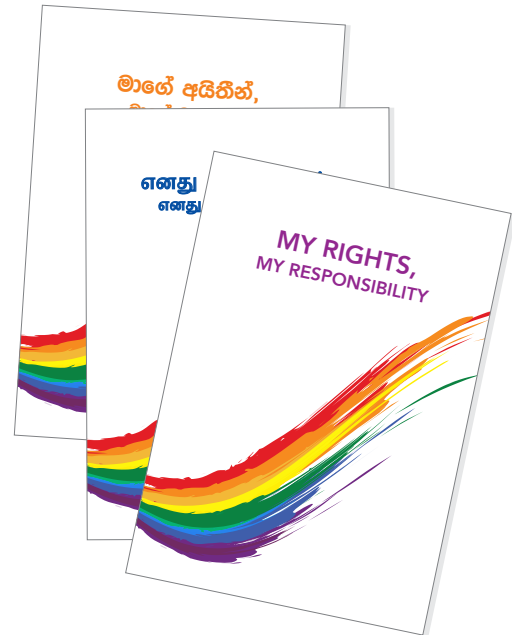
**EQU**  **L GROUND**

**15**

YEARS OF SERVICE  
TO THE COMMUNITY

## “MY RIGHTS, MY RESPONSIBILITY”

In celebration of International Human Rights Day 2019, EQUAL GROUND published “My Rights, My Responsibility”; a book on rights and laws that affect the LGBTIQ community in Sri Lanka. Through this publication, EQUAL GROUND aims to educate the LGBTIQ community on the laws that affect our community and the rights we are entitled to as Sri Lankan citizens. Most importantly, it gives the reader information on how to protect themselves when faced with rights violations of any type.



## LESBIAN VISIBILITY DAY

In celebration of Lesbian Visibility Day (LVD) 2019, EQUAL GROUND hosted a 'women only' Hopper and curry Party on the 5th October, 2019 at the EQUAL GROUND safe space to pay tribute to both out-and-proud and closeted lesbian and bisexual women in Sri Lanka. The evening began with a movie screening of one of the latest lesbian romantic drama movies from India followed by delicious hoppers, music, dancing and great fellowship! If you wish to be a part of the next LVD event, please drop us a mail at [media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com).

# SURVIVING AND THRIVING WHILE QUEER IN SRI LANKA

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If you love yourself, you're an outlaw. That's the challenge of coming to terms with a queer identity in Sri Lanka, a nation shackled by unjust, archaic laws. I don't underscore that truth to demoralize you, but to set out why I'm using my rights as a US resident to live openly and advocate for our community back home.

When Rosanna asked me to write a piece on coping skills for LGBTIQ Sri Lankans, I honestly thought it would be a piece of cake. After all, I'm a therapist and the Director for LGBTIQ and Gender Resources at an elite higher education institution. I got this!

I was sadly mistaken. Helping queer Sri Lankans, I quickly realized, required that I relearn -- and even unlearn -- some of lessons on empowerment.

So going back to the initial question, how do you take care of yourself as a queer Sri Lankan?

Let's start at the beginning. There is nothing wrong with your gender or sexuality. Absolutely nothing. Your family may not agree with you, your priest may not agree with you, your nation's laws may not agree with you, but there is nothing wrong with your gender or sexuality. Your

family, religion, and nation also did nothing wrong to give you this gender or sexuality. You need to hold onto this truth with all your might. This is not a belief but a fact. Repeat it as a mantra until recognition of that fact becomes an integral part of you. Do it!

Surround yourself with supporters who recognize this fact. Cut out the negativity, distance yourself from those who don't think you can or should live authentically. Instead find your community, discover your tribe. If you don't know anyone, reach out to organizations such as EQUAL GROUND that exist to help you build networks with like-minded people.

Take care of your mental health. Mental healthcare can be a novel concept for some, but taking care of your mental health is as important as taking care of your physical wellbeing. That being said, mental healthcare can be expensive. So please take advantage of the free mental healthcare services offered through organizations like EQUAL GROUND. How do you know that you're getting good mental healthcare? If you come out of your first session feeling good about yourself, then you may have found a good therapist. If you end your session with your therapist talking to you about the benefits of conversion therapy, that is therapy to make you "straight" then, run for the hills. That being said, if you reach out to a mental healthcare practitioner in order to make you straight, pause for a moment. Is it easier to be "straight" in a country like Sri Lanka? Absolutely! Is there a cure for "queerness"? Absolutely not. You can hide your feelings, you can pretend to be straight, but you cannot stop being queer. I want to acknowledge and empathize with everyone who feels disheartened by this statement. I recognize your pain. But, as painful as it is to realize that you'll face discrimination and marginalization for being queer it is even more agonizing to pretend to be who you're not. And this is when you go back to reminding yourself that there is absolutely nothing wrong with you being queer.

You are in control of your coming out journey. Yes, it is important to live an

authentic life. It is also important to be alive. I recognize the dangers of living in a country where the laws are stacked against you. This means that you should not compromise your safety if you believe that being out would put your life at risk. The only person you need to be out to is yourself. Once you identify your inner circle and are ready to come out, do so, in your own time.

You are NOT alone. The initial realization that you don't fit the heterosexual or cis-gendered norm can be jarring, especially when this recognition is quickly followed by the reality that your identity can technically make you a criminal. Who can you trust with this information? How can you learn more about yourself without compromising your safety? Questions such as these can leave you feeling isolated. But, this doesn't have to be your reality. Organizations such as EQUAL GROUND exist to support individuals like you. Also, surfing the web on "incognito mode" can protect your privacy. If you're afraid of surfing the net, even in the privacy of an internet cafe, delete your history, and do some extensive research on protecting your privacy on the web.

Breathe. Yes, every now and again, when the stress of existing is getting you down, breathe. When life makes you want to curl up into a tightly wrapped ball of anxiety, just drop whatever you're doing for a minute and take a deep breath. Hold on to it for a few seconds and take in the coolness of the air sweeping your lungs. Now slowly, exhale. Feel the warmth embracing you like a loving hug. Now, open your eyes. You are okay. In spite of life's complexities, you will be fine. You are perfect in every way. The rest of the country is just a tad slow on the uptake.

*Danushi Fernando*

*Danushi is a nationally certified Queer mental health practitioner, and social justice advocate. She is presently the Director for LGBTQ and Gender Resources at Vassar College, New York where she heads the Womens' Center and the LGBTQ Center.*

*Danushi was born and raised in Sri Lanka during the height of the civil war. She distinctly remembers, as a seven year old, the bright orange flash and concussive blast that preceded the collapse of her classroom ceiling. This and countless other suicide bombings compounded by the effects of civil unrest led Danushi to explore the multidimensional nature of trauma in Sri Lanka through the lenses of communication, creative writing and psychology. These explorations led to her earning Master's degrees in Organizational Communication, Creative Writing & Literature, and Counseling Psychology.*

*Her education brought to light the importance of providing sound mental healthcare for the world's most vulnerable; its women, children and LGBTQ+ populations.*

*Being bisexual in a country where Queerness is still considered a criminal offense, Danushi recognizes the positive impact of creating safe, inclusive spaces such as EQUAL GROUND where self-exploration, camaraderie and open dialogue are welcomed.*

*When she isn't juggling work and the perils of new motherhood, Danushi enjoys bingeing on vegan tacos and vintage crime shows.*



# CELEBRATING 15 YEARS WITH PRIDE!

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This year was a special celebration of Colombo PRIDE as it reached its milestone 15-year Anniversary. Each event this year was carefully crafted to bring out the best and to provide a festival of LGBTIQ Pride that will be long remembered as being possibly the biggest PRIDE ever in Sri Lanka. A remarkable achievement considering the conditions we have operated in throughout those 15 years; the unstable political climate, the last 6 years of the civil war, Emergency Regulations, a very threatening Prevention of Terrorism Act, an authoritarian government, religious riots and threats, a constitutional coup and the Easter Sunday Bombings. Indeed, there is much to celebrate having been thorough all that, facing all these challenges and still being here to continue our mission to be proud of who we are and

provide a safe space for the LGBTIQ community members in Sri Lanka to celebrate their lives and their loves without threat.



Celebrating 15 years was highlighted not only with a stunning Pride Party that welcomed over 400 party goers to celebrate this milestone, but also included a fun filled launch of the Abhimani Queer Film Festival featuring an iconic Queer Film that had also reached its own milestone (its 25th Anniversary) - The Adventures of Priscilla Queen of the Desert! Made on a shoestring budget in 1994, the movie was an instant hit in theatres across the globe, with the LGBT & straight communities alike, rallying around the movie with much glitter and sparkle! It was after all, something all could relate to and be proud of. Priscilla gave us 1 hour and 44 minutes to let our hair down, laugh outrageously, cry at the sad parts (which were few, thankfully) and more than anything, celebrate our brazen and unique selves without shame or fear. We related to that movie and felt good about the message it sent! Throughout the film it was clear that these 2 drag Queens and 1 trans woman traveling across the Australian wilderness in a brazenly painted dilapidated old bus were able to tame the most homophobic of persons using humour and sometimes a knee in the groin to get their point across. The LGBT community's proclivity for humour and good times in the face of horrible adversity is legend.



As Mitzi Del Bra (Hugo Weaving) stated in the film "AREN'T WE FAAABULOUS?!" That we are!

Mixing some serious topics such as the Family and Friends of LGBTIQ Discussion and the Media Sensitisation program was just part of opening more doors for the LGBTIQ community, forming new allies and supporters and educating on the importance of knowing the facts and showing respect for all citizens of this country regardless of sexual orientation or gender identity, expression or sex characteristics (SOGIESC). IDEA Junction served to introduce our activists to the wider community giving a chance for everyone to know who their champions are.

In Sri Lanka the LGBTIQ community needs to establish its own culture of positivity and hilarity by showing the world how talented and amazing we are! The Rainbow Music and Dance Festival did just that. Playing to a packed crowd at the 'Punchi' Theatre in Borella, it provided a glimpse into the true spirit of our community. In dance, in song and in so many different ways, the performers gave of their very best and were rewarded justly by the appreciation of the crowd who didn't stint on their applause and praise. In true Colombo PRIDE



tradition, the Rainbow Kite Festival on the beach with its signature sundown dance was a fitting end to the celebrations as the party continued from the night before to 'seal the deal' so to speak and end the 2 week long celebration on an even higher note than usual!

Happy PRIDE everyone!

# DIVERSITY AND INCLUSION

## IT WORKS!

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**I**t is certainly a given fact that Diversity and Inclusion in the workplace works. It is a global realisation now that including all citizens in the workplace only drives profits up, not down. LGBTIQ inclusivity in the workplace has been in the forefront of the liberation movement for many years now and has reached very successful levels in several countries such as the USA, Canada, Mexico, Brazil, Peru, Argentina, Many EU countries & UK, for example. What really matters are the statistics on how do diversity & inclusion work? Will it work in Sri Lanka? These are the questions we must ask ourselves as we go forward. Sri Lanka, with its unpredictable political climate has so much going for it. Tourism is top notch here – with so much to offer. Our exports bolstered by the recent GSP+ status with EU on its way to reaching its full

potential. But we can gain so much more, not just financially but also in raising the standards of living for all our citizens if we were to seriously embrace diversity & inclusion in the workplace. It's actually a win-win situation that our country has yet to take advantage of.

Here are a few stats taken from several international reports that prove the point:

- **LGBT+ inclusion is closely correlated to economic development.** Data on LGBT+ tolerance in 43 countries, measuring the degree of support for same-sex relationships published by ILGA correlates (0.61) with the historic absolute rise in GDP per capita between 1980 and 2016
- **LGBT+ inclusive countries are more competitive.** The annual World Economic Forum Competitiveness Index gives a comprehensive assessment of the competitiveness of national economies around the world. Net approval of same-sex relationships is a clear predictor of competitiveness. (World Economic Forum (2017) The Global Competitiveness Report 2017-2018)
- A city like Bangalore in India, which is the world's fourth largest tech cluster, has **used its diversity as an advantage to be a leader on the global stage.** It is a diverse city that has projected an image of openness to immigrants and the LGBT+ community. This has created a strong innovation ecosystem that continues to build on itself by attracting more and more skilled workers to the city. (Open For Business -2018)
- **Investigation finds that LGBT+ inclusion is becoming recognized as a global business best practice,** and there is growing awareness and understanding

of the business case – including the ability to attract and retain talent, the ability to build brand strength, improved customer orientation and higher levels of innovation. LGBT+ inclusive companies are better able to compete on a world stage and enter the global marketplace. (Open For Business -2018)

- **LGBT+ inclusive companies have stronger share price performance.** A basket of 275 U.S. LGBT+ inclusive companies (companies with openly LGBT+ management, companies voted in a recent survey as a leading LGBT+ company, or companies whose employees are openly members of local LGBT+ business networks) outperformed global stocks and benchmarks, according to a Credit Suisse study. The spread of sectors in the LGBT+ basket is fairly balanced, with good representation from tech, financials, consumer staples and healthcare; energy and materials have the lowest weightings in the study. (Credit Suisse ESG Research (2016), LGBT: the Value of Diversity," available at: <https://plus.creditsuisse.com/rpc4/ravDocView?docid=NPGWa1AF-WEIY95>)
- **Two surveys which suggest people shy away from travelling to countries with anti-LGBT+ laws.** One survey, conducted by Virgin Holidays, found that 63% of British LGBT+ people would not travel to a country with anti-LGBT+ laws. Another survey, conducted by Open For Business, found that 51% of non-LGBT+ people in the US and UK would be unlikely to travel to a country with anti LGBT+ laws.

Another compelling reasons for Sri Lankan companies to attract the LGBTIQ community for employment, is the constant turnover of employees in businesses across the country. One leading Hotel in Sri Lanka has a 23% turnover rate per month! This is not only bad for business; it also becomes a huge liability with hundreds of thousands of Rupees spent to train new people each month.

of the positive outcomes of being a Diversity & Inclusion company, the companies we have had programs with were more than convinced. One such company was John Keells Holdings. In 2015 we not only convinced them to 'put their money where their mouth is' and change their HR policies to reflect protection of SOGIE, but also to sensitise and educate almost 5000 of their employees to accept and adhere to the new policies regarding LGBTIQ persons in the workplace.

Meaningful engagement with employee groups can also be a way forward for greater understanding on the issues. It was delightful to have discussions with a group of young Muslim professionals and entrepreneurs of the City Circle Colombo, for example. They are of the belief that "Effective and meaningful conversations helps society thrive. By fostering diversity of perspective and constructive engagement, we build sincere relationships that nurture both individual growth and growth of the collective." Our discussion focused on how to change the current landscape of exclusion and homophobia in the workplace.

A presentation organised by the PRIDE group at HSBC was hugely successful in that it opened the door for discussion on this enormously important subject. HSBC, like many other Multinational businesses already have global policies of Diversity and Inclusion within the workplace. However, even these companies shy away from actually putting that into practice here in Sri Lanka. They fear a back lash to their business or that the Government will send them packing for 'rocking the boat'! This is only an excuse, really. Including LGBTIQ persons in the workplace and including policies of nondiscrimination based on Sexual Orientation and Gender Identity are not grounds for political or social retribution. The laws of this country are erroneously used or alluded to back the argument that a company having open policies of Diversity & Inclusion will be breaking the law, particularly sections 365 and 365A of the Sri Lanka Penal Code. Nothing is further from the truth. Both laws are specifically for sexual acts between couples of the same sex and has nothing to



do with one's identity as a Lesbian or Gay man or a Transgender. It is therefore not illegal to BE homosexual or Transgender and it is not illegal to have inclusion policies at the workplace.

*ILO Director-General Guy Ryder states: The International Labour Organization's (ILO) mandate encompasses equality and non-discrimination in the world of work. This means promoting diverse workplaces where all working women and men are equally respected and have equal opportunities for advancement. Lesbian, gay, bisexual and transgender (LGBT) workers are equally entitled to the right to be free from discrimination at work.*

In advocating for rights for the LGBTIQ community for these many years, we have also come to realise that many of our community members have a very difficult time gaining employment. Many, because they lack the skills to present themselves effectively at job interviews. Others because they have had no formal learning due to being either kicked out of schools or

having had to drop out due to bullying and harassment due to their SOGIE. Being able to access education and being able to work and earn is a fundamental right. A right that many of our community have been denied. Our latest program, thanks to a generous grant from the Australian High Commission's Direct Aid Program, ensures training for those LGBTIQ persons who need extra assistance in finding work and sensitising and educating businesses to open their doors to employing LGBTIQ persons in their workforce who will also be treated with dignity and respect.

Please do contact us if you are (a) and LGBTIQ community member willing to undergo the training or (b) if you are a business that is interested in Diversity & Inclusion in your workplace.

Please contact us at:  
equalground@gmail.com or call  
+94114334279 for information on how you can get involved.



# INTERVIEW WITH **SINGER/ SONGWRITER THASHI JAYAWEERA**

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## 1. What got you into music?

There wasn't any distinct reason why I started doing music. I guess because my father is also in this industry, I was inadvertently drawn towards it. I wasn't engaged in music during school at all. But with the release of my song "Dana danath" in 2012, I started enjoying making music which ultimately resulted in me being a singer.

## 2. Who inspired you to engage in music as a career?

It's rightful to say that my father did. I was brought up in a musical background from younger days and was really inspired by my father. So I decided that I should follow my father's footsteps and make music my career.

## 3. What inspired you to create your new single and what made you write it?

There is no special story or an incident that inspired me to write this new song. But I used the concept of heartbreak a couple goes through after a separation as the base for my song.

## 4. What is it like to be a queer artist in Sri Lanka?

It is really hard surviving in this industry as a queer artist. But I don't let that hinder my goals. This is a huge challenge that most of the gay/lesbian, bisexual and transgender artists in Sri Lanka have to go through. Most people don't accept our creations for what they are, but instead judge our art through our personal choices, how we talk and what we wear. That makes it difficult to survive in this industry.

And from my personal experiences, the most challenging situation I've been in was when TV channels refused to feature me just because I identify as a lesbian. Not just for most of the LGBTIQ artists in Sri Lanka have to go through. But I must say, there have been some TV channels that featured me in the past regardless of my personal choices. But most of the time, they are scared that featuring a lesbian would tarnish their reputation. So in times like that, I have found it difficult to survive as a queer artist in Sri Lanka.



### 5. How is the feedback like for your music?

When I read the comments on Youtube, it's quite clear to me that I have a fan base who loves me for who I am and who also enjoys my music. These positive comments encourage me to keep going when I feel like giving up.

### 6. What are your future plans in terms of music?

I'm hoping to release more music through Youtube in the future because I find it to be a much easier platform to connect with my fans rather than the mainstream media. Though I released a few covers after releasing 'Dana danath' in 2012, it took me 7 years to release 'Lassanai' which is an original. Likewise, since releasing music through mainstream media takes up time, I figured I'd use Youtube because it's much faster and more practical.




### 7. What is the best thing about being an artist?

The biggest reward of being an artist is being able to be loved by so many people. And also when my fans reach out to me to congratulate or to wish me good luck it brings me so much satisfaction and joy. This has driven me to create more quality songs regardless of how costly it can be.

### 8. Tell us about your new single.

I wrote my original song 'Lassanai' back in 2016. But I was only able to release it in 2018. The reason why it got held up was because people were hesitant to work with me as I am a queer artist. But with the help of Dilum Thejana who also assisted me to produce 'Dana danath', I was able to release my new single 'Lassanai'.

Follow Thashi on social media

 [www.facebook.com/thashmi.jayaweera](https://www.facebook.com/thashmi.jayaweera)  [@thashi\\_jayaweera](https://www.instagram.com/thashi_jayaweera)  
 [Youtube.com/Thashi\\_jayaweera](https://www.youtube.com/Thashi_jayaweera)

# Sri Lanka

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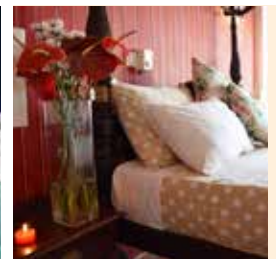
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British Council Sri Lanka is delighted to support the forthcoming issue of 'EQUALITY' and take this opportunity to wish EQUAL GROUND many congratulations on their 15 years of activism.

At the British Council, equality, diversity and inclusion (EDI) are at the heart of our cultural relations agenda. Within our wider goal of generating mutual trust, respect and understanding between the peoples of Sri Lanka and the UK, we aim for all our work to embed EDI principles and practices, reflecting our values and belief in the benefits for all.

A number of our programmes address specific EDI themes and we are proud to have partnered with EQUAL GROUND on promoting the understanding and acceptance of LGBTQ+ communities rights. We have supported EQUAL GROUND for PRIDE month with screenings of short films from BFI Flare, London's

LGBTQ Film Festival. The programme included drama and documentary, poetry and dance exploring and celebrating a range of LGBTQ experiences. These films were about finding out – and standing up for – who you are. At the same time we offered workshops for film industry students and professionals conducted by a British screenwriter and producer. And we brought the award winning film 'Just Charlie' directed by Rebekah Fortune for the opening of the Abhimani European Film Festival for Colombo Pride in 2018.

There are other examples:

#FiveFilms4Freedom is a British Council annual global programme where we partner with BFI Flare, London's LGBTQ+ Film Festival, to make five short films available to watch anywhere in the world, online, for free, under the banner 'Love is a Human Right.' And recently in our library we have held events to raise awareness and encourage recognition and understanding in wider society. A screening of Frangipani, a story of two young men and a woman entangled in a love triangle tabooed in their remote but rapidly changing village was followed by an inspiring panel discussion with the director Visakesa Chandrasekaram and the actress Bhoomi Harendran.

We also hosted a dramatic reading of Arun Welandawe-Prematilleke's Gratiaen award winning play "The One Who Loves You So", a candid and honest love story for our times. This was followed by a stimulating conversation with the audience which highlighted the frailty and vulnerability in the mix of youth, gender, sexuality, queerness and class in Colombo.

We look forward to continuing to work alongside Equal Ground and in support of raising awareness of LGBTQ+ rights and wider social acceptance and wish Rosanna and the team every success going forward.

*Gill Caldicott  
British Council Sri Lanka, Country Director*

# CLOSETED; YET A PART OF THE COMMUNITY

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'Birds' are of various hues, shapes and chirps, yet they are all equal; they fly far across oceans and lands; both known and unknown. At times birds are caged. Birds are caged for their beauty, voice and uniqueness. Have you ever wandered, you being born a part of the LGBTQ community, why you have been caged? Have you ever thought that your voice can never be heard? It's time to chirp so that every other bird out there can see you, hear you and feel you!

Being in a closet does not mean that your freedom is restricted. Being in a closet does not mean that you have no voice. Oscar Wilde, the famous and world renowned poet, writer and playwright, composed and compiled his best of the literary work, when he was imprisoned for being 'queer'; as per Victorian norms. His voice reverberated and echoed all across Europe. Don't forget, he was closeted!

At times we should not forget that you being closeted, is something like a cocoon of a butterfly; a beautiful new person to be born afresh. When your family loses hopes on you, friends lose faith in you and the world abandons you, remember there is always your will power to guide you. You are 'Queer'; and that is the best part.



I live in the closet. My parents and siblings all think that being 'Gay' is either going against 'God' or supporting a Western NGO agenda. It is a sickness for them. It is going against the world of ethics. Yet I have decided to be who I am. I am in a closet, true but I can still fight for my voice.

*"I know why the caged bird sings, since it sings for every other bird..."*

*Keith Perera*

# MY RIGHTS, MY RESPONSIBILITY!

A book, a campaign, a tool, to stay right when you are wronged!

What are your human rights? Do you know what fundamental rights are? These are important questions to which most Sri Lankans do not know the answers to. A vast majority would know that they are entitled to enjoy 'rights'. However, they fail to identify them or rather are ignorant of the importance of knowing them, until they are wronged.

Now, as much as people think '*my rights are your responsibility*', the very people who understand another's rights, at times, do tend to violate them and the responsibility shifts to you to stand up for yourself to make sure you are treated with the due respect and dignity you are entitled to. It is tough, especially when you are a victim, but it must be done, and if you are unsure of how/what to do and where to go, this booklet aims to guide you through.

Societally, the problem lies wherein a considerable portion of the population assume, when it comes to minorities or marginalized communities, that, one man's human rights is a threat to another's. Intolerance, misinformation, myths and general ignorance of the rights and laws are the most common factors behind such uninformed assumptions.

Progressive social changes, criminalisation of hate speech, public sensitisation and the right to equality guaranteed in the Constitution have failed to reduce the harassment, discrimination, hate speech or aversion towards the LGBTIQ population.

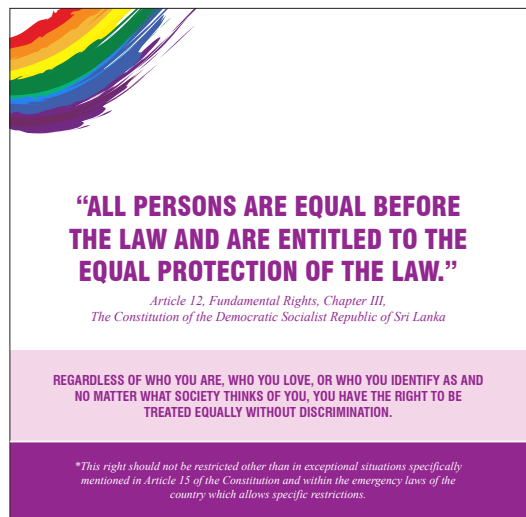
You cannot protect yourself when you do not know what you have. In order to protect your rights or to know what actions can be taken when rights are violated, it is firstly crucial to know what rights you have. A person, who is not aware of what exists, will

not know when it is taken away: it is the primal thought behind 'My rights, My responsibility'.

EQUAL GROUND, through this booklet, attempts to educate the general public and particularly the LGBTIQ community, of the rights they are entitled to and how they can protect those rights. And in a situation where they are violated, what actions can be taken to stand against such violations.

EQUAL GROUND believes that it is important to educate, inform and empower the community to fight back. At the same time, we also believe that it is important that the population outside the LGBTIQ community takes actions against the violation of rights of any person, be it a LGBTIQ person or any other person, simply because an ignorant and indifferent society cannot guarantee the protection of human rights of any person. PROTECT YOURSELF!

If you would like to receive a copy of "My Rights, My Responsibility", please email [equalground@gmail.com](mailto:equalground@gmail.com) or call +94114334279.



# INTERVIEW WITH ARTIST GAAPINK

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## 1. What got you into music?

I didn't have any major plans to become a singer initially. I was just another bathroom singer like everybody else. But after I broke up with my ex 5 years ago, I felt like I should write a song about him. And with the inspiration I got from my idols like Lay Gaga, Lana Del Ray and Melanie Martinez I was encouraged to become a singer myself. As a result I wrote "Precious" for my ex-boyfriend. All in all, it's right to say that my ex got me into music.

## 2. What inspired you to create your new single and what made you write it?

My new single "Pose like a queen" is mainly about me being myself. It's quite special to me because this will be my coming out video. And I also wanted to do something to represent the lesser addressed parts of the LGBTIQ acronym in Sri Lanka. For example, most people are

aware of and address the lesbian, gay, bisexual and trans-gender communities but the minorities like the intersex community is often forgotten. So I hope my new song will give them the representation they lack.

In the video of 'Pose like a queen' I will be portraying several well renowned queens from Indian to Egyptian in my own way. My motive behind this is to send the message across that no matter what struggle you go through, at the end of the day you gotta keep your chin up, believe in yourself and pose like a queen.

## 3. What is it like to be a queer artist in Sri Lanka?

It's really hard for a person with a dignity. Anyone can be an artist or a singer if they are willing to throw a few bucks around. But when you're not ready to do that, when you're not ready to sell your soul in order to get through the industry, it's really hard to survive. I know of some artists who have gone to other countries because there they get the deserved recognition we don't get here in Sri Lanka. Whenever we release a new single, we don't know if the radio stations will accept them, we don't know if we'll get backlash or if we'll have to face political issues. I should specially mention Yazmin from Yes FM because she has been very supportive of me throughout. She has helped me feature my music in Yes FM Home Grown and to grow as an artist. And I also should mention Natasha Nathanielsz (Elsz) for her support. She helped me feature my music in iTunes and she has been telling me to come to NY for the endless opportunities that we don't get here in Sri Lanka. But I know that if I leave this country just like every other struggling queer artist, there won't be any progress for the queer community.

## 4. Who supported you in your journey so far?

Mostly my friends. I should give special thanks to my best friend Ranaka for supporting my music career. And also like I previously mentioned Natasha (Elsz) and



then my friends Yahan, My best friend's boyfriend, my playback guy; Tharindu Nanayakkara, my previous colleagues from HSBC have all supported me.



### 5. What are the future projects you are working on?

I'm currently working on the video for 'Pose like a queen' which will be released at the end of November or the beginning of December. And I'm also working on a new single called 'Run' which I'm hoping to release on my birthday next year.

### 6. What is the best thing about being a singer/songwriter?

The best thing about being a singer and a songwriter is being able to express myself. I feel like it's one of the best ways I could describe my inner feelings and emotions.

### 7. Where do you see yourself in 5 years from now?

A part of me wants to go to New York or some other country but another part of me wants to stay in Sri Lanka because all my friends and my support system are in Sri Lanka. And I hope to retire from work by 35 and focus on my music full time.

### 8. Has society in general accepted your talent? If so, how? If not, how?

From the feedback I get for my music I feel as if the society has accepted me for who I am and what my music is about. And from the messages I get on social media with people reaching out to me asking where my next gig will be and wishing me good luck, it tells me that I have a fan base. So yes, it's safe to say that the society has accepted my talent.



**Makeup :** Dominic

**Outfits :** Kosh,Hiran Wijesinghe,Mirzaan,JOJO's Costumes,Sasindaa

**Photography :** Yahan Liyanage,

Salomis shoots,Tharidu Nanayakkara

**Special thanks to** Ranaka,Sam,Salomie, Pavithri & my family

# DANCING AT MY SISTER'S WEDDING WITH HER

---

Weddings are a celebration of love they say?

This is true,  
in most parts..

To me, it reminds me of how I couldn't hold her hand and dance with her;

It reminds me of how I longed to be wrapped in her arms and twirl around to the music..

I felt guilty for being who I am,  
felt like I was doing something wrong,  
like it was a crime to love and be loved..

We grabbed our hands and just wiggled them like 5 year olds, because I didn't want to draw attention to myself and to the love of my life..

So I danced..

At my sister's wedding;

like it was a strange place to be in..

I was surrounded by family and yet I felt like I wasn't home..

My home was staring back at me on the dance floor, but I couldn't reach out for an embrace,  
to place my head on her chest and dance the night away to her heartbeat...

@ruby\_writes

## SIN, SIN, SIN

---

Sometimes when she caresses my lips with hers,  
Most of the times, I've always felt like I'm finally out of a cage,

I would not know how its roots caged me,

But everywhere there were landmines labelled "Sin, sin, sin",

It's like an entire space filled with landmines,

Or maybe it was what "They" said,

So I would never in my right mind would dare,

To visit,

Outside of my homely cage,

But it felt like taking off a chewed chewing gum from my feet,

Making me harder to drag my feet forward, but lord, I am trying, to move, to break out,

We all are trying to be ourselves,

Sometimes we search for a home,

Sometimes the home we call "Home" isn't a big enough cage to make a home out of,

So, you break out,

Break free, finding other similar puzzle pieces along the way,

Finally belonging,

But without a cage to cage you.

# CONVERSION THERAPY IN SRI LANKA

---

**M**ost of us have grown up in a society that teaches us that if you aren't cisgender and heterosexual there is something wrong with you. From there stems the birth of conversion therapy.

## What is it?

Conversion therapy is a very dangerous practice that claims to be able to change a person's gender identity, sexual orientation or gender expression. It exists under the pretense that there exists something to be fixed which simply isn't the case. Regardless, this practice is one that happens all over the world, Sri Lanka included. Shockingly it is not considered illegal in Sri Lanka, and as a result doctors don't have a lot to hide from.

## How does it work?

It begins with parents suspecting that their children may be homosexual based on incorrect stereotypes. For example, boys who engage in traditionally feminine behaviour, such as singing and dancing, and girls who engage in traditionally masculine behaviour, such as "rough sports", are thought to be gay even though there's no correlation between the two. Parents would try to "correct" their children by encouraging more "gender appropriate" behaviour.

From here it may evolve into taking the child to see a psychologist or psychiatrist. While it is wildly unethical for them to claim

to be able to 'cure' the individual, some still claim to be able to.

One way in which they try to do this is by trying to guilt the individual. They ingrain thoughts into their head such as 'How could you do this to your family and bring them shame?' and "This is against the God you worship, how can you sin like this?"

Another form of conversion therapy is that they try to artificially create psychological as well as physiological associations with being queer, or transgender - in a process known as aversion therapy. One way in which it is done is by forcing the individual to masturbate while watching heterosexual pornography. Alternatively, they are shown homosexual pornography and are either administered shocks or a nauseating drug (which induces vomiting).

## Does it work?

No.

One of the primary pieces of evidence used to support conversion therapy is Robert Spitzer's 2001 study, titled "Can Some Gay Men and Lesbians Change Their Sexual Orientation?".

However, in 2012, Spitzer renounced and retracted his study. He said that the study does not provide evidence that sexual orientation can change. He also apologized to the LGBTQ+ community for the claims made and requested that organizations stop citing his study as evidence for conversion therapy.

There have been no conclusive studies conducted that provide evidence that conversion therapy in any capacity is effective.

In addition to the physiological harm that may result from conversion therapy, it can cause feelings of self-hatred, anxiety, depression, and lead to self-harm, and even lead to suicidal thoughts.

Conversion therapy does not, and never has worked. It is an extremely dangerous and traumatic practice that needs to be banned in all countries.

- *Sajani Ramanayake*

## IN CASES OF VIOLATIONS OF YOUR RIGHTS, **KNOW WHO TO CALL!**

Human Rights Commission - 1996/ 0112505575  
Legal Aid Commission - 0112433618  
The National Police Commission - 1960  
Women's Helpline - 1938  
EQUAL GROUND - 0114334277/78/79

ඔබේ අයිතීන් උල්ලංඝනය වීමක් සිදුවුවහොත්,  
**ඇමතිය යුත්තේ කාහටද යන වග දැනගන්න!**

මානව හිමිකම් කොමිෂන් සභාව - 1996/ 0112505575  
හිඟි ආධාර කොමිසම - 0112433618  
ජාතික පොලිස් කොමිසම - 1960  
කාන්තා සහය දුරකථන මාර්ගය - 1938  
EQUAL GROUND - 0114334277/78/79

ஏதாவது ஒரு சந்தர்ப்பத்தில் உங்களது உரிமைகள் மீறப்படுமாயின்  
**யாரை அழைக்க வேண்டும் என்பதை அறிந்திருங்கள்**

மனித உரிமைகள் ஆணைக்குழு - 1996/ 0112505575  
சட்ட உதவி ஆணைக்குழு - 0112433618  
தேசிய பொலீஸ் ஆணைக்குழு - 1960  
பெண்களுக்கான முறைப்பாடு இலக்கம்- 1938  
ஈசுவல் கிரௌண்ட் - 0114334277/78/79





*All Day Breakfast*

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077 360 1377*

## எனது உரிமைகள், எனது பொறுப்பாகும்

2019ம் ஆண்டிற்கான சர்வதேச மனித உரிமைகள் தினத்தினைக் கொண்டாடும் வகையில், EQUAL GROUND நிறுவனம் இலங்கையிலுள்ள LGBTIQ சமூகத்தினரின் உரிமைகள் மற்றும் அவர்களை பாதிக்கும் சட்டங்கள் பற்றிய விடயங்களை உள்ளடக்கிய “எனது உரிமைகள், எனது பொறுப்பாகும்” எனும் நூலினை வெளியிடுகிறது. இந்த வெளியீட்டின் மூலம், எங்கள் சமூகத்தினைப் பாதிக்கும் சட்டங்கள் மற்றும் இலங்கைப் பிரஜையாக எங்களுக்கான உரிமைகள் பற்றிய விழிப்புணர்வை LGBTIQ சமூகத்தினரிடம் கொண்டுவரவே EQUAL GROUND நிறுவனத்தின் பிரதான நோக்கமாகும். மிக முக்கியமாக உரிமை மீறல் நடவடிக்கைகளின்போது தன்னைப் பாதுகாத்துக்கொள்வது எவ்வாறு என்பதை பற்றிய விரிவான தகவல்களை வாசிப்பவருக்கு இந்த நூல் வழங்குகிறது.



## LESBIAN VISIBILITY DAY

“Lesbian Visibility Day 2019” இனை கொண்டாடும் நிமித்தமாக EQUAL GROUND நிறுவனம் இலங்கையிலுள்ள ஓரினச்சேர்க்கை மற்றும் இருபால் உணர்வுகொண்ட பெண்களுக்கான “மகளீர் மட்டும்” எனும் விருந்துபசார நிகழ்வினை 2019 அக்டோபர் மாதம் 05ம் திகதி ஏற்பாடு செய்திருந்தது. இந்த நிகழ்வு இந்தியாவில் சமீபத்தில் வெளியான ஓரினச்சேர்க்கை பெண்கள் பற்றிய காதல் திரைப்படத்துடன் ஆரம்பமானது. அதனைத் தொடர்ந்து விருந்துபசாரம் இடம்பெற்றதுடன் சங்கீதம் மற்றும் நடனம் என்பவற்றுடன் இந்நிகழ்ச்சி இனிதே நிறைவடைந்தது. நீங்களும் அடுத்த LVD நிகழ்வுடன் இணைந்துகொள்ள விரும்பினால் [media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com) எனும் மின்னஞ்சல் முகவரியினைத் தொடர்பு கொள்ளவும்.

## இலங்கையில் வாழும் வெற்றியடைந்த புதுமையர்(Queer)

**நீ**ங்கள் உங்களை நேசிப்பவராக இருந்தால், நீங்கள் சட்டத்திற்குப் புறம்பானவர். நியாயமற்ற, தொன்மையான சட்டங்களால் சூழப்பட்ட தேசமான இலங்கையில் ஒரு புதுமையர் (queer) அடையாளத்துடன் இருப்பதற்கான சவால் இது தான். உங்களை மனச்சோர்வடையச் செய்ய நான் இந்த உண்மையை அடிக்கோடிட்டுக் காட்டவில்லை. ஆனால் வெளிப்படையாக வாழ்வதற்கும், எங்கள் சமுதாயத்திற்காக வாதாடுவதற்கும், ஒரு அமெரிக்கக் குடியிருப்பாளராக ஏன் எனது உரிமைகளைப் பயன்படுத்துகிறேன் எனக் கூற விளைகிறேன்.

LGBTIQ இலங்கையர்களின் திறன்கள் தொடர்பில், ரொஷானா என்னைக் கொஞ்சம் எழுதச் சொன்னபோது, உண்மையில் நான் அதுவொரு கேக் துண்டாகத் தான் இருக்குமென நினைத்திருந்தேன். எல்லாவற்றும் மேலாக நானொரு சிகிச்சையாளர், Elite உயர்கல்வி நிறுவனத்தினர்; LGBTIQ மற்றும் பாலின வளங்களுக்கான பணிப்பாளர். எனக்கு இது கிடைத்தது!

நான் தவறாக நினைத்தது கவலைக்குரியது. இலங்கை புதுமையர்களுக்கு உதவுவதில் மீளக்கற்க வேண்டும், மற்றும் வலுவூட்டல் தொடர்பான சில படிப்பினைகளை கற்க வேண்டுமென நான் விரைவில் புரிந்து கொண்டேன்.

எனவே ஆரம்பத்தில் கேட்கப்பட்ட கேள்விக்கே நாம் மீண்டும் சென்றால், ஒரு இலங்கை புதுமையராக நீங்கள் உங்களை எப்படி கவனித்துக்கொள்வது?

நாம் ஆரம்பத்திற்கே செல்வோம். **உங்களது பாலினம் அல்லது பாலியல் விடயத்தில் எந்தத் தவறும் இல்லை.** நிச்சயமாக எதுவும் இல்லை. உங்களது குடும்பம் உங்களுடன் உடன்படவில்லை, உங்களது மதகுரு உங்களுடன் உடன்படவில்லை, உங்களது தேசத்தின் சட்டங்கள் உங்களுடன் உடன்படவில்லை. ஆனால் **உங்களது பாலினம் அல்லது பாலியல் விடயத்தில் எந்தத் தவறும் இல்லை.** உங்களது குடும்பம், மதம் மற்றும் தேசம், இந்த பாலினத்தை அல்லது பாலுணர்வை உங்களுக்கு வழங்குவதிலும் எந்தத் தவறையும் செய்யவில்லை. ஆகவே முழு வல்லமையுடன் நீங்கள் இந்த உண்மையை ஏற்றுக்கொள்ள வேண்டும். இதுவொரு நம்பிக்கையல்ல, ஆனால் உண்மை. இந்த உண்மையை அங்கீகரித்து, உங்களில் ஒருங்கிணைந்த பகுதியாக அது மாறும் வரை, ஒரு மந்திரம் சொல்வது போல் அதனை மீண்டும் மீண்டும் செய்யுங்கள்!

**இந்த உண்மையை ஏற்றுக்கொள்ளும் ஆதரவாளர்களை உங்களைச் சுற்றிலும் வைத்திருங்கள்.** எதிர்மறையை தவிரங்கள். உங்களால் முடியும் அல்லது நம்பிக்கையுடன் வாழ வேண்டும் என நினைக்காதவர்களிடமிருந்து தூர விலகியே நில்லுங்கள். அதற்குப் பதிலாக உங்கள் சமுதாயத்தைக் கண்டுபிடித்து உங்கள் இனத்தைக் கண்டுபிடிங்கள். உங்களுக்கு யாரையும் தெரியாவிட்டால், ஒத்த எண்ணம் கொண்டவர்களுடனான வலையமைப்பை உருவாக்குவதற்கு உதவி செய்யும் EQUAL GROUND போன்ற அமைப்புகளை அணுகுங்கள்.

**உங்கள் மனநல ஆரோக்கியத்தில் கவனமெடுங்கள்.** மனநல ஆரோக்கியம் என்பது சிலருக்கு ஒரு புதிய கருத்தாக இருக்கலாம். ஆனால், உங்களது உடல் ஆரோக்கியத்தை கவனித்துக்கொள்வது போலவே, உங்கள் மன ஆரோக்கியத்தையும் கவனிப்பது மிக முக்கியமானதாகும். இதன் மூலம் மனநல ஆரோக்கியமென்பது விலை உயர்ந்தது என்பது புலப்படுகிறது. எனவே, தயவு செய்து EQUAL GROUND போன்ற அமைப்புகள் மூலம் வழங்கப்படும் இலவச மனநல சுகாதார சேவைகளைப் பயன்படுத்திக்கொள்ளுங்கள். நீங்கள் நல்ல மனநலத்தைப் பெறுகிறீர்கள் என்பது உங்களுக்கு எப்படித் தெரியும்? உங்கள் முதல் அமர்விலிருந்து உங்களைப் பற்றி நீங்கள் நன்றாக உணர்ந்துகொண்டால், நீங்கள் ஒரு நல்ல சிகிச்சையாளரை கண்டுபிடிக்கலாம். அமர்வின் இறுதியில் மாற்று சிகிச்சையின் நன்மைகளைப் பற்றி உங்கள் சிகிச்சையாளருடன் நீங்கள் பேசியிருந்தால்,

அது தான் உங்களை 'நேராக' ஆக்குவதற்கான சிகிச்சையாகும். பின்னர் மலைகளை நோக்கி நீங்கள் ஓடலாம். அதாவது உங்களை 'நேராக' ஆக்குவதற்காக ஒரு மனநல மருத்துவரை நீங்கள் அணுகினால், ஒரு கணம் இடைநிறுத்துங்கள். இலங்கை போன்ற ஒரு நாட்டில் 'நேராக' இருப்பது எளிதானதா? நிச்சயமாக! புதுமையருக்கு சிகிச்சை இருக்கிறதா? நிச்சயமாக இல்லை! நீங்கள் உங்கள் உணர்வுகளை மறைக்க முடியும், நீங்கள் நேராக இருப்பதைப் போல நடிக்கலாம், ஆனால் நீங்கள் ஒரு புதுமையர் என்பதை நிறுத்த முடியாது. என்னுடைய இந்த கூற்றால், நீங்கள் மனம் வருந்துவீர்கள் என்பதை நான் ஏற்றுக்கொள்கிறேன், அதனை நான் உணர்கிறேன். உங்களது வலி எனக்குப் புரிகிறது. ஆனால் நீங்கள் புதுமையராக இருப்பதனால், பாடுபாடு மற்றும் ஓரங்கட்டப்படுவதற்கு உள்ளாவீர்கள் என்பதனை உணர்ந்துகொள்வது வேதனைக்குரியது. நீங்கள் இல்லை என்று பாசாங்கு செய்வது இன்னமும் வேதனையளிக்கிறது. நீங்கள் புதுமையராக இருப்பதில் எவ்விதத் தவறுமில்லை என்பதை நினைவில் வைத்துக்கொள்ளுங்கள்.

**நீங்கள் செல்லும் பயணத்தை நீங்கள் தான் கட்டுப்படுத்துகிறீர்கள்.** ஆம், உண்மையானதொரு வாழ்க்கையை வாழ்வது முக்கியமானதாகும். உயிருடன் இருப்பதும் முக்கியம். உங்களுக்கு எதிரான சட்டங்கள் அடுக்கி வைக்கப்பட்டுள்ள ஒரு நாட்டில் வாழும் ஆபத்துக்களையும் நான் உணர்கிறேன். வெளிப்படையாக இருப்பது உங்கள் உயிருக்கு ஆபத்தை ஏற்படுத்தும் என நீங்கள் நம்பினால், உங்கள் பாதுகாப்பில் நீங்கள் சமரசம் செய்யக்கூடாது என்பதே இதன் பொருள். நீங்கள் வெளிப்படையாக இருக்க வேண்டிய ஒரே நபர் நீங்கள் மட்டும் தான். உங்கள் உள்ளக வட்டத்தை நீங்கள் அடையாளம் கண்டுகொண்டு, வெளியே வரத் தயாரானவுடன், உங்களுக்கு ஏற்ற நேரத்தில் அதனை செய்யுங்கள்.

**நீங்கள் தனியாக இல்லை.** நீங்கள் எதிர்ப்பால் ஈர்ப்பினர் அல்லது பொதுப்பாலினம் என்ற விதிமுறைகளுக்கு பொருந்தவில்லை என்று ஆரம்பத்தில் உணர்ந்தால், குறிப்பாக இந்த அங்கீகாரம் விரைவில் உங்கள் அடையாளத்தை தொழில்நுட்ப ரீதியாக ஒரு குற்றவாளியாக்க முடியும். இந்த விடயத்தில் நீங்கள் யாரை நம்பலாம்? உங்கள் பாதுகாப்பில் சமரசம் செய்துகொள்ளாமல், உங்களைப் பற்றி நீங்கள் அறிந்துகொள்வது எப்படி? இவ்வாறான கேள்விகள் உங்களை தனிமைப்படுத்துவதாக நீங்கள் உணரலாம்.

ஆனால் இது யதார்த்தமாக இருக்க வேண்டியதில்லை. உங்களைப் போன்ற நபர்களை ஆதரிக்கத்தான் EQUAL GROUND போன்ற அமைப்புகள் உள்ளன. மேலும் 'மறைநிலைப் பயன்முறையில்' (incognito mode) வலைத்தளத்தில் உலாவினால் உங்கள் தனியுரிமையைப் பாதுகாக்க முடியும். இன்டர்நெட் க.:பேக்களில் கூட இந்த வலைத்தளத்தில் உலாவுவதற்கு நீங்கள் பயன்படுகிறீர்கள் என்றால், உங்கள் history ஐ அழித்துவிட்டு, வலைத்தளத்தில் உங்கள் தனியுரிமையை பாதுகாப்பதை உறுதிசெய்வதற்கான விரிவான ஆராய்ச்சியை நீங்கள் செய்யலாம்.

மூச்சு விடுங்கள். ஆம், ஒவ்வொரு முறையும் மீண்டும் மீண்டும். மன அழுத்தங்கள் உங்களை தாழ்த்தும்போது மூச்சு விடுங்கள். இறுக்கமாக சுற்றப்பட்டிருக்கும் ஒரு பந்துக்குள் நீங்கள் அகப்பட்டுள்ளதாக உணர்ந்தால் அல்லது பதட்டமாக இருந்தால், நீங்கள் என்ன செய்கிறீர்களோ அதனை ஒரு நிமிடம் விட்டுவிட்டு ஆழ்ந்து மூச்சு விடுங்கள். சில விநாடிகள் அதனை உள்ளீர்த்துப் பிடித்து நுரையீரலில் காற்றின் குளிர்ச்சியை உணரச் செய்யுங்கள். இப்போது மெதுவாக காற்றை வெளியேற்றுங்கள். அன்பான அரவணைப்பைப் போல, உங்களைத் தழுவி அரவணைப்பை உணருங்கள். இப்பொழுது கண்களைத் திறவுங்கள். எல்லாம் சரி. வாழ்க்கையில் சிக்கல்கள் இருந்த போதிலும், நீங்கள் நன்றாக இருக்கிறீர்கள். ஒவ்வொரு வகையிலும் நீங்கள் சரியானவரே. நாடு ஏனையவற்றில் மெதுவாகவே உள்ளது.

**தனுஷி பர்னான்டோ**



## பெருமையுடன் உடன் 15 ஆண்டுகளைக் கொண்டாடுகிறது

“COLOMBO PRIDE”, 15 ஆண்டு நிறைவு மைக்கல்லை எட்டியுள்ளதால், இந்த ஆண்டு சிறப்பு கொண்டாட்டமாக இருக்கிறது. இந்த ஆண்டு ஒவ்வொரு நிகழ்வும் மிகச் சிறந்தவற்றை வெளிக்கொண்டுவரவும் LGBTIQ இன் பெருமை கொண்ட ஒரு திருவிழாவை வழங்கவும் இது கவனாக வடிவமைக்கப்பட்டுள்ளது. மற்றும் இந்த PRIDE எப்போதும் இல்லாத அளவுக்கு நீண்டகாலம் நினைவில் நிலைநிற்கும். நிலையற்ற அரசியல் சூழல், உள்நாட்டு போரின் கடைசி 6 ஆண்டுகள், அவசரகால ஒழுங்குமுறைகள், பயங்கரவாத தடுப்புச் சட்டம், ஒரு சர்வாதிகார

அரசாங்கம், மதக்கலவரங்கள் மற்றும் அச்சுறுத்தல்கள், அரசியலமைப்பு சதி மற்றும் ஈஸ்டர் ஞாயிறு குண்டு வெடிப்பு. உண்மையில், இந்த சவால்கள் அனைத்தையும் எதிர்கொண்டு நாம் யார் என்பதில் பெருமிதம் கொள்வதற்கும், இலங்கையில் உள்ள LGBTIQ சமூக உறுப்பினர்கள் தங்களதும் தங்கள் அன்பானவர்களினதும் வாழ்க்கையை அச்சுறுத்தல்கள் இன்றி கொண்டாட ஒரு பாதுகாப்பான இடத்தை வழங்குவதற்கும், எங்கள் பணியைத் தொடர்வதற்கும் இங்கே நிறையவே இருக்கிறது.



இந்த மைக்கல்லைக் கொண்டாடுவதற்காக 400க்கும் மேற்பட்ட விருந்தினர்களை வரவேற்று அதிர்ச்சியூட்டும் பிரைட் பார்ட்டியுடன் 15 ஆண்டுகளைக் கொண்டாடுவது மாத்திரமல்லாமல், அபிமானி திரைப்பட திருவிழாவில் இடம்பெற்ற சிறப்புத் திரைப்படமும் அதன் சொந்த மைக்கல்லை எட்டியது (அதன் 25 ஆம் ஆண்டு) - The Adventures of Priscilla Queen of the Desert! 1994 இல் சிறிய பட்ஜெட்டில் தயாரிக்கப்பட்டது. இந்த திரைப்படம் உலகம் முழுவதும் திரையரங்குகளில் உடனடி வெற்றியைப் பெற்றதுடன் LGBTI சமூகத்தினர் மற்றும் நேரான சமூகமும் இந்த திரைப்படத்தை சுற்றி மிகவும் பளபளப்பு மற்றும் பிரகாசத்துடன் அணிவகுத்தனர். எல்லாவற்றிற்கும் மேலாக, இது அனைவருக்கும் தொடர்புபடுத்தக் கூடியதாகவும் பெருமைப்படும் விதமாகவும் இருந்தது. பிரிஸில்லா எங்களுக்கு தலைமுடியைக் கீழே விடவும், சீற்றத்துடன் சிரிக்கவும், சோகமான பகுதிகளில் அழவும் (நன்றியுடன், அவை சில) மற்றும் எல்லாவற்றையும் விட அதிகமாக, எங்களுக்கு தனித்துவமாக சுயமாக எந்தவிதமான அவமானம் மற்றும் பயம் இல்லாமல் கொண்டாடவும் 1 மணி மற்றும் 44 நிமிடங்களைத் தந்தது. நாங்கள் அந்த திரைப்படத்துடன் தொடர்புடையவர்கள் என்பதால் அது அனுப்பிய செய்தியை நன்றாக உணர்ந்தோம்! இந்த இழுவை இரண்டு ராணிகள் மற்றும் ஒரு திருநங்கை ஆஸ்திரேலிய வண்புகுதி முழுவதும் ஒரு வெட்கக்கோடான வர்ணம் பூசிய பேருந்தில் பயணம் செய்பவர்களை நகைச்சுவையைப் பயன்படுத்தி அவர்களுக்குள் இருக்கும் ஹோமோபோபியாவைக் கட்டுப்படுத்துவதுடன் சிலவேளைகளில் அவர்களின் இடுப்பில் முழங்கால் அந்தப் புள்ளியைப் பெறுவது படம் முழுவதும் தெளிவாக இருந்தது. இந்த LGBTI சமூகத்தின் நகைச்சுவையின் போக்கு மற்றும் பயங்கரமான துன்பங்களை எதிர்கொள்ளும் நல்ல நேரங்கள் என்பன புராணமாகும். ஆஸ் மீட்டி டெல் ப்ரா(ஹியுகோ வீவிங்) திரைப்படத்தில் நாங்கள் அற்புதமானவர்கள் இல்லையா?! அதுவே நாங்கள்! என்று கூறினார்.

குடும்பம் மற்றும் நண்பர்களுடனான LGBT நபர்களின் இன் கலந்துரையாடல்கள் மற்றும் ஊடக விளிப்புட்டல் நிகழ்ச்சிகள் போன்றவை LGBT சமூகத்தின் கூடுதல் வாயில்களைத் திறப்பதன் பகுதியாகும். புதிய கூட்டாளிகளையும் ஆதரவாளர்களையும் உருவாக்கி, உண்மைகளை அறிந்து கொள்வதன் முக்கியத்துவத்தைப் பற்றியும்

மற்றும் பாலியல் நடத்தை பாலின அடையாளம் மற்றும் வெளிப்பாடு, பாலின பண்புகளை பொருட்படுத்தாமல் இந்த நாட்டின் அனைத்து குடிமக்களுக்கும் மரியாதையை வழங்குதல் போன்ற சில தீவிரமான தலைப்புகளைக் கலத்தல் (SOGIESC). IDEA Junction எங்கள் ஆர்வலர்களை பரந்த சமூகத்திற்கு அறிமுகப்படுத்த உதவியதுடன் அனைவருக்கும் அவர்களின் வீரர்கள் யார் என்பதை அறிய ஒரு வாய்ப்பைக் கொடுத்தது.

இலங்கையில் LGBTIQ சமூகம் தனது நேர்மறை மற்றும் மகிழ்ச்சியின் சொந்த கலாசாரத்தை நிறுவி உலகுக்கு நாம் எவ்வளவு திறமையானவர்கள், ஆச்சரியமானவர்கள் என்பதைக் காட்ட வேண்டும்! ரேயின்போ இசை மற்றும் நடன விழா இதை அப்படியே செய்தது. பொரல்லையிலுள்ள புஞ்சி திரையரங்கில் நிரம்பிய கூட்டத்திற்கு எங்கள் சமூகத்தின் உண்மையான உணர்வு பற்றிய ஒரு பார்வையை அளித்தது. நடனம், பாடல் மற்றும் பல வழிகளில், கலைஞர்கள் மிகச் சிறந்ததைக் கொடுத்ததுடன் அவர்கள் கரகோசங்களையும் புகழையும் பெறாமல் கூட்டத்தின் பாராட்டை நியாயமான வெகுமதியாக பெற்றனர். கொழும்பின் உண்மையான PRIDE சம்பிரதாயம், கடற்கரையில் ரேயின்போ காற்றாடித் திருவிழா மற்றும் நடனக் கொண்டாட்டம் என்பன இரண்டு வாரங்கள் நீடித்த PRIDE நிகழ்விற்கு சிறந்த மற்றும் விசேட அடையாளத்தினைத் தரக்கூடிய முடிவாக அமைந்தது. அனைவருக்கும் மகிழ்ச்சியான PRIDE தினத்திற்கான வாழ்த்துக்கள்.



# தஷி ஜெயவீர உடன் ஒரு நேர்காணல்

1. எது உங்களை இசைத்துறைக்குள் கொண்டு சென்றது?

நான் இசையை செய்வதற்கு தனித்துவமான எந்த காரணமும் இல்லை. நான் நினைக்கிறேன் எனது அப்பாவும் இந்த துறையில் இருப்பதால் நான் இந்த துறைக்கு கவரப்பட்டேன். எனது பாடசாலை நாட்களில் நான் இசை சார்ந்த விடயங்களில் ஈடுபடவே இல்லை. ஆனால் எனது பாடல் "தன தனத்" 2012ல் வெளியான பின்பு நான் இசையை ரசிக்க ஆரம்பித்தேன். இதன் விளைவாக நான் ஒரு பாடகியாக வர முடிந்தது.

2. இசையில் வாழ்க்கைப்போக்கு ஒன்றை தெரிந்தெடுக்க உங்களை யார் ஊக்கமளித்தனர்?

நியாயமாக எனது அப்பா என்று தான் சொல்ல வேண்டும். சிறு வயதிலிருந்தே நான் ஒரு இசை சார்ந்த சூழலிலே வளர்க்கப்பட்டேன். மற்றும் எனது அப்பாவினால் நான் மிகவும் ஊக்குவிக்கப்பட்டேன். எனவே நான் முடிவு செய்தேன் எனது அப்பா போன்று நானும் இசையில் எனது வாழ்க்கைப்போக்கை உருவாக்கவேண்டும் என்று.

3. உங்களுடைய புதிய தனி பாடலை உருவாக்க யார் ஊக்கமளித்தனர் மற்றும் எது உங்களை எழுத தூண்டியது?

இந்த புதிய பாடலை எழுதுவதற்கான கதை அல்லது சம்பவம் என்று எதுவும் இல்லை. ஆனால் பிரிவிற்கு பின்னர் இருவர் மனமுடைந்து போகும் அந்த நிலையை ஒரு கருவாக எடுத்து அதை எனது பாடலின் அடித்தளமாக பயன்படுத்தினேன்.



4. இலங்கையில் ஓர்பால் ஈர்பின இசை கலைஞராக இருப்பது எப்படி இருக்கின்றது?

ஓர்பால் ஈர்பின இசை கலைஞராக இந்த துறையில் வாழ்வது மிகவும் கடினம். ஆனால் அது எனது இலக்கை இடையூறு செய்வதற்கு நான் விடுவதில்லை. இலங்கையில் அகனன்/அகனள்/ஈரர் மற்றும் மாற்றுப்பால் இனத்தவர்களாக இருக்கும் கலைஞர்களாக இருப்பது ஒரு பெரிய சவாலாக இருக்கிறது. பெரும்பாலான மக்கள் எங்களை நாங்களாக ஏற்றுக்கொள்வதில்லை ஆனால் எங்களுடைய படைப்புகளை நாங்கள் எவ்வாறு கதைக்கின்றோம், எவ்வாறு உடை அணிகின்றோம் என்பதை கொண்டு மதிப்பிடுகின்றனர். அது இந்த துறையில் வாழ்வதை இன்னும் கடினமாக்குகின்றது.

5. உங்களுடைய இசை பற்றிய கருத்து எவ்வாறு இருக்கிறது?

Youtube ல் வரும் விமர்சனங்களை நான் வாசிக்கும் போது எனக்கு தெளிவாகின்றது என்னை நானாக ஏற்று எனக்கு ரசிகர்கள் இருக்கின்றனர் எனவும் மற்றும் அவர்கள்



எனது இசையை விரும்புகின்றனர் எனவும். நான் இந்த துறையை விட்டுவிடுவது போல் உணரும் போது இந்த நேரான விமர்சனங்களே என்னைத் தொட வைக்கின்றது.

6.இசை சார்ந்து உங்களுடைய எதிர்கால திட்டங்கள் என்ன?

முற்போக்கு ஊடகங்கள் இல்லாமல் Youtube மூலம் எனது பாடல்களை வெளியிட விரும்புகிறேன். ஏனெனில் ரசிகர்களை தொடர்பு கொள்ள அதுவே சுலபமான முறையாக இருக்கிறது. 2012ல் “தன தனத்” பாடலை வெளியிட்ட பின்னர் சில விடியோக்களை வெளியிட்டாலும் “லஸ்ஸனை” என்ற பாடலை வெளியிட எனக்கு 7 வருடங்கள் தேவைப்பட்டது. முற்போக்கு ஊடகங்கள் மூலம் பாடல்களை வெளியிட காலம் தேவை அதனால் நான் விரைவாக மற்றும் சுலபமாக வெளியிட Youtube ஐ தெரிவு செய்தேன்.

7. ஒரு கலைஞராக இருப்பதில் சிறந்த விடயம் என்ன?

ஒரு கலைஞராக இருப்பதில் மிகச்சிறந்த விடயம், வெகுமதி எல்லா மக்களாலும் நேசிக்கப்படுவது. மேலும் ரசிகர்கள் என்னை அணுகி வாழ்த்தும் போது எனக்கு மனநிறைவு மற்றும் சந்தோசம் கிடைக்கின்றது.

8. உங்களுடைய புதிய பாடலை பற்றி சொல்லுங்கள்

நான் எனது அசல் பாடல் “லஸ்ஸனை” எழுதியது 2016ல். ஆனால் 2018ல் மட்டுமே என்னால் வெளியிட முடிந்தது. காலம் தாழ்த்தியற்கான காரணம் நான் ஒரு ஓர்பால் ஈர்பின இசை கலைஞர் என்பதால் என்னுடன் வேலை செய்ய யாரும் விரும்பவில்லை. ஆனால் “தன தனத்” வெளியிட உதவிய திலும் தேஜனை வின் உதவியால் என்னால் “லஸ்ஸனை” பாடலை வெளியிட முடிந்தது.



## எனக்குள் மலர்ந்த பெண்மை

“மங்கையராய் பிறப்பதற்கே மாதவம் செய்திடல் வேண்டுமம்மா” எனும் கவிஞரின் கூற்று பெண்மையின் புனிதத்தை எடுத்துரைக்கிறது. உலகிலுள்ள ஒவ்வொரு ஆணின் மனதிலும் எங்காவது ஒரு ஓரத்தில் பெண்மை காணப்படும். அதேபோல ஒவ்வொரு பெண்ணுக்குள்ளும் ஆண்மை உண்டு. அந்த ஆண்மையும் பெண்மையும் சந்தர்ப்பத்தினைப் பொறுத்து வேவ்வேறுவிதமாக வெளிப்படும். எனினும் உடலால் ஆணாக பிறந்த என்னுள் பெண்மை மலர்ந்தது எவ்வாறு? அதனை நான் ஏற்றுக்கொண்டது எவ்வாறு? பெண்மை எனக்குள் உண்டு பண்ணிய மாற்றங்கள் எவை என்பதை இந்த கட்டுரையினூடாக உங்களுடன் பகிர்ந்து கொள்ள விரும்புகிறேன்.



ஒவ்வொரு பெண்ணின் வாழ்விலும் பூப்படைதல் என்பது முக்கியமான கட்டமாகும். எனினும் பூப்படையும் தருணமானது அப்பெண்ணுக்கு ஒரு புதிய மற்றும் வித்தியாசமான அனுபவத்தினைக் கொடுக்கும். நிச்சயமாக அத்தருணத்தில் ஒருவிதமான தற்காலிக அச்சம் அப்பெண்ணின் மனதில் குடியேறும். ஆணுக்கான உடலோடு பிறந்த திருநங்கையான எனக்கு பூப்படைதலைப் பற்றி தெரிந்த விடயங்கள் சற்று குறைவுதான். எனினும் உறவினர் வீடுகளில் உள்ள யாராவது ஒரு பெண் பூப்படைந்த பின்னர் அப்பெண்ணுக்கு நடத்தப்படும் பூப்புனித நீராட்டு விழா என்பது என்னுடைய மனத்தைக்

கவர்ந்த ஒரு விடயமாகும். அவ்வாறானதொரு சடங்கு என்னுடைய வாழ்வில் நடைபெறாதா என ஏங்கிய நாட்கள் ஏராளம். ஏன் இன்னும் கூட அதற்கான ஏக்கம் என்மனதில் உண்டு. எனக்குள் முதன் முதலாக நான் பெண்மையை உணர்ந்த தருணத்தை, நான் பூப்படைந்த தருணமாகவே கருதுகிறேன். இது தவறான ஒப்பிடுதல் என உங்களில் யாருக்காவது தோன்றினால் மன்னித்துக்கொள்ளவும்.

ஆரம்பத்தில் எனக்குள்ளே நடந்த ஆண்மைக்கும் பெண்மைக்கும் இடையிலான போராட்டம் மிக வித்தியாசமானது. எனக்குள் தோன்றிய திடீர் மாற்றத்தை என்னால் ஏற்றுக்கொள்ள முடியாமலிருந்தது. நான் யார் என்பதனை அடையாளம் கண்டுகொள்ள முடியாமல் துன்பப்பட்ட நாட்கள் ஏராளம். என்னைப்பொறுத்தவரையில் தன்னைப்பற்றிய அறிவு ஒருவருக்கு மிக அவசியமானது. நான் ஆணை அல்லது பெண்ணை என்பதனை நினைத்து குழம்பிப்போன அந்த நாட்கள் எனக்கு நரக வேதனையைத் தந்தன. எனினும் எனக்குள் மலர்ந்த பெண்மை எனக்கான அடையாளம் எது என்பதனை நிதானமாக அடையாளம் காட்டியது. பிறப்பால் பெண்ணாகப் பிறந்த ஒரு பெண்ணிடம் உள்ள பெண்மைக்கு நிகரான பெண்மை என்னிடம் உள்ளதா என எனக்குத் தெரியாது. ஏனைய திருநங்கைகளுடன் ஒப்பிடும்தோது என்னிடம் வேறுபட்ட இயல்புகள் காணப்படுகின்றனவா எனவும் எனக்குத் தெரியாது. காரணம் என்னை யாருடனும் ஒப்பிட்டுப் பார்ப்பதை நான் விரும்பவில்லை. என்னை வரம்புகளுக்குள்ளும் உள்ளடக்கிக்கொள்ள நான் விரும்பவில்லை. எப்பொழுதுமே சிறகடித்துப் பறக்கும் ஒரு பறவையாகவே வாழ ஆசைப்படுகிறேன். ஒரு திருநங்கையாக என்னுடைய பயணம் எப்பொழுதோ தொடங்கி விட்டது. இப்பயணம் எவ்வளவு தூரம் செல்லும், எங்கு முடியும், எப்பொழுது முடியும் என்பதை பற்றியெல்லாம் எனக்கு கவலை இல்லை.

சிலவேளைகளில் ஒரு சாதாரணப் பெண்ணுக்கு உள்ள ஆசைகள் மற்றும் எதிர்பார்ப்புகள் எனக்குள்ளும் மேலெழுகின்றன. என்னுடைய தாய்க்கு செல்ல மகளாக, சகோதரனுக்கு ஒரு நல்ல சகோதரியாக, தோழர்களுக்கு தோள்கொடுக்கும் தோழியாக, காதலனுடன் கை கோர்த்துச் செல்லும் ஒரு காதலியாக, எதிர்காலக் கணவனுக்கு சிறந்த மனைவியாக, கருவில் சுமக்க முடியாவிட்டாலும் ஒரு குழந்தைக்குத் தாயாக இன்னும் எத்தனையோ கனவுகள் என்னுள்ளும் இருக்கின்றன. எனினும் பெரும்பாலான திருநங்கைகளுக்கு இவ்வாறான



கனவுகள் கடைசிவரை வெறும் கனவுகளாக மட்டுமே இருந்துவிடுகின்றன என்பதே உண்மை.



இவை மட்டுமல்ல சாதிக்க வேண்டும் எனும் கனவுகளும் எத்தனையோ திருநங்கைகளுக்கு உண்டு. ஏன் ஒரு திருநங்கை வைத்தியராகவோ, ஆசிரியராகவோ, நடனக் கலைஞராகவோ, சமூக சேவையாளராகவோ அல்லது ஏனையவர்கள் போல உயர் பதவிகளை அலங்கரிக்கும் அரசாங்க உத்தியோகத்தர்களாகவோ இருக்கக்கூடாதா என்ன? பல சவால்களுக்கு மத்தியிலும் சில திருநங்கைகள் இவ்வாறான சாதனைகளை நிகழ்த்தியிருப்பதும் குறிப்பிடத்தக்கது. எனினும் பல திருநங்கைகள் இந்த சமூகத்தில் பாலியல் பொருளாகவும் நகைச்சுவை பாத்திரங்களாகவும் மாத்திரமே பார்க்கப்படுகின்றனர்.

எனினும் என்னுடைய வாழ்வில் ஆணாக இருந்த காலத்தை நினைத்தோ அல்லது நான் திருநங்கையாக வாழப்போவதைக் குறித்தோ எனக்கு எந்த வருத்தமும் இல்லை. இதனை இயற்கை எனக்கு கொடுத்த பரிசாகவே நான் கருதுகிறேன். எனினும் ஒரு திருநங்கையாக நான் செல்லவேண்டிய பாதை வலிமிகுந்தது என்பதனையும் நான் அறிவேன்.

## உங்களுக்காக சில வரிகள்....

- நீங்கள் ஒரு பெண்ணாக இருந்துகொண்டு என்னுடைய பெண்மையை புரிந்து கொள்ளாத போது,
- ஆண்களே நீங்கள் என் போன்றவர்களை வெறும் பாலியல் பொருளாகவும், கேலிப்பொருளாகவும் மட்டுமே பார்க்கும்போது
- இந்த சமூகம் என்னுடைய பாலின அடையாளத்தினை காரணமாகாட்டி எனக்கான கல்வியை, தொழில் வாய்ப்பை மறுக்கும்போது
- கழிவறையை பயன்படுத்துவதற்கு கூட என்னுடைய பாலினம் ஒரு தடையாக உள்ளபோது
- இன்னும் எத்தனையோ பாரபட்சங்களை என்மீதும் என்னுடைய மாற்றுப்பாலின சமூகத்தின் மீதும் திணிக்கும்போது மிகவும் வருத்தமாக உள்ளது. இந்த கட்டுரையை வாசிக்கும் நீங்கள் இவ்வாறான விடயங்களை பற்றி சற்று சிந்தித்துப்பார்ப்பீர்கள் என நினைக்கிறேன்.

உங்களில் சிலர் என்னை இயற்கையின் பிழை என்றுகூட விமர்சிக்கலாம். அதேபோல் இந்த சமூகம் பெண்மைக்கு விதித்துள்ள அடிமை இலக்கணங்களை நான் பின்பற்றப்போவதும் இல்லை. ஏனெனில் நான் யார் என்பதனை நான் நன்கு அறிவேன். ஒரு திருநங்கையாக வாழ்வதை நினைத்து நான் மிகவும் பெருமை படுகிறேன். அதேபோல் எனக்குள் மலர்ந்த பெண்மையை நான் மிகவும் நேசிக்கிறேன். அதனைப் பற்றி இந்த கட்டுரையினூடாக பகிர்ந்துகொண்ட திருப்தியுடன் விடைபெறுகிறேன்.

திருநங்கை,  
காவ்யா ராஜேந்திரன்.

# எனது உரிமைகள், எனது பொறுப்பாகும்.

**உ**ங்களுக்கு அநீதி இழைக்கப்படும்போது நீங்கள் சரியாக இருக்க ஒரு புத்தகம், பிரச்சாரம், ஒரு கருவி.

உங்களுடைய மனித உரிமைகள் எவை? அடிப்படை உரிமைகள் எவை என்பது பற்றி உங்களுக்கு தெரியுமா? பெரும்பாலான இலங்கையர்களுக்கு பதில் தெரியாத முக்கியமான கேள்விகள் இவை. பெரும்பாலானவர்கள் தங்களுக்கு 'உரிமைகளை' அனுபவிக்க உரிமை உண்டு என்பதை அறிவார்கள். இருப்பினும், அவர்கள் அவற்றினை அடையாளம் காணத் தவறிவிடுகிறார்கள் அல்லது அவர்கள் அநீதி இழைக்கப்படும் வரை, அவற்றை அறிந்து கொள்வதன் முக்கியத்துவத்தை அறியாமல் இருக்கிறார்கள்.

"என்னுடைய உரிமைகளை மீறாமல் இருப்பது உமது பொறுப்பாகும்" என்றவாறே மக்கள் சிந்திக்கின்றனர். அவ்வாறாயின் இன்னொருவருடைய உரிமையை மீறாமல் இருப்பது எனது பொறுப்பாகும். உங்களுக்கு உரித்துடைய மரியாதை மற்றும் கண்ணியம் என்பவற்றுக்காக எழுந்து நிற்பதற்கான பொறுப்பு உங்களிடம் நகர்கிறது. நீங்கள் ஒரு பாதிக்கப்பட்ட நபராக இருக்கும்போது இது ஒரு கடினமான விடயமாகும் எனினும் இது கட்டாயமாக செய்யப்பட வேண்டும். இதனை எவ்வாறு செய்வது, எங்கு செல்வது என்பது பற்றிய தெளிவு இல்லை எனின் இந்த புத்தகம் ஒரு சிறந்த வழிகாட்டியாக அமையும். மக்கள் தொகையில் கணிசமான அளவிலுள்ள சிறுபான்மையினர் அல்லது ஒதுக்கப்பட்ட சமூகத்தினரின் உரிமைகளை கருதும்போது, ஒருவரின் உரிமையானது இன்னொருவரின் உரிமைக்கு அச்சுறுத்தலாக அமையும் என சமூகத்தினர் அளவளவர்கள் விளங்கிக்கொள்வதே பிரச்சனையாகும். வெறுப்பு, தவறான தகவல், கட்டுக்கதைகள் மற்றும் உரிமைகள் மற்றும் சட்டங்களின் பொதுவான அறியாமை ஆகியவை இத்தகைய அறிவிக்கப்படாத அனுமானங்களுக்குப் பின்னால் உள்ள பொதுவான காரணிகளாகும்.

முற்போக்கான சமூக மாற்றங்கள், வெறுக்கத்தக்க பேச்சை குற்றமாக்குதல், சமூக விழிப்புணர்வு மற்றும் அரசியலமைப்பின் உத்தரவாதம் என்பவை LGBTIQ மக்களை

நோக்கிய துன்புறுத்தல், இழிவான பேச்சுக்கள், பாகுபாடு என்பவற்றை குறைக்கத் தவறிவிட்டன.

உங்களிடம் என்ன இருக்கிறது என்பது உங்களுக்கு தெரியாது எனின் உங்களால் உங்களை பாதுகாத்துக் கொள்ள முடியாது. உங்கள் உரிமைகளைப் பாதுகாக்க அல்லது உரிமைகள் மீறப்படும்போது என்ன நடவடிக்கைகள் எடுக்கப்படலாம் என்பதை அறிய, முதலில் உங்களுக்கு என்ன உரிமைகள் உள்ளன என்பதை அறிவது முக்கியம். ஒருவர் தன்னிடம் என்ன இருக்கிறது என்பதை அறியவில்லை எனின், அது தன்னை விட்டு எடுத்துச் செல்லப்படும் போதும் அது அவருக்கு தெரியாது. இதுவே "எனது உரிமைகள்,எனது பொறுப்பாகும்" எனும் நூலின் பிரதான சிந்தனையாகும்.

இந்தப் புத்தகத்தினூடாக EQUAL GROUND அமைப்பு பொதுமக்களுக்கு, விசேடமாக LGBTIQ சமூகத்தினருக்கு அவர்களுக்கு உரித்தான உரிமைகள் பற்றியும் அவற்றினை பாதுகாத்துக் கொள்வது எவ்வாறு என்பது பற்றியும் அறிவூட்டல் செய்வதற்கு முயற்சிக்கிறது. மற்றும் உரிமை மீறல் நடவடிக்கையின்போது அவ்வரிமை மீறலுக்கு எதிராக செயற்படுவது எவ்வாறு என்பது பற்றியும் வலியுறுத்தியுள்ளது.

சமூகத்தினரை போராடுவதற்காக அறிவூட்டுவது, அறிவிப்பது மற்றும் சக்தியளிப்பது முக்கியம் என EQUAL GROUND அமைப்பு நம்புகிறது. அதே நேரத்தில், LGBTIQ சமூகத்திற்கு வெளியே உள்ள மக்கள் எந்தவொரு நபரின் உரிமைகளையும் மீறுவதற்கு எதிராக நடவடிக்கை எடுப்பது முக்கியம் என்றும் நாங்கள் நம்புகிறோம். அது ஒரு LGBTIQ நபராகவோ அல்லது வேறு எந்த நபராகவோ இருக்கலாம், ஏனென்றால் ஒரு அறிவற்ற மற்றும் அலட்சியம் மிக்க சமூகத்தினால் எந்தவொரு நபரின் மனித உரிமைகளையும் பாதுகாக்க முடியாது. உங்களை பாதுகாத்துக் கொள்ளுங்கள்!

நீங்களும் "எனது உரிமைகள், எனது பொறுப்பாகும்" எனும் நூலினைப் பெற்றுக்கொள்ள விரும்பினால் [equalground@gmail.com](mailto:equalground@gmail.com) இற்கு மின்னஞ்சல் செய்யுங்கள் அல்லது +94114334279 எனும் எண்ணிற்கு அழைப்பினை ஏற்படுத்துங்கள்.

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## வேலை வாய்ப்புத் திறன்களை விருத்தி செய்யும் நிகழ்ச்சித் திட்டம்

விண்ணப்பப் படிவங்களை முறையாகத் தயார் செய்தல் | நேர்முகத்தேர்வுக்குத் தயாராகுதல் |  
தொடர்பாடல் திறன்களை விருத்தி செய்தல் | பணியிடத்தில் ஏற்படும் உளரீதியான மற்றும்  
ஏனைய சவால்களுக்கு முகம்கொடுத்தல் | தொழில்துறை வழிகாட்டல்கள்

பங்குபற்றுபவர்களுக்குத் தேவையான உணவு மற்றும் பிரயாண கட்டணங்கள்  
என்பனவும் வழங்கப்படும்.

கருத்தரங்கானது சிங்கள மொழியில் நடைபெறும் அதேவேளை அதற்கான  
கையேடுகள் சிங்களம், தமிழ் மற்றும் ஆங்கில மொழிகளில் வழங்கப்படவுள்ளன.

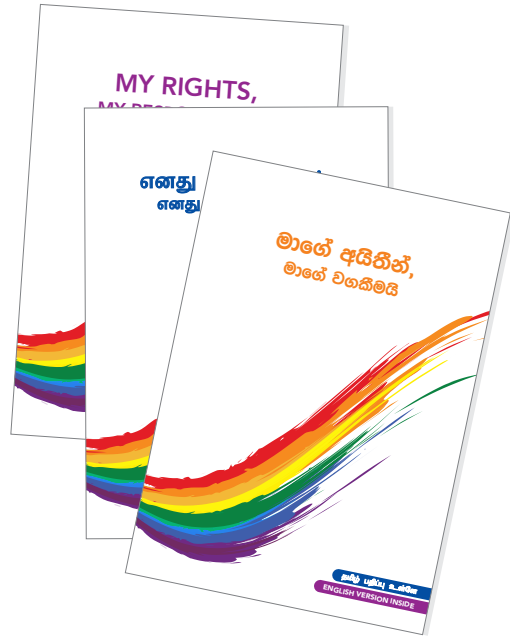
உங்களின் திறன்களை விருத்தி செய்து கொள்வதுடன் வெற்றிகரமான முறையில்  
தொழிற்துறையினை உருவாக்கிக்கொள்வதற்காக இந்த வாய்ப்பினை  
பயன்படுத்திக்கொள்ளுங்கள்.

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## "මාගේ අයිතීන්, මාගේ වගකීමයි"

2019 අන්තර්ජාතික මානව හිමිකම් දිනය නිමිති කොටගෙන EQUAL GROUND විසින් ශ්‍රී ලංකාවේ වෙසෙන LGBTIQ ප්‍රජාව සඳහා බලපානු ලබන අයිතීන් හා හිතී පිලිබඳ වූ "මාගේ අයිතීන්, මාගේ වගකීමයි"; ග්‍රන්ථය ප්‍රකාශයට පත් කරන ලදී. මෙම ප්‍රකාශනය තුළින් EQUAL GROUND අදහස් කරන්නේ අප ප්‍රජාවට බලපානු ලබන හිතී සහ අපට හිමි අයිතීන් පිලිබඳව LGBTIQ ප්‍රජාව දැනුවත් කිරීමයි. තවද, තම අයිතීන් කඩ වූ විට ඉන් රැකවරණය ලබා ගන්නේ කෙසේද යන්න පිළිබඳව කිරීම මෙම ග්‍රන්ථයේ විශේෂත්වයකි.



## LESBIAN VISIBILITY DAY

ශ්‍රී ලංකාවේ පිටතට පැමිණි හා තවමත් සැඟවී සිටින සමරිසි හා ද්විසෛනෙහස් කාන්තාවන් සැමරීම සඳහා වන "Lesbian Visibility Day 2019" (LVD) නිමිත්තෙන් ඔක්තෝබර් 05 වන දින, කාන්තාවන් පමණක් සහභාගී වූ ඉතා රසවත් ආපේස සංග්‍රහයක් EQUAL GROUND පරිශ්‍රයේදී පැවැත්විණ. මෙම සංග්‍රහයට පසුව නවතම ඉන්දියානු කාන්තා සමරිසි විභූෂිත කිරගත කිරීමක් ද සිදුවූ අතර සංගීතයෙන් හා නර්තනයෙන් වම සැඳෑව හිම විය. ඔබත් නැවත වන LVD සැමරුම් සඳහා සහභාගී වීමට කැමති නම් අපට email කරන්න. [media@equalgroundsrilanka.com](mailto:media@equalgroundsrilanka.com)



# ශ්‍රී ලංකාව තුළ කුවිසර පුද්ගලයෙකු ලෙස ජීවත් වීම

## සහ නැගී සිටීම

**ඔබ** ඔබට ආදරය කරන්නේ නම්, නීතියට අනුව ඔබ සාහසික අපරාධකාරයෙකි.

අසාධාරණ, පුරාතන නීති මගින් පාලනය වන දේශයක් වන ශ්‍රී ලංකාවේ කුවිසර අනන්‍යතාව සමඟ ජීවත් වීමේ අභියෝගය එය යි. මා සත්‍යය අවධාරණය කරනුයේ ඔබව අධෛර්යයට පත් කිරීමට නොව, ඇමරිකානු වැසියෙකු ලෙස මට ඇති අයිතීන් භාවිතා කරමින් විවෘතව ජීවත් වීමට සහ මගේ මවිරටේ ජීවත් වන අපගේ ප්‍රජාව උදෙසා කතා කිරීම මම සිදු කරන්නේ ඇයි දැයි යන්න පහදා දීමට ය.

LGBTIQ ශ්‍රී ලාංකිකයන් සඳහා අභියෝග කළමනාකරණය කිරීම සම්බන්ධයෙන් කෙටි විස්තරයක් ලිවීමට රොසසනා මාගෙන් ඉල්ලා සිටි විට, මා අවංකවම සිතුවේ එය ඉතා පහසු කාර්යයක් වනු ඇති බව යි. මම මනෝ චිකිත්සයෙකු සහ අද්විතීය උසස් අධ්‍යාපන ආයතනයක ස්ත්‍රී පුරුෂ සමාජභාවය සහ LGBTIQ ප්‍රජාව සඳහා අධ්‍යක්ෂකවරයෙකු වේ. මම සිතුවේ මෙය මට ඉතා පහසු කාර්යයක් වනු ඇති බව යි.

ඇත්තටම මෙය පහසු කාර්යයක් නොවීය. කුවිසර ශ්‍රී ලාංකිකයන්ට උපකාර කිරීමට නම්, දීර්ඛ ලාභයක් පිළිබඳ ඇතැම් පාඩම් යළිත් වරක් ඉගෙන ගැනීමටත්, සමහර පාඩම් අමතක කිරීමටත් සිදුවන බව මා හට ඉක්මනින් අවබෝධ විය.

වසේ නම්, යළිත් වරක් මූලික ගැටළුව වෙත යමින්, කුවිසර ශ්‍රී ලාංකිකයෙකු ලෙස ඔබ ආරක්ෂාකාරී වන්නේ කෙසේද?

අපි මුල සිටම ආරම්භ කරමු. **ඔබගේ ස්ත්‍රී පුරුෂභාවය හෝ ලිංගිකත්වය පිළිබඳ කිසිදු වරදක් නොමැත.** සත්‍ය වශයෙන් ම කිසිදු වරදක් නොමැත. ඔබගේ පවුල ඔබ සමඟ එකඟ නොවනු ඇත. ඔබගේ පුස්තකමත් ඔබ සමඟ එකඟ නොවනු ඇත. නීතිය ඔබ සමඟ එකඟ නොවනු ඇත. එනමුත්, **ඔබගේ ස්ත්‍රී පුරුෂභාවය හෝ ලිංගිකත්වය පිළිබඳ කිසිදු වරදක් නොමැත.** ඔබට මෙම ස්ත්‍රී පුරුෂභාවය හෝ ලිංගිකත්වය ලබා දීමට ඔබගේ පවුල, ආගම සහ දේශය ද කිසිදු වැරද්දක් සිදු නොකළේ ය. ඔබ මෙම සත්‍යය තරයේ වැළඳ ගත යුතුය. මෙය විශ්වාසයක් නොව, කරුණකි. එම කරුණ ඔබගේ සම්පූර්ණ කොටසක් බවට පත් වන තුරු, එය මන්ත්‍රයක් සේ මතුරන්න. එය නිතරම කරන්න!

**මෙම කරුණ පිලිගන්නා සහයෝගී පුද්ගලයන්ව ඔබ ඇසුරු කරන්න.** සෘණාත්මකභාවය ජීවිතයෙන් කපා හරින්න. අව්‍යාජ ලෙස ඔබ ජීවත් විය යුතු හෝ ඔබට හැකි යැයි නොසිතන පුද්ගලයන්ගෙන් ඔබ ඈත් ව සිටින්න. ඒ වෙනුවට ඔබගේ ප්‍රජාව හඳුනා ගන්න.ඔබගේ කණ්ඩායම ගවේෂණය කරන්න. ඔබ කිසිවෙකු නොහඳුනන්නේ නම්, එක හා සමාන සිතැති පුද්ගලයන් සමඟ ජාල ගොඩනඟා ගැනීමට උපකාරී වන EQUAL GROUND වැනි ආයතන වෙත සම්බන්ධ වන්න.

**ඔබේ මානසික සෞඛ්‍යය පිළිබඳ ප්‍රවේසම් වන්න.** මානසික සෞඛ්‍යකරක්ෂාව ඇතැමුන් හට නව සංකල්පයක් විය හැකිය. එනමුත්, ඔබේ මානසික සෞඛ්‍යය රැක බලා ගැනීම, ඔබේ කායික සෞඛ්‍යය රැක බලා ගැනීම තරම්ම ම වැදගත් වේ. ඊට අමතරව, මානසික සෞඛ්‍යකරක්ෂාව රැක බලා ගැනීම මිල අධික සේවාවක් විය හැකිය. එබැවින්, EQUAL GROUND වැනි මානසික සෞඛ්‍යකරක්ෂණ සේවා නොමිලයේ සපයන සංවිධාන වලින් කරුණාකර ප්‍රයෝජන ලබා ගන්න. ඔබට හොඳ මානසික සෞඛ්‍ය සේවයක් ලැබෙන බව ඔබ දැන ගන්නේ කෙසේද? ඔබ පළමු සැසියෙන් ඔබ පිළිබඳ හොඳ නැඟීමක් ඇතිව පිටතට පැමිණෙන්නේ නම්, ඔබට හොඳ විකිත්සකවරයෙකු හමු වී ඇත. පරිවර්තන විකිත්සාවේ ප්‍රතිලාභ පිළිබඳ විකිත්සකවරයා ඔබ සමඟ කතා කරමින් ඔබේ සැසිය නිමා කරන්නේ නම්, එය ඔබව "විශමලිංගිකයෙක් කිරීමට පරිවර්තන විකිත්සාවට හැකි බව විකිත්සකවරයා පවසන්නේ නම්, වහාම ඉවත්වන්න. ඔබව විශමලිංගිකයෙක් කර ගැනීමට ඔබ මානසික සෞඛ්‍යකරක්ෂණ වෘත්තිකයෙකු වෙත යොමු වන්නේ නම්, මදකට නවතින්න. ශ්‍රී ලංකාව වැනි රටක විශමලිංගිකයෙක් වීමට ඔබට පහසු වන්නේ ද? සත්‍ය වශයෙන්ම! "කුවිසරභාවය" ට ප්‍රතිකාරයක් තිබේ ද? ඇත්ත වශයෙන් ම නැත. ඔබට ඔබගේ නැඟීම් සඟවා ගත හැකිය. ඔබට විශමලිංගික බව ව්‍යාජ ලෙස පෙන්වුම් කළ හැකිය. නමුත් ඔබගේ කුවිසරභාවය වෙනස් කර

ගත නොහැක. මෙම ප්‍රකාශයෙන් අධිකාරියට පත් සියලුදෙනා සමඟ මට විය පිළිගැනීමට සහ සංවේදනය කිරීමට අවශ්‍ය යි. මා හට ඔබේ වේදනාව දැනේ. එනමුත්, කුටියර ලෙස සිටීමෙන් ඔබට වෙනස් කොට සැලකීමට හා නොවැදගත් කොට සැලකීමට මුහුණ දීමට සිදු වනු ඇති බව වටහා ගන්නා තරමට ඇති වන වේදනාවට වඩා, සැබැවින්ම ඔබ නොවන පුද්ගලයෙකු ලෙස හැසිරීම ඔබ උත්සාහ දැරීම වඩාත් වේදනාකාරී වේ. එසේම, ඔබ කුටියර ලෙස සිටීමෙන් කිසිදු වැරද්දක් නොමැති බව ඔබට ම ආපසු ඔබ විසින්ම මතක් කර දෙනු ලැබීමේ අවස්ථාවයි මේ.

**ඔබේ පිටතට පැමිණීමේ වාර්තාව ඔබ විසින් පාලනය කරනු ලැබිය යුතුයි.** ඔව්, අවසාන දිවියක් ගත කිරීම වැදගත් වේ. නමුත් පණ පිටත් සිටීම ද වැදගත් වේ. ඔබට එරෙහිව පෙළ ගැසුණු හිත තිබෙන රටක ජීවත් වීමේ අවදානම මම හඳුනා ගනිමි. පිටතට පැමිණි පුද්ගලයෙකු වීමෙන් ඔබ ඔබේ ජීවිතය අවදානමක තබන්නේ යැයි ඔබ විශ්වාස කරන්නේ නම්, ඔබේ ආරක්ෂාව ඔබ අවදානමක නොදැමිය යුතු බව මින් හැඟවේ. ඔබ පිටතට පැමිණි බව පෙන්විය යුතු එකම පුද්ගලයා වන්නේ ඔබ යි. වරක් ඔබ ඔබේ ළඟ මිතුරන් හඳුනා ගත් විට සහ පිටතට පැමිණීමට සූදානම් වූ විට, විය ඔබට අවශ්‍ය කාලයට සිදු කරන්න.

**ඔබ තනි වී නොමැත.** විශේෂයෙන් ම, ඔබගේ අනන්‍යතාව ඔබව ඊතනානුකූලව අපරාධකරුවෙකු කළ හැකි යැයි යන යතාර්ථයක ජීවත් වන ඔබට, සිස් සමාජභාවී සහ විෂමලිංගික සම්මතයට ඔබ නොගැළපෙයි යන මූලික වටහා ගැනීම අමිහිරි විය හැකිය. ඔබට මෙම තොරතුරු බෙදා ගැනීමට විශ්වාස කළ හැක්කේ කවුරුන් ද? ඔබගේ ආරක්ෂාව අවදානමේ නොහෙළමින් ඔබ පිළිබඳ වැඩි වශයෙන් දැන ගන්නේ කෙසේද? මෙවැනි ප්‍රශ්න ඔබට හුදෙකලා බවක් දනවයි. එනමුත්, මෙය ඔබේ යතාර්ථය විය යුතු නොවේ. EQUAL GROUND වැනි සංවිධාන ඇත්තේ ඔබ වැනි පුද්ගලයන් හට සහාය දීමට යි. එමෙන්ම, “අප්‍රසිද්ධ වේශයෙන්” ඔබ අන්තර්ජාලයේ සැරිසැරීමෙන් ඔබගේ පෞද්ගලිකත්වය රැක ගත හැකිය. ඔබ අන්තර්ජාල හලක සිට හෝ අන්තර්ජාලයේ සැරිසැරීමට බියක් දක්වන්නේ නම්, ඔබේ අන්තර්ජාල ක්‍රියාකාරකම්වල ඉතිහාසය මකා දමා, අන්තර්ජාලයේ දී ඔබේ පෞද්ගලිකත්වය රැක ගැනීම සඳහා පුළුල් ලෙස පර්යේෂණ කිහිපයක් සිදු කරන්න.

**හුස්ම ගන්න.** ඔව් සෑම මොනොතක දී ම සහ යළි යළිත් ජීවත් වීමේ දී ඇති වන ආතතිය ඔබව අපහසුතාවයට පත් කරන විට, හුස්ම ගන්න. ජීවිතයට ඔබට තදින් බැඳ තබන විට, ඔබ කරමින් සිටින කුමන හෝ කාර්යය මිනිත්තුවකට නවතා දමා, ගැඹුරු හුස්මක් ගන්න. එම හුස්ම තත්පර කිහිපයක් දක්වා අල්ලා ගෙන සිට

වාතයේ සිසිලස ඔබේ පෙණහළු පිසමින් යාමට ආග්‍රහණය කරන්න. දැන් සෙමින් හුස්ම පහළට හෙළන්න. ආදරණීය වැළඳ ගැනීමක් සේ ඔබව වැළඳ ගන්නා උණුසුම විඳින්න. දැන් ඔබගේ දෑස් විවර කරන්න. ඔබට දැන් ගැටළුවක් නොමැත. ඔබේ ජීවිතයේ සංකීර්ණතා මධ්‍යයේ, ඔබ හොඳින් සිටිනු ඇත. ඔබ සෑම ආකාරයකින්ම පරිපූර්ණයි රටේ සෙසු පිරිස අවබෝධය අතින් මදක් මන්දගාමී පිරිසක් බව මතක තබා ගන්න.

ධනුශ්‍රී ප්‍රනාන්දු

ධනුශ්‍රී ජාතික සහතික ලත් කුටියර මානසික සෞඛ්‍ය වෘත්තිකයෙක් සහ සමාජ සාධාරණත්වය පිළිබඳ හැඟී සිටින්නියකි. ඇය වර්තමානයේ නිව් යෝර්ක් නුවර වසාර් විද්‍යාලයේ LGBTQ හා ස්ත්‍රී පුරුෂ සම්පත් පිළිබඳ අධ්‍යක්ෂකවරිය ලෙස කාර්ය මධ්‍යස්ථානයේ හා LGBTQ මධ්‍යස්ථානයේ මුල්පුටුව දරයි.

ධනුශ්‍රී සිවිල් යුධ සමයේ ශ්‍රී ලංකාවේ උපත ලද හා උස් මහත් වූ තැනැත්තියකි. සත් හැවිරිදි දැරියක ලෙස ඇගේ පන්තිකාමරයේ සිවිලිම මහත් පිපිරීමකින් බිමට කඩා වැටුණු සැටි ඇයට හොඳ හැටි මතකය. මෙවැනි සිදුවීම්, තවත් ගණන් කළ නොහැකි තරම් වූ මරාගෙන මැරෙන බෝම්බ පිපිරීම් නිසා ශ්‍රී ලාංකිකයන් මුහුණ දුන් බහුවිධ කම්පන, සන්නිවේදනය, නිර්මාණාත්මක ලිවීම් සහ මනෝවිද්‍යාව තුලින් ගවේෂණය කිරීමට ධනුශ්‍රී කටයුතු කළාය. මෙම ගවේෂණ ඇයට අවසානයේ ආයතනික සන්නිවේදනය, නිර්මාණාත්මක ලිවීම හා සාහිත්‍ය සහ උපදේශන මනෝවිද්‍යාව පිළිබඳ ශාස්ත්‍රපති උපාධි ලබා ගැනීමට උපකාරී වූහ.

ඇය ලද අධ්‍යාපනය නිසා ලොව වැඩි අවදානමට ලක්විය හැකි; එනම් කාර්යාලයේ, කුඩා දරුවන් හා LGBTQ+ ප්‍රජාව පිළිබඳ මනා මානසික සෞඛ්‍ය සත්කාර ලබා දීමේ වැදගත්කම ඇය වටහා ගත්තාය.

කුටියරයෙකු වීම තවමත් සාපරාධී වරදක් සේ සැලකෙන රටක ද්විසෛනෙහස් කාර්යාලයක් වීමෙන්, LGBTQ ප්‍රජාව සඳහා ස්වයං ගවේෂණයට හා සුභදත්වයට ඉඩ ලබා දෙන EQUAL GROUND වැනි ආරක්ෂිත ඉඩකඩක් තිබීමේ වැදගත්කම ධනුශ්‍රී හඳුනාගනී.

# COLOMBO PRIDE උළෙලට වසර 15යි!

“Colombo PRIDE” සැමරුම පසුගියදා සිය 15 වන සංවත්සරයට ළඟා විය. මෙම සංධිස්ථානය අපට විශේෂ සැමරුමක් විය. මෙම වර්ෂයේ සෑම විශේෂාංගයක්ම හොඳම මට්ටමෙන් පැවැත්වීමට සහ ශ්‍රී ලංකාවේ මෙතෙක් පැවති විශාලතම PRIDE උළෙල ලෙස දිගු කල් මතකයේ රැඳෙන පරිදි, සුපරීක්ෂාකාරීව නිර්මාණය කෙරිණි. අස්ථාවර දේශපාලනික වාතාවරණය, පසුගිය වසර 6ක සිවිල් යුද්ධය, හදිසි අවස්ථා නියාමන, ඉතා නර්ථනාත්මක නීතියක් වන ත්‍රස්තවාදය වැළැක්වීමේ පනත, ඒකාධිපතිවාදී රජයක්, ආගමික කෝලාහල සහ නර්ථන, ව්‍යවස්ථාදායක කුමන්ත්‍රණය සහ පාස්කු ඉරිදා බෝම්බ පිපිරීම් යනාදී තත්ත්වයන් යටතේ, වසර 15ක් මුළුල්ලේ අප ක්‍රියාත්මක වීමට සුවිශේෂී ජයග්‍රහණයක් වේ. සත්‍ය වශයෙන්ම, එම සියල්ලක්ම පසු කර පැමිණීම හා මෙම සියලු අභියෝගවලට මුහුණ දීම මෙන්ම, අපගේ අරමුණ වන ශ්‍රී ලංකාවේ LGBTIQ ප්‍රජා සාමාජිකයන්ට නර්ථනයක් නොමැතිව ශ්‍රී ලංකාවේ වසමින් ඔවුන්ගේ ජීවිත සහ ආදරයන් සැමරීම සඳහා ආරක්ෂිත ඉඩකඩක් ලබා දීම වෙනුවෙන් අපි අඛණ්ඩව කටයුතු කළෙමු.

පහළොස් වසරක ගමන් මග සැමරෙන අවස්ථාව, සහභාගීකරුවන් 400කට අධික පිරිසක් සහභාගී වුණු අති උත්කර්ෂවත් Pride Party එකකින් මෙන්ම, Queer සිනමා උළෙලකින්ද සමන්විත විය. මෙහිදී The Adventures of Priscilla Queen of the Desert නම් වසර 25 සමරණ ජනප්‍රිය Queer චිත්‍රපටියද ප්‍රදර්ශනය කෙරිණි. 1994 දී ඉතා කුඩා අයවැයකින් නිෂ්පාදනය කරන ලද මෙම චිත්‍රපටය, ලොව පුරා සිනමාහල්වල ක්ෂණයෙන් ජනප්‍රියත්වයට පත් වූ අතර, LGBT සහ විශම ලිංගික ප්‍රජාවන් යන කාණ්ඩ දෙක අතරම ජනප්‍රිය විය. මෙම චිත්‍රපටය සෑම අයෙකුටම තම පෞද්ගලික අත්දැකීම් සමඟ සම්බන්ධ කළ හැකි සහ ඒ පිළිබඳ ආඩම්බරයට පත් විය හැක්කක් විය. ජර්සිලා අපට නිදහසේ විනෝද වීමට, රසි ලෙස සිනාසීමට, දුක සහිත කොටස්වල දී හැඳීමට (ඒවැනි ජවනිකා සුළු ගණනක් පමණක් තිබීම ගැන ස්තූතිවන්ත වෙමින්) සහ අන් සියල්ලටම වඩා, ලැජ්ජාවක් හා බියකින් තොරව අපව සැමරීමට පැයකුත් විනාඩි හතළිස් හතරකුත් ලබා දුන්. අප එම චිත්‍රපටයට ආධ්‍යාත්මිකව සම්බන්ධ වූ අතර, ඉන් ලබා දුන් පණිවුඩය සම්බන්ධයෙන් යහපත් බවක් අප හට දැනුණි. චිත්‍රපටය පුරාවට drag queens දෙපළක් සහ එක් සංක්‍රාන්ති කාන්තාවක්, හිතූමතේ තීන්ත ආලේප කරන ලද, ගරා වැටුණු පැරණි බසයක හැඳී, ඕස්ට්‍රේලියාව හරහා සංචාරය කරන අතර, ඔවුන් භාසනය සහ ඇතැම් විට රසරඟට එල්ල කරන පහරකින්, සමරිසි හිතිකාවෙන් යුත් පුද්ගලයන් දමනය කරන ආකාරය මෙම චිත්‍රපටයෙන් පෙන්වයි. දරුණු විපතක් හමුවේ වුවද, භාසනයට සහ සතුටු වීමට සඳහා LGBT ප්‍රජාවෙහි ඇත්ම සියලු දෙනාම දැනී. චිත්‍රපටයේ Mitzi Del Bra Hugo Weaving සඳහන් කරන පරිදි “AREN'T WE FAAABULOUS?” එහෙම නැත්නම් අපි හරි අපූරු මිනිසුන් නේද ? ඔව් අපි හරි අපූරුයි (FAAABULOUS) තමයි.

ලිංගික දිශානතිය හෝ ස්ත්‍රී පුරුෂ සමාජභාවය අනන්‍යතාවය, ප්‍රකාශනය හෝ ස්ත්‍රී පුරුෂ ගතිලක්ෂණ (SOGIESC) නොතකමින්, මෙම රටේ සියලු පුරවැසියන් සඳහා ගෞරවය දක්වමින් සහ නව මිතුරන් සහ සහයෝගිකයන් ඇති කර ගනිමින් හා ඔවුන් හට කරුණු දැන සිටීමේ වැදගත්කම පිළිබඳ දැනුවත්භාවය ලබා දෙමින් සිදු කරන ලද මාධ්‍ය සංවේදීකරණ වැඩසටහන, LGBTIQ ප්‍රජාව සඳහා තව තවත් පිවිසුම් විවර කිරීමට දායක විය. LGBTIQ සාකච්ඡාවේ දී පවුල සහ මිතුරන් වැනි ඇතැම් ධර්මපතල මාතෘකා සාකච්ඡාවට ලක් වුණි. IDEA Junction අංගයේදී අපගේ ක්‍රියාදරයන් සමාජයකට හඳුන්වා දීම සිදු කෙරුණි.





ශ්‍රී ලංකාවේ, LGBTIQ ප්‍රජාව හට, ඔවුන් කෙතරම් දක්ෂ සහ විශ්මයජනක වන්නේ ද යන බව ලොවට පෙන්වීමට, ඊටම අනන්‍ය වූ ධනාත්මක සංස්කෘතියක් ස්ථාපනය කිරීමට අවශ්‍ය වේ. The Rainbow Music and Dance Festival එම අවශ්‍යතාවයේ ආරම්භයකි. බොරැල්ලේ පුංචි තියටර් ඒකේ, රැස් වී සිටි විශාල සෙනඟ වෙත, අපගේ ප්‍රජාවගේ ආධ්‍යාත්මයේ පිළිඹිබුවක් විය සැපයුවේය. නර්තනයෙන්, ගීතවලින් සහ නොයෙක් ආකාරයෙන් ඔවුන්ගේ හොඳම ඉදිරිපත් කිරීම් දැක් වූ එම පුද්ගලයෝ රැස්ව සිටි පිරිසෙහි පැසසුමට ලක් වූ අතර, ඔවුන්ගේ අත්පොළසන් හදින් සහ වර්ණනාවෙන් පිදුම් ලැබූහ. සැබෑ Colombo PRIDE සම්ප්‍රදාය ඔස්සේ වෙරළෙහි පැවති දේදුනු සරංගල් උළෙල සහ සැඳෑ නර්තනය, සති දෙකක් පුරා පැවති මෙම සැමරුම්වලට මනා නිමාවක් ලබා දුණි.

සියලු දෙනා හට Happy PRIDE !





# තමි ජයවීර

## සමඟ මොහොතක්

### 1. ඔබ සංගීතයට යොමු වූයේ කුමක් නිසාද?

මම සංගීත ශේෂ්ත්‍රයට පිවිසෙන්න විශේෂයෙන් කියල හේතුවක් තිබුණේ නෑ. මම හිතන්නේ මගේ තාත්තන් ගායකයෙක් නිසා මමත් ඉබේටම ඒ පැත්තට යොමුවුණා. මම පාසල් කාලයේදීවත් කිසිම සංගීත කටයුත්තකට සහභාගී වෙලා නෑ. නමුත් 2012 දී 'දැන දැනෙන්' කියන ගීතය නිර්මාණය කරාට පස්සේ මම සංගීතයට වැඩි ඇල්මක් දක්වන්න පටන් ගත්තා.

### 2. ඔබට වෘත්තීයක් ලෙස සංගීතය තෝරාගැනීමට ආභාසයක් වූවේ කවිද?

මගේ තාත්තා කිව්වොත් නිවැරදි. මගේ තාත්තාගේ ආභාසය නිසා මම පොඩි කලේ ඉඳන්ම හැදී වැඩුණේ සංගීතමය පරිසරයක. එයින් ලබපු පන්තරය නිසාම මම තීරණය කළා මගේ වෘත්තීය ලෙස සංගීතය තෝරගන්න.

### 3. ඔබේ අලුත් ගීතය කුමක් ගැන ලියවුණු ගීතයක්ද? ඒ ගීතය ලිවීමට පාදක වුණු විශේෂ සිදුවීමක් තියනවාද?

මේ ගීතය ලියන්න විශේෂයෙන් කියල පාදක වුණු සිදුවීමක් නැහැ. නමුත් මගේ සිතුවීම්ලකට අනුව ආදරයෙන් පරාද වුණ දෙදෙනෙක් අත්විඳින විරහව තමයි මම මේ ගීතයට පාදක කරගත්තේ.

### 4. ශ්‍රී ලංකාවේ කුවීයර කලාකරුවෙකු විදියට ඔබ මුහුණදෙන තත්වය මොකක්ද?

කුවීයර කලාකරුවෙක් විදියට ශ්‍රී ලංකාවේ පවතින එක ඉතාම අසීරු දෙයක්. නමුත් මම ඒක මගේ ඉලක්කයට බාධාවක් කරගන්නේ නෑ. මට විතරක් නෙමෙයි, ශ්‍රී ලංකාවේ ඉන්න සමලිංගික, ද්විලිංගික, සංක්‍රාන්ති ලිංගික කලාකරුවන් බොහෝ දෙනෙක්ට තියන ප්‍රශ්නයක් මේක.



ඔහුතරයක් මිනිස්සු අපේ කළා කෘති භාරගන්නේ අපේ හැකියාව මත නෙමෙයි, අපේ පෞද්ගලික පසුබිම, අදින පළඳින විදින, කතා බහ කරන විදින, හැසිරෙන විදින, පෞද්ගලික ජීවිතය මත. මේ නිසා නිර්මාණයක් මිනිස්සු අතරට ගෙනියන එක ටිකක් අසීරු කාර්යයක්.

මගේ අත්දැකීම් එක්ක මම පෞද්ගලිකව වැඩියෙන්ම අසීරුතා වලට පත්වෙලා තියෙන්නේ ටිට් වැනල් වලින් මාව හුදෙක් සමලිංගිකයෙක් වීම නිසා ප්‍රතික්ෂේප කරපු අවස්ථා වල. සමහර ටිට් වැනල් මගේ පෞද්ගලික ජීවිතය ගැන තකන්නේ නැතුව මගේ හැකියාවට තැන දුන්නත් තවත් සමහර ටිට් වැනල් විගොල්ලන්ගේ ප්‍රතිරූපයට හානියක් වෙයි කියල හිතල මාව ප්‍රතික්ෂේප කරපු අවස්ථා තියනවා. ඒවගේ අවස්ථා වලදී මම ලොකු අසීරුතා වලට මුණදිල තියනවා.

### 5. ඔයාගේ ගීත වලට ලැබෙන ප්‍රතිචාර කොහොමද?

මම යූටියුබ් කමෙන්ට්ස් කියවද්දී මට තේරෙනවා මට ආදරේ කරන, මගේ ගීත වලට ආදරේ කරන රසික පිරිසක් මට ඉන්න බව. විශාලගේ දීර්ගත්වන වචන නිසා තමයි මම තවමත් සංගීත ක්ෂේත්‍රයේ ඉන්නේ.



**6. සංගීතය පැත්තෙන් අනාගතයේ කරන්න බලාපොරොත්තුවෙන් ඉන්නේ මොනවාද?**

ඉස්සරහට මම යූටියුබ් එක හරහා මගේ නිර්මාණ රසිකයන් අතරට යවන්න බලා පොරොත්තුවෙන් ඉන්නවා මොකද මගේ පෞද්ගලික පසුබිම මත සාමාන්‍ය කලාකරුවෙක් වගේ එක දිගට නිර්මාණ මිනිස්සු අතරට යවන එක ටිකක් අසීරු නිසා. මම 2012දී "දැන දැනත්" ගීතය කරාට පස්සේ තවත් නිර්මාණ කලත් මගේම කියලා නිර්මාණයක් රසිකයන් අතරට පත් කරේ අවුරුදු 7කින් "ලස්සනයි" කියන ගීතයෙන්. සාමාන්‍ය විදියට ඒ තරම් කාලයක් එක නිර්මාණයක් මිනිස්සු අතරට යන්න ගත වෙන නිසා තමයි මම යූටියුබ් එක හරහා දෙයක් කරන්න හිතුවේ.

**7. කළාකරුවෙක් විදියට ඔබ වඩාත් තෘප්තිමත් වන්නේ කුමක් පිලිබඳවද?**

ජනතාවගේ ආදරයට පාත්‍ර වීමට හැකියාව ලැබීමෙන් තමයි මම කලාකරුවකු ලෙස වඩාත්ම තෘප්තියක් ලබන්නේ. ඒ වගේම මම විසින්ම කල

නිර්මාණයකට මගේ රසිකයෝ හොඳ ප්‍රතිචාර ලබා දෙනකොට දැනෙන හැඟීමත් ඉතාම තෘප්තිකර හැඟීමක්. ඒ නිසා මම නිර්මාණකරණයේදී මුදල් ඉපයීමටත් වඩා හොඳ නිර්මාණ රසිකයන් අතරට යොමු කරන එක ගැන තමයි වැඩි අවධානයක් යොමු කරන්නේ.

**8. ඔබගේ අලුත් නිර්මාණය ගැන යමක් කිව්වොත්?**

මම මේ ගීතය 2016දී තමයි ලියන්න පටන් ගත්තේ. නමුත් නිර්මාණයක් විදියට එළිදක්වන්න පුළුවන් වුනේ 2018දී. මේ විදියට අවුරුදු 3ක වගේ කාලයක් මේ සඳහා ගතවුනේ හුදෙක් මගේ පෞද්ගලික පසුබිම අන් අයට ප්‍රශ්නයක් වෙලා තිබුන නිසා. කොහොම නමුත් "දැන දැනත්" ගීතයට සහය වුනු දිලුම් තේජනගේ සහය ඇතිව මම "ලස්සනයි" ගීතය එළිදක්වන්න හැකිවුණා.

# Tosakanth's



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## වෘත්තීය නිපුණතා සංවර්ධන වැඩසටහන

නිවැරදි ලෙස රැකියා අයදුම්පත් සකස්කිරීම | රැකියා සම්මුඛ පරීක්ෂණය සඳහා සූදානම් වීම | සන්නිවේදන කුසලතා වර්ධනය කිරීම | සේවා ස්ථානයේ ඇතිවන මානසික ගැටළු හා අනෙකුත් ගැටළුවලට මුහුණදීම | වෘත්තීය මගපෙන්වීම / මාර්ගෝපදේශනය

සහනාධිවන්තන් සඳහා ගමන් වියදම් සහ ආහාරපාන ලබාදෙනු ලැබේ.  
වැඩමුළුව සිංහල භාෂාවෙන් පැවැත්වෙන අතර වියට අදාළ අත්පත්‍රිකා සිංහල, දෙමළ සහ ඉංග්‍රීසි භාෂාවෙන් ලබාදෙනු ලැබේ.

ඔබගේ නිපුණතා වර්ධනය කරගැනීම සහ වෘත්තීය සාර්ථකත්වය සඳහා මෙම අවස්ථාව උපයෝගී කරගන්න

වැඩි විස්තර සඳහා සදහා අමතන්න  
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# මාගේ අයිතීන්, මාගේ වගකීමයි!

ඔබට සිදුවන අකටයුතුකම් සඳහා හැඟී සිටීමට භාවිතා කල හැකි පොතකි, සංග්‍රාමයකි, මෙවලමකි.

ඔබට හිමි මානව අයිතිවාසිකම් මොනවාද? ඔබ මූලික අයිතිවාසිකම් යනු කවරෙක්ද යන වග දන්නවාද? මේ බොහෝ ශ්‍රී ලාංකිකයන් පිළිතුරු නොදන්නා ප්‍රශ්න වේ. බොහෝ දෙනෙක් තමන්ට 'අයිතීන්' ඇති බව දන්නා නමුත් ඒ මොනවාද යන්නත්, තම අයිතීන් දැන සිටිය යුත්තේ ඇයිද යන්නත් තමන්ට වරදක් සිදුවන තුරු නොදනී. 'මාගේ අයිතීන් ඔබේ වගකීමකි' ලෙස මිනිසුන් වරෙක සිතුවද, එම මිනිසුන්ම අන්‍යන්ගේ අයිතීන් කඩ කරන අවස්ථා එමටය. එවිට ඔබේ අයිතීන් උදෙසා හැඟී සිටීමේ වගකීම ඔබටම පැවරෙන අතර ඔබට හිමි ගෞරවය රැකගැනීමද ඔබේ වගකීමක් බවට පත්වේ. එය අසීරුය. විශේෂයෙන් ඔබ වින්දිතයෙකු නම් එය ඊටත් අසීරුය. නමුත් එය සිදුකල යුතුය. මෙවැනි තත්ත්වයකට ඔබ මුහුණ දීමේදී කුමක් සිදුකල යුතුද යන්න පිළිබඳ ඔබ නොදන්නේනම් මෙම පොත ඔබට මාර්ග උපදේශකයක් වනු ඇත.

සමාජීයව, ගැටලුව පැන නගින්නේ ජන ගහනයෙන් සැලකිය යුතු කොටසක් සුළුතර හා ආන්තිකරණයට ලක්වූ ප්‍රජාවගේ අයිතීන් තම පැවැත්මට අභියෝගයක් යැයි අනුමාන කිරීමෙන්ය. මෙවැනි අනුමාන කිරීම් වලට මූලික හේතූන් වන්නේ ඔවුන්ගේ ඇති නොඉවසීම, අසතෘ තොරතුරු වලට හිරාවරණය වීම, මිථ්‍යා මත හා හුදෙක් නුගත්කම සහ නොදැනුවත්කමයි. ප්‍රගතිශීලී සමාජ වෙනස්කම්, වෛරී ප්‍රකාශන තහනම් කිරීම්, මහජන සංවේදීකිරීම් හා සමානාත්මතාවයට ඇති අයිතිය ශ්‍රී ලංකා ව්‍යවස්ථාව මගින් සියලු ජනයාට ලබා දී ඇති මුත් LGBTIQ ප්‍රජාව දෙසට එල්ල වන හිරිහැරකම, වෙනස්කම්, වෛරී ප්‍රකාශන හා පිළිකුල තවමත් අඩුවී නොමැත.

ඔබට ඇති අයිතීන් නොදැන ඔබේ ආරක්ෂාව සලසා ගැනීම අසීරු කාර්යයකි. එහිසා ඔබේ අයිතීන් රැකගැනීමේදී හා හිස පියවර ගැනීමේදී ප්‍රථමයෙන් ඉතා වැදගත් වන්නේ ඔබට ඇති අයිතීන් මොනවාද යන්න පිලිබඳ හොඳින් දැන සිටීමයි. යම් පුද්ගලයෙකු ඔහුට හිමි අයිතීන් මොනවාද යන්න නොදනී නම් ඔහුගේ අයිතීන් කඩවූ විටකද ඔහු ඒ පිලිබඳ නොදනී. "මාගේ අයිතීන්, මාගේ වගකීමයි" ග්‍රන්ථය පිටුපස ඇත්තේද පාඨකයා මේ පිලිබඳ දැනුවත් කිරීමේ ප්‍රයත්නය යි.

මෙම ග්‍රන්ථය හරහා EQUAL GROUND අදිටන් කරන්නේ තමන්ට ඇති අයිතීන් කවරේද යන්නත්, එම අයිතීන් සුරකින්නේ කෙසේද යන්නත් පිලිබඳ ශ්‍රී ලාංකීය LGBTIQ ප්‍රජාව ඇතුළු සියලු මහජනයා දැනුවත් කිරීමයි. තවද තම අයිතීන් කඩ වූ අවස්ථාවක ඊට එරෙහිව හැඟී සිටින්නේ කෙසේද යන්නත්, ඒ සඳහා ගත හැකි ක්‍රියාමාර්ග මොනවාද යන්නත් පිලිබඳවද මෙම ග්‍රන්ථය අවධාරණය කරයි.

තම අසාධාරණයන්ට හැඟී සිටිය හැකි අයුරු ගැන LGBTIQ ප්‍රජාව දැන සිටීම ඉතා වැදගත් බව EQUAL GROUND විශ්වාස කරයි. තවද, මෙය LGBTIQ ප්‍රජාව පමණක් නොව, ඕනෑම මිනිසකු දැනගත යුතු කාරණයක් බවත් අපගේ විශ්වාසයයි. එහිසා ඔබේ අයිතීන් සුරක්ෂිත කරගැනීම සඳහා ඔබට ගත හැකි පියවර මෙම ග්‍රන්ථය අවධාරණය කරයි.

"මාගේ අයිතීන්, මාගේ වගකීමයි" ග්‍රන්ථයේ පිටපතක් ලබා ගැනීමට ඔබත් කැමතිනම් කරුණාකර [equalgroundsrilanka.com](http://equalgroundsrilanka.com) වෙත විද්‍යුත් පණිවිඩයක් හෝ 94114334279 අංකයට දුරකතන ඇමතුමක් ලබා දෙන්න.



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