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Editorial

Colombo PRIDE 2017: Challenge and Change was celebrated for the 13th consecutive year this June. To say that this year was a success doesn’t quite capture the overwhelming encouragement, love, support and visibility extended by and towards Sri Lanka’s LGBTIQ community.

A good example of this success is the rather stressful scenario where EQUAL GROUND had to improvise at the Rainbow Pride Party to issue entry tickets written on ‘Post-it’ notes and tie pink ribbons on the party goers after having 100 surprise guests!

Attendance at the Rainbow Music and Dance Festival and the Abhiman Film Festival also exceeded expectations with us even running out of standing room for the audience!

I think that this increase was due to many reasons, one of which was the obvious absence of threats directed at Colombo PRIDE by militant religious groups. Another is the increased questioning of the current social mores throughout society. More people are starting to question the taboo surrounding sexuality and are determining for themselves what is acceptable and what is not. It is not only in relation to sexuality that people are starting to question the system. We see more people starting to understand that identities aren’t easily classified as black and white and that identities are on a spectrum of colors created by multiple, constantly evolving identities.

Of course, there were criticisms that “Colombo PRIDE” is an inappropriate mechanism for Sri Lanka to increase visibility of LGBTIQ issues due the concept of it originating in the “West” or the “Global North” and being ‘Un-Sri Lankan’. Further, criticisms were also levelled at Colombo PRIDE for being elitist and capitalist due to some of the events being held at hotels or private venues perceived as being ‘posh’.

To address the first concern about Colombo PRIDE being contrary to our Sri Lankan identity, I ask the critics to think about what a Sri Lankan identity actually means. Identity is like a heavy duty sponge absorbing the good the bad and the ugly from circumstances and situations we face. Instead of highlighting the geographical or economic origins of a concept, isn’t it better to look at whether a concept or identity makes a beneficial contribution to society and others?

With regard to the second criticism, we only need to look at the threats of physical violence received at last year’s PRIDE which highlights the sad truth that some Sri Lankans still resort to violence when matters do not go their way.

This means that the risks of violence are too real to be overlooked as is the probability of law enforcement turning a blind eye to violent acts directed at a minority such as the LGBTIQ community. Private venues therefore are the only way we can, at this point in time, guarantee the safety of all those who participate in Colombo PRIDE. Furthermore, these venues were all donated for the cause, for which we are grateful for.

The turn-out at this year’s events was truly heartening and encouraging and I hope that this is indicative of more positive developments for LGBTIQ rights in the near future. One thing is for sure – a minority such as ourselves cannot break through the barriers of homophobia and homophobic laws if we stand back and hope others will do what we should be doing to attain our freedom and dignity.

This was another reason why Colombo PRIDE this year was a success – more people and organisations coming together as one to celebrate PRIDE with dignity and the hope for positive changes to come our way. We all lifted our heads up high this year – let’s make sure we keep on doing this until the tides change!

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EQUAL GROUND commemorated the International Day Against Homophobia, Transphobia and Biphobia (IDAHO) 2017 in Colombo on the 17th of May at 6:30pm at the Goethe Institut. A panel discussion, moderated by Kaushalya Ariyaratna, was held with community members, Niluka Perera, Bhoomi Harendran, Chanaka Thilina and EQUAL GROUND’s Executive Director Rosanna Flamer-Caldera. The members of the panel openly discussed events surrounding violence in the LGBTQI community, coming out experiences, how it affects one’s life and the lives of people around them, as well as family issues in the LGBTQI community.

The YEG Youth Campaign was held outside of Colombo, where the EQUAL GROUND team held workshops on ‘LGBTIQ Awareness’, teaching young kids how to make short films on their mobile devices. They were asked to produce films on LGBTIQ themes, and the movies were showcased on the day of the event. At IDAHOT, two films were selected as winners: Art Work and Himikama. Art Work was a film about how art is what makes the foundation for us to teach what life is. This video depicts what happens to love and democracy when art creations are passed from hand to hand by homophobic persons. Directed by the students of the Department of Psychology, University of Peradeniya, Art Work won first place. Following closely in second place directed by Prasanga Mabarana was Himikama, a short film explaining how love is indifferent. It explains that even though homosexual love is de-valued from heterosexual love, they are both ultimately the same. Cash prizes and certificates, sponsored by the YEG Grant were handed out to winners by Political Officer Joseph Schaller of the Embassy of the United States, Sri Lanka.
IDA HOT 2017

The commemoration of the International Day Against Homophobia and Transphobia

LGBTIQ activists in Sri Lanka are Currently facing descrimination and violence. YEG members have been targeted and have faced physical and verbal abuse. The Sri Lankan authorities have not taken any action to identify and punish the perpetrators. It is important to note that LTTE continues to use violence and intimidation against the LGBTIQ community. The government of Sri Lanka needs to take immediate action to protect the rights of the LGBTIQ community. The government needs to provide a safe and inclusive environment for the LGBTIQ community. It is important to note that the government needs to provide a safe and inclusive environment for the LGBTIQ community.
Alt+Ctrl+Shift was a one of a kind space dedicated to femme, cis women, gender nonconforming, non-binary performers and artists to amplify their voices and celebrate their creativity. The Mantra Life Center provided the perfect ambience for the event, transporting the guests to a state of mind filled with calm and tranquillity.

We had the pleasure of being a part of Alt+Ctrl+Shift along with our 134 Campaign at which, the organizers guided the community to be as inclusive and respectful of each other as possible all the while showcasing amazing talent to entertain them as well.

The line-up of artists included poetry and music by Megan Dhakshini, Maureen Ernest, Sona, Grace Wickramasinghe, Kumari Kumaragama, Ama Jayasinghe, Kei Watanabe, Champika Edirisine, ELSZ and performances by Sandeepa Perera, GaaPink and Bhoomi Harendran. Art by Sona, Minal Wickramatunge, Vicky Shahjahan, Kekuli Perera, Sriyal Nilanka & Sindu Sivayogam were also displayed at the event. A live mural was organized on location by the Ctrl-S Collective.

The highlights of the night included Kumari Kumarasinghe’s strong poetry piece on the Sri Lankan woman, Kei Watanabe’s ethereal soundscapes, GaaPink’s drag performance, Bhoomi Harendran’s surprise dance act and the captivating musical renditions of ELSZ who enthralled the guests with her latest songs.

Tosakanth joined the event with her renowned ‘roast paan’ sandwiches along with other refreshments furnished by the Mantra Life Center to feed the guests. Deneth Flower Power Production showcased their amazing clothing line and shoes as Guna.art.ne displayed their playful yet very well executed line of art and merchandise.

All in all, the participants of the event were treated to a night of sheer entertainment that was both holistic and much needed within our community. More events of this nature are required and encouraged for the advancement of art and culture of our queer identity.

Alt+Ctrl+Shift was hosted by Savini Ganhewa, Vicky Shahjahan, Natasha Nathanielsz, Shaaranya Pillai and Jade Jayawardena.
BRIDE OF THE YEAR - 2017

නූ නිම්නට අංකය නිස්පාතයේ මැනිං... මෙහෙවත් ආයතනය මෙම නිම්නට අංකයට මෙම නිම්නට අංකයට "මහන්..." පිළිතුරු වේ මෙම නිම්නට අංකයට මෙම නිම්නට අංකයට. දෙවැනිය නිම්නට අංකය, මෙම නිම්නට අංකය ලෝකයේ මෙම නිම්නට අංකයට මෙම නිම්නට අංකයට. මෙම නිම්නට අංකය අද නිම්නට අංකයට මෙම නිම්නට අංකයට.

නිළුවේ මුහුදු මැඩේලියක් උදාහරණය කළ දෙවැනිය ආයතනය විශේෂ ප්‍රතික්කම මේවාය, Drag Queen, Cross Dressers (CD) ප්‍රතික්කම වේ මෙම මුහුදු මැඩේලියක් සහ සැලසා මෙම මුහුදු මැඩේලියක් ලබාග朝鲜 මෙම නිම්නට අංකය මෙම නිම්නට අංකයට. ප්‍රතික්කමේ, ප්‍රතික්කමේ සහ මුහුදු මැඩේලියක් විශේෂ ප්‍රතික්කම මෙම කලාව 1කාට නිම්නටියක් වේ 03 වෙත ශැබදවමු දේපා Hotel Lazzani ප්‍රතික්කමේ මෙම නිම්නටියක් වේ 04 වෙත ශැබදවමු.
Bride of the year 2017 එකින්ද සමාගම ඉහළ සමූහ නියෙමින් විශේෂ කටයුතු පිළිබඳ ඇවම නැතිය. මහ මහ නැතියේ නියෙමින්, මෙම ශික්ෂ විශේෂ කටයුතු විශේෂ විශේෂ කටයුතු දෙකක් වශයෙන්, මෙම ශික්ෂ විශේෂ කටයුතු විශේෂ විශේෂ කටයුතු දෙකක් වශයෙන්. Best Catwalk, Best Hair and Make-up, Miss Photogenic, Best Outfit, Miss Popular, Best Figure ආදී මහ මහ සමාගම ඉහළ සමූහ නියෙමින් විශේෂ කටයුතු විශේෂ විශේෂ කටයුතු දෙකක් වශයෙන්. මෙම ශික්ෂ විශේෂ කටයුතු විශේෂ විශේෂ කටයුතු දෙකක් වශයෙන්. Thai, Thai, Thai විශේෂ විශේෂ විශේෂ කටයුතු විශේෂ විශේෂ කටයුතු දෙකක් වශයෙන්, මෙම ශික්ෂ විශේෂ කටයුතු විශේෂ විශේෂ කටයුතු දෙකක් වශයෙන්.
If you’re craving pizza but can’t afford the cost or the calories, this recipe is sure to satisfy your cravings without leaving too big a hole in your pocket or exceeding your calorie count. Using the same key ingredients that go into making a pizza margherita this soup can be as light or as heavy as you want simply by adding or leaving out cubed chicken pieces and heavy cream.

**METHOD:**

1. Over medium heat, add the olive oil to a large pot. Add the chopped onion and allow to cook until tender, about three to four minutes.

2. Add in chopped garlic and cook for an additional two minutes.

3. Put the tomato, vegetable stock and coconut milk.

4. Stir in the basil, oregano, sugar, corn flour, salt and pepper.

5. Place the lid back onto the pot and allow to simmer ten minutes.

6. At the end, stir in the Greek yogurt and cheddar cheese until well blended.

Note: Use either a blender or food processor to puree the soup if you prefer a smooth texture. Garnish with chopped basil and grated cheddar cheese if desired.

**INGREDIENTS:**
- 2 tomatoes, diced
- 1 yellow onion, chopped
- 2 cloves of garlic, chopped
- 1 tsp olive oil
- 1.5 cups of vegetable broth
- 1/3 cup of plain Greek yogurt
- 1/3 coconut milk
- 1/2 cup cheddar cheese or mozzarella, grated
- 1/2 cup basil, chopped, loosely packed
- 2 teaspoon of oregano
- 1 teaspoon sugar
- 2 teaspoons corn flour
- Salt and pepper to taste
- Boiled Chicken pieces (optional)

This recipe was taken from http://www.epicurious.com/recipes/member/views/tomato-basil-and-cheddar-soup-51326821
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CORPORATE ROUND TABLE

Colombo PRIDE opened this year with a Corporate Round Table discussion which was aimed at sensitising CEOs and persons empowered to make decisions for and behalf of their companies. The importance of having an LGBT friendly work place was emphasised to help the corporate sector understand why every organisation should start considering becoming equal opportunity employers.

The Round Table discussion was panelled by Mr Joshua Senn, Acting Public Affairs Officer - American Embassy, Mr Philippe Dickinson, Second Sectary Political - British High Commission, Ms Rosanna Flamer-Caldera, Executive Director – EQUAL GROUND, Mr Dileepa Mudadeniya Vice President - John Keells Group, & Mr Prashantha Lal de Alwis, President’s Counsil.

RAINBOW MUSIC & DANCE FESTIVAL

The first public event for Colombo PRIDE opened on the 16th June. We wanted to showcase the talents of our LGBTQI community members. The show culminated in a full house event which not only showcased performers from the LGBTQI community but also featured members of the allied community. The Rainbow Dance & Music Festival also featured the Australian based Sri Lankan vocalist, harpist and music producer Natasha Nathanielz from ELSZ Music and a guest performance by the NATANDA Dance Theatre of Sri Lanka.

The show also included live singing performances, cello, piano, classical indian music, Kathak dance, item numbers & contemporary dance performances.
Our own version of a PRIDE parade took place on the 17th of June as we took the streets of Colombo in a double-decker bus. This was intended as a peaceful demonstration hoping to bring about visibility to the LGBTIQ Community.

Abhimani is one of the oldest queer film festivals to be hosted in the South Asian region. With the support of The KASHISH Mumbai International Queer Film Festival, Berlinale Spotlight, AKS Festival, British Council Colombo, The British High Commission, High Commission of Canada, The European Union, The Embassy of the United States, Embassy of Switzerland Sri Lanka, Embassy of the Netherlands, Embassy of the Federal Republic of Germany and the Goethe-Institut Sri Lanka, the Abhimani Film Festival showcased over 24 short and feature length movies from Australia, United Kingdom, Pakistan, Hong Kong, South Korea, Philippines, Sri Lanka, India, Germany, USA & Romania.
RAINBOW VISIONS

Rainbow Visions LGBT Art & Photography Exhibition consisted of works of art and photography created by the members of the Queer Community.

The variety of art and photography garnered positive remarks from the community members and created a platform for members of the community to showcase their talents.

IDEA JUNCTION

The first of its kind, Idea Junction brought together various organisations and individuals who are working for the LGBTQI community to present their organisation’s work to a public audience during Colombo PRIDE.

The event consisted of theatrical monologues, spoken word presentations, workshops, discussions & poetry readings providing an in depth understanding of what is being done within the community.

We were happy to come together with Heart to Heart Sri Lanka, Venasa, Grassrooted, Positive Alliance, Young Out Here, Chathra, Damith Chandimal & Saranga Anjana to host the first Idea Junction.
RAINBOW PRIDE PARTY

The Rainbow PRIDE Party is the soiree of the year for the LGBTIQ community. It is a safe space for anyone to come as they are and dance the night away. This year’s PRIDE party was one of the most successful parties to be hosted in years and the Mount Lavinia Hotel and the staff members were very accommodating to our guests who enjoyed their time immensely.

RAINBOW KITE FESTIVAL

We concluded the greatly successful PRIDE celebrations with the Rainbow Kite Festival with participants flying kites and dancing through the evening at Paradise Beach, Mount Lavinia Hotel.

Once again, the Colombo PRIDE Celebrations came to a conclusion with the participation of our beloved community members and allies who came out and supported us through these ten days. We are gearing up to bring a bigger and better PRIDE festival next year!
2017 Colombo PRIDE

පුරා ප්‍රාදේශයක්

ආරම්භ ක්‍රමය

ප්‍රදේශයට ඇති සමාගම දෙක් ග්‍රාමීය ජානවරිය ප්‍රධාන ඉදිරිපත්‍ර ක්‍රියා竦ම් කිරීමට පිළිති කිරීමට අත්ති. එමෙන්ද ප්‍රදේශයක් නවම්බරේ මුෂ්‍ය ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු, භාරාත්‍රිකයෙකු ගුහු මාර්ගයට නැති තබා විය. නවම්බරේ මුෂ්‍ය ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු, භාරාත්‍රිකයෙකු ගුහු මාර්ගයට නැති තබා විය. මෙම තුළ ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු, භාරාත්‍රීය නොමැති ප්‍රාදේශයේ ජානවරිය ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු, භාරාත්‍රීය නොමැති ප්‍රාදේශයේ ජානවරිය ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු, භාරාත්‍රීය නොමැති ප්‍රාදේශයේ ජානවරිය ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු, භාරාත්‍රීය නොමැති ප්‍රාදේශයේ ජානවරිය ප්‍රධාන ඉදිරිපත්‍ර ප්‍රශ්ණයේ පැරණි මාර්ගයට නැතමු.
රීවීන් රාජකාරීන්

17 වන්දේමරු මාසයේ එදකුන් රාජකාරීන්ගේ රාජකාරීය කාර්යාලය කළුණකාරීන්ගේ කාර්යාලය ප්‍රතිපාදිත කළුණකාරීන් භාවිතය ගොවි ය. ඝෙනික වර්තමානේ නිෂ්පාදන කොටස් මගින් විෂ්ණු ප්‍රමාණ පෙදුමු ගැසීමට විශේෂ දෙම෥ංකම පෙදුමු විශේෂ විශේෂත මූලික අංගයක් දක්වා විස්තර කරයි. LGBTQ, දක්වා අපාසනා කෘෂීරු කෘෂීරු මූලකෘෂීරු සමාගමේ කෘෂීරු මූලකෘෂීරු අමාජ පැවැති කරයි. 

චිත්‍ර ඉතිහාශය

පියවරුන් දෙවැනි නොමැතකුමෙහි විශේෂ විස්තර කෘෂීරු කෘෂීරු සමාගමේ කෘෂීරු මූලකෘෂීරු අමාජ පැවැති කරයි. KASHISH Mumbai International Queer Film Festival, Berlinale Spotlight, AKS Festival, British Council Colombo, The European Union, දක්වා අපාසනා කෘෂීරු කෘෂීරු සමාගමේ කෘෂීරු මූලකෘෂීරු අමාජ පැවැති කරයි. ඝෙනික වර්තමානේ නිෂ්පාදන කොටස් ප්‍රතිපාදිත කළුණකාරීන් කෘෂීරු කෘෂීරු පෘෂීජන පෘෂීජන මූලකෘෂීරු අමාජ පැවැති කරයි.
The Srilanka Pride Parade 2018 was a significant event for the LGBTQ+ community. Organized by the Rainbow Pride Alliance, the parade brought together individuals and organizations from across the island to celebrate diversity and advocate for equal rights. With a range of vibrant and creative displays, the parade was a testament to the resilience and strength of the LGBTQ+ community in Srilanka. The event was particularly significant for raising awareness and promoting inclusion, especially in a context where discrimination and homophobia were prevalent. The parade was not just a celebration, but a call to action, urging for continued efforts towards creating a more inclusive society in Srilanka.
PRIDE என்பது தொடர்ச்சியான குழுவக்காரர்களினால் அமையப்பட்டது. இது குழுவக்காரர்கள் தொடர்ச்சியான குழுவக்காரர்களினால் கீழ் வரும் விளைவை உறுதிப்படுத்தும் நோக்கில் பணியாறுதலாக வருகின்றது. இது 16 ஆண்டுகளுக்கு முன், அனா இல்லாத தொடர்ச்சியான குழுவக்காரர்கள் தொடர்ச்சியான குழுவக்காரர்களினால் வைக்கப்பட்டுள்ளது. இந்தத் தொடர்ச்சியான குழுவக்காரர்கள் தொடர்ச்சியான குழுவக்காரர்களினால் வைக்கப்பட்டுள்ளது. இது நேரங்க்காக வைக்கப்பட்டுள்ளது. இந்தத் தொடர்ச்சியான குழுவக்காரர்கள் தொடர்ச்சியான குழுவக்காரர்களினால் வைக்கப்பட்டுள்ளது.
வருட பதின் 17ம் விழா PRIDE
வங்கில் எடுத்துக்காட்டுகளால் மரபு பொருளைத் தொன்மை உண்டு. இந்த வாழ்க்கையில் வருடம் முடியாமல் சுமார் 1 கோடி மக்கள் பெண் பெண்கள் கூட்டணி செயல்பாடுகள் பூர்வத்துவமைத்தவர்களும், அங்கு நிறைந்தவர்களும். இவ்வாண்டு பயிற்சிகள் மற்றும் விளக்கங்கள் குறிப்பிட்டுள்ள சிறப்புக்காக விளக்கும் மாதிரியாக அரைப்பிணைல் முகமாகவே கேட்டுக்கான நிலையில் இருக்கிறது.

இவை கொண்டு கொள்ளப் பட்டு

அவாண்டிய திருத்தவலர் விளக்கம்

அவாண்டிய திருத்தவலர் அகர்மக்களும் வறுமரபிப்புகளின் குறுக்கு வடிவில் பயிற்சி செய்யும் முகமாகவே கேட்டுக்கான நிலையில் இருக்கிறது. இவ்வாண்டு பயிற்சிகள் மற்றும் விளக்கங்கள் குறிப்பிட்டுள்ள சிறப்புக்காக விளக்கும் மாதிரியாக அரைப்பிணைல் முகமாகவே கேட்டுக்கான நிலையில் இருக்கிறது.


பிரிவியல் சிறுகதை - LGBT கூட்டம் பொறியியல் காட்சியின்படி

பிரிவியல் சிறுகதை - LGBT கூட்ட பொறியியல் காட்சியின்படி ஒன்றிசீர் காட்சியின் மூலம் பார்க்கவும் இந்த வாழ்க்கையில் வருடம் முடியாமல் சுமார் 1 கோடி மக்கள் பெண் பெண்கள் கூட்டணி செயல்பாடுகள் பூர்வத்துவமைத்தவர்களும், அங்கு நிறைந்தவர்களும். இவ்வாண்டு பயிற்சிகள் மற்றும் விளக்கங்கள் குறிப்பிட்டுள்ள சிறப்புக்காக விளக்கும் மாதிரியாக அரைப்பிணைல் முகமாகவே கேட்டுக்கான நிலையில் இருக்கிறது.

என்றால் முடியாமல் பொறியியல் காட்சியின் மூலம் பார்க்கவும் இந்த வாழ்க்கையில் வருடம் முடியாமல் சுமார் 1 கோடி மக்கள் பெண் பெண்கள் கூட்டணி செயல்பாடுகள் பூர்வத்துவமைத்தவர்களும், அங்கு நிறைந்தவர்களும். இவ்வாண்டு பயிற்சிகள் மற்றும் விளக்கங்கள் குறிப்பிட்டுள்ள சிறப்புக்காக விளக்கும் மாதிரியாக அரைப்பிணைல் முகமாகவே கேட்டுக்கான நிலையில் இருக்கிறது.
செய்தல் ராஜி

புனம் கீழ்வாயு துறந்தால் அல்போனார் இடியா
Junction, LGBTQ, புனம் கீழ்வாயு துறந்தால் மாதிரியில் பாரினலுக்கு முன்னாளிகளைக்கும், புனம் கீழ்வாயு துறந்தால் சில இவர்களின் புனம் கீழ்வாயு. PRIDE புனம் கீழ்வாயு துறந்தால், புனம் கீழ்வாயு துறந்தால், குறுக்கு விளையாட்டுக்கு வருகை கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால் புனம்

மகாணம் நிகம்பம்

விங்கி புனம் கீழ்வாயு துறந்தால் (Rainbow PRIDE Party), LGBTQ, புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால். புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால். PRIDE புனம் கீழ்வாயு துறந்தால், புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு துறந்தால். Mount Lavinia hotel

காத்துள்ள பெண் அப்ப

PRIDE புனம் கீழ்வாயு துறந்தால் காத்துள்ள

புனம் கீழ்வாயு (Rainbow Kite Festival)

விங்கி புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு

Mount Lavinia புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு

புனம் கீழ்வாயு துறந்தால் புனம் கீழ்வாயு

புனம் கீழ்வாயு துறந்தால்
In 1969, Stonewall Inn, a popular bar among the LGBT community in New York City was raided by the New York City Police under the pretence of serving liquor without a license. Raiding gay bars and clubs was a common practice at the time and most members of the community had grown weary of this. When the police officers forced three drag queens and a lesbian in to a paddy wagon during the raid it infuriated the already displeased community members to which they retaliated by throwing bottles at the officers. This riot soon extended into other neighbourhoods and after six days of protests including violent clashes with the law, the Gay Liberation Front was formed along with other gay, lesbian and bisexual civil rights organisations. ‘The Stonewall Riots’ is now known as a major catalyst and history’s first major protest for gay rights.

One year after the Stonewall Riots, the Christopher Street Liberation Day Committee held the first Gay Pride March, where the marchers took up the entire street. After the 10-year anniversary of Stonewall and the assassination of Harvey Milk, the first National March on Washington for Lesbian and Gay Rights was held. Pride parades and celebrations now take place in several states in the USA and around the world in commemoration and in solidarity of the LGBTIQ Community.

The Pride parades are a way of self-expression and they spread a strong message of love and confidence to the LGBT community and the general public.

It is an important event in the LGBTIQ calendar as it is used to highlight the issues faced by the community. It also helps members of the LGBTIQ communities come out and embrace themselves and feel a sense of belonging. It is an event centred around pride and self-love, it is a place where you are free to be whoever you want to be away from intimidating opinions and judgemental eyes.
**New York Pride**

Heritage of Pride is a non-profit organisation that plans and creates New York City’s official LGBT Pride events each year to memorialise the Stonewall Riots that took place in 1969.

The newly elected President Trump and Vice President Mike Pence and appointed cabinet members are said to have anti-gay agendas which has resulted in many to believe that everything the LGBT community has fought for could easily be lost. Many began to turn this year’s Pride parades into the old-fashioned protest marches, as informed by the New York Times. This year’s march had also included a protest against gun violence with groups such as Gays Against Guns.

From Portland Place to Whitehall, more than 26,000 people took part in London Pride 2017 with over 300 different groups and several more individuals on the streets. It was known as the biggest march in its 45 year history. With homosexuality being legalised for 50 years, the theme for 2017 was ‘Love Happens Here’. People from around the world held flags to represent countries especially where it is still a crime to be LGBT.

London Mayor Sadiq Khan added, “Here in London, you’re free to love whoever you want to love and be whoever you want to be”. More than 150 police officers took part in the parade, alongside individuals from the London Ambulance Service, London Fire Brigade and British Transport Police.
São Paulo Pride

Around 3 million people were said to have taken part in São Paulo Pride making this parade one of the largest in the world, even larger than San Francisco which attracts 1.8 million people. Filled with live music, incredible floats and costumes, this year’s São Paulo Pride marched under the slogan “Regardless of our beliefs, no religion is law! Together for a secular state!”

Despite the friendly atmosphere the parade creates, violence towards LGBTQI individuals in Brazil still exist in high numbers. In 2016, it was said that one LGBTQI individual was murdered every 25 hours.

Tel Aviv Pride

Pride in Tel Aviv, Israel, is said to be the largest in Asia and the Middle East with over 200,000 people celebrating this year’s theme “Bisexual Visibility”. Regardless of the political controversy surrounding the Pride event, Pride at Tel Aviv was a massive success, on par with Pride celebrations at Berlin and New York. Even though same-sex marriage is illegal in Israel, recent news has showed that many, including Israeli Jews, supporting it.

Queer Azadi Mumbai

Early this year our closest neighbours also celebrated one of their biggest Pride events thus far. The Queer Azadi (freedom) Mumbai Pride March had around 10,000 participants coming together in solidarity of the community. This year’s Pride was not only welcoming to the LGBTQI community but was also accessible for people with disabilities with ramp access to the stage and sign language interpreters as well as other volunteers to assist people with disabilities.
11th June, 2022. Members of the LGBT community march in the Stonewall anniversary parade in celebration of the 53rd anniversary of the Stonewall riots. The Stonewall riots of 1969 were a series of gay rights protests that took place in New York City. These protests are considered to be the start of the modern LGBTQ+ rights movement.

Stonewall is often referred to as the ‘Christopher Street Liberation Day’ and is an important milestone in the Gay Pride movement. The event is named after the Stonewall Inn, a gay bar in Greenwich Village that served as a meeting place for members of the LGBTQ+ community. The Stonewall Inn was the site of the 1969 riots, which sparked a wave of activism and led to the formation of the Gay Liberation Front and other LGBTQ+ organizations.

The parade was organized by Harvey Milk, a gay rights activist who was assassinated in 1978. Milk is a symbol of the gay rights movement and his legacy is celebrated each year on National Harvey Milk Day. The parade also includes floats and performances by members of the LGBTQ+ community and their allies. The event is a symbol of pride and is celebrated by people all over the world.

Pride events are held annually across the globe to celebrate LGBTQ+ identities and to promote equality and acceptance. These events range from small local gatherings to large-scale parades and festivals attended by millions of people. Pride events are an important part of the LGBTQ+ rights movement and have helped to raise awareness about the issues facing the community.
The 1969 Stonewall Riots, a pivotal event in the history of LGBTQ+ activism, began in New York City at the Stonewall Inn. The Gay Liberation Front and the Gay Political Action Committee were instrumental in organizing subsequent marches, such as the Gay Pride March and the Christopher Street Liberation Day Committee. These events have become iconic symbols of LGBTQ+ rights and the fight against discrimination.
“Coming out” in its first use signified an LGBTQ person expressing their sexuality to the larger community. This was popularised by Gay Balls which were prominent in cities such as New York, Baltimore and New Orleans. Even though combined idea of “coming out...of the closet” wasn’t used until the 1960s the speculation is that it may have been a combination of the “coming out” idea from debutante balls and leaving a skeleton from a closet or coming out with a grave secret which is what sexual orientation was considered in the past. Today this expression is widely known as coming to terms with one’s own sexuality or gender identity as well as choosing to declare it to society.

The process of coming out is a very personal and intimate journey which can take many different turns according to the individuals life and social background which they live in. Regardless of the Sexual Orientation, Gender Identity & Expression and Sex Characteristics (SOGIESC) of a person, this process is a significant milestone to anyone in the larger LGBTQ community.

At the early stages of coming to terms with ones SOGIESC, it can be painful to keep important parts of one’s life, cautiously tucked away from their friends and family. Information is separated and experiences are vaguely spoken about to carefully not disclose too much in fear of being judged, alienated or disowned. This constant picking and choosing of one’s information creates difficulties in accurately assessing their own perception of self as well as how others see them. This can have potentially permanent effects on the persons self-esteem and ability to understand one’s own accomplishments.

As years go by, prospects of coming out of the closet can become harder as one is at a greater risk of potentially losing a larger component of their life built over the years. Especially in South Asian cultures, a deviation of social norms can be a taxing idea to come to terms with. Most people choose to vilify persons with different sexual orientations or gender identities with harsh or derogatory comments and when growing up we have all come to see this within our friends and family. The lack of legal protection adds to the discrimination and marginalisation of people with different sexual orientations and gender identities. With the widespread use of social media, we see people openly insult the LGBTQ Community. This further instils fear of rejection and disassociation from one’s true identity.

There is no right or easy way to come out, but if you ask any LGBTQ person who has come out with their sexual orientation or gender identity, they will attest that, coming to terms about who they are, alleviates much anxiety that one faces. Being able to use authentic pronouns about one’s life, share information without holding back parts of them in your social circles helps you leave a chain that has been holding you back. Not having to constantly watch over your shoulder is a truly refreshing experience.

The first step in coming out is to accept it to yourself. Being happy with the person who you are takes a lot of courage and self-reflection. There is nothing wrong with feeling attracted to the same sex or more than one sex. There is nothing wrong to feel that you might be different from others you know. Don’t forget that it’s a journey that you may take throughout your life and that it starts with accepting it to yourself. If you need counselling EQUAL GROUND offers anonymous counselling hotlines. (Please turn to the back inner page for more information)
It is a difficult task to change society at large but the first step in solidifying one’s safety based on your sexual orientation or gender identity is to fight hard against the archaic laws the Sri Lankan Government chooses to hide behind and oppress the LGBTQ Community. The existence of these laws generates fear among LGBTQ persons constantly pushing them back into the closet. The Sri Lankan Government officials claim that not enough people care about the lives of LGBTQ people.

The 134 Campaign was established to help bring about awareness to the general public about the misuse of the laws to marginalise, violate and discriminate LGBTQ persons in the country. Our intention is to address issues that hold back our community from accepting themselves and garner their support collectively to fight for the right to live and love as we feel.

For more information on the 134 Campaign please visit www.fb.com/134campaign.

PROTECT OUR RIGHT TO LOVE!
“කාරාන්තිය මිශිල්ලා නැගෙනහිර කාරාන්තිය විශේෂ විශේෂ කාරාන්තියක් කරමුන්ද දේ වන ආදර්යයේදී දියවඩවන්ද?”

“උත්සහීන් වූ යන්න ආදර්යයේදී කෙසේ සඳහා දියවඩවන්ද නො ගැන මට්ටමේදී යන්න උත්සහීන් කාරාන්තියක් දොරි වන ආදර්යයේදී දීම අවසන් මට්ටමේදී යන්න උත්සහීන් විශේෂ විශේෂ කාරාන්තියක් දොරි වන ආදර්යයේදී දියවඩවන්ද.”

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“2002 මහාපාලමේ පිදු නොවැට ආයතනයේදී කාරාන්තිය පිදු නොවැට ආයතනයේදී කාරාන්තිය පිදු නොවැට ආයතනයේදී කාරාන්තිය පිදු නොවැට ආයතනයේදී කාරාන්තිය. කාරාන්තිය මිශිල්ලා නැගෙනහිර කාරාන්තිය දියවඩවන්ද විශේෂ විශේෂ කාරාන්තියක් කරමුන්ද දේ වන ආදර්යයේදී දියවඩවන්ද.”

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“කාරාන්තිය මිශිල්ලා නැගෙනහිර කාරාන්තිය දියවඩවන්ද විශේෂ විශේෂ කාරාන්තියක් කරමුන්ද දේ වන ආදර්යයේදී දියවඩවන්ද.”

“කාරාන්තිය මිශිල්ලා නැගෙනහිර කාරාන්තිය දියවඩවන්ද විශේෂ විශේෂ කාරාන්තියක් කරමුන්ද දේ වන ආදර්යයේදී දියවඩවන්ද.”
“ක්‍රියාකාරී විශේෂ මාලාව අවධානයට පහත අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අවධානය අව�...
Women on top

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LGBT+ Voices in Music

Many people, struggling with accepting their sexuality, turn to music for help. To know that there are other LGBT+ individuals out there creating music, can help people feeling isolated or afraid in their community be able to draw strength from music created by LGBT+ musicians.

In the history of music we have seen a few prominent figures who have bravely accepted themselves and paved pathways for others to do so as well, such as bisexual singer and actress Judy Garland with her hit song “Over the Rainbow” which raised conversations about LGBT+ rights in America when all conversation about it was avoided or the Pansy Crazie (1930-1933) which consisted of drag queen performers who were allowed to express and be themselves.

However, it was taken to the next level when David Bowie entered the music industry. Bowie, as we all know, passed away in January 2016, but his music has and will continue to change the world. He changed the look, sound, and style of Rock ‘N’ Roll. Bowie’s song “She’s Got Medals” was one of his first gender-bending songs he released with lyrics such as “Her mother called her Mary, she changed her name to Tommy”. This song was released in 1967 in Bowie’s first self-titled album David Bowie, and caught the attention of the LGBT+ community with these expressive lyrics. Bowie’s performances on stage was also unlike any other, wearing whacky costumes with a range of striking visuals on stage, he captured the attention of many people through his live performances and music and encouraged more people to have discussions about sexual orientation and gender identity.

In 1972, David Bowie came out declaring, “I’m gay, and I always have been” in an interview. Bowie later said “It’s true… I’m bisexual.” But he was never comfortable with his sexuality and said he never seemed to fit into a specific label. Many people within the LGBT+ community took this as words of inspiration to free themselves from the labels society confines them into. This has been an ongoing battle, even in 2017, where young people feel as though they must do everything in their power to conform to the norms of society. But we do not have to try to fit into society for acceptance by others, we will find our tribe who will accept us as we are. Why try to be like everyone else, when you can be your own person? When you can be happy with who you are instead of living a lie? This is the cycle that Bowie tried to break from 1972 until his death.

Another iconic performer we lost in 2016 was Prince. Prince emerged in 1970, unafraid to talk about topics the general public would never dare to, wearing exotic frilly clothes that no one would dare touch. Prince, to many others, became an icon that represented freedom, acceptance and self-expression, as well as being the incredible musical genius he was.

His songs such as “If I Was Your Girlfriend” (1987) and “I Would Die 4 U” (1984), were songs that reached out to the LGBT+ community especially. “If I Was Your Girlfriend” touched upon topics such as gender swapping and being lesbian. “I Would Die 4 U”, on the other hand, has lyrics such as “I’m not a woman / I’m not a man / I am something that you’ll never understand” which has sparked some interest within the LGBT+ community and the general public and resulted in questioning what Prince’s sexuality and gender was. The media was (and still is) so engrossed in one’s sexual orientation, gender identity and their personal lives rather than the impact their music might have on the community around them. It is our job as those who have a passion for music and as LGBT+ advocates to make sure we bring back the focus on music and especially music related to the LGBT+ community in order to raise more awareness and create a safe space through music.
Elton John is another music icon that to this day stands as an LGBT+ advocate even though he refuses to write songs about his personal life. His song “Don’t Let The Sun Go Down On Me” originally released in 1974, then covered in a live version by Elton John and George Michael released in 1991, which became even more successful as the money raised went to the AIDs Foundation and children’s charities. He has been closely working with the AIDs Foundation since 1992.

Elton John’s kindness to hand over his money to charities has been admired and followed upon by many others, and has inspired younger artists to use their platforms to help others.

Another LGBT+ musician that has shaped the music industry is Freddie Mercury, the lead singer of Queen. In 1975, Queen released their top hit song “Bohemian Rhapsody” in which Mercury came out as gay though the lyrics “Mama, I just killed a man / put a gun against his head / pull my trigger, now he’s dead” which refers to killing off the old version of himself to embrace his homosexuality. These lyrics hit the LGBT+ community because Mercury rarely talked about his sexuality. Bohemian Rhapsody is a 5-minute-long song which portrays different styles of music and this, itself, has had a major impact in society and music. Even to this day, this song remains as an iconic anthem for people of all ages, and types. Only Queen could do that.

Lady Gaga is another legendary LGBT+ icon for many individuals of this generation. She is exquisite, musically talented, outspoken, and has continued to inspire several young people of today’s generation. She had spoken out about her sexuality saying, “It’s not a lie that I am bisexual and I like women. This is who I am and who I have always been.” She reiterated the idea that “we are not mentally ill, it’s who we are, accept it” and this has strengthened the community. Her hit single “Born This Way” released in 2011, is a widely known LGBT+ anthem that has also reached out to the LGBT+ community with open arms and is loved by many. Inspired by David Bowie, Gaga also had great stage presence expressing herself through fashion and costumes she broke everyone’s expectations. She spoke about social issues including gay rights and stood up for victims of rape. Gaga encourages us to talk, to make people think and create ideas to work towards change.

Other LGBT+ musicians of history include Sylvester, Pet Shop Boys, Little Richard, George Michael among several others. LGBT+ musicians of our generation include Adam Lambert, Christina Aguilera, Will Young, Sam Smith, Troye Sivan, alongside many more. Progressively, there are LGBT+ musicians emerging in the Asian community such as Awkwafina (a singer that tackles topics of sexuality, race and negative stereotypes into her music), Margaret Cho (an openly bisexual singer-songwriter/actor/producer born into a Korean family residing in California) and Leslie Cheung (bisexual singer/actor from Hong Kong).

Leslie Cheung was an influential LGBT+ singer/actor from Hong Kong. He was a bisexual icon that reached out to many people in the South-East Asian communities with his music and his acting career. He is one of the founding fathers of “Cantopop”- a genre of Cantonese music made in Hong Kong. Cheung became one of the first Hong Kong actors to play a gay character on-screen. Released in 1995, his post-retirement album, “Most Beloved” was one of his most successful albums including songs from movies he performed in, such as “He’s a Woman, She’s a Man”. His album, “Leslie Beloved” was released in 2004 after his death was also another fan
favourite. Cheung had mentioned in interviews that his depression had developed from the negative comments about his gender-swapping in his Passion Tour and he had planned to retire from stage performances due to the strain of being a queer artist in Hong Kong. Even after Cheung’s death, the media continued to focus primarily on his sexual identity rather than his achievements in the acting and music industries. This goes back to the previous point about how the media tends to focus on one’s sexuality rather than their achievements and their impact on the world. The media has a habit of focusing excessively on the artist’s sexual orientation and gender identity that can sometimes be portrayed in a negative form. Although the music they create may come from experiences that are related to their sexuality or gender identity, it does not mean that it is the most intriguing part about them, there is a whole person to be discovered.

India’s first transgender band called 6 Pack Band made a debut with their cover of “Happy” by Pharrell Williams. The song became a viral hit getting more than 600,000 views under 24 hours.

Their version of the song titled “Happy Hai Hum” which has Indian undertones and a Bollywood, feel-good vibe to it, has reached out to the transgender community in India as well as around the world. Their next video “Sab Rab De Bande” (translated to “We are all children of God”), was released on India’s Republic Day, January 26th featuring a prominent Indian singer Sonu Nigam. The 6 Pack Band has had a large influence on the transgender community in India making transgender individuals feel accepted as they are. They stand as a voice for those that can’t speak out on their own due to suppression in their communities and are unable to openly be themselves. This is immensely important in countries where there is still a lot of work to be done to have equal rights for all.

Proud Voices, an Asian LGBT+ choir network, has been growing in size with incredible choirs from all across Asia. Choirs include the Beijing Queer Chorus (the largest and only public performing LGBT+ choir in China) and G Major Chorus (gay chorus registered in Taiwan singing songs from a range of different styles) alongside many other choirs in Asia.

This choir network has created an impressive safe community of its own where people are allowed to express themselves through this form of music and to work alongside other people who share the same beliefs, which is great!

As you can see, the LGBT+ community in music is growing rapidly and all for the better. It has opened several doorways for people in the LGBT+ community that have a passion in music to do what they love. These musicians have inspired millions across the world and have fought for the rights of the LGBT+ community everywhere, coming one step closer to equality for all. Keep in mind what icons such as David Bowie or Lady Gaga have been trying to tell us: to be ourselves, to be different, to speak our minds for what we believe in and to work towards the change we want to see in this world. Whether you are part of the community by being LGBT+ or simply being an ally, we need more outspoken voices to stand for those who cannot speak and music helps you do just that, and will continue to do so.
Pencil Edges... Pencil Art වෙනුල් කුඩා ආයිත් කඳුන් කලා දේශීය කලා කහානිය යනුම් කතාවක් අත් මෝ ප්‍රහාරයෙහි නැත. මෙහෙය මට්ටමේ අමිලා De Silva. අද යොදා විය හා මෙයින් දෙවර කොහොමද මාර්ගවලින් යොදා විය යොදා මෙයින් දෙවර කොහොමද මාර්ගවලින් යොදා විය. මේවායන් මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. මෙහෙය මට්ටමේ අමිලා De Silva අතර මෙයින් දෙවර කොහොමද මාර්ගවලින් යොදා විය යොදා මාර්ගවලින් යොදා විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය.

මෙයින් මෙයින් දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය. එම අතර මෙය දෙවර වියේ විය.

"பல்வேறுக் கூட்டுப்பாடங்கள் வழங்குவதற்கு புனிதமானது. என்றாலும், நமது காலத்தில் நன்கு வேண்டும் நோக்கமானது. அது குறிப்பிட்டு சொல்லலாம், நமது பொித்தேசிய அரசும் முன்னதாக அனுமதிக்கப்பட்டது. நமது வேலைவாளிகள், நமது அரசுக்கு வேண்டும் நோக்கம் குறையவேண்டும் என்று குறிப்பிட்டு சொல்லலாம். கீழ்க்கான் இளம்பழுது, சிற்றுட்கள், பெண்கள் ஆக்கம் நமது வேலைவாளிகளின் புகழ்பெறும் பங்களிப்பில் 28ஆம் வது மாதம் தினமாக போன்றேன்."

கீழ்க்கான் சொல்லலாம், ஊடையுள்ள காைவாயியானது உள்ளது. இது காலத்தை போன்று காட்டும்தான் தொட்டையானது ஆங்கிலத்தில் மீண்டும் அசைத்து காக்க வேண்டும். எனவே நோக்கம் குறையவேண்டும் என்று குறிப்பிட்டு சொல்லலாம். ஐக்கிய சட்டுக்கு வேண்டும் வேளாகத்தில் குறையவேண்டும் என்று குறிப்பிட்டு சொல்லலாம்.
QUAL GROUND at Goethe Institute in Colombo, along with partners LGBTIQ, organized an International Day against Homophobia, Transphobia and Biphobia (IDAHOT) event in 2017. The event was attended by over 170 guests and featured 6.30 PM to 8.30 PM performances and discussions organized by Goethe Institute. The theme was "Love Me Love Me Not: Queer Perspectives on Honesty, Power, and Visibility," which explored the experiences of queer individuals in a society that often marginalizes them. The event concluded with a panel discussion moderated by LGBTIQ activists and community leaders, who shared their experiences and reflections on LGBTQ+ rights and inclusion in society.

In the context of the event, the words "Arts Work" were emphasized, highlighting the role of art in promoting LGBTQ+ visibility and acceptance. The event included performances by artists such as Himikama and Prasanga Mabarana, who contributed to the celebration of LGBTQ+ identities.

The event also emphasized the importance of creating safe spaces for LGBTQ+ individuals, advocating for equality, and promoting a culture of acceptance and understanding. The conclusion of the event emphasized the ongoing work needed to create a more inclusive society for LGBTQ+ individuals.
How can anything be more important to me than my reality? We all have our own unique reality and it affects our lives to a great degree; it advances our desire to live, it separates us from the rest and makes us feel that we matter. What matters the world to me may not mean anything to you and vice versa but just because you cannot comprehend something doesn’t mean it doesn’t exist or isn’t real. Unfortunately, most of us are too ignorant and narrow-minded to unhesitatingly oppose what we cannot come to terms with. We let our loved ones down and sometimes we even drive them to give up on themselves simply because we believe only what we can understand is true and accurate.

Mental illnesses are not a new thing to the world – it has always been there. Depression, among other mental illnesses, holds a special place. It existed far back in the past, it exists today and it will, sadly, continue to exist in future, too. The number of persons the world lost due to depression and the number of suffering souls living with depression is tremendous. You may have enjoyed the work of musicians, actors and writers who battled with depression and thought how magnificent and artistic their minds are. But you never see the obscure darkness they tried to suppress and cover up through their creations until they decide to leave this world. Sadly, it’s only when infamous figures die people start talking about the gravity of mental health, we tend to forget about millions of ordinary people who struggle with depression.

I believe the term ‘depression’ is overused to refer to occasional negative feelings such as sadness, despair and inertia. But sometimes, aforementioned negative feelings arise more often and persist, gradually weakening us and making it difficult and sometimes nearly impossible even to perform trivial daily chores. These feelings last longer and get stronger. There are people who battle with depression for years, decades and sometimes the rest of their life. There is a fine difference between so-called depression you may experience immediately after a bad experience which declines with time and depression which is quite capable of stealing the very meaning of your life. It can slowly, relentlessly and completely take your happiness, motivation and sometimes will to live, away.

It could be your wife who doesn’t reciprocate your love; it could be your father who spends half of all his money for booze; it could be your child who’s always exhausted and is nowhere near good grades; it could be your employee who’s always behind the deadlines; it could be your best friend who you think changed with time; or, it could already be you who is always sad and cannot see the slightest good in life. Depression is roaming around us, living with and among us and sometimes growing within us, turning our lives into a lifeless existence. In order to fight depressive thoughts, people who struggle with depression sometimes choose coping-mechanisms. Coping-mechanisms may range from extreme self-harming such as cutting, burning or substance abuse to insatiate addiction to sleep, work, songs or video games. So if any person known to you indicates any of above, there is a chance that they may be struggling.

The question is, what would you about it? Would you keep ignoring that person in your life until they fall apart or would you at least try to accept what you cannot understand? It’s okay to not understand depression perfectly. As a matter of fact, you cannot understand what depression really is as much as a person who has in actuality experienced it. You don’t have to do much. Just lend your ears and be with them, give them a semblance of hope, let them know that they are adequate and important to you – that’s more than sufficient to be the reason they don’t give up.

If you or someone you know is struggling, don’t hesitate to seek help!

Source of images -http://miamioh.edu
http://www.lawyerswithdepression.com/resources/
“මම ආර ඔබ පැහැදිලි කියා හැකි ලැයිස්තුවන්දේ.” මම ආර ඔබට තදිනි කියා ගන්නා ගැටුමකට පැහැදිලි කියා ගැනීමට ආයතනයක් සැම්පාදක කරන්නේ.

මම ආරේ, ඔබගේ ආරම්භක පැහැදිලි කියා හැකි ලැයිස්තුවන්දේ.” මම ආර ඔබට තදිනි ගන්නා ගැටුමකට පැහැදිලි කියා ගැනීමට ආයතනයක් සැම්පාදක කරන්නේ.

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කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?

කාත්‍රික් කාලයේ කර්මාන්තයන් පිළිතුරුවන් විශේෂ විධානය ලෙස අදන්නේ?
මෙම මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් කොටස් සහ අපාර ගොඩාරයක් අවහැඳිනා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි.

මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි.

මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි. මෙහෙයින් මෙම් මීටර් අඩු කුලුණක් විවිධ පැයක් අත්නම් දෙදෙන්නා කැකුණු වන සැම්පුර්කයෙන් සාමාන්‍යයේ නිවැසිත් වන විදේශ දෙදෙන්නා ලාංකිකයි.

Travel with Hiran
කේනදා මායිමේ කාලයේදී යනුත්ත වැඩි අතරින් මෙම මායිමේ විශේෂීය ප්‍රමාණය කරනු ලබන්නේ. එය කැකිලි, ආයිරිය සංකීර්ණයේ, විදේශ මායිමේ සමග ඇති අතරින් මෙම මායිමේ ප්‍රමාණය කරනු ලබන්නේ, පිහිටි වන අතරින් මෙම මායිමේ ප්‍රමාණය කරනු ලබන්නේ 

1988 සියළු අතරින් මෙය හාම බොහෝ අතරින් මෙය පැහැදිලි කිරීමේදී, පිහිටි වන විටදී මෙම මායිමේ ප්‍රමාණය කරනු ලබන්නේ.
Paul Harfleet, a London based artist, plants pansies at sites of homophobic abuse. The flower is photographed once it's planted and posted on his website, The Pansy Project, with a title/caption after the abuse that took place in that location. Harfleet began planting pansies to mark his own experience of homophobia on the streets of Manchester, now he plants pansies for others.

It all began in Manchester where Harfleet was raised into an accepting home, but a very homophobic environment where homophobic gangs started throwing stones at his then boyfriend. Though he had become accustomed to this type of abusive behaviour, Harfleet soon realised his friends had disagreed and encouraged him to begin to resist this type of violent behaviour towards homosexuals. In order to change the way he felt about the locations and the memories connected to it, he began planting pansies at those locations, the same way people place flowers at a scene of crime or accident.

Harfleet chose this species of plant in particular because the word in itself refers to a gay man. It also originates from the French verb: penser (to think) as the flower was seen to have a bowing head which seemed to portray a person in deep thought. Harfleet said: "Planting them really did become transformative- it changed the way I felt about the location. When they become associated with resistance to something like a hate crime, they become powerful. It was a simple and peaceful way of confronting homophobia."
Paul Harfleet has planted pansies all around the world starting in Manchester, his home town, working his way around London and the UK and into countries like Switzerland, France, Sweden, Belgium, Austria, Germany, USA, Turkey and South Africa. Harfleet plans to travel the world further and plant pansies in more challenging locations.

Pansy Boy, a picture book, written and illustrated by Paul Harfleet launched this summer (2017). Told in rhyming couplets, it is the story about a boy who loves to draw, read and write, who’s obsessed with planes, art and the world around him. But when he returns to school, it’s a complete different story as he faces bullying and homophobia. It will be available in bookstores in the UK from this summer.

All in all, The Pansy Project will continue to expand and help people to face up to homophobia. Harfleet adds: “I hope that people who hear about the project who then go on to experience homophobia may remember the project. In this case, the project becomes a mental strategy for experiencing homophobia on the streets.” You can support Paul Harfleet’s work by checking out his website for the Pansy Project http://www.thepansyproject.com, his Facebook page https://www.fb.com/pansysproject/, or Twitter page at @ThePansyProject.
“කෙසේද මේ විශේෂී පැටිවූ ලියඉ යන අතර සිංහලෙන් පැහැදිලි අති පැහැදිලි මෙම පත්‍රිකාව විසින් පිළිබඳ විශේෂී කොහෙද අතර දරූර මෙම පත්‍රිකාව පහසුවෙන්නේ "පැටිවූ ලියඉ" (Surana Pushpendra, 2001) යනුවෙන් පරිදි විශේෂී මෙම පත්‍රිකාව අති පැහැදිලිව විශේෂී කොහෙද අතර පිළිබද කර්ම කරන්නේ අතර මෙම පත්‍රිකාව පහසුවෙන්නේ. World Economic Forum මෙහෙයි පැහැදිලිව පැහැදිලිව මෙම පත්‍රිකාව 2002 වසරේදී කරන්නේ. මෙම පත්‍රිකාව ඇති පැහැදිලිව පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ LGBTIQ යෝගීවරුන් මෙම පත්‍රිකාව 1969 මෙහෙයි මෙය 28 පැරණිව පැහැදිලිව "Stonewall" යන පරිදි පැහැදිලිව පැහැදිලිව LGBTIQ මෙම පත්‍රිකාව පහසුවෙන්නේ. 1969 මෙහෙයි මෙය 28 ගෙන්වා පැහැදිලිව "Stonewall" යන පරිදි පැහැදිලිව පැහැදිලිව LGBTIQ මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ. LGBTIQ පිළිබද අති පැහැදිලිව මෙම පත්‍රිකාව පහසුවෙන්නේ.
මේවා ගෙනේ නිසාවේ නිර්මාණ නාමය ලෙස මමට නිශේෂණ විය යි. ඉතිහාසික වී විශාලව නෑ විවිධ කාලයට මෙම විශේෂා නාමය ගැටලුව ඉදිරිපත් කරයි. මෙය මහනුව ප්‍රශ්නයම මෙයින් මෙයින් තෙක්කෙන් කෙරේ. ඉතිහාසික වී විශාලව නෑ ගුරුවරයක් ඇමුරියක් මෙයින් තෙක්කෙන් කෙරේ.

හැඳියින් පියිස්සික විෂාලව නෑ එකී ගුරුවරය අත් කාලයක් මෙයින් තෙක්කෙන් කෙරේ. ඉතිහාසික වී විශාලව නෑ එකී අත් කාලයක් මෙයින් තෙක්කෙන් කෙරේ.
A collaborative effort by Tanya Warnakulasuriya and Udha de Silva brings out inspiring home-grown stories of well-known personalities, placing Sri Lankan lives on the world map.

For many Sri Lankans, it is a difficult task to find inspiring stories within our country, not due to the shortage of stories but rather, due to those stories not being told in a widely available medium. ‘A Life Less Ordinary’ attempts to grapple with this shortage by showcasing a podcast series that can be accessed by anyone, from anywhere.

If you feel like you are in the wrong place at the wrong time, unable to find the motivation to follow your dreams, this podcast series is sure to inspire you.

Tanya currently works as the Arts Manager for the British Council Colombo and previously managed the global operations at BBC News for over 15 years. Udha is a creative consultant who is involved in advertising and digital marketing.

Their shared interest in telling inspiring stories led them to venture out on a joint project to showcase Sri Lankan role models who have achieved the unthinkable in their own right.

As with most cases, the media tends to build a certain image about a person and that is in itself magical and necessary for promotional purposes, yet the deconstruction of how these well-known figures achieve the unimaginable is another art in itself.

The creators of this series of podcasts have sought out to bring about just that. Tanya and Udha want to bring about the human aspect to these well-known personalities thus making their stories more relatable to anyone listening to them.

Each individual story on the show takes an unexpected twist but they will continue to inspire you nonetheless, Udha and Tanya promise. The guests’ shared appetite for life, their tenacity, the discipline in achieving their goals and the of lack of bitterness towards those who have been against them has been the primary lesson for the creators.

Members of the Lankan LGBTIQ community in particular don’t have many role models look up to, yet we can take guidance in the stories of other Sri Lankans who have achieved their goals against insurmountable odds.

We have all often felt alienated in our journeys, bogged by social expectations and our own prejudices but as Udha puts it “If you can break free from the limitations that have been placed on you and reinforced by yourself, you can do anything you want. You really can.”

A Life Less Ordinary will premiere on the 1st September 2017. You can download A Life Less Ordinary on the iOS App, Android App or their website www.lifelessordinary.asia
The 8th edition of the KASHISH Mumbai International Queer Film Festival was held from the 24-28th of May under the direction of Sridhar Rangayan. The festival was hosted under the theme “Diverse, One” which delves deep into the lives of LGBTQIq lives, exploring the diversity that unites us in the trials and tribulations we face as a community.

The festival screened a total number of 147 films from 45 countries debuting films from countries such as Armenia, Nigeria, Kosovo, Rwanda, UAE, Trinidad & Tobago and Aruba.

Here are some of the movies that truly made a mark in the schedule.

**WHITE NIGHTS (Velutha Rathrikal)**

**WHITE NIGHTS (Velutha Rathrikal)**
Director: Razi Muhammed

A local and contemporary adaptation of the eponymous novel by Fyodor Dostoyevsky, White Nights follows the lives of Manu, Jyoti and Chelly as the movie unravels the dilemma of Chelly and her bisexual love triangle.

**Signature Move**

Signature Move, USA
Director: Jennifer Reeder

Signature Move is the story of Zaynab, an American Muslim lesbian, who hides two things from her homebound, conservative mother Parveen: her budding relationship with a Mexican-American woman Alma and her growing fascination with wrestling! It’s a beautiful rendition of a journey in search of an identity.

**Chronicles of Hari**

Chronicles of Hari, INDIA
Director Ananya Kasaravalli

It is a beautiful story of a man who made a mark in performing the female parts in Yakshagana theatre and the struggle he faced when he deciding to take the part out of the stage.

**Only Men Go to the Grave**

Only Men Go to the Grave, UAE
Director: Abdulla Alkaabi

A mother welcomes her estranged daughters to tell them a secret. Unfortunately, she accidentally dies while sharing it. During the funeral, the daughters try to deal with their mother’s sudden death and also work together to unveil her secret by looking for clues from visitors while unravelling their own lives.

**Two Soft Things, Two Hard Things**

Two Soft Things, Two Hard Things, CANADA
Directors: Mark Kenneth Woods and Michael Yerxa

This documentary explores the complexities of a remote Arctic community holding an LGBTQIq pride celebration.
කොහොමද පැරණිකම් විශේෂකම ගේෂණ නොයෙන්?

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මෙහෙය ඉතිහාස්කය.
මෙහෙය ඉතිහාස්කය ලබාදීමේ ප්‍රස්තාරය යන්තර විශේෂකම ගේෂණට අයත් ලෙසින් විශේෂකම ගේෂණ මගින් අර්ථ ලෙසින් සැකසීමක් ලබාදීමේ ප්‍රස්තාරය යන්තර විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත්

මෙහෙය ඉතිහාස්කය ලබාදීමේ ප්‍රස්තාරය යන්තර විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත් විශේෂකම ගේෂණට අයත්

- මහ ප්‍රතිපත්

ඇලිපත්තනුම් විශේෂකම \(භිෂ්ණිය කළේන්ඩෙල් \)

ඇලිපත්තනුම් විශේෂකම \(භිෂ්ණිය කළේන්ඩෙල් \)

- මහ ප්‍රතිපත්

අඳුරු ප්‍රදේශය

අඳුරු ප්‍රදේශය

- මහ ප්‍රතිපත්

ඇලිපත්තනුම් විශේෂකම \(භිෂ්ණිය කළේන්ඩෙල් \)

ඇලිපත්තනුම් විශේෂකම \(භිෂ්ණිය කළේන්ඩෙල් \)

- මහ ප්‍රතිපත්

අඳුරු ප්‍රදේශය

අඳුරු ප්‍රදේශය

- මහ ප්‍රතිපත්

ඇලිපත්තනුම් විශේෂකම \(භිෂ්ණිය කළේන්ඩෙල් \)

ඇලිපත්තනුම් විශේෂකම \(භිෂ්ණිය කළේන්ඩෙල් \)

- මහ ප්‍රතිපත්
Memory...

The long dungeon of memory,
Where childhood stares at you;
Unblinking,
Nudging you never to forget
Those shameful memories
You'd tucked in tight.

He looks at you as at a mirror,
Observing the little flaws to mourn about,
Complain about and throw a tantrum about.

The slender path of absolute bliss,
Winding and winding and winding -
Unending.

At the barricade, the policemen stop,
to check the blood on your hands.
The sweet blood of a battering,
you shouldn't have gone through,
But they made you go through anyway.
You sat there behind the bars of life and rule,
You pondered on your doings.

There again you saw the tall gates of expectation,
The silence, the obedience, the tolerance.
The corroded padlock,
digging through your wrists, like the crucified.
The thick red fountain oozing from your veins,
now SPLATTERS on the face of Life.

With stains like patch work,
Like a work of art,
You stare back at him and think now -
How dare his silence
Taps now at your door.

- Oshanthaka Cabraal

The True Self...

Anchor'd in thee, eald and strong to protect thou,
Thine little and mates, live in peace and love;
'Tis rain, green and timber bestowed by thy grace.
Wide and steady are thy might, deep blue:
Thither, bound to last and merry till entity,
Wight-greedy, envious for thy might and power;
High upon 'tis plain blue and white; glad and free,
Compounded from thy love's sacrifice; flight.
But thy felling is oft just and glory,
'Lease sight into thine, killing thee;
Erstwhile now not, squalls only drought and dirt;
Centuries of awe and lustre is rust,
"Saw, breathed and quenched; hereat new of life is not,
Be here all, yea did naught than say!"

- Grey and Green
TRANSGENDER DAY OF REMEMBRANCE
November 20th

Upcoming Events:

16 Days of Activism Against Gender-Based Violence Campaign
November 25 - December 10

WORLD AIDS DAY
December 1

December 10

human rights day

Halloween Costume Party

BEST COSTUME WILL RECEIVE A PRIZE
SO COME DRESSED TO IMPRESS!

DATE: TUESDAY, OCTOBER 31ST, 2017
VENUE: EQUAL GROUND
TIME: 7 PM ONWARDS

For more information and RSVP contact Srijal at SrijalN@equalgroundsrlanka.com or 011-2805187
YOU ARE NOT ALONE

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 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.

Monday to Friday 9.30am – 5.30pm

General counseling line - +94112805187
Lesbian and Bisexual women counseling Line - +94115679766
Transgender counseling line - +94115734530

Are you a person who identifies as male? Do you feel uncomfortable in your own body? Do you feel like you have been treated unfairly? Do you feel like you have been mistreated?

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

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