Chintha, the Founder of Nidahas Chinthana Sansadaya (Consumer Action Forum – South), Sri Lanka is a Silent Diplomat who promotes Disability Inclusion throughout her career.

2001 - The first Sri Lankan with a Mental Health Condition/Survivor of Suicide who led an International Organization - BasicNeeds in Sri Lanka, that adapted participatory development tools to empower persons with psychosocial disabilities.

2002 - The first leader in Sri Lanka who shared her lived experience to motivate persons with mental health conditions to come out with confidence, which led to formation of a network of such persons ready to share their lived experience. This was the origin of Sri Lanka’s first Consumer Action Forum comprising 40 members following her path, sharing their stories to educate communities, and sensitize authorities.

During the period (2001 - 2006) she was with BasicNeeds, she has designed in consultation with her peers, and colleagues a range of good practices, e.g.,

2002 - Entrepreneurial volunteerism - a concept she developed to help 100% volunteers in their own villages to develop their capacities either to become paid resource persons or enterprise owners, along with persons with psychosocial disabilities.

2003 - She introduce a simple module on Expenditure Management to develop financial management discipline prior to introducing income generation ventures for her project participants/the consumers in mental health, caregivers of severely ill persons and volunteers/community animators.

2005 - As a silent diplomat (her way to advocate), she uses little research she did based on the information on drug flow in the areas they work, and donated medication, to educate the Minister of Health at the time at a workshop organized by Ministry Of Health for finalizing the Mental Health Policy. The outcome was, the immediate decision to include effective psychotropic drugs (that have been restricted to special mental hospitals at the time), into the essential drug list.
2005 - She in collaboration with the Southern Provincial Directorate of Health, General and base hospitals in Southern Tsunami affected areas, economic development stakeholders, and Civil Society Organisations, developed an effective model to revive the psychosocial, and economic status of affected families using participatory development techniques. This helped southerners to recover from grief faster than expected.

Having affected her mental status, in the end of 2006, she left BasicNeeds back to her original profession - Small Enterprise Development, which led her to start her own business venture - a consultancy firm in 2008. There she allocated 25% of the profits to a CSR project called, Empowerment of Consumers in Mental Health. The outcome was the establishment of 65 consumer action forums, that formed into a National Network. (as she was a catalyst, who never wants to present as a frontline leader, her contribution was not revealed).

Before leaving BasicNeeds, she designed the community mental health part of the Sri Lanka Health Services proposal for World Bank, which resulted in decentralizing mental health services to primary healthcare level.

The new communication tools she introduced were include - Life Story Based Forum Theatre, Human Library for sensitizing professionals, service providers, and administrators on inclusive practices.

Being a researcher, and a development practitioner, and an entrepreneur she designed projects for high donors and NGOs to create space for inclusion of persons with disabilities in social and economic development process. Her projects are presently implemented in North, East, South, Uva, North-Western, and North-Central Provinces in Sri Lanka.

Her services to the Nation have never been recognized, because she is too modest and cool.