



ESAF CONNECT

Endometriosis Support & Awareness Foundation Sri Lanka



ABOUT ESAF

Founded in 2021, the Endometriosis Support & Awareness Foundation (ESAF) is a registered non-profit organization in Sri Lanka and a proud member of the World Endometriosis Organization (WEO).



OUR WORK

ESAF strives to raise public awareness, encourage early symptom recognition among the public and primary care providers, and support individuals affected through education, advocacy, and resources, focused on timely medical intervention and compassionate care.





MESSAGE FROM THE FOUNDER

Endometriosis Support & Awareness Foundation (ESAF) was born from my own journey through misdiagnosis, chronic pain, and limited access to information. I saw the need for a space rooted in awareness, education, and empathy. As a corporate lawyer and women's health advocate, my hope for ESAF is break the silence, bridge knowledge gaps, and to empower individuals to seek timely diagnosis and manage endo with confidence

MESSAGE FROM THE HEAD OF PROJECTS

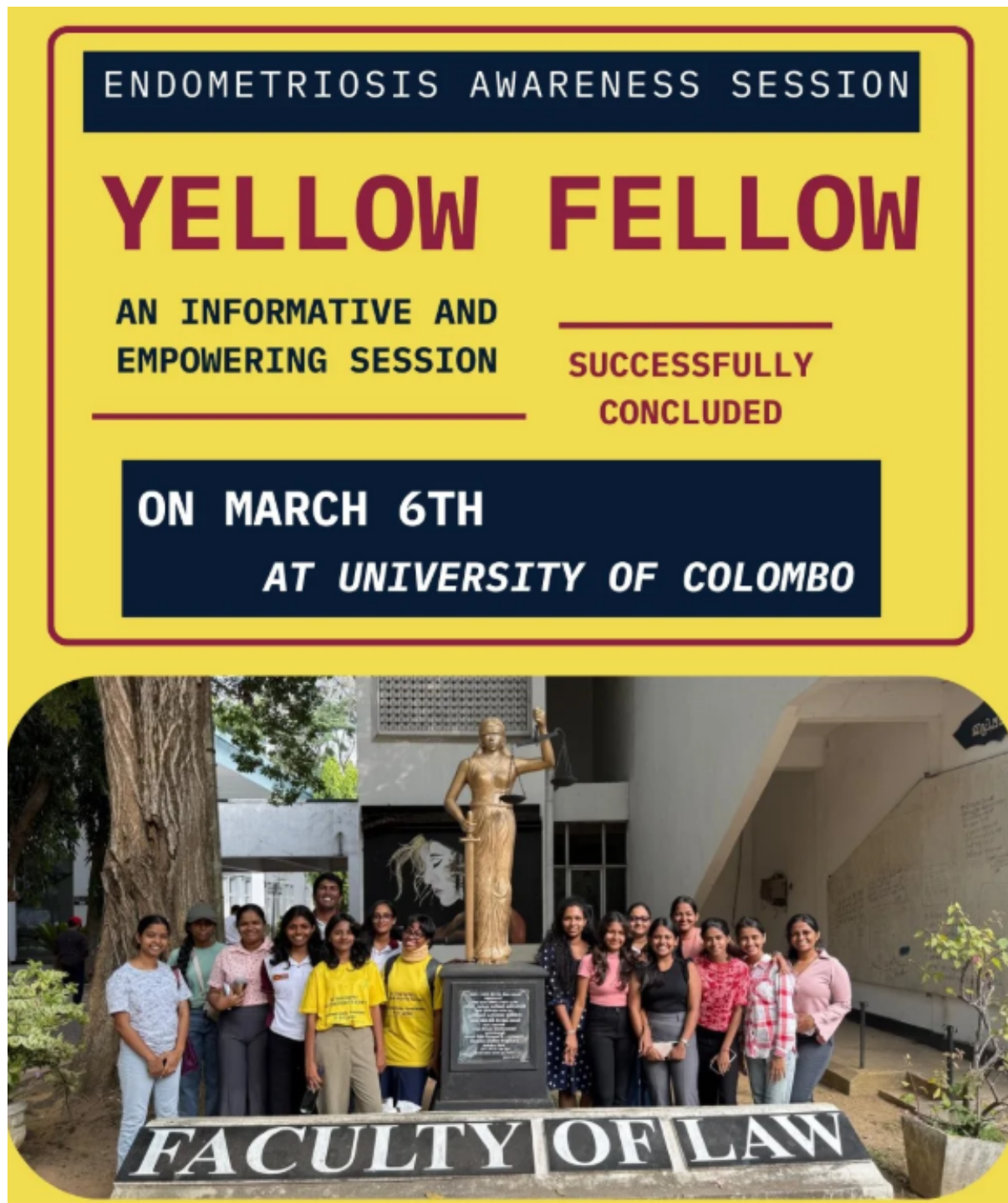
Grateful to step into the role of Head of Projects at ESAF, supporting a cause close to my heart. With my background in psychology and journalism, I hope to contribute meaningfully to our efforts in raising awareness and supporting those affected by endometriosis. Honoured to be part of a mission that empowers, educates, and breaks stigma.



March 2026

Raising Awareness: Endometriosis and Key Educational Initiatives

In recognition of Endometriosis Awareness Month this March, we successfully conducted a series of awareness sessions across both private and public universities, specifically engaging students within the 20–25 age group. This initiative aimed to educate young adults on the importance of early recognition, timely diagnosis, and support for those affected by endometriosis.



March 2026

Science Day Celebration at Asian Institute of Business and Science

As part of the Science Day celebration, ESAF actively participated by organizing an educational stall aimed at engaging and inspiring students. The stall served as an interactive platform to raise awareness on what endometriosis is, causes and risk factors, common myths vs facts, encouraging curiosity and learning among participants.

Photograph of our founder addressing the audience.



Survey Highlights from Bionova 2026

- Research - Endometriosis Knowledge Assessment Study
- Age group - 20 - 25 years(63 girls and 11 boys)
- 74 students participated in the awareness survey conducted during the programme
- 80%+ of respondents had limited or no prior knowledge of endometriosis before the session
- Nearly 6 in 10 students initially believed severe menstrual pain is “normal” and not a medical concern
- After the session, 85%+ reported improved understanding of endometriosis symptoms and early warning signs
- 45% of participants expressed interest in attending further reproductive and menstrual health education sessions
- A majority of students identified interactive activities (Myth or Fact game, discussions) as the most effective learning method
- Strong engagement was observed in the “Endo Voice” initiative, with students actively sharing experiences and questions
- Overall feedback showed a high satisfaction rate (>90%) with the awareness programme format and delivery

Endometriosis Awareness Survey

Name (Optional): Thiseni Kithudara

Contact Number (Optional): 076-7636949

1. Have you heard of endometriosis before?

- Yes
- No

2. If yes, where did you first hear about it?

- School / University
- Social media
- Friends or family
- Doctor / health professional
- News or articles
- Other: _____

3. Do you know that endometriosis can cause severe menstrual pain?

- Yes
- No
- Not sure

4. Before today, did you know that endometriosis can affect fertility?

- Yes
- No
- Not sure

Endometriosis Awareness Survey

Name (Optional): H.W. Miguni Nethnadee

Contact Number (Optional): 0710374293

1. Have you heard of endometriosis before?

- Yes
- No

2. If yes, where did you first hear about it?

- School / University
- Social media
- Friends or family
- Doctor / health professional
- News or articles
- Other: _____

3. Do you know that endometriosis can cause severe menstrual pain?

- Yes
- No
- Not sure

4. Before today, did you know that endometriosis can affect fertility?

- Yes
- No
- Not sure

5. Do you think menstrual pain is often taken seriously in society?

Learn more at www.esafsrilanka.lk

With Her- Digital campaign

The Endometriosis Awareness Project, “With Her,” was successfully conducted with the aim of increasing understanding and awareness of Endometriosis among young people. This initiative was carried out through a collaboration between ESAF and the youth-led organization, the Rotaract Club of Mid City.

The project focused on educating youth about endometriosis, its symptoms, and its impact on physical and mental health, while encouraging open conversations around menstrual and reproductive health.

The campaign helped disseminate key information through social media platforms, engaging a wider audience and promoting continuous awareness.

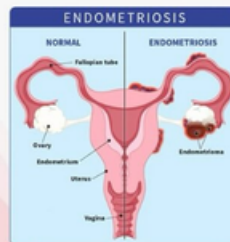
Snapshots of the PR material created by ESAF volunteers...

WHAT IS ENDOMETRIOSIS..?

- ENDOMETRIOSIS IS A CHRONIC CONDITION WHERE TISSUE SIMILAR TO THE UTERINE LINING, GROWS OUTSIDE THE UTERUS.
- IT CAN GROW ON AREAS SUCH AS THE OVARIES, FALLOPIAN TUBES, AND PELVIC LINING, LEADING TO PAIN AND INFLAMMATION.



WHAT HAPPENS IN BODY..?



- JUST LIKE THE UTERINE LINING, THIS TISSUE RESPONDS TO THE MONTHLY HORMONAL CYCLE.
- DURING MENSTRUATION, THIS TISSUE ALSO BREAKS DOWN AND BLEEDS.
- BUT UNLIKE NORMAL MENSTRUAL BLOOD, IT HAS NO WAY TO LEAVE THE BODY.
- THIS CAN CAUSE SEVERE PELVIC PAIN AND DISCOMFORT.

Rotaract Club of Mid City | ESAF | ENDOMETRIOSIS AWARENESS CAMPAIGN

With Her

ENDOMETRIOSIS AWARENESS CAMPAIGN

WHY AWARENESS MATTERS..?

ENDOMETRIOSIS AFFECTS 1 IN 10 WOMEN WORLDWIDE.

MANY LIVE WITH SYMPTOMS FOR YEARS WITHOUT A DIAGNOSIS BECAUSE SEVERE PERIOD PAIN IS OFTEN DISMISSED AS "NORMAL."

AWARENESS HELPS PEOPLE:

- RECOGNIZE SYMPTOMS EARLIER
- SEEK MEDICAL SUPPORT
- BREAK THE SILENCE AROUND MENSTRUAL HEALTH

1 in 10 women worldwide are affected by endometriosis.

PAIN SHOULD NEVER BE IGNORED.

#WeStandWithHer

COMMON SYMPTOMS OF ENDOMETRIOSIS..

- SEVERE PERIOD PAIN
- CHRONIC PELVIC PAIN
- HEAVY MENSTRUAL BLEEDING
- CHRONIC FATIGUE
- FERTILITY ISSUES

THESE SYMPTOMS DO NOT ALWAYS MEAN ENDOMETRIOSIS.



BUT SEVERE OR PERSISTENT PAIN SHOULD NOT BE IGNORED.



We look forward to continuing our work in awareness, advocacy, and community support in the year ahead.

Wishing everyone a positive and impactful New Year.

Celebrating new beginnings, our founder lights the traditional oil lamp for the Sri Lankan New Year.



ESAF is organizing a 5 km charity awareness run in collaboration with Colombo City Runners, Colombo Night Runners, and the Rotaract Club of Colombo North to raise awareness about endometriosis. The event aims to bring the community together to support those affected, promote understanding, and raise much-needed funds for future projects, with a target of 1,000 participants.



The poster features a vibrant orange and yellow background with a woman in a white t-shirt and black shorts running across the bottom right. The t-shirt has 'RUN FOR HER' and '5KM AWARENESS RUN FOR ENDOMETRIOSIS' printed on it. A blue ribbon banner at the bottom reads 'ENDOMETRIOSIS SUPPORT & AWARENESS'.

Rotaract Colombo North **WCO** World Endometriosis Organisations **Tickets Ministry** **ESAF** Endometriosis Support & Awareness

ENDOMETRIOSIS 5KM RUN

RUN FOR HER 2026

5KM AWARENESS RUN FOR ENDOMETRIOSIS

24 May 2026 | 7AM | Independence Square

REGISTRATIONS ARE NOW OPEN!



FUNDRAISING CONTRIBUTION
2000 LKR