



SHRIMATI INDIRA GANDHI COLLEGE

(Affiliated to Bharathidasan University)

Nationally Accredited at 'A' Grade (3rd Cycle) by NAAC | An ISO 9001 : 2015 Certified Institution
Tiruchirappalli - 620 002

COMMUNITY ORGANISATION PROGRAMME

TOPIC	: PCOD
VENUE	: Janet Nursing Home (Auditorium)
DATE	: 24/02/2023
TIME	:12.30pm
LOCATION	:Tennur, Trichy

PROGRAMME ORGANISER :L.Veera Preetheeswari

INTRODUCTION:

The social work trainee organized an awareness programme on "Ploycystic ovarian disease" to the patients of Janet Nursing Home on 24/02/2023 at 12.30pm.

AIM OF THE PROGRAMME:

- ✦ To create an awareness among patients about importance of breastfeeding
- ✦ To make them aware of PCOD.

TARGETGROUP:

Patients in Janet Nursing Home.

AGENDA:

- ✦ Welcome address
- ✦ Introduction about speaker
- ✦ Special address
- ✦ Resources person talk
- ✦ Vote of thanks

PLANNING FOR THE PROGRAMME:

The social work trainee discussed with the faculty advisor and organized an

awareness on “Polycystic Ovarian Disease”. After the discussion the social work trainee got permission from the management and chosen patients of Janet Nursing Home as a target group for the programme. Then the social work trainee got permission from the Janet Nursing Home and they accept the proposal for the programme immediately and they encouraged the trainee to give awareness to the patients.

EXECUTION OF THE PROGRAMME:

The social work trainee made arrangements for the programme and the other social work trainee helped the trainee for the arrangements.

The social work trainee gave the welcome address.

Followed by that the trainee gave memento to the chief guest and the Programme was started on time.

The chief guest Dr. Victoria Johnston (Obstetricians & Gynaecologist). Infertility consultant gave presentation on “PCOD” to patient of Janet Nursing Home.

She explained the PCOD ,it’s causes, symptoms, DO’s& DONT’s and treatment for PCOD in leading a healthy life style.

PCOD (POLYCYSTIC OVARIAN DISEASE):

A hormonal disorder causing enlarged ovaries with small cysts on the outer edges.

CAUSES:

- ✦ Excess insulin production
- ✦ Excess androgen production
- ✦ Low-grade inflammation (Example: Depression)
- ✦ Heredity

SYMPTOMS:

- ✦ Irregular period
- ✦ Heavy bleeding
- ✦ Hair growth (face, body, belly)
- ✦ Weight gain
- ✦ Male pattern baldness

TREATMENT FOR PCOD:

A medicine called **Clomifene** may be the first treatment for women with PCOD who are trying to get pregnant.

Clomifene encourages the monthly release of an egg from the ovaries (**Ovulation**).

If Clomifene is unsuccessful in encouraging ovulation,

BUDGET:

S.NO	PARTICULARS	ACTUAL BUDGET	ESTIMATED BUDGET
1.	INVITATION	80	100
2.	PHOTOS	100	170
3.	GIFT	600	800
4.	REFRESHMENT (SPONSER)	1000	—
	TOTAL	1780	1070

This is a surplus budget. The remaining amount was divided and distributed among the students.

SELF EVALUATION:



- ✦ Through co- programme the trainee came to know how to organize a programme in a proper manner. .
- ✦ How to face the stress & difficulties while organizing the programme ✦The planning & execution of the programme was Successful.
- ✦ The trainee gained experience to handle a group of people.

CONCLUSION:

The community organization programme is very useful and we gained practical exposure of dealing with community also the trainee felt satisfied aboutgiving awareness to the patients to cope up with PCOD for leading a healthy life.



**PG & RESEARCH DEPARTMENT OF SOCIAL WORK
SHRIMATI INDIRA GANDHI COLLEGE**

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TIRUCHIRAPPALLI – 620002*

CORDIALLY INVITES YOU FOR an AWARENESS PROGRAMME ON
"IMPORTANCES OF PHYSICAL HEALTH FOR AGING "
At
Kangaroo Home for the Aged
(A Unit Of Head India NGO)

Date: 13/03/2023
Time: 3.00 pm

Welcome Address

Ms. SANTIYA.S I - MSW

Guest of Honour

Rtn. V. DEEPA RAJA MSW, (M&P)
Director of Kangaroo Karunai illam, Crawford Trichy

Resource person

Dr. THANGAPICHAIPPA
Rtd. Principal, M.R. Arts and Science college

Felicitation:

Dr.K.SHENBAHAM
Head of the Department

Faculty Advisor:
Dr.E.DEEPA Assistant Professor
Department of Social Work
Srimati Indira Gandhi College,
Trichy.

Program Organiser
S. SANTIYA I-MSW



GPS Map Camera

Tiruchirappalli, Tamil Nadu, India
120, Crawford Colony Main Rd, Anbu Nagar, Crawford
Colony, Tiruchirappalli, Tamil Nadu 620012, India
Lat 10.782496°
Long 78.678916°
13/03/23 03:11 PM GMT +05:30

Google

COMMUNITY ORGANIZATION

permission from the management and chosen target people elderly person at kangaroo orphanage home for the aged for the awareness program. Then the social work trainee got permission from the kangaroo home for the aged and they accepted the people for the trainee immediately and they encouraged the trainee to give awareness to the elderly people.

EXECUTION OF THE PROGRAMME:

The social work trainee made arrangement for the program individually the social work trainee gave the welcome address followed by the trainee gave memento to the chief guest and the program was started on time.

The chief guest Dr. THANGAPICHAIPPA (MRK arts and Science College). Retierd principal and also chief advisor of district volley ball association he gave the speech about physical health for the elderly people at kangaroo home for the aged and the he explained his working experiences and do some physical activities for the elderly people and he told about how they lead a happy life during the ageing period and give some tips for the physical fitness for the elderly people.

BUDGET:

S.NO	PARTICULAR	ESTIMATE BUDGET	ACTUAL BUDGET
1.	Invitation	200	250
2.	Photos	100	60
3.	Gift	500	600
4.	Refreshment	500	460
	TOTAL	1300	1370

SELF EVALUATION:

Through co program the social work trainee came to know how to organize

Social work trainee learnt how to organize the program individually

The trainee gained more experiences for how to handle a group of people.

CONCLUSION:

The community organization program is very useful and social work trainee gained Knowledge on practical exposure of dealing with community and also the trainee felt satisfied about giving awareness to the elderly people and learnt what are the problems are faced by elderly people during ageing period.