

SCHEME FOR GROUP WORK–BASED INTERVENTION PROGRAMS

1. Title of the Scheme

Group Work–Based Intervention Program for Psychosocial Support and Personal Development

2. Background and Rationale

Group work intervention is an effective method to support individuals facing emotional, psychological, social, and behavioural challenges. Through structured group interaction, participants gain emotional support, learn coping skills, develop social competence, and improve their overall wellbeing. Group programs also foster mutual understanding, reduce isolation, and promote collective healing and growth.

3. Objectives

General Objective

To promote psychosocial wellbeing, emotional resilience, and personal growth through structured group work interventions.

Specific Objectives

- Provide a safe and supportive environment for participants to share experiences
 - Enhance emotional awareness and coping skills
 - Strengthen interpersonal and communication skills
 - Reduce stress, anxiety, and feelings of isolation
 - Promote peer support and collective problem-solving
 - Improve self-confidence and self-esteem
 - Encourage positive behavioural change and resilience
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4. Target Beneficiaries

- Youth and adolescents
- Adults experiencing emotional stress
- Students facing academic and personal challenges
- Women empowerment groups

- Community members facing psychosocial difficulties
- Vulnerable and marginalized groups

Group size: 8–15 participants per group

5. Program Components

A. Group Formation

- Identification of participants
- Needs assessment
- Group composition based on age, needs, or challenges

B. Orientation Session

- Introduction to group purpose
- Establishment of group rules and confidentiality
- Building trust and rapport

C. Structured Group Sessions

Topics may include:

1. Emotional awareness and expression
 2. Stress management techniques
 3. Coping with anxiety and depression
 4. Communication and interpersonal skills
 5. Problem-solving skills
 6. Conflict resolution
 7. Self-esteem and confidence building
 8. Life skills development
 9. Goal setting and motivation
 10. Social support and resilience building
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6. Intervention Methods

- Group discussions
- Sharing sessions
- Role play
- Interactive activities
- Psych education
- Peer support exercises
- Relaxation and mindfulness techniques
- Skill-building exercises

7. Implementation Plan

Duration

- Program length: 8–12 weeks
- Session frequency: Once per week
- Session duration: 60–90 minutes

Facilitators

- Trained counsellor
 - Social worker
 - Psychologist
 - Mental health professional
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8. Roles and Responsibilities

Program Coordinator

- Overall supervision
- Program planning and monitoring

Group Facilitator

- Conduct group sessions
- Provide guidance and support

Support Staff

- Assist in logistics and coordination
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9. Monitoring and Evaluation

Indicators include:

- Attendance and participation rate
- Improvement in emotional wellbeing
- Reduction in stress and anxiety
- Participant feedback
- Behavioral and social improvement

Evaluation Methods:

- Pre- and post-assessment
 - Observation
 - Feedback forms
 - Group review sessions
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10. Expected Outcomes

- Improved emotional wellbeing
 - Increased self-confidence
 - Enhanced coping skills
 - Stronger peer support networks
 - Reduced psychological distress
 - Improved interpersonal relationships
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11. Resources Required

Human Resources

- Counselor / Facilitator
- Program coordinator

Material Resources

- Training materials
- Worksheets
- Stationery
- Meeting space

Financial Resources

- Facilitator honorarium
 - Materials and logistics
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12. Budget

| Item | Estimated Cost (₹) |
|--------------------------|--------------------|
| Professional counsellors | 1,000 |
| Program coordinator | 1,000 |
| Training | 1,000 |
| Equipment and setup | 1,000 |
| Miscellaneous | 1,000 |
| Total | 5,000 |

13. Sustainability Plan

- Training peer facilitators
- Integration with community programs
- Continued support groups
- Collaboration with mental health professionals
- Institutional support

14. Conclusion

The Group Work–Based Intervention Programme will help individuals address social and personal challenges through collective participation and mutual support. It will strengthen community relationships, promote social awareness, and encourage positive social change.