

B) Group Method

A group can be defined as an aggregate of small number of people in reciprocal communication and interaction around some common interests. In a group method, the dietary counselling communicates with people in groups and not as individual person. The size of groups may be small (comprising 15 to 25 persons), medium (consisting of 25-50) and large group with the composition of 50 to 100 persons. Group methods are adapted when it is necessary to communicate several persons simultaneously, who are not located far off the communicator, and reasonably good time are available. The group participation and group opinion formation are also important in this method.

• Advantages of group method.

- i) This method enables the nutrition/health dietary/health counsellor to have face-to-face contact with a number of people at a time.
- ii) It enables to reach specific part of target group.
- iii) Facilitates sharing of knowledge and experience and thereby strengthen learning by group members.
- iv) Due to involvement of fewer number of people there are more chances of interaction and feed back.
- v) Motivates people to accept change due to group influence.
- vi) Less expensive and larger coverage than individual method.
- vii) Have much stimulatory action than mass method.

• Limitations/Disadvantages.

- i) Due to wide diversity interest of group members may create a difficulty in learning situation.
- ii) Holding meeting by arranging all group members at a time is a problem.
- iii) Vested interests, by caste, group and village factions may hinder free interactions, participation and decision making by the group members.

The Common Group methods used in ~~an~~ dietary counselling are - Demonstration, Discussion methods, role play or drama, field visit/tour etc).

(a) Demonstration

Among the communication and educational techniques, 'demonstrations' are the oldest, best and simplest tools for transmitting sophisticated technology in a simple and understandable form. In demonstration, the dietary counselling agent teaches the group people how to do many kind of work practically.

(b) Discussion Methods

Discussion method is a method of democratically arriving at certain decisions by a group of people, by taking into consideration the members' point of view.

(c) Panel Discussion

~~In a panel~~ In a Panel discussion, 4 to 8 persons qualified to talk about the topic sit and discuss on a given problem (topic) in front of the audience. The Panel comprises a chairman or moderator and from 4 to 8 speakers. The chairman introduces all panel speakers. There is no specific agenda, no order of speaking and no set of speeches. The chairman has to keep the discussion going and develop the train of thought.

(d) Symposium

A symposium is a series of lectures on a selected topic. Each person or expert presents an aspect of the subject briefly. There is no discussion among the symposium members. In the end of audience may raise questions. The chairman makes a comprehensive summary at the end of entire session.

① Workshop

The workshop is the name given to a novel experiment in education. It consists of a series of meetings, usually 4 or more with emphasis on individual work, with the help of care consultants and resource personnel.

② Role Play or drama

Here two or more persons from the group are given individual role or a part to play they act out a situation leading to discussion following. Little or no practice is done so that the acting is spontaneous, beforehand they are given sometime to think about their role.

③ Field Visit or tour

In field visit or study tour, a group of interested persons accompanied and guided by one or more dietary Counsellors / expert agents, move out of their neighbourhood to study and learn significant improvements to farm and home elsewhere.