Last Date of Submission of Assignments to the Study Centre
July 2026 Session - March 31, 2027
January 2027 Session - September 30, 2027

Programme Code: BSW
Course Code: BSWE-002
Total marks: 100

Social Work Intervention with Individuals and Groups

ASSIGNMENT

Note: (i) Answer all **five** questions.
(ii) **All** questions carry **equal** marks.
(iii) Answers to questions no. **1** and **2** should not exceed **500** words each.

1. Trace the key milestones in the historical development of social case work. 20

OR

Explain the core principles of social casework and illustrate them with examples. 20

2. Define the concept of an interview in social case work and explain its purpose. 20

OR

Describe the essential qualities of an effective social case work interviewer. 20

3. Answer any **two** of the following in about **250** words each:

a) Why is recording important in social case work? Explain its purposes. 10
b) Describe the historical development of social group work. 10
c) List out the different types of groups. Discuss them. 10
d) Explain the theories that form the foundation of group work practice. 10

4. Answer any **four** of the following questions in about **150** words:

a) List the main models of social group work. 5
b) Briefly outline the phases involved in working with individuals. 5
c) Define "health" and "health care" and explain their meanings. 5
d) Highlight the role of a social worker in a health care team. 5
e) Discuss the role and significance of social work in industrial settings. 5
f) List the key features of a rural community. 5

5. Write short notes on any **five** of the following in about **100** words each:

a) Principles of recording 4
b) Transactional Analysis 4
c) Home visits 4
d) Juvenile Delinquency 4
e) The skill of listening 4
f) Diagnosis 4
g) Understanding the Client 4
h) Public Interest Litigation (PIL) 4

1. Trace the key milestones in the historical development of social case work. (20)

Answer

Social case work is a method of helping individuals and families deal with personal difficulties while considering their relationships and social surroundings. It did not develop in a single year. Its history shows a gradual movement from informal charity towards trained, planned and rights-based professional assistance.

Early charity and the organized relief movement

Before the nineteenth century, religious institutions, families and local communities gave support to people facing poverty, illness or neglect. Assistance often depended on sympathy rather than a systematic understanding of a person's situation. Industrialization and rapid urban growth created new hardships such as unemployment, overcrowding and insecure living conditions. These problems encouraged people to organize relief efforts.

The Charity Organisation Society, established in London in 1869, was an important milestone. It promoted coordination between charities, investigation of individual circumstances and friendly visiting. A similar society began in Buffalo, United States, in 1877. Volunteers visited families, collected information and tried to understand the reasons behind their difficulties. Although the early approach sometimes judged people as deserving or undeserving, its record keeping and individual attention helped create the foundations of case work.

Mary Richmond and the scientific approach

Mary Ellen Richmond transformed friendly visiting into more systematic practice. Her book Friendly Visiting among the Poor (1899) discussed thoughtful personal contact. In Social Diagnosis (1917), she explained how careful information gathering and social evidence could guide the assessment of a client's needs. Her What Is Social Case Work? (1922) emphasized the individual in relation to the social environment. These writings helped establish case work as an organized professional method rather than simply the distribution of relief.

During the First World War and the years that followed, psychological ideas increasingly influenced practice. Social workers began studying emotions, family relationships, childhood experiences and personal adjustment. Hospitals, child guidance clinics and mental health services widened the field of case work.