**Abstract**

Establishment of the groups was envisaged under the women development and empowerment component of the Self Help Movement Programme. This would be the instrument to provide women with collective access to services of different governmental programs and schemes that were hitherto usually denied them as individuals. Although Self Help Groups were originally viewed as a minor component of the Self Help Movement Programme, they gained so much momentum that they were eventually used to launch many of the awareness and skill training programs under Self Help Movement Programme. The groups presented forums that were highly effective in reaching the overall communities. The present study deals with the SHGs in Coimbatore district. The empirical findings of this study would pave the way for taking certain policy decisions for strengthening the SHGs training programmes.