**Study Protocol:**

The study will be carried out under the Helsinki Declaration, with each participant providing written informed consent. The participants will be recruited through DASS-21, WEMWBS, and Rosenberg's self-esteem scale. The study will be carried out in the center for counseling and social wellbeing (UOH-CCSW) at The University of Haripur, Khyber Pakhtunkhwa, Pakistan. In case of allocation for intervention enrollment to the analysis we will follow the CONSORT statement 2010. Participants in each group received

evaluations of the primary and secondary measures at baseline DASS-21, WEMWBS, and Rosenberg self-esteem scale, in the intervention and control group 6 weeks later to repeat this testing. Participants whose scores are at the moderate level will select and recruit in the study. The study includes six sessions in six weeks. Recruited participants will be divided into three groups, each group consisting of 30 participants. Each session will consist of 90 minutes.