

# **Four Day Premarital Counselling Course**

**COUNSELLING CENTRE**

**EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTTY**

**2019, MARCH 1, 2, 3 & 4**

**Seminar Hall, EMEA College of Arts and Science, Kondotty.**

**(Under the Department of Minority Welfare, Government of Kerala)**

**CCMY VENGARA**

Verified by IQAC EMEA-2019

## **Four Day Premarital Counseling course**

**March 1,2,3 and 4, 2019**

**Counseling Centre, EMEA College of Arts and Science, Kondotty**

Premarital Counseling course is a four day programme spanning 24 hours lectures and 6 hours individual counselling. The lectures are grouped into eight sessions. All sessions are dealt with trained, experienced counsellors approved by state govt of Kerala. The course has been designed and instituted by Minority Welfare Department, Govt Kerala. EMEA College Counselling centre conducted the premarital course in March 2019.

Premarital counseling helps prepare for marriage. It can help ensure to have a strong, healthy relationship — giving a better chance for a stable and satisfying marriage. It touches areas like finances, communication, beliefs and values, roles in marriage, reproduction and sexual health, Family relationships, decision-making and Dealing with emotions etc. Premarital counseling helps partners improve their ability to communicate, set realistic expectations for marriage and develop conflict-resolution skills. In addition, premarital counseling can help couples establish a positive attitude about seeking help down the road.

41 Students attended the programme. They were selected from various departments based on first come first serve basis, however more preference was given to girls. The course was conducted from March 1 to March 4, 2019. Class started at 9 am and finished at 4.30 pm. The venue was Seminar Hall. Students who successfully completed the course were given govt. of Kerala recognized certificates.

EMEA College of Arts and Science – Kondotty

PREMARITAL COUNSELING

(UNDER MINORITY WELFARE DEPARTMENT)

(EXTENSION OF CCMY VENGARA - KOLAPPURAM

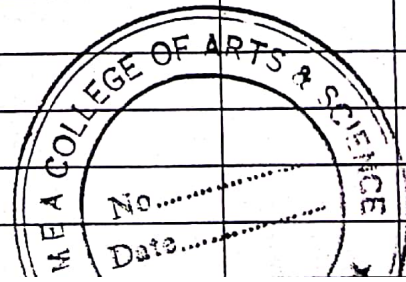
Participants List

No	Name	Mobile	March1	March2	March3	March4	
✓ 1	Thaha Mubashir	9745531979	<del>Thaha</del>	<del>Thaha</del>	<del>Thaha</del>	<del>Thaha</del>	Received.
✓ 2	SIDAN P.K	9495489014	<del>Sidan</del>	<del>Sidan</del>	<del>Sidan</del>	<del>Sidan</del>	Received
✓ 3	JABIR K.I	9645053152	<del>Jabir</del>	<del>Jabir</del>	<del>Jabir</del>	<del>Jabir</del>	Received
✓ 4	Mubassiya C	9645159576	<del>Mubassiya</del>	<del>Mubassiya</del>	<del>Mubassiya</del>	<del>Mubassiya</del>	
✓ 5	MOHAMMED SHATHUK	9539993946	<del>Shathuk</del>	<del>Shathuk</del>	<del>Shathuk</del>	<del>Shathuk</del>	Received
✓ 6	Aswathi.M	9947081665	<del>Aswathi</del>	<del>Aswathi</del>	<del>Aswathi</del>	<del>Aswathi</del>	Received
7	Syama M	9746944278	<del>Syama</del>	<del>Syama</del>	<del>Syama</del>	<del>Syama</del>	
8	Anjana K	9645286438	<del>Anjana</del>	<del>Anjana</del>	<del>Anjana</del>	<del>Anjana</del>	Received.
9	ANJITHA P.T	8157855079	<del>Anjitha</del>	<del>Anjitha</del>	<del>Anjitha</del>	<del>Anjitha</del>	Received
10.	Farhath.vk	7025819308	<del>Farhath</del>	<del>Farhath</del>	<del>Farhath</del>	<del>Farhath</del>	Received
11.	Shahla.VP	9539802537	<del>Shahla</del>	<del>Shahla</del>	<del>Shahla</del>	<del>Shahla</del>	Received.
12.	Sameeba Thsnim	95440541252	<del>Sameeba</del>	<del>Sameeba</del>	<del>Sameeba</del>	<del>Sameeba</del>	Received.
13.	Krishnenthuk	8086333084	<del>Krishnenthuk</del>	<del>Krishnenthuk</del>	<del>Krishnenthuk</del>	<del>Krishnenthuk</del>	
14	BASHILA -P	8547512196	<del>Bashila</del>	<del>Bashila</del>	<del>Bashila</del>	<del>Bashila</del>	Received
15	Princy.K	9995459866	<del>Princy</del>	<del>Princy</del>	<del>Princy</del>	<del>Princy</del>	Received.
16	JIJINA.P	9526737112	<del>Jijina</del>	<del>Jijina</del>	<del>Jijina</del>	<del>Jijina</del>	Received
17	SILPA.P	9061387576	<del>Silpa</del>	<del>Silpa</del>	<del>Silpa</del>	<del>Silpa</del>	Received
18	Noufiya.P	8606691784	<del>Noufiya</del>	<del>Noufiya</del>	<del>Noufiya</del>	<del>Noufiya</del>	Received
19	Mubashira.MP	9037620953	<del>Mubashira</del>	<del>Mubashira</del>	<del>Mubashira</del>	<del>Mubashira</del>	Received
20	Azifa begum PV	9496237419	<del>Azifa</del>	<del>Azifa</del>	<del>Azifa</del>	<del>Azifa</del>	
21	Jasna .K	9847931003	<del>Jasna</del>	<del>Jasna</del>	<del>Jasna</del>	<del>Jasna</del>	Received
22	HASNA.CA	8606525832	<del>Hasna</del>	<del>Hasna</del>	<del>Hasna</del>	<del>Hasna</del>	Received
23	Fathima Shreya N.N	8943460300	<del>Fathima</del>	<del>Fathima</del>	<del>Fathima</del>	<del>Fathima</del>	Received
24	THASNI NP	8086249516	<del>Thasni</del>	<del>Thasni</del>	<del>Thasni</del>	<del>Thasni</del>	
25	SHIBINA.K	8086827782	<del>Shibina</del>	<del>Shibina</del>	<del>Shibina</del>	<del>Shibina</del>	Received.
26	T.JI.C	9645003471	<del>T.JI</del>	<del>T.JI</del>	<del>T.JI</del>	<del>T.JI</del>	
27	Nishana Neechikavlan	8111821902	<del>Nishana</del>	<del>Nishana</del>	<del>Nishana</del>	<del>Nishana</del>	Received
28	Hajara Shumly.K.P	9946046781	<del>Hajara</del>	<del>Hajara</del>	<del>Hajara</del>	<del>Hajara</del>	Received
29	Rashida Malik.K	9961404081	<del>Rashida</del>	<del>Rashida</del>	<del>Rashida</del>	<del>Rashida</del>	Received
30	Hamid Roshan	8943621272	<del>Hamid</del>	<del>Hamid</del>	<del>Hamid</del>	<del>Hamid</del>	Received

31	Shahul						
32	Aswath Ram. P	8111827859	cin	cin	cin	cin	cin
33	Reshma	6282388047	Rehna	Rehna	Rehna	Rehna	Rehna
34	Midhaji-E.P	8156935760	Chandan	Chandan	Chandan	Chandan	Chandan
35	Munshida		Mod	Mod	Mod	Mod	Mod
36	Sumithra	7025531723	Sumi	Sumi	Sumi	Sumi	Sumi
37	Aparna	9656477068	Aparna	Aparna	Aparna	Aparna	Aparna
38	FAHIDA.P	9072236451	Katya	Katya	Katya	Katya	Katya
39	<del>XXXXXXXXX.P</del>						
39	SHEENA.O		Sheena 13/15	Sheena 21/19	Sheena 31/19	Sheena 23/15	Sheena 23/15
40	Safia.A		Saf	Saf	Saf	Saf	Saf
41	HAMIDROSHAN	8943621272					
42	ANJUSHA.V.P	9400845037	Anjush	Anjush	Anjush	Anjush	Anjush

Receiv

Verified by IQAC



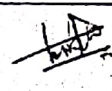
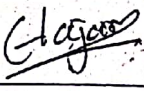
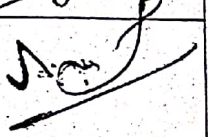
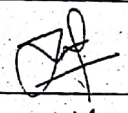

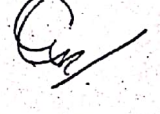
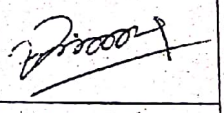

*Signature*  
 PRINCIPAL  
 MEA COLLEGE OF ARTS  
 & SCIENCE, KONDATTY  
 PATTANAM DT. 573 202

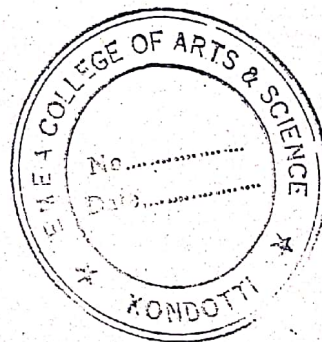
# EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTY


## PREMARITAL COUNSELLING

(UNDER MINORITY WELFARE DEPARTMENT)

(EXTENSION OF CCMY VENGARA - KOLAPPURAM)

<u>DATE</u>	<u>TIME</u>	<u>NAME OF FACULTY</u>	<u>TOPIC</u>	<u>SIGNATURE</u>
01/03/2019	FN	Ms. MUNSHIDA 9995671415	MARRIAGE – INTRODUCTION	
	AN	Ms. HAJARA 9446712339	HUSBUND-WIFE RELATIONSHIP	
02/03/2019	FN	Adv. ANEES 9846620001	LEGAL ASPECTS	
	AN	Mr. T. JAMALUDHEEN 9447452538	COMMUNICATION	
03/03/2019	FN	Dr. ZAYANA JASNA 9947049633	SEXUAL HEALTH	
	AN	Mr. MUHAMMED FAZAL 9446882775	BUDGETING	
04/03/2019	FN	Mr. FIROZ ALI 9496007109	INFANCY PARENTING	
	AN	Ms. SHAMEERA 8281861208	MARRIAGE AND RELATIONSHIP	



  
**PRINCIPAL**  
EMEA COLLEGE OF ARTS  
& SCIENCE, KONDOTTY  
KOLAPPURAM

## Workshop in premarital counseling

### Objective:

1. To make aware of and prepare for healthy and happy married life among unmarried persons.
2. To enhance the knowledge and skills to handle situations in married life.
3. To develop confidence and ability for happy and healthy married life.

### SUGGESTED TOPICS IN PROGRESSIVE ORDER

#### **DAY 01**

#### **SESSION :1 (3HR)**

#### MARRIAGE NEED AND FUNCTIONS, IMPORTANCE OF MARRIAGE AND RELIGIOUS ASPECTS OF MARRIAGE :

Historical evolution: promiscuity, group marriage polygamy; polygamy, polyandry, monogamy, living together, remaining Single.

Need and functions of Marriage: Physiological, Psychological, and Social.

SIGNIFICANCE OF marriage, relevance of marriage, importance of premarital education in contemporary society. religious aspects of marriage

#### **SESSION :2 (3HR)**

#### HUSBAND-WIFE- RELATIONSHIP AND COMMUNICATION IN HUSBAND& WIFE

RELATION SHIP.: Role of Husband, role of wife, expectation and responsibility aspects of relationship. Role set and Role sector in marital relationship. communication, barriers of communications, procedure to overcome barriers, styles of communication, Resolving in communication conflicts.(All these aspects should be in connection with married life)

#### **DAY 02**

#### **SESSION :3 (3HR)**

#### HEALTHY FAMILIAL RELATIONS - FOR HAPPY MARRIED LIFE:

Marriage as a bondage between two families. in-law-relationship: Father/mother in-law, sister/brother in law, friendship, love, Maat and marriage. continuing education, career goal, family life and career. Dud role: Employed wife, media influence and family life, entertainments and family life. basics of time management in married life.

#### **SESSION :4 (3HR)**

MARRIAGE AND SEXUAL RELATIONSHIP: Basics of human physiology, mind, body, anatomy-Sex organs of males and females, healthy and happy sexual relationship, basic issues and problems in sexual relationship, pregnancy, child birth, child care and reality of sex and sexual relation.

**DAY 03****SESSION 5 (3hr)****MARRIAGE LEGAL ASPECTS OF MARRIAGE AND CONFLICT RESOLUTION IN FAMILY**

Legal aspects of marriage, Husband-Wife conflicts, in-law conflicts, Resolving conflict, intra personal conflict: Adjustment problems, Behavioral problems, anger management, Resolving personal problems, Managing social problems, Dowry, addiction, smoking, alcohol drinking, drug abuse, mobile addiction, internet addiction, Sexually transmitted diseases, AIDS, Marital break down, domestic violence etc .....

**SESSION 6(3HR)****MARRIAGE AND FINANCIAL MANAGEMENT, BUDGET FOR FAMILY DESIGNING**

Financial Matters in family Life, Income- Expenses compatibility, Financial Priorities, Savings, Consumerism and family, family budget study and saving opportunity for parents, concept of "wellbeing" - control husband wife - model family - model future

**DAY 04****SESSION 7 (3HR)****CHILD CARE- Parents-when do you become parent**

**Pregnancy-** importance of planning, physical fitness, financial stability, emotional preparedness, environment (Family, career), Unplanned pregnancy-abortion, Chances of infertility.

**Health-** importance of physical & mental health- mood, exercise, relaxation, healthy & deep sleep.

**Preparenting-** nurturing child from conception. **Child care-** birth and beyond, Different option for child birth-Normal, Cs, Care of Newborn Handling, feeding, burping, bonding, swaddling, Diapering, Sleeping, Safety measure, Vaccinations

**DAY 04****SESSION 8 (3HR)**

**Group counseling class with family member :** Need of intervention from experts-Counselors/ clinical psychologist: couple counseling, Family counseling.

**Suggestions:** Sessions may be in progressive order, interactional participatory methods, exercise - Games-Group discussions can be used, Marriage compatibility test can be applied with support of experts, worksheets/printed notes have to be given, Visual Aids Can be used if needed classes should be in simple language.

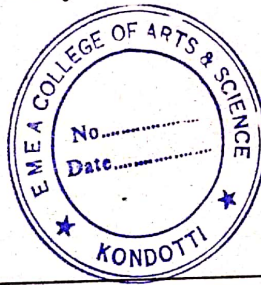


Government of Kerala  
**Directorate of Minority Welfare**  
Vikas bhavan, Thiruvananthapuram

## Certificate of Participation

This is to certify that Mr/Mrs .....  
has participated in the Four days Pre marital counselling course conducted by the Directorate of  
Minority Welfare, Government of Kerala on.....  
at.....in association with  
EMEA College of Arts and Science Kondotty.

Course co-ordinator  
**Lt. ABDUL RASHEED.P**



**Dr. MOIDEEN KUTTY A.B**  
Director, Directorate of Minority Welfare  
Govt. of Kerala