



**Minority Welfare
Department, Government of Kerala**

REPORT

FOUR DAY PREMARITAL – COUNSELING COURSE JANUARY 13, 14, 15 &16, 2021



**JANUARY 13, 14, 15 &16, 2021
COUNSELLING CENTRE
EMEA COLLEGE OF ARTS AND SCIENCE KONDOTTY**

COORDINATOR

Lt ABDUL RASHEED P

**EMEA COLLEGE COUNSELING CENTRE
IN ASSOCIATION WITH
MINORITY WELFARE DEPARTMENT, GOVT OF KERALA**



**FOUR DAY
PREMARITAL-COUNSELING
ON CAMPUS CERTIFICATE PROGRAM
(GOVT APPROVED CERTIFICATE)**

2021 JANUARY

13 14 15 16

VENUE: SEMINAR HALL

(WITH COVID-19 PROTOCOL)

Programme at a Glance

DAY 1

INAUGURATION

Programme Schedule

WELCOME : Lt. ABDUL RASHEED

(COORDINATOR)

PRESIDENTIAL ADDRESS: DR AYOOB C.P

(PRINCIPAL, EMEA COLLEGE)

KEY NOTE SPEECH : Prof. MAMMED P

(PRINCIPAL, CCMY VENGARA)

INAUGURATION : FATHIMATH SUHARABI C.T

(CHAIRPERSON KONDOTTY MUNICIPALITY)

VOTE OF THANKS : SHAZ SHAHUL

(STUDENTS COORDINATOR)

Sessions

DAY 1

SESSION 1

DATE: 13-01-2021

TIME: 9:00 AM

TOPIC: Marriage-Historical, Social, Religious perspectives

Function of marriage

Resource Person: Ms Munshida.

SESSION 2

DATE: 13-01-2021

TIME: 1:30PM

TOPIC: Husband wife relationship- male female differences- quality time-social media

Resource Person: Ms Hajara.

DAY 2

SESSION 1

DATE: 14-01-2021

TIME: 9:30AM

TOPIC : MARRIAGE AND OTHER RELATIONS

Resource Person : Ms. Sameera

SESSION 2

DATE: 14-01-2021

TIME: 1:30PM

TOPIC : LEGAL ASPECTS OF MARRIAGE

Resource Person : Adv. SHAMSUDHEEN K

DAY 3

SESSION 1

DATE: 15-01-2021

TIME: 9:30AM

TOPIC: SEXUAL LIFE- PREGNANCY- REPRODUCTIVE HEALTH

Resource Person: DR. ABDULLA KUTTY

SESSION 2

DATE: 15-01-2021

TIME: 1:30PM

TOPIC: HOME MANAGEMENT AND FAMILY BUDGETING

Resource Person: MR. MUHAMMED FASAL PULLAT

DAY 4

SESSION 1

DATE: 16-01-21

TIME: 9:30am

TOPIC: FAMILY LIFE AND SOCIAL PROBLEMS

Resource Person :MR. ABDUL SAMAD

SESSION 2

DATE: 16-01-2021

TIME: 1:30PM

TOPIC: PARENTING INFANCY AND EARLY CHILDHOOD

Resource Person: MR. CP ASHRAF

VALEDICTORY SESSION

Programme Schedule

WELCOME : LT.ABDUL RASHEED
(DIRECTOR COUNSELLING CENTRE)

PRESIDENTIAL ADDRESS: DR AYOOB C.P
(PRINCIPAL, EMEA COLLEGE)

KEY NOTE SPEECH : DR IBRAHIM CHOLAKKAL
(PRINCIPAL, CCMY VENGARA)

CERTIFICATE DISTRIBUTION: DR AYOOB C.P,
DR IBRAHIM CHOLAKKAL,
Lt.ABDUL RASHEED,P
Dr. CP ASHRAF

VOTE OF THANKS : SHAZ SHAHUL
(STUDENTS COORDINATOR)

REPORT

SESSION WISE

DAY 1

SESSION 1

DATE: 13-01-2021

TIME: 9:00AM

TOPIC: Marriage-Historical, Social, Religious perspectives

Function of marriage

Resource Person: Ms Munshida.

Summary

The four-day premarital counselling course conducted by Counseling Centre in association with Minority Welfare Department, government of Kerala started on 13th January 2020. The session was started at 9 am with an inauguration ceremony. Ms C.T Fathimath Suhrabi, chairperson of Kondotty Municipality, inaugurated the four-day premarital counselling course. Lt. Abdul Rasheed, assistant professor of department of English, welcomed. Dr. Ayoob C.P, principal of EMEA college, delivered the presidential address. Prof. Mammad P, principal of CCMY Vengara, delivered keynote speech. The student coordinator Shaz shahul delivered vote of thanks. The four-day counselling session includes the main topics like history of marriage, in-law relationship, legal aspects of marriage, husband-wife relationship, family relationship and social issues, budgeting and so on. The present session was handled by Miss. Munshida. She mainly handled about the importance of maintaining a successful marital relationship and made the students aware about the importance of getting pre-marital counselling. “marriage is a bright new beginning of two souls becoming one” likewise the resource person brought out many thoughtful insights into student’s mind. The session was lively and they assured involvement of each and every one. Students were free to ask any doubts and to share their feedbacks.

SESSION 2

DATE: 13-01-2021

TIME: 1:30PM

TOPIC: Husband wife relationship- male female differences- quality time-social media

Resource Person: Ms HAJARA.

The second session was handled by Ms. Hajara, trainer of minority welfare department, on the topic husband-wife relationship and quality time in social media. Nearly 68 students were present in the session. The programme mainly dealt with husband wife relationship. She told that good relationship is crucial for long lasting happiness in one's life. If one's relationship is going through bad patch, it may affect all other relationship. Thus the smooth run in the husband-wife relationship is important in marital relationship. The session was made lively through games and role plays. Role plays were conducted by dividing students into eight groups and they performed different situations in marital life. Resource person made sure that the students are lively and interactive throughout the class. Towards the end of the session a question-answer session was put forward where students clarified their doubts and raised questions regarding the topic. They also gave their feedbacks on the entire day. Students were provided with refreshments and the session ended at 4:30pm.

DAY 2
SESSION 1

DATE: 14-01-2021

TIME: 9:30 AM

TOPIC : MARRIAGE AND OTHER RELATIONS

Resource Person : Mrs. SAMEERA

The second day of pre-marital counselling started at 9:30 am with a wonderful session by Mrs. Sameera Shibu on the topic marriage and other relations. She mainly discussed about value of communication in marriage and relationship with in-laws. She gave many instructions for improving the effectiveness of communication in relations. She also discussed about the responsibility, challenges and problems faced by the spouses in many situations of their life. She said that love is a beautiful emotion that brings two people together, irrespective of their colour, sex, race, caste or class. She also reminded the students “you do not marry a man, instead you marry his entire family- your life takes a turn after tying the knot and you don’t just adjust with your partner, but also with his parents to make the relationship work”. She made the class lively by conducting games and asking questions to students. At the end of the session students were given feedbacks on the class and also raised doubts and questions regarding the session. The session ended at 4:30pm following a tea-snack refreshment.

DAY 2
SESSION 2

DATE: 14-01-2021

TIME: 1:30 PM

TOPIC : LEGAL ASPECTS OF MARRIAGE

Resource Person : Adv. SHAMSUDHEEN K

The session was handled by Adv. Shamsudheen K who took the class on the topic legal aspects of marriage. He started with the introductory topic; the conditions of valid marriage. The session was rich in information about the restitution of conjugal rights. He also focused on the topic 'grounds for judicial separation'. Throughout the session he described the relevance of marriage and marriage acts of different religion like Hindu marriage act and Muslim marital laws. Later he even put forward a discussion on dowry and dowry prohibition Act. The session ended up with a talk on the modern trends in marital laws. The whole session was informative as well as useful too. Time given to clarify student's doubts and raise their questions regarding the topic. Many students made use of the opportunity and made the session interactive. Students were provided with refreshments at the end of the session. The session ended at 4:30pm.

DAY 3

SESSION 1

DATE: 15-01-2021

TIME: 9:30 AM

TOPIC : SEXUAL LIFE- PREGNANCY- REPRODUCTIVE HEALTH

Resource Person : DR. ABDULLA KUTTY

On the third day of premarital class, the morning session was handled by the psychologist Dr Abdulla Kutty to converse about sexual life, pregnancy and reproductive health. A total of 64 students were present in the session. He made his point on male-female differences in the anatomy. He also made clear that reproductive system is as important as any other functional system. He also discussed about the sexual life in marriage. Students cleared many of their misconceptions at the end of the session. Students were given opportunities to clarify their doubts where they raised very relevant questions. To summarise the class, it was very resourceful rich with very valid scientific information. This topic is often omitted in the social circle and attached with taboos. Moreover, the session gave students an insight about life. The session ended with a feedback from the students about the class. Shafeeah Shahul, 3rd year BA English, gave the vote of thanks. The session ended at 1:00 pm.

SESSION 2

DATE: 15-01-2021

TIME: 1:30 PM

TOPIC : HOME MANAGEMENT AND FAMILY BUDGETING

Resource Person : MUHAMMED FASAL PULLAT

The second session started at 1:30pm. The resource person of the session was Fasal Pullat, he took class on the topic 'home management and family budgeting'. The class was interesting and gave opportunity to learn the ways to ensure financial security and the general maintenance of home. The speaker provided the insight and understanding regarding the key concepts in spending money wisely. He discussed the practical steps in planning budget and necessity to focus on savings to meet objectives and plan for the future to ensure economic security. He said that money management is about meeting expenses, setting aside money for emergencies and savings. a family budget helps you spend and save wisely. After the session, students raised their questions the session ended at 4.30 pm .

DAY 4

SESSION 1

DATE: 16-01-2021

TIME: 9:30 AM

TOPIC : FAMILY LIFE AND SOCIAL PROBLEMS

Resource Person : Mr ABDUL SAMAD

REPORT

On fourth day of premarital counselling the session which started at 9:30 am, the resource person was Mr. Samad who dealt the topic 'family life and social problems'. He discussed mainly about current issues seen in the society like dowry, smoking alcohol, social media, drug, addiction, domestic violence, internet addiction, lack of communication, extra marital relationship, health issues and so on. As the structure of family changes by the time, so do the challenges families face. Mr. Samad discussed both merits and demerits of each of the above topic in general. Most of the addictions he mentioned were mobile phone, smoking, alcohol which are dangerously affecting the family relations. He also brought out certain issues as examples regarding these topics. Then he talked about the source of frustration for wife. He explained in detailed about the social problems that affect the family and he gave all the possible solutions to avoid it.

DAY 4

SESSION 2

DATE: 16-01-2021

TIME: 1:30 PM

TOPIC : PARENTING INFANCY AND EARLY CHILDHOOD

Resource Person : CP ASHRAF

REPORT

The afternoon session started at 1:30 pm which was dealt by Dr. CP Ashraf on the topic 'parenting' which was very important among all the topics discussed so far. He said all pregnancies start with pre-conception stage. Pre-conception care is the first stage of pregnancy. The parenting in infancy and early childhood were lively and interesting. He talked about different types of pregnancy such as expected pregnancy, unexpected pregnancy, and illegal pregnancy. Attitude towards the foetus must be positive. Then he explained pregnancy in detailed and importance of having aware of it. As it is important to make emotional state of mother positive during pregnancy because adrenaline hormone increases during pregnancy, which has greater effect on the foetus. He also discussed about the healthy maintenance of pregnancy period. During pregnancy period, one must adopt healthy eating habits, self-care, baby care in the womb, good exercise routine, avoiding stress, etc are very important for the health of both mother and baby. At the end, he gave opportunities to ask questions and cleared the doubts of participants. The final session was followed by a valedictory session, certificate distribution and group photo session.

**SYLLABUS OF THE FOUR DAY
PREMARITAL COURSE**

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 affair 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 conflicts, 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 carrier opportunity for parents, concept of "wellbeing" – control husband wife – model family – model nature.

DAY 04**SESSION 7 (3 HR)**

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, Cx. Care of Neo-natal Handling, feeding, burping, bonding, swaddling, Diapering, Sleeping, Safety measures. Vaccinations

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

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.

REGISTERED PARTICIPANTS LIST

FOUR DAY PREMARITAL COUNSELLING

Jan 13-16, 2021 @ EMEA COLLEGE, KONDOTTY

| | | | | | | | |
|----|--------------------|----|------------------|----|---------------------|----|-----------------|
| 1 | RENNA RAHMATH C | 22 | Farsana. N. K. M | 43 | RASLA C K | 64 | SHANA SHERIN |
| 2 | Noorbina | 23 | Jasmin k | 44 | Jami jannath mk | 65 | SHANAS K |
| 3 | Farsana.KT | 24 | Nashida mc | 45 | Wafa Mariyam pv | 66 | AHSHIDHA P |
| 4 | Shifna. K | 25 | Dhanya Mol. AC | 46 | NADA THASNEEM VT | 67 | JASMIN K |
| 5 | FATHIMA SANA KV | 26 | Murshida banu.p | 47 | LUBABATH.K | 68 | SINU O |
| 6 | Mehna mariyam pe | 27 | RAIBA RIYANA | 48 | Hasanath Sasoor | 69 | ASWANI C |
| 7 | Shaharbanu | 28 | Farseena T | 49 | MUFEEDA.VP | 70 | JAHANA SHERIN |
| 8 | JASNA. KP | 29 | Fidha fathima nk | 50 | Safeena C | 71 | JASNA KP |
| 9 | SHAHLA SHERIN | 30 | Salha binth | 51 | Aswani c | 72 | RASLA CK |
| 10 | Jahana Shirin p | 31 | RUSHAIDA.M | 52 | VISHNU K | 73 | NASHIDA MC |
| 11 | JASNA. KP | 32 | SHANA SHERIN UP | 53 | Adhila km | 74 | MURSHIDA BANU P |
| 12 | HIBA M | 33 | SALSA. M | 54 | SHANA FATHIMA PK | 75 | HAVVA MARIYAM |

| | | | | | | | |
|----|------------------|----|--------------------------------|----|---------------------|----|----------------------|
| 13 | Sana farha pvp | 34 | Remeesa jahaan | 55 | Adla Pazheri | 76 | FATHIMATHUL ZUHRA |
| 14 | Sikha.p | 35 | Rinshida | 56 | Anagha.T | 77 | VISHNU |
| 15 | Nandana p | 36 | FATHIMA THASNEEM | 57 | AYISHA RAFA . M | 78 | RAOOF KP |
| 16 | Shahanas uk | 37 | Jasna AV | 58 | MUHAMMED SALIH.K | 79 | NASEEF M |
| 17 | Fathima Nashwa.C | 38 | Raheema sherin TV | 59 | Vaishnav C | 80 | PRATHAMESH |
| 18 | Anshidha.p | 39 | Ayana Raghavan | 60 | Remeesa jahaan | 81 | SOUDABI |
| 19 | Basima Shirin .k | 40 | SAFNA SHIRIN V | 61 | Dilna. Mc | 82 | SHAKIRA |
| 20 | Najiya ct | 41 | Amna Ummathoor Tharippottil | 62 | SHADA FARVIN | 83 | JISHANA |
| 21 | Shahanas.k | 42 | IRFANA SHARIN KC | 63 | SHAFEEAH | 84 | AJNA |

BANNERS

EMEA COLLEGE COUNSELING CENTRE

IN ASSOCIATION WITH
MINORITY WELFARE DEPARTMENT, GOVT OF KERALA



FOUR DAY PREMARITAL - COUNSELING ON CAMPUS CERTIFICATE PROGRAM

(GOVT APPROVED CERTIFICATE)

2021 JANUARY 13,14,15,16

VENUE: SEMINAR HALL
(WITH COVID-19 PROTOCOL)

INAUGURATION: **FATHIMATH SUHARABI C T**
CHAIRPERSON KONDOTTY MUNICIPALITY

Prof. MAMMED P (PRINCIPAL, CCMY VENGARA). Dr. AYOOB CP (PRINCIPAL, EMEA COLLEGE)

EMEA COLLEGE COUNSELING CENTRE
IN ASSOCIATION WITH
MINORITY WELFARE DEPARTMENT, GOVT OF KERALA



FOUR DAY
PREMARITAL-COUNSELING
ON CAMPUS CERTIFICATE PROGRAM
(GOVT APPROVED CERTIFICATE)

2021 JANUARY

13 14 15 16

VENUE: SEMINAR HALL

(WITH COVID-19 PROTOCOL)

CERTIFICATE



Government of Kerala
Directorate of Minority Welfare
Vikas bhavan, Thiruvananthapuram

Certificate of Participation

This is to certify that Mr/Miss.....
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
.....

Course co-ordinator



Dr. Moideen Kutty A.B.
Director, Directorate of Minority Welfare
Govt. of Kerala

PHOTOS



Inaugural Ceremony: Lt Abdul Rasheed P Delivers the Welcome Speech





Dr Ayooob CP, Principal, Presides over Inaugural Ceremony



Ms Fathimath Suhrabi, Chairperson, Kondotty Municipality, Inaugurates Four Day Premarital Counselling Course at EMEA College, Kondotty



KEYNOTE ADDRESS BY PROF. MAMMED P (PRINCIPAL, CCMY VENGARA)



VOTE OF THANKS: Mr. SHAZ SHAHUL (STUDENT COORDINATOR, BBA 3RD SEM)

Sessions Handled by Different Resource Persons











REDMI NOTE 9 PRO MAX
AI QUAD CAMERA



REDMI NOTE 9 PRO MAX
AI QUAD CAMERA

VALEDICTORY SESSION

FOUR-DAY PREMARITAL COUNSELLING

(16/01/2021, 4:30 pm)

Welcome by Lt Abdul Rasheed P (Coordinator)



Inauguration by Dr Ayoob CP (Principal)



Felicitation by Dr Ibrahim Cholakkal and CP Ashraf





CERTIFICATE DISTRBUTION







Group Photo of the Participants (Jan13-16, 2021 Batch)



Suprabhatham Daily 18/0/2021



Chandrika Daily 18/0/2021

മരണ പ്രഭാഷണം നടത്തി. ലൈബ്രറി പ്രസിഡന്റ് സി. അരവിന്ദൻ അധ്യക്ഷനായി. തുടർന്നു നടന്ന

വതരിപ്പിച്ചു. ലൈബ്രറി സെക്രട്ടറി പി. ഗോപാലൻ, സി. അശോകൻ സംസാരിച്ചു.

പ്രിമാരിറ്റൽ കൗൺസലിങ്ങ് സമാപിച്ചു

കൊണ്ടോട്ടി: ന്യൂനപക്ഷ ക്ഷേമ വകുപ്പിന്റെ സഹകരണത്തോടെ കൊണ്ടോട്ടി ഇ.എം.ഇ.എ കോളജിൽ നാലു ദിവസങ്ങളിലായി നടന്ന ചതുർദിന പ്രിമാരിറ്റൽ കൗൺസലിങ്ങ് കോഴ്സ് സമാപിച്ചു.

സമാപന ഉദ്ഘാടനം ഇ.എം.ഇ.എ കോളജ് പ്രിൻസിപ്പൽ ഡോ.സി.പി അയ്യപ്പൻ നിർവഹിച്ചു. നാലു ദിവസം നീണ്ടുനിന്ന കോഴ്സിൽ ദാനത്യജീവിതം മു

ന്നൊരുക്കങ്ങൾ, വിവാഹ നിയമത്തിലെ സദാചാര വശങ്ങൾ, ദമ്പതികളുടെ മനസും ശരീരവും, ദാനത്യ പ്രശ്നങ്ങളും പരിഹാരവും, സന്തുഷ്ട കുടുംബ ജീവിതത്തിലെ ആശയവിനിമയങ്ങൾ, ദാനത്യത്തിൽ അറിഞ്ഞിരിക്കേണ്ട നിയമവശങ്ങൾ തുടങ്ങി പത്തോളം വിഷയങ്ങളിലാണ് ക്ലാസുകൾ സംഘടിപ്പിച്ചത്. നാലാമത്തെ ബാച്ചാണ് കോഴ്സ് പൂർത്തിയാക്കിയത്.

REDMI NOTE 9 PRO MAX AI QUAD CAMERA

Madhyamam Daily 18/0/2021



Deshabhimani Daily 18/0/2021