



राष्ट्रीय महिला आयोग
NATIONAL COMMISSION FOR WOMEN



तेरे मेरे सपने

मजबूत रिश्ते, संवाद से शुरू

PRE MARITAL COMMUNICATION CENTRE
An initiative of National Commission for Women

MAKE COMMUNICATION YOUR SUPERPOWER!

Marriage is a journey not a destination. The journey requires love, mutual understanding, respect, care, support and commitment between the partners to harvest the returns for a happy family. A meaningful marriage is not just living together but allows the partners to feel valued.



Conceptual Framework

The misunderstanding and lack of open communication in the family leads to marital discord and disharmony. The couples prefer or find it easy to approach the judiciary without making any personal efforts to resolve their differences in an amicable manner within the family. It deeply affects the long-term relationship and happiness. Therefore, couple or prospective partners should be adequately prepared on the four pillars of marriageable relationship i.e., care, share, respect and responsibility.

Adequate understanding of these core principles of relationship help us to understand each other, respect the differences and making conscious & shared decisions for better foundation for marriage. The marriage preparedness is a process where we differentiate between good or bad behaviour; treat others with more respect, shape our relationship, make joint decision and handle the conflicts mutually.

Building Strong Foundation for Marriage

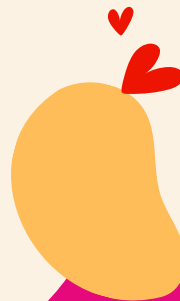
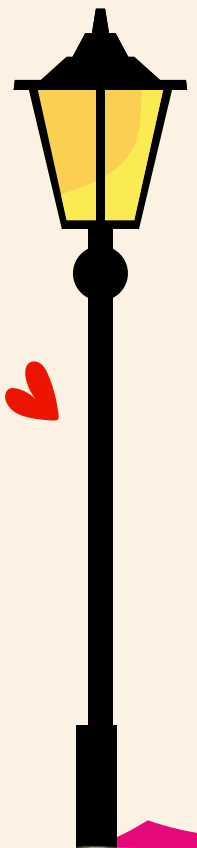
Tere Mere Sapne

The eligible or prospective partners having different background need to identify and express their aspirations about gender roles, parenting, finances, career ambitions, hobbies, personal growth, friendship, higher studies, planning holidays etc.

Opt for open and honest Pre marital communication to have a healthy life

It is understood that unstable relationship can't give us stable society. Therefore, Premarital Communication is the key to explore each other's unique style to nurture, protect and sustain family wellbeing. "TERE MERE SAPNE" – Pre-Marital Communication Centre is a platform where eligible and prospective partners are given opportunity to deliberate, discuss and make informed choices or decision for marriage.

PMC offers friendly and professional guidance to individuals, couples and family members getting ready for marriage. The skills are mastered through various activities/ games/ communication tools provided by the Facilitator / Counsellor.



Nurturing healthy relationship

The facilitators/ Counsellor of the PMC are proactive in providing you an enriching environment free from biases and fears. The games or activities or self assessment are very helpful to understand each other, communicate effectively and helps in resolving conflicts. The Partners and family members equipped to master the following skills to nurture relationships -

Listen to each other's viewpoints,

- Don't criticise,
- Respect ideas and concerns without being judgemental,
- Understand the **"why"** aspects of the thought and behaviour,
- Emphasis on joint decision making to fulfil the concerns or dreams,
- Respond with empathy (understand the feelings & ideas from her/ his perspective),
- Change the perspective from **"I"** to **"WE"** ,
- Give respect to each other's Personal Space – **Never Interfere unless it is asked,**
- Never accuse/ blame/ insult the partner,
- Share the dreams/ expectation and jointly put efforts to achieve those in a rational manner,
- Prevents future misunderstandings,
- Builds trust and compatibility,
- Encourages mutual respect, consent, and shared responsibilities,
- Helps to identify red flags early,
- It's about more than love – it's more of understanding each other's values, goals, boundaries, and beliefs.



Core areas to be discussed before marriage



The Facilitator/ Counsellor encourage the prospective partners to express their personal aspirations/ expectations/ beliefs for a strong and sustainable marriage.

Life Goals: Career ambitions, further studies, promotions, lifestyle choices, finances, parenting

Relationship Goals

Nurturing each other,
Connecting families,
Care, Share, Respect,
Responsibility, Intimacy

Family & Culture

Role of in-laws, traditions,
religion, travel, holidays

Money Matters

Spending habits, savings,
joint accounts, debts.

Intimacy & Boundaries

Emotional support,
Expectations, comfort
zones

Health

Physical and mental
health, reproductive
health.

Conflict Resolution

Negotiation, support
during stress, growing
together, owning the
feelings than blaming,

Gender Roles

Sharing of responsibilities
at home with dignity,
cook, clean, paying bills

The discussions in the PMC would not only help both partners and family members to understand each other's view points, values and concern regarding marriageable relationship but also to lay the foundation for strong and meaningful relationship to live the life together.



SELF ASSESSMENT

(a) Self exploration

It helps prospective partners to understand different life goals which are important to know prior to enter into a relationship. Self-exploration is the process of looking within, reflect on self to understand one's own values, emotions, beliefs, desires, stereotypes etc, which is mostly influenced by the cultural context and significant others. In Pre-Marital Communication Centre, it is used to encourage open dialogue, express ideas on personal background past experiences, and expectations. It help couples understand and discuss different aspects of their personalities, including what they openly share with each other, what they keep hidden, what the other person might perceive about them that they are unaware of, and aspects that are still unknown to both partners, allowing for deeper self-disclosure and building trust in the relationship by openly exploring these areas together.

(b) Know your core values

To make the couple understand their choices and beliefs, hobbies, habits, thoughts about marriage, family, and relationships, they need to classify it as negotiable and non-negotiable, as well as identify things that can be modified or changed. These are some indicative list of statements. You share your responses with your partners and initiate discussion. What Can be Modified or Non- Negotiable?

- **Age of life partner:** same age or difference
- **Education of life partner :** equal or difference
- **Profession of life partner -** Job or business
- **Job after marriage:** full time / part time
- **Readymade snacks or compulsory making at home**
- **House help-** Servant at home / manage ourselves
- **Joint family / Nuclear family**
- **Social drinking at home:** allowed or not
- **Celebration of each festival as per traditions or change is permitted**

- **Cooking both the times at home or one time cooking**
- **Online purchases allowed or not**
- **Frequency of visitors at home -** occasionally or regularly
- **Guests for long stay at home -** occasionally or regularly
- **Locality of the house -** heart of the city or away from city
- **Restrictions for nightlife -** till what time can we enjoy it?
- **Friendship after marriage -** allowed or not?



(c) Understand the Dream Vs Reality

Everybody dreams for a good life. Failure in achieving the dreams creates disappointment. We need to make the couple realize that setting any dream is not wrong thing. However, everyone must give a reality check to his/her dreams. But the dreams should be practical. Every aim, goal or a dream will have some future consequences. Therefore, we must have patience and tolerance for its fulfillment.

The prospective partners will be given the leading questions to prioritize/ choose between the following:

- Ø Wealthy family Vs Partner with drinking or smoking habit.
- Ø Wealthy family Vs partner with some disability.
- Ø Educated partner Vs Less Financial Stability.
- Ø Separate home Vs there is no one at home in case of any sudden happening.
- Ø How will you manage job and home without any help?
- Ø Would a large bungalow but a house far from the city work will work

Game: Dream VS Reality

Objective: Help participants reflect on common myths and unrealistic expectations about marriage and relationships.

Instructions: Read each statement aloud. Participants must respond whether they think it's a "Dream" (unrealistic expectation) or "Reality" (practical truth), followed by a discussion.

Statements:

- Love alone is enough to sustain a marriage.
- Once you're married, things will automatically fall into place.
- My partner should understand me without me having to explain.
- If two people truly love each other, they'll never argue.
- Marriage means happily ever after—just like in the movies.
- My partner should always agree with me.
- If I'm in love, nothing else matters.
- Good communication happens naturally if you're with the right person.



(d) Mutual Future Plan

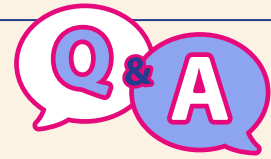
Everybody dreams for a good life. Failure in achieving the dreams creates disappointment. We need to make the couple realize that setting any dream is not wrong thing. However, everyone must give a reality check to his/her dreams. But the dreams should be practical. Every aim, goal or a dream will have some future consequences. Therefore, we must have patience and tolerance for its fulfillment.

The prospective partners will be given the leading questions to prioritize/ choose between the following:

Mutual Future Plan is a joint activity by which we would be able to create a space to convert our desire to reality. It allows us to be more compatible by respecting each other's goal. You both have your own individuality as well as aspirations for future success. In marriage, both of you need to support each other's goals at the same time.



Write three alternative responses against each statement, There is no right or wrong answers



Pair 1 – Aspect CARE

A. How would I care for my spouse...

-
-
-

B. I will feel cared when my spouse...

-
-
-

Pair 2 – Aspect SHARE

A. I am ready to share with my spouse...

-
-
-

B. I expect my spouse to share with me (without question)...

-
-
-

Pair 3 – Aspect RESPECT

A. My way of respecting my spouse is...

-
-
-

B. I expect my spouse to respect me in the following ways...

-
-
-

Pair 4 – Aspect RESPONSIBILITY

A. I will take responsibility of..... (ex family, children, adults, household tasks).

-
-
-

B. I expect my spouse to share family responsibilities.

-
-
-

(e) Work Life Balance

Work-Life Balance (WLB) is the ability to effectively manage both professional duties and personal responsibilities. It reflects a sense of satisfaction and smooth functioning at work and home, with minimal stress and conflict.

This sample WLB questionnaire helps you assess your current balance. Based on your responses, discuss with your partner whether your WLB is significantly challenging, moderately balanced, or highly balanced.

Then, together, develop practical strategies to improve or maintain a healthy balance in both areas of life.

Sl. No	Items	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
01	I can put my office work on hold for my family activities.					
02	My Personal life gets affected while trying to meet the demands of work pressures and time spent at office than home.					
03	I find it difficult to prioritize between home and office works.					
04	The job profile and flexible working hours would help me to support in household chores and fulfill my family dreams.					
05	It would be challenging to achieve the targets set by the office while spending time with Children & Spouse.					



Sl. No	Items	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
06	I am compelled to change my family outings/ vacation plans due to office work pressures.					
07	The nature of Job and the skills learnt at office would help me in resolving family problems effectively.					
08	My happiness in Office depends upon the quality of life experienced at home					
09	It is better to take breaks from services for fulfilling family obligations.					
10	I want my partners to assist me in completion of assignments of office					

Scoring Pattern:

The Items stated at Sl. No – 1, 2, 3, 5, 6, 9 and 10 will be scored as 1,2,3,4, 5 and items stated at Sl. No – 4, 7, 8 and 10 would be scored as 5, 4, 3, 2, 1. For example, you have marked your response in the column Strongly Agree to sl. no. 4 then your score will be 5 for this statement. The Maximum and minimum score would be 50 and 10 respectively. The Scoring would be categorized as High, Moderate and Low.

Category	Range	Remarks
Low Work Life Balance	Below 25	You are finding it difficult to maintain balance between home and office.
Moderate Work Life Balance	25 - 40	You need to identify the areas where you need to improve upon.
High Work Life Balance	40 and above	There is a need to work upon the areas where you may feel good by changing the strategies about work distribution at work and family.



(f) Sign of Healthy and Unhealthy Relationship Behaviour

Instructions:

Read each statement carefully. Based on your experience, choose the flag that reflects how true the statement is in your relationship.

Compare your response with the **expected flag color** to reflect on your relationship dynamics.

Red Flag = Bad/Unhealthy / Yellow Flag = Unclear/Needs discussion / Green Flag = Good/Healthy

#	Statement	Expected Flag	Your Flag (red/yellow/green)
1	My partner checks my phone without asking.	RED	
2	He/She gets upset if I hang out with friends.	RED	
3	We discuss and respect each other's personal space.	GREEN	
4	My partner shuts down and doesn't talk when we fight.	YELLOW	
5	We can talk about any odd topics without being judgmental.	GREEN	
6	He/She makes jokes that hurt my feelings and says I'm too sensitive.	RED	
7	My partner says housework is not for men.	RED	
8	We divide responsibilities based on skills and mutual agreement.	GREEN	
9	He/She makes big decisions without involving me.	RED	
10	My partner listens when I talk about my stress and doesn't dismiss it.	GREEN	
11	He/She says I'm overreacting if I cry.	RED	
12	He/She encourages me to pursue my goals and dreams.	GREEN	
13	He/She says if we're getting married, I don't need to say no to physical intimacy.	RED	
14	He/She always asks if I'm comfortable with physical closeness.	GREEN	

Launching of Pre Marital Communication Centre

On the occasion of International Women's Day, 8th March 2025, the National Commission for Women (NCW), under its mentorship launched **"Tere Mere Sapne"** – Pre-Marital Communication Centre (PMCC) across nine states in India. This initiative stems from NCW's deep commitment to foster healthy relationships, empowering individuals, and strengthening families. In an era marked by changing social dynamics, marital expectations, and family structures, there is an urgent need to equip individuals with the necessary skills to sustain strong, respectful, and resilient partnerships.

Expected Outcome of PMC

The Partners would get the opportunity to –

- Understand issues and challenges of marriage through open discussion
- Development of transparency early in relationship leads to emotional bonding
- Make an informed choice regarding marriage and prevent misunderstanding
- Planning together helps them to work as a team
- Identify possible areas of conflict and reduce domestic violence in the family
- Strengthen the relationship through trust, respect and positivity.



Tere mere sapne Anthem

तेरे मेरे सपने बनें एक कहाऽऽऽनी, _
प्यार की, समझ की _ हो नईऽऽऽ रवानी।

मुलाक़ात होऽऽऽ दिल से __
नज़रों से पाऽऽऽर, मन से __
ना हो सिर्फ़ ख्वाब _ हो कुछ आधार,
सुनें दिल की बात _ हो असली प्यार।

झगड़ोंमे ना _ बीतेंऽऽऽ जवानी __
तेरे मेरे सपने बनें एक कहाऽऽऽनी, _
प्यार की, समझ की _ हो नईऽऽऽ रवानी।

सम्मान से सजेंऽऽऽ हर दिन का रंग,
सपनों का होऽऽऽ अपना एक संग __
मन के उलझन _ सुलझाएं साथ में,))
पल पल जुड़ते रहें _ हर बात में।

अनबन में नाऽऽऽ बीतें जवानी __
तेरे मेरे सपने बनें एक कहाऽऽऽनी, _
प्यार की, समझ की _ हो नईऽऽऽ रवानी।

Credits:

Lyrics and Composer - Abhijeet Tilak
Singer - Shreya Karlekar



Please Scan the QR
for more info.



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Vijaya Kishore Rahatkar

Chairperson, National Commission for Women

शादी सिर्फ दो लोगों का मिलन नहीं है, जैसे किसान खेत जोतने से पहले मिट्टी को तैयार करता है, वैसे ही एक सफल विवाह के लिए भावनात्मक तैयारी भी ज़रूरी है।

विवाह सिर्फ दो दिलों का नहीं, बल्कि दो परिवारों, दो संस्कृतियों और दो सोचों का मेल है — जिसे निभाने के लिए संवाद बेहद ज़रूरी है।

जब दो ज़िंदगियाँ मिलती हैं, तो सपनों, ज़िम्मेदारियों और अपेक्षाओं में मतभेद होना स्वाभाविक है — इन्हें समझना और सुलझाना ही समझदारी है।

तेरे मेरे सपने' कोई क्लासरूम या कोर्टरूम नहीं है — यह एक संवाद का मंच है, जहाँ भावी जीवनसाथी खुलकर अपने विचार और चिंताएं साझा कर सकते हैं।

