



तेरे मेरे सपने

Tere Mere Sapne PRE MARITAL LITERACY KIT

FOR FACILITATORS

NATIONAL COMMISSION FOR
WOMEN







PREFACE



In our culture, marriage is considered a sacred sacrament, a profound and meaningful union that plays a vital role in shaping an individual's life. It is a deeply spiritual bond, fostering mutual love, respect, and commitment. The marital relationship serves as a cornerstone for personal growth, offering individuals a source of support, affection, and care throughout life's journey. This sacred bond enriches the lives of those involved, cultivating a sense of responsibility and compassion. The impact of a strong marital relationship extends beyond the individual, influencing the broader community and society. Through the dedication, understanding, and harmony shared in marriage, our culture sets an example of how love and partnership can create a lasting positive influence. The beauty of this union resonates deeply, shaping the values of future generations and contributing to the overall well-being of our society.

Today's youth are increasingly aware of even the smallest judgments in their lives, and when it comes to marriage, it becomes a monumental decision for them. In this phase, the role of family is crucial, offering guidance, support, and wisdom. However, over the past few decades, the traditional joint family structure has weakened, which has led to a diminishing influence from extended family members. This shift has created a gap in the guidance available to young people, leaving many without the support they once would have had when navigating such an important life choice. With fewer family members to provide advice or share experiences, youth are often left to make these significant decisions on their own, facing challenges without the collective wisdom that was once more prevalent. This change in family dynamics has left an important void in the process of making life-altering decisions like marriage.



The National Commission for Women (NCW) has deliberated upon on this issue very deeply and took a new initiative suggesting District Magistrates to set up **“TERE MERE SAPNE” – a Pre-Marital Communication Centre** where partners/ couples can learn essential skills for a harmonious marriage and family wellbeing. The idea of establishing Tere Mere Sapne was conceived in a *‘Consultation on Pre-Marital Counselling & Education to Strengthen Family Wellbeing’* organized by the Commission at Pune, Maharashtra on 04.02.2025. Based on the recommendations of the Consultation the Commission constituted a Taskforce to develop a module for conducting training programme for the counselors and also provide the roadmap for setting up of centres. It is a matter of pride and privilege to put on record that within a span of one month, the Commission conducted a Training of Trainers (ToT) on setting up of Pre-Marital Communication Centre in 27 – 28 February 2025 and developed a Module for the Facilitator.

The Module has been designed to equip the facilitator of TERE MERE SAPNE to conduct activities, games, counselling and guide the prospective young partners and their family member to have constructive discussions on sensitive issues, challenges, share concerns and make informed decisions about marriage. The Facilitator would also sensitize about various programmes/ Acts/ Policies/ Helpline/ Apps of Government for the betterment of family life and access different services from time to time.

I am confident that TERE MERE SAPNE – Pre-Marital Communication Centre would navigate a wide range opportunity for communication with empathy, conflict resolution, know your competencies, systematic improvement plan, mutual future plan for better Pre Marital Preparation. The approaches of TERE MERE SAPNE is didactic and allow all members a positive space to communicate effectively, understand each other, develop a trust and commitment for successful married life.

The centre would act as a catalyst to bridge the gap between traditional family values and embracing the modernity. By opening this centre, we can create a supportive & meaningful family environment where members are empowered to contribute significantly for cherishing marriage and strengthen family as an Institution. I sincerely express my thanks to all Members of Taskforce and NCW Officials who have contributed immensely in enriching the quality of the module and in its effective implementation.

(Smt. Vijaya Rahatkar)
Chairperson



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ABBREVIATION

DM	: District Magistrate
DWCD	: Department of Women and Child Development
KYC	: Know Your Competencies/ Choices
MFP	: Mutual Future Plan
MPR	: Monthly Progress Report
NCW	: National Commission for Women
NGO	: Non-Government Organization
PIP	: Personal Improvement Points
PIS	: Personal Information Sheet
PMC	: Pre -Marital Communication Centre
SIP	: Systematic Improvement Plan
TMS	: TERE MERE SAPNE
ToT	: Training of Trainers



OVERVIEW OF THE TERE MERE SAPNE – PRE MARITAL COMMUNICATION CENTRE & MODULE

- Success of every marriage involves the ingredients of love, respect, better understanding, deep rooted commitment, mutual trust, openness to embrace new ideas in the context of present modern society. This also provides a scope for sharing ideas, interpersonal communication, problem solving, dealing with family issues & challenges, financial management strategies, etc., for attainment of all round development. Marriage in India is regarded as a cornerstone for maintaining social stability and personal fulfillment. However, recently due to advancement of technology, paradigm shift in societal norms, increasing aspirations among young generation towards individuality, disintegration of joint family and the complexities of modern life have led to rising instances of marital discord, domestic violence, and emotional distress within marital relationships.
- There has been an increasing trend of domestic violence, abuse, maltreatment, dowry etc., cases being reported in different places and the analysis of such cases revealed that majority of the cases are predominantly domestic in nature. The trouble trend in the current situation is that several couples are approaching the judiciary without making substantial efforts to uphold their marital commitments or resolve their differences amicably within family.
- Lack of premarital preparation leads to marital discord, disharmony, dissatisfaction, development of mistrust, ineffective communication, increase cases of domestic violence, abuse and eventually leading to divorce among young couples. Therefore, **“TERE MERE SAPNE” – Pre-Marital Communication Centre** is conceived as a platform where eligible prospective young partners will be provided opportunity to deliberate, discuss and decide for marriage.
- Premarital Communication Centre is a New Initiative which helps in strengthening fundamental skills required for successful marriage and strengthening family bonding through various activities/ games/ communication tools and guidance to the partners to effectively communicate, resolve conflicts, and



maintain a symbiotic relationship.

- Pre-Marital Communication Centre will enable the partners to share about expectations from marriage, family issues/ challenges, sexual health and psychosocial aspects of marriage by acknowledging each other's strengths and weaknesses. The Facilitator will maintain confidentiality and ensure privacy during the conversation between prospective partners in the centre.
- It is a myth that anybody who seek guidance on marriage preparedness from the Centre often labeled as having mental disorders or suffering from relationship issues. Therefore, they don't feel encouraged to avail services out of embarrassment. The PMC's role is to provide opportunities to the clients so that they can clarify the doubts, broaden their understanding and make informed choices about marriage. Premarital communication enables couple to understand each other and create an atmosphere for open communication.

Objectives

The broad objectives of the Pre-Marital Communication Centre are to -

- a) Help marriage aspirants/ prospective partners understand that – If Marriage is a choice, let it be an informed choice.
- b) Explain the uses of various communication tools which enable them to make an informed choice mentally, emotionally and practically about marriage.

Purpose of the Module

To sharpen the skills of Facilitator/ Counselor to improve the premarital preparedness in the community. The module contains relevant information and activities meant to orient the prospective partners about premarital preparedness, marriage is an informed choice, improving interpersonal communication, understand the self-concept, identify core competencies, mutual future plans, systematic improvement points, Person Information Sheet etc., so that they will be motivated to maintain a harmonious life and strengthen family wellbeing. The module is intended for use by the Facilitator/ Counselor of TERE MERE SAPNE.



Expected Outcome

The major outcome of TERE MERE SAPNE would be to provide a safe and conducive environment to the prospective partners for open discussion on issues and challenges of marriage in the present context. It is expected that improving communication for making the informed decision among partners would reduce domestic violence cases and enable the family members to deal effectively with the everyday demands and challenges. Increased access to the services of PMC will improve healthy and satisfying family relationship.



GUIDELINES FOR FACILITATION OF SESSION

The sessions have been prepared keeping in view the adult learning principles. The previous knowledge, experiences, and skills of the Facilitator would help in transaction of contents in the module. The facilitator of the training will provide active learning situations to facilitate the learning process. The contents, activities, games and other communication materials provided in the module will be extensively used in a democratic and non-threatening manner. The prospective partners will be actively engaged to make rational decision by looking at multiple perspectives about premarital preparedness and a satisfying marriage relationship.

The flow of the session (Duration 60 Minutes) to be followed by the Facilitator is detailed below. There is flexibility in timing for conducting sessions depending upon the local situations.

A) Initiating the conversation (10 Mins)

Filling up the Personal Information Sheet (PIS). The facilitator would understand the BATHE Model prior to filling up of the Personal Information Sheet. The PIS is attached at Annexure.

- **B:** Understanding Background
- **A:** Understanding Emotional/ Affective state
- **T:** Understanding Current Trouble/Concerns
- **H:** Understanding how the Person is Handling
- **E:** Understanding the Effect, it has on that person in general

The Facilitator would help the clients to fill the PIS. After filling up of the PIS, the next step would be to transact the core contents cited in the session plan of the TERE MERE SAPNE Module. The introduction of the session preferably be started with an activity so that so that clients can comprehend it easily and start the open discussion. Remember that sessions should not stretch too long.



B) Core Content (40 Mins)

- Knowing himself/herself. (Using exercises/lead questions/ Johari Window/ etc. based on relevant concerns.
- Give a 5-liner message about the outcome based on tools tested.
- Get the client to SIP Passbook
- Help the client develop their Personal Improvement Plan (as per a rough template).

C) Mutual Future Plan Comments (10 minutes)

- Mutual Future Plan discussion: discussing relationship goals, life goals etc.
- Personal Improvement Plan: What to change in oneself, why? Resolutions and Action Plan.



TECHNICAL SESSIONS

Session – 1: Setting up the Context

- Family nurture values, beliefs, etiquettes, through its socialization process. It also plays a vital role in shaping the personality and attitude of an individual. The parenting styles and family systems provide opportunities for interactions, promoting openness and allow us to take decisions. The concept of family has witnessed significant changes in respect of socio-cultural norms, economic and technological advancement and sharing the burden of work. Some of the family issues and challenges are - disintegration of joint family, increasing divorce rate, patriarchy, role delineation, caring & sharing responsibilities, inadequate quality time for children due to working mothers, difficulty in managing works of office & family, elderly care, outsource of kitchen and events, parenting styles, presence of differently able women & children etc. The enriching family environment would create a sense of joy, happiness, meaningful relationship, willingness to interact among children whereas impoverished family environment would lead to conflict, defects in personality, children would tend to run away from family and lack of brain development.
- Ask the Clients to share three types of family system they have encountered during their journey till today. Imagine the relationship types, caring & sharing of responsibilities in the past, in the current stage and in the future. Record the responses. The instructions are as follows-

➤ **Family System concept**

The family system in India has undergone significant changes from 1990 to 2020 and is expected to evolve further by 2040. Here's a comparison:



1990: Traditional Joint Family System	2020: Shift to Nuclear Families	2040: Future Trends in Family System
<ul style="list-style-type: none">➤ Prevalent in rural areas.➤ Multiple generations lived together, including grandparents, parents, children, and sometimes extended relatives.➤ Patriarchal structure, eldest male was the head of the family.➤ Arranged marriages were dominant, with little emphasis on love marriages.➤ Strong kinship ties and collective decision-making in financial, social, and cultural matters.➤ Women had restricted roles, mainly confined to household duties, though some started to enter the workforce.	<ul style="list-style-type: none">➤ Urbanization and migration led to an increase in nuclear families.➤ Economic independence among younger generations reduced dependence on joint family structures.➤ Women’s participation in the workforce increased significantly.➤ Inter-caste and love marriages became more common.➤ Technology and globalization influenced family values.➤ Elderly care shifted to old-age homes.➤ Rising divorce rates and delayed marriages due to career priorities.	<ul style="list-style-type: none">➤ Further decline of joint families, with most families being nuclear or single-parent households.➤ Increase in live-in relationships.➤ Technology-driven parenting, with Artificial Intelligence (AI) and digital tools playing a larger role in child-rearing and education.➤ More gender equality, with shared responsibilities in household chores and parenting.➤ Work-from-home and gig economy influencing family dynamics, allowing for flexible lifestyles.➤ Elderly care through AI-assisted devices and home healthcare services instead of traditional care giving.➤ Emphasis on mental health and personal well-being, leading to more open discussions on emotional and psychological support within families.



Discussion

➤ Debriefing on transition of family system, needs addressed

- Facilitator would allow enough opportunity to explore about What, How, Why, Where and When of the question stated above to understand the family dynamics. The dynamics would be helpful for conducting counselling and other pre-requisite activities to be conducted at TERE MERE SAPNE.
- Through this exploration journey clients would realize that open and direct communications in the family are key ingredients for successful marriage and family wellbeing. Premarital Communication is helpful to discover each other's unique style and how it could affect marriage.
- It is our prime responsibility to nurture, protect and sustain family wellbeing through primary intervention. Unstable relationship can't give us stable society. The knowledge, skills and attitude of prospective partners on assertive communication, negotiation and decision making need to be sharpened at the PMC.
- The essential points for strengthening family well-being to be discussed at length to understand the framework of happy marriage, meaningful marriage and parenting.

(a) HAPPY MARRIAGE:

Marriage is a journey not a destination. Happy marriage most often reflects love, mutual understanding and commitment to fulfill the promises. This helps both the partners to strengthen the bond and ultimately harvest the returns of happy family.

Your perception about happy marriage

- **Communication:** Talk less and listen more. It involves active listening, understanding each other's feelings. Resolve any issues before they grow into problems.



- **Trust:** It is the belief or confidence the partners possess. It grows over time through cooperation, positive behavior and transparency. It is the foundation for cooperation, safety and respect.
- **Negotiation:** Embrace the differences with love. It is the middle path to resolve any disagreement mutually. It helps in negotiation and better decision making.
- **Shared Joys:** Collect the funny moments and create memories through shared house hold chores and responsibilities.
- **Support:** Encourage, praise and stand with each other during every challenges/ difficulty. It grows love and respect.
- **Love & Respect:** Appreciate truly every achievement and honor the uniqueness of your partner. Celebrate each moment. The emotional connection that binds two people.
- **Forever Together:** The long-term commitment of growing old together, overcoming challenges, and enjoying the many joys of life as a couple.

These essential elements contribute building and strengthening a successful and happy marriage.

(b) ESSENTIALS OF MEANINGFUL MARRIAGE:

- Listen to each other's viewpoints and ideas,
- Share, care, and understanding each other's concern,
- Respect the ideas without being judgemental and never criticise,
- Discuss the ideas in a more respectful manner,
- Understand the "**why**" aspects of the thought and behaviour,
- Make joint efforts to fulfil the concerns,
- Engage in fun and humorous activities,
- Celebrate each achievement – either big or small doesn't matter,



- Be flexible,
- Practice open communication
- Show empathy (understand the feelings & ideas from her/ his perspective)
- Show respect without any conditions,
- Change the "I" to "WE"
- Give respect to each other's Personal Space – Never Interfere unless it is asked,
- Own the responsibility and share it jointly,
- Never accuse/ blame/ insult the partner. Discuss it and resolve it immediately. Don't linger it.
- Share the dreams/ expectation and jointly put efforts to achieve those in a rational manner,

A meaningful marriage is beyond just living together. It creates a deep emotional bond that lasts forever and allows both partners feel valued.

(c) PARENTING

It is a beautiful journey like marriage where we socialize/ mold our children to be social wellbeing. Patience is the key to parenting. The parenting skills defined in this section meant for young children below six years of age. Effective Parenting requires the following-:

- **Unconditional Love & Support:**
 - Create an environment where children feel secure, loved, and valued. The communication between parents and children builds the foundation for their emotional well-being and development.
 - Ensure that your actions, rules, routine activities and words are consistent.



- Set clear expectations from children and reward them for their achievements.
- **Open Communication:**
 - Create opportunities for open communication with your children. Allow them to express their thoughts, feelings, and wants.
 - Speak to them with kindness and patience.
 - Provide constructive feedback to build trust.
- **Mutual Respect:**
 - Respect child's feelings, thoughts, and individuality.
 - Encourage rational thinking and validate their emotions,
 - Accept what your child thinks and feels. Don't agree or Disagree with them.
 - Demonstrate how to care for others.
- **Be a Role Model**
 - Children learn through observation, exploration, experimentation etc. Demonstrate the values such as kindness, responsibility, and resilience in your behavior so that your children can adopt.
- **Encourage Independence**
 - Encourage children to do their own problem-solving skills. Provide opportunity to take decisions by making informed choices and take responsibility.
- **Spend Quality Time**
 - Parents remain busy in their personal and professional work. Set the time to spend together such as playing, reading, talking etc. Quality time strengthens the bond between you and your child. The child does not feel isolated or neglected.



- **Encourage Curiosity**
 - Encourage child to ask questions. It is a sign of curiosity for learning. Don't scold the child. Give honest and true answers. If you don't know the answer, request some time to explore the answers jointly.
- **Reward & Appreciation**
 - Every achievement and failure to be valued. Praise every effort of your child. This process builds the confidence.
 - Discipline is not about punishment but teaching your child what is right and wrong. Use discipline as an opportunity to guide them, helping them understand consequences and make better choices.



Session – 02:KYC: Know Your Competencies /Choices (Self Exploration)

Johari Window is an important tool that helps prospective partners for self-growth and development. The tools empower the individual to improve communication and understanding on different life goals which are vital 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 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 etc. The Instructions to use Johari Window Tool is given as under -:

Name of the tool –Johari Window for couples

Nature of the tool – Exercise / Game

Purpose / Objective of the tool

- a. To help the person understand himself/herself deeply.
- b. To help the couple understand and explore each-other.

Instructions for administration of the tool.

1. Create two charts of Johari window quadrant (given below), separate charts for both clients.
2. Create a list of various issues of relationship (Sample issues given below)
3. Create a list of psychological traits (Sample list is given below)
4. Explain the concept of Johari Window and its four quadrants, emphasizing the importance of each area in a relationship.
5. Ask the couple select various issues and where they would place each chosen attribute on the Johari Window based on whether they believe their partner knows about it and if they are willing to share it. (They can think of their own traits, if they are creative and willing)
6. Ask the couple provide feedback to each other about their perceptions, allowing for open discussion about what is revealed in each quadrant.
7. Discuss about Focus on expanding the "Open Area": The goal is to move information from the "Hidden" and "Blind" areas into the "Open" area by encouraging self-disclosure and actively listening to feedback.



Important considerations:

Respectful communication:

It's crucial to approach the exercise with empathy and respect, acknowledging that some information might be sensitive.

Gradual disclosure:

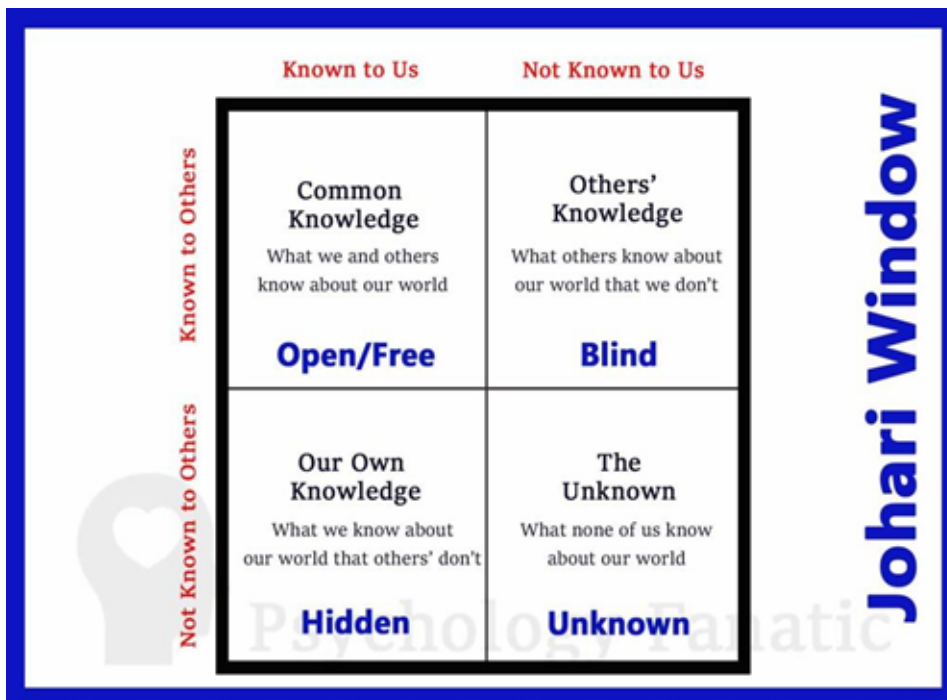
Partners should be encouraged to share information at a comfortable pace, depending on the level of trust established.

Debriefing / Counsellor guidance:

A skilled counsellor can facilitate the process, address any concerns, and help couples interpret their results effectively.

Johari Window

Given below is a figure with four quadrants. Each of the quadrants represents a part of your personality.





A Johari Window used in premarital counseling acts as a visual tool to 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.

Key points about using the Johari Window in premarital counseling:

Four Quadrants:

- **Open Area:** Information both partners openly know about each other, like shared values, interests, and life goals.
- **Blind Area:** Aspects of a partner's behavior or personality that they are unaware of but are noticeable to the other.
- **Hidden Area:** Personal thoughts, feelings, or experiences one partner chooses not to share with the other.
- **Unknown Area:** Unconscious aspects of oneself that neither partner is aware of, representing potential for further self-discovery.

Benefits:

- **Increased self-awareness:** Helps individuals understand their own behaviors and motivations better.
- **Improved communication:** Encourages open discussion about important topics that might otherwise be avoided.
- **Building trust:** By openly sharing information and receiving feedback, couples can foster greater trust and intimacy.
- **Identifying potential challenges:** Can highlight areas where partners might have different expectations or communication styles.

Links to know more about Johari Window

[The Johari Window - Building Self-Awareness and Trust](#)
[How to Use The Johari Window Exercise for Leadership](#)



How to use the Johari Window in premarital counseling:

- **Discuss the concept:**

The counsellor explains the Johari Window and how it can be applied to the couple's relationship.

- **Select descriptive words:**

A list of personality traits or adjectives is chosen to represent different aspects of a person.

- **Individual reflection:**

Each partner independently identifies which traits apply to them and places them in the appropriate quadrant on the Johari Window.

- **Sharing and feedback:**

Partners share their completed Johari Windows with each other, explaining their choices and providing feedback on each other's "blind spots".

- **Discussion and exploration:**

The couple discusses what information they are willing to share, how they can expand the "open area" by disclosing more information, and how to address any concerns arising from the "blind spot" or "hidden area".

Important considerations:

- **Privacy and boundaries:** Respecting each partner's comfort level when sharing personal information is crucial.
- **Non-judgmental environment:** The counsellor should create a safe space for open and honest discussion.
- **Active listening:** Both partners should actively listen to each other's perspectives and feedback.

Important message: Understanding oneself is important before going for a life changing decision, Positive Change in Self is possible.



Session – 03: Knowing My Own Core

The Facilitator would read the instruction and conduct the activities.

Name of the tool –Knowing my own core

- a. Nature of the tool – Exercise / Game
- b. Purpose / Objective of the tool -
 - This tool is making the couple understand their choices and beliefs, hobbies, habits, thoughts about marriage, family, and relationships.
 - To help the couple classify above mention things into two categories, that is - negotiable and non-negotiable, as well as identify things that can be modified or changed.

Instructions for administration of the tool.

1. Make two charts of the three circles given below. (You can keep multiple copies ready for the centre)
2. Make a list of 30 pair of choices – about beliefs, hobbies, habits, thoughts about future family, partner, relationships, as given in this document!
3. Ask the couple to identify their choices from the list
4. Give separate two charts to both.
5. On one chart the couple will identify their choices and classify those choices and mark on three circles – as non-negotiable, somewhat negotiable and complete negotiable.
6. On second chart the couple will classify and write choices of their partner – which they are ready to negotiate or not to negotiate.
7. Generate the discussion based on this classification and make the couple explore each other's choices.

Counsellor's Discussion –The list of choices will provide the couple an idea about various issues they probably would have to change, adjust or compromise after marriage. If the couple is aware of this future adjustment, then it will make the journey comparatively manageable after marriage.



It may happen that the couple may classify their choices and may or may not agree with their partner at the point of discussion. There the counsellor can generate the discussion on the significance of their choices with reference to their long-lasting bonding, relationship, happiness and peace of mind.

Chart 1 - Given below is a figure of three concentric circles.

First Figure is about yourself: A list of beliefs/ hobbies/ habits is also provided alongside. You must choose from the list and fill the circles with those words as per instructions given below.

- Inner circle: those beliefs/ hobbies/ habits which are completely non-negotiable. Which you do not wish to change/ adjust / modify at all.
- Middle circle: those beliefs/ hobbies/ habits which are somewhat negotiable. Which you may change/ adopt/ modify if needed.
- Outer circle: those beliefs/ hobbies/ habits which are peripheral and you don't mind changing them easily or with little effort.

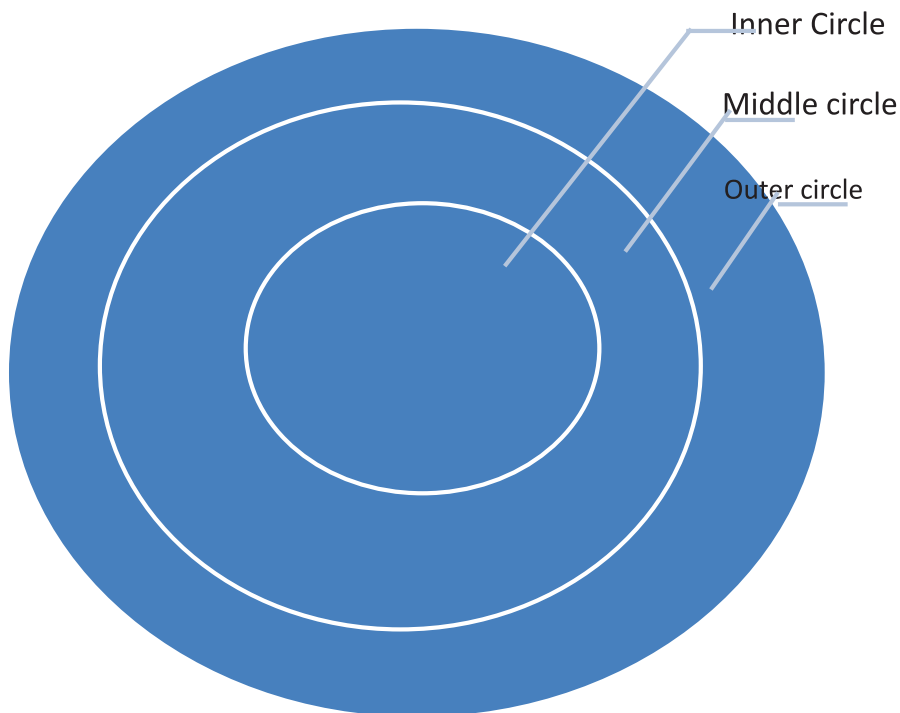




Chart -2. Second Figure is about your readiness to accept those in your partner / would be spouse:

Beliefs / values	Hobbies	Habits / likes
Honesty	Sports	Early riser
Integrity	Any form of Art	Tidiness
Affluence	Reading, Writing	Spicy food
Self-worth	Entertainment/ Outing	'Me' time
Empathy	Adventure tours	Internet surfing

Activity 2 : If you are to choose between the pair , what will you choose ? I have few pairs of words. When I say out each pair aloud you have to denote your choice immediately. For the game the facilitator can choose some of the following:

1. **Age** of life partner - **same age or difference**
2. **Education** of life partner - **equal or difference**
3. **Profession** of life partner - **Job or business**
4. Urban or rural life
5. **Job** after marriage - **full time / part time**
6. **Food** - veg / non- veg
7. Specific brands of food - loyalty to a specific brand or permission for new food items
8. readymade **snacks** or compulsory making at home
9. **House help**-Servant at home / household work at home
10. **Wake up time** in the morning - decided time or as per convenience
11. Joint family / Nuclear family
12. Responsibility of senior citizens
13. Dominance of **In-Laws** or permission for decision making



14. **Social drinking** at home allowed or not
15. **Celebration** of each festival as per traditions or innovation is permitted
16. Following **religious rituals** as per norms, no change
17. **Cooking** both the times at home or one time cooking
18. Wholesale market **shopping** / or Mall purchases
19. Online **purchases** allowed or not
20. Decorative house - or simple living
21. **Comfort**-A/c rooms or environmentalist at home
22. Necessary gadgets at home (like washing machine, microwave) or doing things on own
23. Frequency of **visitors** at home - occasionally or regularly
24. Guests for long stay at home - occasionally or regularly
25. Separate bedroom with facilities - or no separate space for bride
26. Locality of the house - heart of the city of away from city
27. **Vehicles** at home - any rule for use of rickshaw or cab ?
28. Restrictions for **nightlife** - till what time can we enjoy it ?
29. Family trips - frequency
30. Friendship after marriage - allowed or not ?

Choices – Within Control & Out of Control / Negotiable and Non-Negotiable

Reflection- 5 Liner Inputs- Punchlines to be drawn.



Session – 04: Understanding Dream Vs Reality

Model used: Quality of Life (QOL) by Robert Cummins (1997)

The model covers 07 areas of Quality of Life. The Core areas are given below-:

- **Health**– Physical and mental health -Nutritious Food / Diet / Gym activity / regular morning walk / Entertainment activity every week / Hoteling once in week / Outing with friends once in a week for Mental well-being / Helper for housekeeping work / Book corner at home.
- **Material well-being**-availability of material resources required for livelihood - / Digital home with all gadgets / Spending money for enjoyment / Mall purchase / Family trip to Holiday resort / Plan for second home / SUV or Big Car / Online purchase for comfort and convenience / Beauty - parlour and SPA / Good crockery for meal / going for concert or such program once in a month / Membership in Private club.
- **Safety**-a sense of physical and psychological security - safe and secure residence / Insurance policies and investment / Medi claim facilities / Harmonious relationship at home / Open communication at home / freedom of expression / economic freedom.
- **Productivity**-being productive at work and in personal life - Opportunity for taking further education / Job at dream company / Supportive family for making career advancement / Opportunities for hobby development.
- **Intimacy**-a sense of belongingness with significant people around - Romantic relation with life partner / Outing and trips once in week / Privacy and space for bride and groom / Pet at home - Romantic life partner.
- **Place in community**-position in one's social group / Festivals and celebrations / Nice introduction in relatives / Birthday and Anniversary celebrations /gradual handing over the responsibilities of Family rituals to new bride and groom.
- **Emotional well-being**-a feeling of emotional stability / - freedom at home / Regular family Lunch and dinner / Open discussions at home / Weekend - family entertainment programs and enjoyment.



The Facilitator would conduct the activity to understand the Dream Vs Reality by using the tool. The instructions for using the tools must be thoroughly read and accordingly proceed for the present exercise.

Name of the tool - Dream Vs Reality

Nature of tool –Game / exercise

Purpose / Objectives of the tool

1. To make the couple realize the difference between dreams and reality with respect to quality of life mentioned above. This game or tool will help the couple explore their dream choices and the reality attached to those dreams.
2. To help the couple to take decision about making realistic dream choices to follow for a satisfactory and productive married life

Instructions –

1. Make flashcards of 20 dream choices given below (The counsellor can make more flash cards of different issues)
2. Make a list of leading questions (The counsellor can create more probing questions based on his/her experience)
3. Ask the couple to choose 5 dream choices from the set of 20.
4. Generate discussion based on leading / probing questions.

Counsellor's Discussion –

The aim of this exercise is to make the couple realize that setting any dream is not wrong thing. However, everyone must give a reality check to his/her dreams so that the future reality cannot createdisappointment in life. Here the counsellor can also ask to generate the list of dreams the couple is having and can create probing questions and discussion related to those dreams.

The counsellor must tell the couple that everyone has a right to see the dream. But the dreams should be practical. Every aim, goal or a dream will have some future consequences. Everyone must have patience and tolerance in life



because dream accomplishment is an ongoing activity. We see different dreams at different stages of life. Our dreams keep changing, so if at the beginning of life, we are running after these dreams and creating discord in our relationships, we should be careful in time.

Everyone deserves a good life and for that realistic understanding is essential.

Model used: Quality of Life (QOL) by Robert Cummins (1997)

20 choices based on - Health, Material wellbeing, Safety, Productivity, Intimacy, Place in community, and emotional wellbeing.

Healthy life & Fitness freak life partner	Nutritious food Everyday without much efforts
Helper for housekeeping work	Entertainment activity every weekend
Leading question –If you have to choose between two – such as 1. Wealthy family – and Partner with drinking or smoking habit. 2. Wealthy family – and partner with some disability. 3. Educated partner and Less Financial Stability. 4. Educated partner and different food choices. 5. How will you choose?	
All digital gadgets at home	SUV or big car at home
Membership of private club	Separate home
Leading question –If you will have to choose between these two things – such as - 1. Separate home - there is no one at home in case of any sudden happening. 2. How will you manage job and home without any help? 3. Work life balance and huge money if both are possible?	
Enjoyment on social media	A dream house with all amenities



Leading question - Would a large bungalow but a house far from the city work will work?	
Well settled life partner	Job after marriage at dream company
Leading questions- How would you take decision in following circumstances?	
<ol style="list-style-type: none"> 1. Is it okay if my partner to have a lower salary than me? 2. If there is a big age gap between my partner and me 3. How do I want to prioritize my home and work responsibilities? 	
Romantic Married life	Honeymoon at dream destination
Pre-wedding celebration and shoot	Gift giving life partner
<ol style="list-style-type: none"> 1. Lead question - If the partner is not fitting in with my idea of romance but has other desired attributes, what will be my thoughts? 2. If there are big differences in habits of me and my partner? 3. If my partner is very much attached to his/her family, then would it be acceptable? 4. If family doesn't allow the girl to work? 	
Birthday and Anniversary celebrations	Life partner who will understand me thoroughly
Leading questions -	
<ol style="list-style-type: none"> 1. What are your ideas about social life? 2. Will you accept frequent guests and visitors at home? 3. What is my general style of adjusting with emotional disturbances? 4. Is it okay if no one asks you –about your health? 	



Game: Dream vs Reality / Choices vs Consequences -Tool (Language gender neutral)

- **Dream choices based on QOL -20 List of Adjectives on Cards**
(Should understand and apply (नौकरी / व्यवसाय / उंच कि कमी उंच etc.)
- Consequence – **20 Lead Questions** – for discussion – what it involves?
 - Jumping activity to lead questions- **5 items of each category (Habit, Skills, Values, Family Type, Education and Faith)**
- **Questions in Hindi:**
 1. क्या बीमारी से ग्रस्त जीवनसाथी काम कर सकता है?
 2. क्या लम्बाई में तुमसे छोटा कद वाला चलेगा?
 3. रोमांटिक लाइफ पार्टनर- लेकिन क्या कम सैलरी में काम चल सकता है?
 4. यदि दम्पति को घर की ज़िम्मेदारियाँ और निर्णय लेने की आज़ादी स्वीकार करनी पड़े तो क्या यह काम दोनों का है?
 5. क्या एक बड़ा बंगला और शहर से दूर एक घर से काम चल सकता है?
 6. पति-पत्नी अलग-अलग रहेंगे - तो अगर घर पर बातचीत करने के लिए ज्यादा लोग नहीं होंगे तो क्या काम चल जाएगा?

Everybody dreams for a good life. Failure in achieving the dreams created disappointment. The young generation should be encouraged to know about life more by using the open communication stated in Johari Window.



Session – 05: SIP Passbook: What you need to INVEST?

It is an assessment approach to understand personal development. The focus is on setting clear goals, identify areas of growth, and take steps to improve life phenomena including emotional, physical, intellectual, and social well-being. The four types of relation building skills are -

- **Thinking: Rational thinking, problem solving**
- **Emotional: Awareness, expression, management, understanding others**
- **Behavioral: Quality Time, Work life balance, Appreciative gestures**
- **Communication: Negotiation, conflict resolution**

Though Prompting statements like: 'We invest when we have time and thinking skill, we can't pour from empty cup'.

Facilitator would discuss about the four stages of dyadic relationship. These are Survival, Stability, Significance and Satisfaction.

Corresponding Skills – Need to learn.

	Thinking Skills	Emotional Skills	Behavioral Skills	Social Skills
1	Thinking	Awareness	Time Management	Communication
2	Problem Solving	Expression	Work Life Balance	Negotiation
3	Decision Making /Prioritization	Who controls whom		
4	Rationality	Know other person's emotions		
5		Respond other person's emotion		

Facilitator would do probing and allow them to express the consequences.

Session – 06: Mutual Future Plan

This session will start with a role play. We need to understand that all partners have some goals. Mutual Future Plan is a joint activity by which we would be able to create a space to convert our desire to reality. It gives us enough opportunity to fall to compatibility by respecting each other's goal. The objective of the session is to help the client understand the importance of discussing the individual and relationship goals with the partner and develop a mutual future plan.

Procedure: The communicator needs to explain the importance of mutual future plans for the married life to the couple through different prompts and activities.

Instructions/ Questioning: Marriage is the union of two adult individuals. 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 you need to have a common goal as a couple'.

The communicator takes help of a Venn diagram to elaborate on what is meant by common goals and spaces.

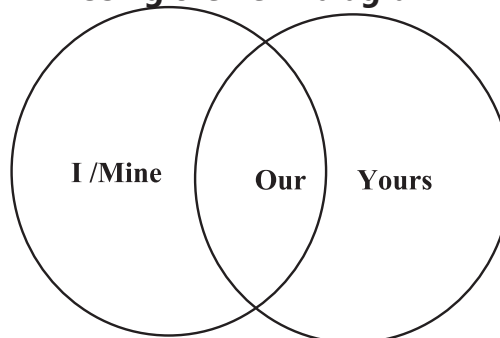
There is a 'Me' and there is a 'You' in every relationship. ME and You have their own priorities and needs. However, once you are tied in the married relationship, many things suddenly become ' Ours/ WE... So in the diagram given below, you both have to list some such goals in three places.

I/Mine: all those things you would like to attain as an individual.

Yours: all those things your partner would like to attain as an individual.

Ours: all those things you both would like to attain as couple.

Using the Venn diagram





Individual Life Goals and Relationship Goals –

1. Individual Life Goals:

- a) Career
- b) Health
- c) Financial
- d) Social
- e) Intrinsic
- f) Other

2. Relationship Goals:

- a) Nurturing with each other(spouse) and with family (Connecting families – reciprocal –)
- b) Four Values for healthy relationship: Care, Share, Respect, Responsibility
- c) Intimacy
 - a) Family Planning
 - b) Flexibility
 - c) Resilience

Points to be discussed for anchoring:

- a) What is Independence and Interdependence?
- b) My interest first – others' interest a close second
- c) While taking the decision – stand for spouse
- d) Relationship Goals – Types of relation – Locus of control

Relationship Intelligence:

- a) Flexibility – Values / Opinion
- b) Resilience
- c) Balance of over flexibility – Over Rigidity in expectations



Sentence Completion tool to be used for Mutual future plan relationship goals.

Given below are few pairs of sentences. You have to write three alternative responses for each statement in each of the pairs. Be crisp and brief. There are no right or wrong answers to this.

Pair 1. A. How would I care for my spouse....

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

Pair 2. A. I am ready to share with my spouse...

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

Pair 3. A. My way of respecting my spouse is...

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

Pair 4. A. I will take responsibility of.....(ex-family, children, adults, household tasks).

B. I expect my spouse to share family responsibilities...

Details of the tools and its instructions are given as under-

Name of the tool – Sentence completion tool for Mutual Future Plan

Nature of the tool – exercise

Purpose of the tool –

- The aim of this tool to make the couple realize how set expectations from self and from partner.

Instructions –

1. Create a sheet with sentence completion exercise based on four factors – Care, Share, Respect and Responsibility



2. Give the couple a sheet of sentence completion exercise.
3. Ask to write three answers of their choice and three answers based on their expectations from their partners - on the complete the sentence exercise sheet.
4. Generate the discussion based on their answers.

Counsellors' discussion –

This exercise will give the couple clear idea about what are their expectations and what they can really do for their partners on four aspects of relationship – those are – Care, Share, Respect and Responsibility

The everyday life situations are often influenced by these aspects, as sometimes one partner gets more care, and another one doesn't get expected care. One partner is open to keep transparency, and another can't share simple things and so on.

This exercise can give the couple clear idea about their choices and their abilities. This will also help them understand what and how much they must change for their relationship.

Given below are few pairs of sentences. You must write three alternative responses for each statement in each of the pairs. Be crisp and brief. There are no right or wrong answers to this.

Pair 1 – Aspect CARE

- A. How would I care for my spouse....
 - 1.
 - 2.
 - 3.
- B. I will feel cared when my spouse...
 - 1.
 - 2.
 - 3.



Pair 2 – Aspect SHARE

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

- 1.
- 2.
- 3.

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

- 1.
- 2.
- 3.

Pair 3 – Aspect RESPECT

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

- 1.
- 2.
- 3.

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

- 1.
- 2.
- 3.

Pair 4. – Aspect RESPONSIBILITY

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

- 1.
- 2.
- 3.

B. I expect my spouse to share family responsibilities.

- 1.
- 2.
- 3.



Session – 07: Use of Counselling Skills – Rapport and Probing

Counselling is a dynamic and purposeful relationship between two people – one is client and other is counsellor. It is a process of working with people in which you try to understand how the mother feels and help her to **decide** what to do. It can finally be rightly said that counselling is a process, a relationship that is designed to help people take right decision. The Goals of Counselling is to facilitate change in client's behaviour, improve client's ability to establish and maintain relationships, enhancing the client's ability to cope with the situation, and promote decision-making process.

The Facilitator of TERE MERE SAPNE would primarily focus on the following -

- Clarify what's important in client's lives
- Exploration of feelings, thoughts and meanings particular to them
- Offering support at times of crisis
- Offering support during developmental and transitional periods
- To reach a resolution of problems.

GATHER APPROACH

- **Greet** -Greet the Clients. They should feel welcome. Build a rapport with clients by greeting making her feel comfortable
- **Ask** -Ask questions effectively in a friendly manner using words that client understands and listen patiently, without being judgmental. Identify client's needs by asking relevant questions about personal, social, family, medical etc.
- **Tell** - Tell the relevant information to help her reach a decision and make an informed choice regarding marriage
- **Help** - Help the client to reach a decision and give other related information
- **Explain** - Explain about the sources in detail including information efficacy,



potential side-effects and other aspects for follow-up

- **Return** - Return for ongoing suggestions is advised and need for follow-up is emphasized

Skills required:

1. Rapport + Probing
2. Understanding Verbal-Nonverbal cues
3. Questioning without creating stress
4. Summarizing with carry home message

Punch lines from learning of the client to be drawn in writing in form of future resolutions.

Building Rapport

- Create an emotional link and understand the feelings.
- Encourage action from the client.
- Provide transparency and positivity through communication.
- Develop mutual trust, friendship and affinity with someone.

Purpose of Paraphrasing

- Give clients an opportunity to hear what they are saying, in a slightly different format.
- Is a way of reflecting the content and feelings of what the client is saying?
- Describe content and feelings being reflected back in the counsellor's own words.
- Demonstrates the counsellor's attentiveness.
- Gives an opportunity to clarify anything the counsellor is misunderstanding and check that they are getting it right.



- Is a way of keeping mutual contact with the client.

Paraphrasing or Reflect Back

- The client can (re)hear what they've said.
- The client gets a sense of themselves, i.e. how they're expressing themselves – as if a mirror were being held up to them.
- The counsellor checks what they're understanding (meanings, thoughts and feelings) is correct.
- There's ongoing communication between counsellor and client (of what the client has said) can be joined together to make a more coherent whole.

Unconditional Positive Regard

- Basic acceptance and support of a person regardless of what the person says or does,
- **Positive regard** refers to accepting and supporting the clients exactly as they are, without evaluating or judging them.

Congruence

- You are real and genuine, open, integrated and authentic during interactions with the client and family members.
- Pay attention to what you are feeling and thinking. A necessary start for achieving **congruence** is to notice our internal state. ...
- Be yourself. ...
- Don't hide
- If you're wrong, own it.
- If you don't have an answer to a question, admit it.



Questioning

- Use open questions when possible.
- Avoid closed questions which invite 'yes' or 'no' replies, except when requiring the client to be more precise or when seeking specific information.
- Use one appropriate question at a time.
- Check the purpose of your question before you go ahead.
- Be aware of the tone of your voice, the speed of the question, the message it might convey

Purpose of the Questions

- To clarify – to help the client be more concrete and specific
- To help them identify cause of the problem
- To gain useful information
- To help the counsellor get a clear understanding of the client's situation
- To check reality – i.e. 'Did I get that right?' – or specific meanings – e.g. 'You said... I wonder what that means for you?'
- To explore underlying thoughts, feelings and meanings

Empathy

- Complete understanding of the client from his/ her perspective not from your perspective
- Putting yourself in other's situation and feel the same

Use of Counselling Skills – Role of Facilitator in PMC

- Listen carefully and attentively, without being defensive or attacking.
- Use your powers of observation – notice the person's body language, appearance, gestures, posture, eye contact and tone of voice.
- Don't ask too much questions.



- Use questions to open out what the person is trying to convey.
- Paraphrase (repeating, not verbatim but in your own words) to check and clarify the content of what's been said and the feelings behind it.
- Use minimal responses such as 'Yes', 'mm', 'uh-huh', nodding, etc. to demonstrate attention, to show you are following what's being said and to encourage further exploration.
- Summarize when the person has talked for a while. Keep track of and join together themes, to check you've understood what's been said and to help the person get an overall picture.
- Use immediacy to address 'here and now' issues in the relationship.
- Don't accuse or humiliate the client.

Role of Facilitator is to help in strengthening the relationship between prospective partners on these core dimensions such as caring, sharing, respecting and taking responsibility.

Qualities of Good Facilitator/ Counsellor:

- Focus should be on the activities (individual or group)
- Keeps participants active on task
- Offers strategies to carry on in group work
- Ensures that participants are safe from personal attacks/negative personal comments
- Tries to show ways that all can benefit
- Provides opportunities for all to participate
- Guides discussion, offer good questions and promotes dialogue
- Does not necessarily promote own ideas or opinions, although they can be offered where it is appropriate
- Interested in having participants solve problems rather than providing solutions to problems.



Session – 08: PIP (Personal Improvement Points) for Marriageability

Objective: To help the clients develop the vision/ insight regarding what he/ she/ they need to improve as individuals for a stable and satisfying married life.

Procedure: The communicator will help the client/s in charting out a personal action plan in form of resolutions with the help of questions given below: In order to make myself marriageable/ to develop my bond with my partner in marriage- (Fill it Up)

1. What personality aspects (thoughts/ emotions/ habits) do I need to newly adopt / imbibe in myself?
2. Which of my beliefs/ habits/ thoughts need to be altered/ modified for a better cohabitation?
3. Where will I find the support system which can help me in doing so?
4. How can I prioritize my life and relationship goals keeping in view the wellbeing of my family?

Discussion/ Exploration: The communicator assists the client in verbalizing the said messages/ resolutions and ensures that he / she would be further encouraged to follow them.



Session – 09: Compendium on family and related laws

This document has been prepared to assist the functioning of the Pre-Marital Communication Centers. It provides a comprehensive overview of the legal aspects of marriage in India, including the age of valid marriage, the laws governing different religious communities, the registration of marriages, and the legal provisions against dowry, preventing child marriages and the misuse of prenatal diagnostic techniques.

Note: For more information on laws and legislations related to women, please refer to **NCW's app – Her Legal Guide**.

1. Age of valid marriage in India

- i. The age of valid marriage in India is 18 years for girls and 21 years for boys.
- ii. The Prohibition of Child Marriage Act, 2006 declares child marriage voidable and provides penalties for those involved. It prescribes rigorous imprisonment of up to 2 years and a fine of ₹1 lakh for anyone who performs, conducts, directs or abets any child marriage.¹
- iii. Further, any person having charge of the child whether parent or guardian or in another other capacity, who does any act to promote the marriage or permits it to be solemnised, or negligently fails to prevent it from being solemnised, including attending or participating in a child marriage, shall be punishable with rigorous imprisonment which may extend to two years and shall also be liable to fine which may extend up to one lakh rupees.
- iv. The Act also prescribes Special provisions to protect the rights of minor girls, allowing them to seek annulment within two years of attaining adulthood. Further, it makes provisions for maintenance and residence for females party in child marriage and of children born out of such child marriages.

1 Section 10 – Punishment for solemnising a child marriage.



2. Personal Laws governing Marriage in India

- i. The Constitution of India guarantees the right to freedom of religion, allowing individuals to follow their religious faith. Each religious community in India has its own set of laws and practices when it comes to marriage and divorce. As a result, laws related to marriage, inheritance and divorce in India are governed by various personal laws based on the religion or community, to which the person belongs.
- ii. The Hindu Marriage Act, 1955, is the most comprehensive law for Hindus and is also applicable for Jains, Buddhists and Sikhs. Muslims are governed by the Muslim Personal Law (Shariat) Application Act, 1937. Similarly, Christians are governed by the Indian Christian Marriage Act, 1872.
- iii. **The Hindu Marriage Act, 1955:** The Act provides for several key provisions related to Hindu marriage, including eligibility criteria, the registration of marriages, restitution of conjugal rights, judicial separation and divorce. One of the key features of the Act is that it recognises the concept of “sapinda relationship,” which prohibits marriages between people who are related to each other within a certain degree of ancestry.
- iv. Essential conditions of a valid Hindu marriage: Under Section 5 of the HMA, 1955, Both parties must be Hindus, must be capable of giving consent - should not suffer from unsoundness of mind, mental disorder or insanity, neither party should have a spouse living at the time of the marriage (Section 17 prescribes the penalty for bigamy), the bride must be at least 18 years of age and the groom must be 21 years of age at the time of marriage, and they should not be sapindas of each other or within the degrees of prohibited relationships.
- v. **Solemnization of Marriage:** Under Section 7, a Hindu Marriage may be solemnised according to the customary rites and ceremonies of either party. Saptapadi “(that is, the taking of seven steps by the bridegroom and the bride jointly before the sacred fire)”² is an essential custom in Hindu marriages and the marriage is considered complete once the seventh step is taken.
- vi. **Law governing Muslim Marriages:** In India, Muslim marriage (Nikah) is considered a civil contract rather than a sacrament, governed by Islamic

2 Section 7(2) HMA, 1955



personal laws and the Muslim Personal Law (Shariat) Application Act, 1937. The Act was introduced to ensure that Muslims in India are governed by their personal laws. The Act applies to all matters of personal law, including marriage, divorce, inheritance, and maintenance. It provides for the application of the Shariat, which is the Islamic law, to Muslims in India.

- vii. **Essential conditions of valid Muslim marriage:** A valid marriage under Muslim law requires the fulfillment of three essential conditions. First, there must be a proposal (Ijab) and acceptance (Qubool), where both parties freely consent to the marriage in the presence of witnesses. Second, the competence of parties is necessary, meaning that both the bride and groom must be of sound mind and have attained puberty, which is generally presumed at the age of 15 years. Lastly, Mehr (Dower) is a mandatory gift given by the husband to the wife, ensuring her financial security.
- viii. **The Special Marriage Act, 1954:** This Act allows civil marriages of persons belonging to different religions or communities. The Act was enacted to provide a special form of marriage that is both secular and non-denominational. It applies to people of all religions who want to marry outside their community, as well as for those who do not wish to perform a religious ceremony.
- ix. The Act provides for the solemnisation of marriage by law through registration. The marriage officer, appointed by the government, has the power to register marriages, issue certificates, and maintain records of marriages. The Act also provides for the publication of a notice of intended marriage, and any person can object to the marriage within 30 days from the submission of the application, if they have a valid reason. The Act also lays down the conditions for the marriage, such as age, consent, and mental capacity.
- x. **The Indian Christian Marriage Act, 1872:** This Act regulates the solemnisation of marriages among Christians in India. It applies to Christians of all denominations, and it provides for the registration of Christian marriages. The Act lays down the rules for the solemnisation of the marriage, including the age of the parties, their consent, and the presence of witnesses. This legislation also provides for the dissolution of marriages by divorce, judicial separation, or annulment.



- xii. Under this Act, a Christian marriage can be solemnised by a minister of religion authorised by the government, or by any other person who has been granted a licence to solemnise marriages.

3. Registration of Marriage

- i. Registration of Marriage is a crucial step towards securing legal, financial, and social benefits for couples. A marriage certificate serves as official proof of marriage, safeguarding rights in matters such as property inheritance, spousal benefits, and legal separation. It is essential for visa applications, joint ownership of assets, and financial transactions like home loans. In cases of marital disputes or the demise of a spouse, a registered marriage simplifies legal proceedings, providing protection and clarity.
- ii. The registration of marriage is recognized under **the Hindu Marriage Act, 1955**, and **the Special Marriage Act, 1954**.
- iii. In 2006, the Supreme Court of India while safeguarding women's rights, held that irrespective of the religion of parties to the marriage, the registration of any marriage will be held to be mandatory and compulsory.

4. The Hindu Succession Act

- i. Section 14 of the Hindu Succession Act confers absolute right on females in respect of any property possessed by Hindu females. This includes unfettered right of disposal of property. Both movable and immovable property is covered under Section 14 of the Hindu Succession Act. Such property can be acquired by inheritance, demise, partition, in lieu of maintenance, arrears of maintenance, gift, property acquired by her own skill, purchase, prescription, or in any other manner and also Stridhana.
- ii. With the amendment of the Hindu Succession Act in 2005, women are now entitled to coparcenary rights at par with men under section 6 of the Act.

5. Law governing Dowry

- i. Dowry refers to any property, goods, or money demanded or given directly or indirectly in connection with marriage. The Dowry Prohibition Act, 1961, was enacted to curb the social evil of dowry in India. The Act prohibits the practice of giving or taking of dowry by either party to a marriage. The law punishes demanding and advertising dowry. The Act



also imposes a duty on parties getting married to make a list of gifts and presents. The offences under the Act are cognizable, non-bailable and non-compoundable. Dowry prohibition officers are appointed to prevent dowry related offences and comply with the provisions of the Act.

- ii. It prescribes the following penalties:
 - a. Giving or Taking Dowry: Imprisonment of at least 5 years and a fine of not less than ₹15,000 or the value of the dowry, whichever is higher.
 - b. Demanding Dowry: Imprisonment of up to 5 years and a fine of up to ₹10,000.
 - c. Advertising Dowry Offers: Imprisonment of up to 6 months or a fine of up to ₹5,000, or both.
 - d. Dowry Death (under Section 80 of the Bharatiya Nyaya Sanhita, 2023): If a woman dies under unnatural circumstances within 7 years of marriage, and it is proven that she was harassed for dowry, the husband and in-laws can face imprisonment for at least 7 years, which may extend to life imprisonment.

6. Protection of Women from Domestic Violence Act, 2005

- i. The Act defines domestic violence and provides a mechanism for effective protection of women from emotional, physical, sexual and economic abuse. It applies not only to married women but also to live-in relationships, offering protection to women in any domestic arrangement.
- ii. It ensures that women have the right to live in a shared household, irrespective of ownership, and provides provisions for protection orders, monetary relief, and legal support. The Act also provides for appointment of protection officers, to help the aggrieved women to get relief through police and court.

7. The Pre-natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act, 1994 and the Pre-natal Diagnostic Techniques (Regulation and Prevention of Misuse) Amendment Act, 2002

- i. The Act was enacted with the intent to prohibit prenatal diagnostic techniques for determination of the sex of the fetus. It prohibits sex



selection before or after conceptions and provides for regulation of techniques for the purpose of detecting genetic abnormalities, congenital malformations, sex-linked disorders and for the prevention of their misuse for sex determination leading to female foeticide.

- ii. It also prohibits any advertisements relating to pre-natal determination of sex and prescribes punishment for its contravention including suspension of registration, removal of name from register, imprisonment and fine.
- iii. Any person who seeks the aid of the ultrasound clinic, medical practitioner etc. for sex selection or for conducting pre- natal diagnostic techniques on any pregnant women, shall be punishable with imprisonment for a term which may extend to three years and with fine which may extend to fifty thousand rupees for the first offence and for any subsequent offence with imprisonment which may extend to five years and with fine which may extend to one lakh rupees.
- iv. However, it is provided that this provision shall not apply to the woman who was compelled to undergo such diagnostic techniques or such selection. Further, there is a presumption in favour of the pregnant woman, under Section 24 of the Act, which provides that that unless the contrary is proved, the pregnant woman was compelled to undergo such procedure by her husband or relative, as the case may be.

8. The Maternity Benefit (Amendment) Act, 2017

- i. The Act, in pursuance of the remit of article 42 of the Constitution of India and with a view to secure just and humane conditions for work and for providing maternity relief, regulates paid maternity leave and other related benefits to women employees.
- ii. The paid maternity leave has been increased to 26 weeks from 12 weeks vide amendment to Section-5 of Act in 2017. The maternity benefits are also available to adoptive and commissioning mothers.

9. Personal Laws governing Divorce in India

- i. The legal framework for divorce in India is primarily based on personal laws specific to different religious communities.
- ii. **Hindu Law:** Under the Hindu Marriage Act, 1955, divorce can be obtained



on grounds like adultery, cruelty, desertion (for 2+ years), conversion, mental disorder, or incurable disease. Mutual consent divorce is also allowed under Section 13B. For divorce by mutual consent - both parties to the marriage must together file a petition to the district court "on the ground that they have been living separately for a period of one year or more, that they have not been able to live together and that they have mutually agreed that the marriage should be dissolved". Under Section 13B(2) of the Act, the parties must move a second motion before the court "not earlier than six months after the date of the presentation of the [first] petition...and not later than eighteen months after the said date, if the petition is not withdrawn in the meantime".

- iii. **Muslim Law:** Divorce can be initiated by the husband (Talaq) or the wife (Khula), or through mutual agreement (Mubarat). Talaq-e-Biddat. The Supreme Court of India declared Talaq-e-Biddat or Triple Talaq unconstitutional in Shayara Bano v. Union of India. Following this, the Muslim Women (Protection of Rights on Marriage) Act, 2019 was enacted, making the practice illegal. Under this law, instant triple talaq is a cognizable offense, punishable with up to three years of imprisonment and a fine. The law also ensures that the wife is entitled to maintenance and has the right to seek custody of children.
- iv. **The Special Marriage Act, 1954:** The Act provides that divorce may be taken mutually by parties or based on grounds raised by either party. Under Section 27 of the SMA, this includes divorce on the grounds of adultery, desertion, imprisonment for a period of more than 7 years, cruelty, unsoundness of mind, suffering from venereal disease in a communicable form, as not been heard of as being alive for a period of seven years or more.
- v. For divorce by mutual consent, prescribed under Section 28, If both spouses agree to separate, they can jointly file for divorce after living separately for at least one year. After the first motion, a six-month cooling-off period is given before the final decree is granted.

ANNEXURES



Name of the tool – Case Studies of Dilemmas.

Nature of the tool – Short cases and examples for the study

Purpose of the tool –

1. To improve counsellor's knowledge about various issues of confusions and dilemmas faced by today's GEN Z

Instructions – This tool is only for counsellors and their deep understanding about current issues of GEN Z

Case 1: Dilemma

Amit is a so-called settled young person. Good job, free of heavy family responsibilities, etc. He is a good friend of Jyotika, his office mate. Dining together, watching movies is a routine for them. Other colleagues are on watch obviously. Some of the comments from them triggered Amit to think that he is in "True Love" with Jyotika. She has not thought about this seriously. Suddenly he is transferred to another far-off city with a compulsory offline job profile.

Hesitantly, with heightened heartbeats, he tells Jyotika that he wants to have a serious word with her. Guessing about his thoughts, Jyotika clears that she won't be able to move anywhere just for him/ his love and in that case, she would appreciate him only as a nice friend.

Amit is devastated. He thinks of leaving the job. Avoids friends. He thinks, 'it's hopeless to live.. She was my sole strength... I can't think of my life without her being side by side...

1. What is the real problem of Amit?
2. What are the major concerns the facilitator should focus on?
3. Are there any win- win alternatives that he can think of?
4. How can the facilitator help him in taking an appropriate decision?



Case 2:

A girl's views before and after marriage, particularly regarding the mother and mother-in-law dynamic.

Sumedha and Suresh both have come to seek guidance on how to make adjustments on some issues. Sumedha is a girl of modern thoughts about religious activities. Suresh also carries similar thoughts and beliefs. But Sumedha's family and Suresh's family are both religious and Suresh's family expects that Sumedha should also join them after the marriage.

Sumedha has managed her home and parents regarding not paying attention to any religious rituals but now she is afraid that she will have to follow all traditions and rituals at In-Law's place after marriage.

She feels her beliefs are her core traits and she cannot negotiate with it, but she likes Suresh so she needs a solution for her dilemma.

Discussion Points:

1. Acceptance and adaptation to new roles.
2. Shifting from compliance to perspective-building.
3. Moving from rigidity to flexibility in thought processes.
4. Transformation from aggression to assertion.
5. Understanding perception biases and thought alignment.

Case 3. Investment and Decision-Making Authority

Analyze how financial decisions impact relationships.

Example 1:

- A financial investment advertisement where a son ignores his mother's advice.
- The same advice is given in a male voice (father, brother, uncle), and the son pays attention.

Discussion: How gendered communication influences decision-making.



Example 2: A male NGO worker/artist with financial constraints must take up additional earning responsibilities.

Discussion: Gender expectations in financial responsibility.

Example 3: An IT couple, both earning well, face relocation for career growth.

Discussion: Will the male partner adjust if the female partner gets an opportunity?

Financial Disparity in Relationships

Understanding financial adjustments in a marriage where the bride earns more than the groom.

-Discussion Points:

- Adjustments and Expectations: How couples perceive financial differences.
- Social and family influences on decision-making.

Negotiation in Crisis: Case Study

Example 4 - A couple finalizes their wedding plans, but the groom loses his job three months before the wedding.

- Questions:

- Will the bride still marry the groom despite financial uncertainty?
- How will compromises and negotiations be managed?
- What impact does financial instability have on relationship expectations?

Discussion: Handling unforeseen situations and redefining relationship priorities.



ANNEXURE – 2

Registration Form

Nature of the tool – Basic information of the person who will come for inquiry.

Purpose / objective –To collect basic information whenever the person or a couple reaches to communication centre for guidance.

Instructions

1. The person at registration desk of any PMC centre should have enough number of copies of this registration forms.
2. The appointment shall be given after filling this form.
3. If there is telephonic inquiry,then the person at registration desk must ask information and fill the form for the person who is making inquiry.
4. All the data should be kept confidential.
5. PMC centre can create digital copy of this form, in various formats, such as excel sheet.
6. Analysis of this inquiry form can be done based onthe following points.
 - a. Age groups of the clients / visitors
 - b. Educational backgrounds of the clients / visitors
 - c. Professions of the clients
 - d. Types of inquiries
7. Format is given below.



TERE MERE SAPNE (PRE-MARITAL COMMUNICATION CENTRE)

Registration Form

Name (In Full) -

Age

Gender

Address - Permanent

Address for correspondence -

Aadhar card no –(Optional)

Mobile no -

Email id -

Educational Qualification (write all that applies)

Profession (write details)

Caste / religion

Family information - in short

Nature of inquiry -

Appointment Day and Date

Signature of the person



13. Personal assets? - house, vehicle
14. Type of Marriage - first marriage / Re-marriage
15. If re-marriage - information about earlier marriage.
- 16 – Discussion with the client

Note: Information contained in this sheet shall be treated as confidential. It shall not be disclosed fully or partially without the written consent of the District Authority.



ANNEXURE - 4

WORK LIFE BALANCE PERCEPTION QUESTIONNAIRE

A work-life balance (WLB) is the capacity of an individual to manage the activities effectively both at workstation and in the personal life. Factors like personal, social, and workstation influence Individual's work-life balance behaviour. Work-life balance is understood as a sense of satisfaction or functioning of an individual both at work and home with a minimum of conflict and stress. In order to assess the perception of prospective partners on managing work both at home and Office, a questionnaire has been designed to understand different issues and challenges encountered and possible strategies can be planned to lead a more meaningful life.

The questionnaire has been prepared based on the Work Life Balance scale developed by Dr. Smita Singh (2014); Work Life Balance: Scale Development & Validation by Agha, K. et al. (2017); and Work-Related Quality Life Scale by Easton Simon & Laar D V (2013). This is not a standardized questionnaire. However, the items stated in the questionnaire are very useful to understand the dilemma experienced by the person both at family and at work. The assessment would enable the Counsellor of Pre- Marital Communication Centre to help the partners devising effective strategies in reducing the conflicts and maintain harmonious life.

Instructions:

Please read all the statements carefully and mark your response in the boxes given against each. It is advisable to avoid the "**Neutral**". In case you find difficulty in comprehending the statement, please ask the facilitator to help you. The responses would remain confidential. If both the partners agree to have open communication and discussions on it then it would be useful to make informed choices. This questionnaire would help all of us to understand your beliefs and working patterns both at home and office. The Score is to understand your current standing about your perception and belief. It is not intended to label you. Give the true and honest opinion.

Courtesy: Dr. Smita Singh, University of Lucknow, 2014.



Please give your Rating on the following:

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



08	I am compelled to change my family outings/ vacation plans due to office work pressures.					
09	Strategies that are helpful in Office would also work better for parent and spouse in the family.					
10	My ability to take fast decision would help me in managing office & family matters easily.					
11	My Communication and Negotiation Skills would help me in achieving balance both at work and home.					
12	It is very challenging to act similarly at home and at work.					
13	I often get emotionally exhausted in balancing the responsibilities at home and office.					
14	The nature of Job and the skills learnt at office would help me in resolving family problems effectively.					
15	My happiness in Office depends upon the quality of life experienced at home.					



16	I constantly over think about the future prospects of my family and career.					
17	It is better to take breaks from services for fulfilling family obligations.					
18	I and my partners will be able to discuss and negotiate work life balance.					
19.	I have enough time for family recreation to make us feel happy					
20.	I want my partners to assist me in completion of assignments of office					

Scoring Pattern:

The Positively Coded items will be scored as 5,4,3,2, 1 and Negatively Coded Items would be 1,2,3,4 and 5. The positively coded items are given in Sl. No- 01, 05, 09, 10, 11, 14, 15, 18 and 19. Rest of the items is negatively coded. The Maximum and minimum score would be 100 and 20 respectively. The Scoring would be categorized as **High, Moderate and Low.**



Sl. No	Category	Range	Remarks
01	Low Work Life Balance	Below 30	Significant Challenge. You are finding it difficult to maintain balance.
02	Moderate Work Life Balance	30 - 50	Somewhat well balanced. You need to identify the areas where you need to improve upon.
03	High Work Life Balance	50 and above	Highly Balanced. 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.

Note: Counsellors can ask the prospective partners to self-administer the tool in case of shortage of time.



GUIDELINES FOR “TERE MERE SAPNE” Premarital Communication Centre

Standard Operating Procedures (SOP)

- A. The Pre- Marital Communication Centre should be preferably located near the Office of the District Magistrate, Municipality, District Women and Child Development, District Social Welfare, Marriage Registration Office etc. However, as per the local conditions the District Magistrate may decide to establish the Centre in the locality more convenient in terms of its access to the stakeholders.
- B. It is further clarified that overall monitoring, logistics, and other supports should be given by District Magistrate. All the prospective beneficiaries willing to avail services should be registered in the Pre-Marital Communication Centre. The Aadhaar details (optional) of the beneficiaries may be maintained in the register till the digitalization mechanism is in place.
- C. District Officials must take all efforts to establish the Pre-Marital Communication Centre in Urban/ Rural/ Tribal Areas with approval from the District Magistrate.
- D. District Authority should also identify Government buildings located near Municipal Office and Colleges/ University in urban area where the PMC can be established. However, it is to be kept in mind that PMC should be easily accessible regarding commutation and other support.
- E. The PMC should have facilities for adequate lighting, ventilation, Functional Toilets (Both Male & Female), Drinking Water, Ramp facility for differently able persons etc. The team of PMC must ensure its hygiene and cleanliness.
- F. District Administration may also explore the possibility of leveraging Corporate Social Responsibility funds to set up more PMCs and these funds may be substantially used for strengthening infrastructure, resources (Human Resources, Materials and Monitoring) etc.



G. Facilities and assistance may also be explored through Convergence & Coordination with other departments for smooth running of PMC.

Implementing Agencies: Implementation of PMC shall be carried out by the District Authority as per the Standard Operating Guidelines stated in the TERE MERE SAPNE Facilitator Guidebook. All the expenses related to administrative activities, human resources, training, media advocacy, community outreach activities etc., will be borne by the Office of the District Magistrate.

Beneficiaries: Young Adults above 18 years of age who are willing to make an informed choice for getting married would avail the services provided at PMC. If the person below 18 years are willing to avail services under PMC, should be dealt with very tactfully and focus would be more on imparting life skill education, career counselling.

Services

The major services of PMC would include –

- Communication and counseling related to PMC
- Printed Materials, Brochures, Pamphlets
- Awareness Generation/ Sensitization programme
- Community Outreach
- Referral of Cases (If required)

Human Resources

- The PMC should have one Counselor or Communication Facilitator who have received the Training of Trainers under the Mentorship of NCW
- One Support staff (Office Assistant) to facilitate the Counselor/ Communication Facilitator

Role and Responsibilities of Counsellor/Communication Facilitator

- Overall in-charge of the Centre TERE MERE SAPNE



- Spend adequate time for the Centre as per the timing laid down. The timings of the centre should be decided by the District Authority as per the local needs/ situations.
- Registration of the cases. Maintain all record and registers.
- Maintain a helping relationship with the clients.
- Orient the Clint (both Individual and Group) towards generation of knowledge, helps them to categorize issues & challenges related to family & marriage; and allow them to make informed choices as solutions to problems.
- Ensure that clients are safe from comments and criticism. For example, the facilitator creates learning opportunities in such a manner that participants should not feel offended. The Cousellor should practice non- judgmental.
- Allow the clients to express freely. For example, if the client is not clear about the contents or have any doubt, the facilitator will help to clarify in all possible manners.
- Summarize and reflect what the individuals and group collectively are saying. For example, the facilitator reflects client's suggestions on a flip chart or makes a verbal summary of what other have said.
- Be flexible, focusing on possibilities, open to learning.
- Demonstrate teamwork and work together cordially in the PMC. Help each other with tasks and share responsibilities.
- Know the content of the TERE MERE SAPNE
- Understand the participants and identify the preferences and biases.
- Prepare well before Communication sessions.
- Inform the clients about the role of PMC, allow them to read & understand the disclaimers and the amount of time required for each task at PMC depending on the nature & severity of cases.
- Provide opportunities to be open-minded, fair and culturally sensitive so that the clients show willingness to learn many things.



Role of the Office Assistant

- Responsible for helping the Counsellor/ Communication Facilitator
- Work closely with the Counsellor/ Communication Facilitator in conducting daily activities at PMC such as maintenance of records/ Registers, Registration of Cases, provide drinking water and offer them to seat comfortably. She/ he also ensure that conversation should not be made public.
- Should have a friendly and positive attitude and greet the clients.
- Constantly monitor and supervise the clients to ensure their safety and security.

Timings The timings may be decided by the District Authority as per local need however it has to be ensured that timing should be as per the convenience of the beneficiaries. The details of timings are given in the minimum standard requirements for TERE MERE SAPNE.

Records and Registers

The following basic records and registers which should be maintained and available for inspection at any time during the working hours of the PMC. It is an indicative list of register. However, District Authority may decide its number and usage.

1. Admission/ Enrolment register for recording profile of the client.
2. Register for consumable and non-consumable items
3. Visitors register
4. Inspection register
5. Training/ Sensitization/ Awareness Generation Activities
6. Suitably Mobile App to be developed for easy facilitation of services



Minimum Standard Requirements of TERE MERE SAPNE – Pre Marital Communication Centre

1a Infrastructure -

- A well ventilated room not less than 100 to 150 sq.ft.
- Centrally located and accessible.
- Having enough privacy for the PML discussion for the candidate and facilitator.
- Working days and Hours –
 - Monday to Friday - 3pm to 7pm (4 Hours)
 - Saturday, Sunday -12pm to 5pm (5-7 Hours)(Flexibility of timings to be decided by District Authority as per local conditions & requirements)
- Provision of a Registration desk outside the facilitation room.
- Preferably Independent landline or mobile phone.
- Furniture -1 Table , 4 Chairs, 1 Cupboard with lock & key for record keeping.
- Stationary for facilitator and sufficient copies of Enquiry form, Personal Information forms and Feedback forms. (format provided in Annex)
- Electricity charging points, sufficient Lights and Fan.
- Drinking water arrangements.
- Ladies and Gents toilet facility.
- 1 desktop/laptop for taking notes and maintaining records.

1b. Human Resources –

- Pre-Marital Communication facilitator - Male or Female with Graduation or Post graduation in either Psychology / Social Work / Counselling.
- Registration counter front office assistant - Graduate with good communication and organizing skills.



1c. On-site Branding as per design soft copies provided by NCW -

- Display Banner at the center.
- 2 Standees outside the centre.
- Necessary direction boards as per venue requirement.
- Pamphlets, Registration, Self information and feedback form copies.
- Display the Disclaimer (Annexure – 9)

2. Outreach Guidelines -

2a. Print branding –

- Banners / standees to be displayed near the Registrar of Marriage office and pamphlets to be distributed to the couples coming to register.
- Banners / hoardings outside all government offices and colleges with the address and contact details of the center.
- Pamphlets to be distributed in community and banners also to be displayed.

2b. Events and seminars –

- Tere Mere Sapne events in colleges in the form of group discussions/debates/ essays/ skits etc.
- Tere Mere Sapne events with civil society partners, corporates and NGO's for awareness. (Template will be provided by NCW)

2c. Social Media Campaigns –

- Creating local Tere Mere Sapne pages on social media or tagging NCW – Tere Mere Sapne page on Facebook, Insta and other handles shared with you by NCW.
- Creating digital media contests encouraging youth to share their dreams from their future partners and upload on your social media handles with NCW prior approval.
- Any innovative ideas like podcasts, interviews etc. can be shared with NCW for approval.



3. Monitoring Guidelines

NCW will share a format and a google drive to share the data of beneficiaries monthly.

Monitoring of PMC

District Authority will review the functioning of PMC in every Month. The District Official of the Women & Child Development or Social Welfare as per the Instruction of the District Magistrate will be nominated as Nodal Officer of PMC and will submit the report to District Magistrate. The copy of the review meeting will be shared with National Commission for Women, New Delhi. The District Magistrate will depute the officials to monitor the activities of PMC in every month and if possible, DM can visit the PMC and communicate the visit report to NCW. This is an indicative monitoring strategy. The District Authority has the flexibility to modify the strategy according to local needs.



ANNEXURE – 6

**Format for Monitoring
Pre Marital Communication Centre (TERE MERE SAPNE)**

Date of Monitoring Visit:

Name of the Official:

Profile of the Pre Marital Communication Centre (PMC):

- Name of the PMC:
- Official Address:
- District
- State
- Contact Details (Phone/Email):
- Date and Year of Registration:
- Run by :**Government/NGO/ Trust**

Physical Infrastructure

- Indoor Space is adequate: **Yes/ No**
- Availability of Registration Desk: **Yes/ No**
- The Centre is clean and has supply of Drinking Water & Toilet: **Yes/ No**
- The centre has facility for ensuring Safety and Security: **Yes/ No**
- Seating arrangements and lighting of the centre: **Very good/ Good/ Average/ Not Available**
- The conditions of rooms are soundproof to ensure confidentiality and privacy of prospective couple: **Very good/ Good/ Average/ Not Available**



Human Resources

- Number of Counsellor/ Communication Facilitator available :
- Number of Assistant in the Centre
- Any other staff :
- Counsellor/ Community Facilitator have received TOT on PMC under Mentorship on NCW: **Yes/ No**
- Are the Education Qualifications of Counsellor/ Communication Facilitators as per SOP: **Yes/No**
- Does the counselors/ Communication Facilitator adhere strictly to the ethical standards and maintain confidentiality? **To a great Extent/ To Some Extent/ Not at all**

PMC Tools and Materials

- Display Board/ Banners/ Standees :**Available/ Not Available**
- List out the questionnaires/ schedules/ activity charts for conducting sessions
- Are these materials printed in local languages: **Yes/ No**

Outreach Programme to Generate Awareness

- Are activities/ services provided under PMC well-advertised in the local areas?
- Mode of conducting awareness generation activities: Local News Paper, Social Media, Distribution of Pamphlets/ Brochures in Educational Institutions/ Offices etc.
- Number of seminars or workshops conducted to raise awareness on benefit of TERE MERE SAPNE



Records and Registers

- Does the Centre maintain adequate measures for data privacy and confidentiality? **To a Great Extent/ To Some Extent/ Not at all.**
- Are the records and registers updated and maintained at daily basis? **Yes/ No**
- The mechanisms of scheduling and rescheduling of appointments? **Very Good/ Good/ Average/ Not at all**

7. **Observation of the Official to improve the service delivery at PMC**



Format for Monthly Progress Report Pre Marital Communication Centre (TERE MERE SAPNE)

To be filled up by the Counsellor and submit it to District Officer on or before 04th of Every Month

(a) Profile of the Pre Marital Communication Centre (PMC):

- Name of the PMC:
- Official Address:
- District
- State
- Contact Details (Phone/Email):
- Date and Year of Registration:
- Run by :**Government/NGO/ Trust**

(b) Details of Cases in the Month

- Number of Persons Visited
- Number of Persons visited with Parent/ Relatives/ Friends
- Number of Cases Registered
- Number of Sessions conducted with the Registered Cases
- Number of Registered Cases require follow up
- Number of Cases Closed
- Number of Cases referred having red flags
- Types of Cases



Sl. No	Case Types	No. of Cases
01	Planning to Marry	
02	Unable to take decisions regarding marriage	
03	Just Engaged	
04	Planning for Remarriage	
05	Marry in other Caste/ Religions	
06	Engagement with NRI Person	
07	Planning to go Abroad after Engagement	
07	Others	

(c) Outreach Programmes Conducted

Sl. No	Name of the Programme	Venue	Date	No. Participants attended	Remarks

Training of Counsellors on Pre-Marital Communication Centre Program Agenda



तेरे मेरे सपने

Day – 1

Time	Session
30 Minutes	Registration
1 Hour	Introduction and context of the program
1 Hour	Session on 'Know Your Self'
45 Minutes	Session on 'Dream V/S Reality Checks'
45 Minutes	Session on 'Systematic Investment Plan (SIP) Passbook'
45 Minutes	Session on 'Mutual Future Plan (MFP)'
45 Minutes	Session on 'Important Legal Aspects: Should and Musts'
45 Minutes	Session on 'Standard Operating Procedures (SOP) Branding'

Day – 2

Time	Session
45 Minutes	Brief of Day 1 Sessions- Recap
75 Minutes	Session on Essential Counseling Skills
45 Minutes	Session on Personal Improvement Plan (PIP)
45 Minutes	Role Play – Demonstration and Debriefing
45 Minutes	FAQs- How to use the PML Kit
45 Minutes	Concluding Remarks

ANNEXURE- 9**DISCLAIMER****“TERE MERE SAPNE”
(PRE-MARITAL COMMUNICATION CENTRE)**

Pre-Marital Communication Centre: “TERE MERE SAPNE” is an initiative to guide and assist the prospective young adults who seeks advices, information and resource support to make informed choices for their marriage. The PMC has been established under the Mentorship of National Commission for Women. The Counsellor/ Facilitator (Trained by NCW) of the Centre strives to promote healthy & effective communication and relationship building between young prospective couples and their family members preparing for marriage through helpful guidance and resource support. The PMC respects the sentiments and feeling of all members of community, religions, caste, class and locations.

- Personal information shared by you, your family members, relatives etc., can't be disclosed fully or partially to anybody without written consent from both of you.
- The PMC is not a substitute of legal, medical and psychological services. The guidance provided by the team is to understand the issues and challenges of marriage and enable you to make informed decision. But it shall not be interpreted as formal and binding one. The responsibility of the decision lies with you and family members.
- The tool kits, test materials, activities or games conducted by the Team of PMC have been used by many professionals working in this field and findings are very positive & helpful in reducing violence and abuse. The results of these tests can't be generalized for the success of marriage. The success of marriage depends upon multiple factors not on a single test.
- The Prospective partners may join and leave the programme voluntarily. The PMC shall ensure that confidentiality and privacy of information are largely maintained.
- There is no registration fee for attending the PMC. In case any malpractices occur, the Commission reserves the right to withdraw the mentorship support and strict actions will be initiated against the organization with intimation to the District Magistrate.







NATIONAL COMMISSION FOR WOMEN

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Legal Cell

Phone: +91-11-26944877
Email: legal-ncw@nic.in

Anti-Human Trafficking Cell

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North East Cell:

Email: nricell-ncw@nic.in

NRI Cell :

Email: nricell-ncw@nic.in

/NCWIndia /NCWIndia /NCWIndia /NCWIndia



Helpline for Women

National Commission for Women
24 x 7 Helpline-

7827170170

Police Helpline

112

Domestic Violence, Assault and Abuse Helpline

1091

Cyber Helpline

1930

Women Helpline Number

181

Child Helpline

1098



MODULE DEVELOPMENT TEAM

EXTERNAL TEASKFORCE MEMBER

Smt. Varsha Pawar -Tawde

National Secretary, BharatiyaStree Shakti, Mumbai

Ms. Meera Khadakkar

Retired Judge, Nagpur

Dr. AnaghaLavalekar

Director & Associate Professor, Jnana Prabodhini's Institute of Psychology, Pune

Dr. Shirisha Sathe

Counselling Psychologist, Pune

Ms. Sheetal Bapat

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Dr. Pallavi Kasande

Department Head, Baya Karve Women's Study & Research Centre, Pune







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24x7 NCW Women Helpline - 7827-170-170