

## **Premarital counselling Centre**

### **Activity Report 2019-20**

Our college is an authorised centre of Minority Welfare Department ,Govt of Kerala for conducting premarital counselling course for minority youths. the centre runs premarital counselling course . The course is a four day programme comprised of eight sessions viz General view of marriage, healthy family & Health management, interpersonal relations and communication skills, conflict management and resolution, sexual health and sexual hygiene, parenting, budgeting and finance management, legal aspects of marriage. It is open for the unmarried students and public above 18 (females) and 21(males). It is one of the important community extension programme started in the year 2018-19.



Premarital counselling course sponsored by Department of Minority Welfare, Govt of Kerala was officially inaugurated by Adv D K Murali (M.L.A – Vamanapuram Constituency) on 25<sup>th</sup> October 2019 in Mannaniya College of Arts & Science, Pangode, Thiruvananthapuram. Principal Dr P Nazeer (Former Director, Minority Welfare Department) presided the inaugural session. Prof. Abdul Ayyoob (Principal,CCMY, Thiruvananthapuram) introduced about the premarital course to the audience. Dr M S Noufal (HOD, Dept of Malayalam) and Mr.Junaid (J. Superintendent) facilitated in the session. Dr Dilshad Bin Ashraf (Coordinator, Premarital Course) welcomed the gathering and Jagfar Khan (Ge. Secretary) expressed vote of thanks.

Premarital counselling course is four day certificate programme comprised of eight sessions. We conducted two batches (30 participants in each batch) premarital counselling course, which is benefited for sixty students. The course held on 2019 October 25<sup>th</sup> ,26<sup>th</sup>, November 13<sup>th</sup> and 14<sup>th</sup> .

Session 1: Marriage and sexual relationship

Session 2: Marriage and other relationship

Session 3: Need and Functions of Marriage

Session 4: Legal aspects of marriage and conflict resolution in family

Session 5: Family counselling

Session 6: Husband wife relationship and communication

Session 7: Marriage and finance management

Session 8: Individual counselling



**(Two Batches)2019 October 25,26 November 13,14**

<b>S.No</b>	<b>Name of Resource Person</b>	<b>Session</b>
1	Latha P	General view of Marriage
2	Dr Bindhu Philip	Marriage& Sexual relationship
3	Latha P	Marriage & other relationship
4	Dr Bindhu Philip	Conflict Management & Resolution
5	Mr.Rafeek S	Sexual Health & Sexual Hygiene
6	Adv.S M Razi	Parenting
7	Adv.S M Razi	Budgeting & Finance management
8	Mr.Rafeek S	Legal aspects of Marriage
9	Mr Anup P Thomas	Family Counselling
10	Mr.Sanju T Kurian	Husband wife relationship & Communication
11	Mr Anup P Thomas	Family Counselling
12	Mr.Sanju T Kurian	Husband wife relationship & Communication
13	Mr.Sahadevan	Finance Management
14	Dr Elizabeth lovely	Individual counselling
15	Dr Elizabeth lovely	Individual counselling
16	Mr.Sahadevan	Finance Management



Newspaper notification regarding premarital course published on 14<sup>th</sup> September 2018



Adv M Razi – Session On Legal Aspects of Marriage



Rafeek Bin Saeed – Session on Interpersonal Relationship & Communication Skills



Certificate were issued to all participants