

# Premarital Counselling Course

## Mannaiya College of Arts & Science

Organised by **Department of Minority Welfare, Govt of Kerala**

Our college is CCMY (Coaching Centre for Minority Youth ) under Dept of Minority Welfare, Govt of Kerala. In the year 2018-19 sanctioned premarital counselling centre in our college as per our proposal. We conducted three batches of premarital counselling course (30 students in each batch). 90 students between the ages of 18-25 successfully completed the course in the year 2018-19.

### Inaugural ceremony

Four day premarital counselling course sponsored by Department of Minority Welfare, Govt of Kerala was inaugurated by Vamanapuram MLA Adv. D.K Murali. PangodeGramaPanchayath president Smt. Geetha presided the function. Adv. S M Rasi( DistrictPanchayath Member) presented the key note address. Sri. M MShafi ( Block Panchayath Member), SmtRajila( ward member, Pangode town), Prof. Abdul Ayyoob( principal, CCMY, Trivandrum Dt) , Mr.Fazal( Administrative Head, Minority welfare Dept), Dr.Dilshad Bin Ashraf ( coordinator, CCMY, Mannaniya college), Dr. M S Noufal( Head, Dept of Malayalam) , Sri. KadakkalJunaid(superindent) were felicitated in the function. Principal Sri A H Badrudeen welcomed the gathering and student coordinator Smt. Shereena expressed vote of thanks





### Batch I

Date : 15,16,20 & 21 September 2018

S.No	Name of Resource Person	Session
1	Dr.Praksh 15/09/2018 FN	General view of Marriage
2	Mrs Husna Majeed 15/09/2018 AN	Healthy family & Health management
3	Rafeek Bin Saeed 16/09/2018 FN	Interpersonal Relationship & Communication Skills
4	Mr.Muhammed Basheer 16/09/2018 AN	Conflict Management & Resolution
5	Dr.Lissy Shajahan 20/09/2018 FN	Sexual Health & Sexual Hygiene
6	Dr.G V Giri 20/09/2018 AN	Parenting
7	Mr.Brahmandandan 21/09/2018 FN	Budgeting & Finance management
8	Adv.Razi 21/09/2018 AN	Legal aspects of Marriage

### Batch II

Date : 15,16,20 & 21 September 2018

S.No	Name of Resource Person	Session
1	Mr.Brahmanandan 15/09/2018 FN	General view of Marriage
2	John Mathew 15/09/2018 AN	Healthy family & Health management

3	Dr. Prakash 16/09/2018 FN	Interpersonal Relationship & Communication Skills
4	Mrs.Husna Majeed 16/09/2018 AN	Conflict Management & Resolution
5	Mrs.Renjini 20/09/2018 FN	Sexual Health & Sexual Hygiene
6	Dr.Lissy Shajahan 20/09/2018 AN	Parenting
7	Abel Mathew 21/09/2018 FN	Budgeting & Finance management
8	Mr.Suresh Sukumaran 21/09/2018 AN	Legal aspects of Marriage

## Batch III

**Date: 6,10,16& 22 November 2018**

S.No	Name of Resource Person	Session
1	SifaThangal 06/11/2018 FN	General view of Marriage. . Personal and social relevance of marriage. Marriage and its socio cultural importance. Changing gender roles in families
2	SifaThangal 06/11/2018 AN	Family and familial relationship Mental health, healthy diet, emotional management, Work Life balance
3	Renjini 10/11/2018 FN	Sexual health and Sexual hygiene. Physical aspects of health and sexuality
4	Husna Majeed 10/11/2018 AN	Conflict management and resolution. Stress and Time Management
5	Abel Mathew 16/11/2018 FN	Budgeting and financial management
6	Adv S M RAZI 16/11/2018 AN	Legal aspects of marriage Legal marriage acts Prevention of Domestic Violence act, Dowry Act etc.
7	Dr LissyShajahan 22/11/2018 FN	Parenting .Child rearing and parenting styles Rearing children at all developmental stages
8	Dr LissyShajahan 22/11/2018 AN	Maintaining Interpersonal relationship Communication- Importance, types and patterns. Personality and self awareness



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



Dr Lissy Shajahan – Session on Parenting





Renjini – Session on Sexual Health and Sexual Hygiene



Sifa Thangal – Session on General View of Marriage



Suresh Sukumaran – Session on Legal Aspects of Marriage



Abel Mathew – Session on Budgeting and Finance Management





Muhammed basher – Session on Conflict management & Resolution



Adv M Razi – Session On Legal Aspects of Marriage



Mr Brahmanandan – Session on General View of Marriage



Rafeek Bin Saeed – Session on Interpersonal Relationship & Communication Skills





Husna Majeed – Session on Stress management



John Mathew – Session on Healthy Family & Health Management



Brahmanandan – Session on Budgeting and Finance Management



Dr Prakash – Session on Interpersonal Relationship and Communication skills





Dr G v Giri – Session on parenting

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