

### Office of the Principal

## Abhayapuri College, Abhayapuri

(Affiliated to G.U. and accredited with 'B' Grade by NAAC) Dist. Bongaigaon (Assam) Pin.783384

Date: 18/10/2018

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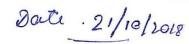
E-mail: abhcollege@rediffmail.com

### CIRCULAR



This is for the information of all concerned that Women Cell, Abhayapuri College, Abhayapuri is organizing a one-day Premarital counselling session for girls students on 21-10-2018 at 11 am in Purna Chandra Seal Seminar Hall.

So, all the Teachers, Staff and Students are asked to attend the programme.





# Pre-Marital Counselling Class"

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(Dr. S. Nath)
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### **Report on Pre-Marital Counseling Class**

1. Name of the Programme : Seminar on pre- marital Counselling

2. Date : 21/10/2018

3. Place : College Seminar Hall

4. Organized by : Women Cell Abhayapuri College

5. Resource Person : Dr Moromi Borthakur

#### A Brief Report on the Programme:

A One day seminar on pre- marital issues was organized for under graduate students by the Women Cell Abhayapuri College on 21-10-2018 in the college Seminar Hall. The meeting was presided over by Mrs. Depanjali Morol (Vice-Principal and President of women cell).

Dr Moromi Borthakur prof. of Assamese Dept acted as resource Person in the seminar.

Dr. Pori Devi co-ordinator of the women cell introduced the aim of conducting this counseling class. According to her Premarital counseling can help couples to identify strengths and weaknesses in their relationship before they get married.

Dr Moromi Borthakur the resource person spoke about the importance of Marriage in life and to continue this conjugal relationship is a big challenge for every woman. She basically mentioned about typical goals of the various approaches to marital preparation. Those include: (1) easing the transition from single to married life, (2) increasing couple stability and satisfaction for the short and long term, (3) enhancing the communications skills of the couple, (4) increasing friendship and commitment to the relationship, (5) increasing couple intimacy, (6) enhancing problem-solving and decision-making skills in areas of marital and finances.

She cited an example about family systems and religious beliefs vary greatly. Many couples have experienced very different upbringings with different role models for relationship and marriage. Many people go into marriage believing it will fulfill their social, financial, sexual and emotional needs — and that's not always the case. By discussing differences and expectations before marriage, you and your partner can better understand and support each other during marriage.



The session enlightened them about the growing statistics of divorce and the petty issues that could lead to disintegration of a marriage. An Open discussion after the session was also followed which helped the students to voice their queries and debate about the growing intolerance in marriage and how to tackle it.

The Outcome of the premarital counseling class would help partners improve their ability to communicate, set realistic expectations for marriage and develop conflict-resolution skills. In addition, premarital counseling can help couples establish a positive attitude about seeking help down the road. To prepare themselves mentally to adjust with their partners and maintain a healthy relationship throughout life.

Dr.Pori Devi Convenor Women Cell Abhayapuri College

Some Captured moments during the Seminar are shown below





**Pre-Marital Counseling Class** 

Organized by Women Cell Abhayapuri College:: Date:21 -10-2018

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