



NAME OF THE PRACTICE:

HOW TO COPE WITH MARRIED LIFE

K.R.M. Mahila Mahavidyala, Nanded, conducted a pre-marriage and post-marriage counselling programme for the students during the academic year 2020–21. Ours is a Mahila college. It is a well-known fact that girls are married off quite early in our society. So, it is of utmost importance to help them cope with married life since post-marriage problems have become increasingly common in today's society. Due to the fact that some of the students get married after or before receiving their degrees, our college holds workshops for females and students for their counselling. Counselling before and after marriage is a form of therapy that aids in preparing the young minds for marriage. It is meant to assist with various crucial married life issues. Additionally, it aids in locating troubled areas and provides tools for successful navigation. The goal of counselling is to support a solid foundation in a marriage system.

CONTEXT:

Due to the rising divorce cases, counselling before and after marriage is more important than ever. A type of therapy called premarital counselling can help the young ones get prepared for marriage. It is intended to ensure that they have the same perspective on a number of crucial matters, including finances and children. Furthermore, it can aid in spotting possible areas of conflict and provide them and their spouse with the resources they need to properly negotiate them. Premarital counselling seeks to assist the females in creating a solid marriage foundation.

Following are some areas where pre-marital counselling can assist the students and begin a harmonious married life:

1. **Gaining a wider insight into the partner:** Pre-marital counseling can assist the students in doing just that. One can better comprehend her partner's beliefs, values, expectations, motivations, priorities, and routines by doing this.
2. **Setting realistic expectations:** The above type of counseling enables the students and their spouse to address all significant areas of married life, so both

of them know what to expect from each other. It also helps them discover their individual and joint strengths and shortcomings.

5. **Planning long-term plans:** A premarital counselor can assist the girls in making plans for their marriage and their future together much like they and their significant other would meet with a wedding planner to prepare their special days.

OBJECTIVES:

1. To counsel the students cope with the married life.
2. To mentally prepare the girls for marriage.
3. To address married life concerns those arise after marriage.
4. To keep the Indian family system intact.
5. To maintain a family system after marriage with a prosperous career.
6. To counsel the students and avoid disputes with the in-laws.

BENEFITS:

1. The practice helped the girls solve family problems.
2. The practice developed effective communication skills among the students.
3. The practice helped the students manage finances.
4. The practice helped the students manage expectations.
5. The practice helped the girls build deep mutual understanding and empathy.
6. The practice helped the girls manage parenting style conflicts.

ACCOMPLISHMENTS:

Premarital and marital counselling is intended to strengthen a student's relationship with her partner and assist in laying a solid basis for marriage. Pre-marital counselling enables partners and students to make key decisions about their relationship before a problem arises. The programme was well received by the students who attended, especially the married students, who interacted with the counsellors and asked questions. The married students claimed that because they were living married

women's lives, they considered the curriculum to be more beneficial. The students also claimed that receiving counselling prior to marriage would have been more beneficial.

THE PRACTICE:

Due to the COVID-19 restrictions, the college used the online platform Google Meet to conduct the practice. The programme was conducted on January 3, 2020 on the Google Meet platform. Both married and unmarried girls participated in this programme. Along with the 120 students, Jyoti Sapakal, a counsellor from the "*Mahila Sahayata Kaksh*" department, and Pragya Bhagat from the S.P. office were present as resource persons. The counsellors interacted with the students regarding their thoughts about marriage and their expectations. MS. Jyoti Sapakal insisted the students apply a practical approach in real life rather than mere fancies. She asked the students to make the necessary adjustments and adapt to the new change. Ms. Pragya Bhagat emphasised the fact that 'adjustment is life' and it is up to the individual how much to adjust. The students tried to understand various married life issues from the resource persons which helped them a lot.


CHALLENGES ENCOUNTERED:

This year, due to the Covid-19 restrictions, the practice was organised online which had some limitations. At first, the students weren't prepared to discuss this issue in open. Shortly afterward, married women spoke up and emphasised the value of counselling before marriage. The college received appreciation from the students for hosting such a significant activity. The doubts were entirely dispelled. Students likewise requested that the college should have such a programme each year so that they might avoid troubles in the future and find solutions to current ones.

RESOURCES REQUIRED:

There is a need for resource persons, counsellors, advocates, social reformers who can make proper counselling of the young ones. If *Mahila Sahayata Kendra* is to provide unmarried girls and married women with this kind of counselling, it should be at the




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