

SAMPURNA

A NON GOVERNMENT ORGANIZATION

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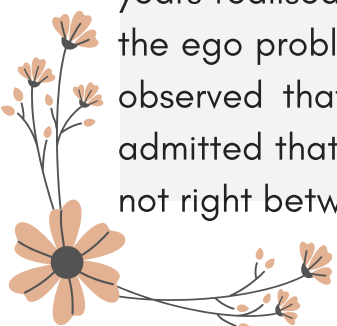


Marriage is an important event of life. However, marriage has many aspects which many people are not aware of till they experience it. Men and women both have different needs. Even their way of thinking and perceiving usually differs from each other.

Premarital counselling is a therapy which helps to prepare the couples mentally for marriage. The counselling helps to make sure that you and your spouse can have a strong and healthy relationship throughout your life. Premarital counselling helps to improve a couple's relationship before marriage.

20 years ago, the guide, philosopher and chairperson of Central Social Welfare Board, the late hon'ble former governor of Goa Smt Mridula Sinha propagated Premarital Counselling as a concept to be followed in India. Fortunately, the first ever workshop on Premarital Counselling was held in Sampurna in the august gathering of the late **Smt Mridula Sinha** and the then chairperson of Delhi Social Welfare Board - Smt Simmi Jain. At that very time the concept was coined professionally by Smt Sinha as she could foresee the problems in matrimonies in the 21st century.

In a society of such cultural diversity where people have an entirely different concept of wedding, it is all the more necessary to understand the complexity, new responsibilities and, sometimes, an entirely new way of life that marriage brings. We should understand it's a new beginning not only for the daughter but for the son as well. In an Indian situation where marriage is said to be the union of two families, the role of the other family members could not be ignored. Nowadays there is a new concept of interference by the daughter's mother which is not a laughing matter but instead, sometimes it's a harsh reality which is proving to be a causative factor in the new problems and fallout that may occur between the girl and the boy. Numerous cases regarding marital discord come in Sampurna's Family Counselling Centres (FCCs) on a daily basis. The counsellors and seniors who have observed the cases for years realised that, along with financial aspect, the very core cause of marital rift is the ego problem - not of the husband and wife but of their families. It has also been observed that in more than 90% of cases coming to our FCC, both the families admitted that before solemnizing the marriage they had realised that something was not right between the families.



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They had indirect verbal jabs and comments that had started between families or between the boy and girl but they ignored the situation thinking that everything would be solved after the wedding. So, a small dispute is sown within the families which gets flared up after wedding and that too on petty issues. When the boy and the girl adjust, it becomes alright otherwise such disputes end up with separation of the young couple.

They may also not break the marriage thinking “Log kya kahenge?”

So ultimately wedding is a sanskar to be followed by the boy and girl. However, the problem lies in the fact that neither the parents of the girl nor the parents of the boy prepare their children for wedding as a sanskar and responsibility. Thus, it is only left as a ritual to be followed by the bride and groom.

Sometimes we are surprised to find that even the couple who knew each other for years and were in a relationship before the marriage are not able to cope up with the situation after getting married and within months, they have come up with a long list of complaints against each other as well as the families.

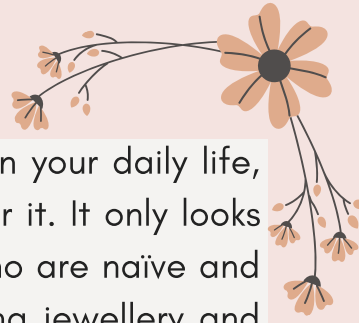
The most frightening fact is that even with education, the problem is not being minimised but instead it has been increasing in a huge frequency. So, what is lacking?

It has been seen from the time immemorial that slow and steady counselling is being given to both boy and girl within the families, maybe by the grandmother or an aunt, who keep sensitising them slowly as the children reach the marriageable age. They are told the pros and cons of wedding as well as the changing roles and responsibility of both the boy and girl in a very cosy, day to day course.

In today's situation, I have observed that both the parents of boy and girl say themselves that their children do not know anything about the roles because they were busy in education and making their careers. I would like to ask all the parents – when things have changed so much in today's era, why is there a hesitation to understand that our children are in a pressing need to be prepared for wedding?



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In the Post Covid times when you are learning new rules of safety in your daily life, entering the marital life is risky unless and until you are prepared for it. It only looks good in dramas and movies where you find both the girl and boy who are naïve and cluelessly get married but with the input of beautiful clothes, shining jewellery and luxurious ceremonies all the important aspects of understanding each other are put on the back burner and then they go off to Scotland and Switzerland for their honeymoon and they are shown happy forever. This is not true in real life. That is why, the young generation is in trouble. They do not understand what went wrong with them.

Essentially, it is not unawareness but the education about wedding which is missing. And here comes the role of Premarital Counselling.

Premarital counselling deals with all the questions with the one by one with the required wisdom and clarity towards the new beginning.

So, the three hours long workshop – both for boy and girl and their respective families – could be an amazing experience for them which would empower them further to experience new roles and responsibilities after wedding with a better understanding and confidence.

I dedicate this small article to my very respected Aunt, the late Smt Mridula Sinha under whose guidance the voluntary sector flourished with new ideas and thoughts. Her concept to celebrate the birth of a girl child with beating of drums by neighbours even in the remotest of villages in India brought a new awakening. I salute her for her extremely rooted welfare programs.

Let us all remember her valiant efforts and her insightful work in the voluntary sector on the eve of her final book release posthumously **Covid 2019, Jeevan 2020** on her first death anniversary.

– Dr Shobha Vijender
Founder President

