



“Tere Mere Sapne” – Pre-Marital Communication Centres (PMCCs)

An Initiative by the National Commission for Women (NCW)

Introduction

On the occasion of International Women’s Day, 8th March 2025, the National Commission for Women (NCW), under its Mentorship has proudly launched “Tere Mere Sapne” – Pre-Marital Communication Centres (PMCCs) across nine states in India. This initiative stems from NCW’s deep commitment to fostering **healthy relationships, empowering individuals, and strengthening families**. In an era marked by changing social dynamics, marital expectations, and family structures, there is an urgent need to equip individuals with the skills necessary to sustain strong, respectful, and resilient partnerships.

Background & Rationale

An analysis of complaints received by NCW indicates that domestic issues constitute a majority of grievances. Many of these conflicts stem from unrealistic expectations, poor communication, and inadequate premarital preparedness. Factors such as the decline of joint family systems, social media influences, and evolving societal norms have intensified challenges for young couples.

NCW firmly believes that equipping individuals with the necessary tools before entering marriage can significantly reduce future marital challenges, promote mental and emotional well-being, and help prevent gender-based violence and divorce. Moreover, such programs can play a pivotal role in fostering gender equality, as they allow both partners to openly discuss their expectations, roles, and shared responsibilities in marriage.

To address these concerns, NCW organized a “National Consultation on Pre-Marital Counselling & Education to Strengthen Family Well-being” on February 4, 2025, in Pune. Based on the key recommendations from the consultation, a Task Force was constituted on February 13, 2025, to develop a structured module for facilitators. This module serves as the foundation for the Pre marital Communication Centres named “TERE MERE SAPNE” initiative.



Why Pre-Marital Communication Matters

- **Preventative Intervention:** Premarital preparation helps individuals and couples anticipate challenges and develop skills for navigating relationship complexities.
- **Strengthening Emotional Well-Being:** Open communication fosters emotional resilience, mental health, and mutual respect.
- **Reducing Domestic Violence and Divorce:** Early education in conflict resolution, respect, consent, and emotional regulation can prevent marital discord and gender-based violence.
- **Promoting Gender Equality:** Facilitating discussions around shared responsibilities and partnership models promotes equality from the outset.
- **Building Strong Families and Societies:** Healthy marriages lay the foundation for nurturing families, ultimately contributing to a more stable and prosperous society.

About “Tere Mere Sapne” – PMCCs

The “Tere Mere Sapne” initiative is India’s first structured effort to prepare young individuals and couples for marriage through proactive communication training and emotional education.

The key features of the Centers include:

- **Pre-marital Counseling Sessions:** Covering topics like expectations, conflict management, financial planning, mental health, and family dynamics.
- **Interactive Activities:** Psychological tools and exercises to build empathy, emotional connection, and compatibility assessment.
- **Outreach and Awareness Programs:** Promoting relationship skills through colleges, universities, marriage registration offices, and community organizations.
- **Social Media and Print Campaigns:** Driving behavioral change and reinforcing values of empathy, respect, and mutual support.

Implementation & Operation Strategy

NCW’s Role:

- Development and dissemination of a specialized training module.
- Organization of Training of Trainers (ToT) programs for counselors to maintain quality and uniformity.
- Providing certification post training programs.
- Evaluation and monitoring the functioning of PMCCs.



State Governments' Role:

- Provision of space (preferably in or near marriage registration offices).
- Identification of suitable counselors for NCW's training program, followed by the appointment of these NCW-trained counselors and facilitators at the PMCCs.
- Public outreach activities to encourage individuals to utilize PMCC services.

Partners:

- District Magistrates, leading NGOs, Women and Child Development Departments, and educational institutions are key collaborators for successful implementation.

Expected Impact

- **Stronger Marriages:** Equipping couples with realistic expectations and effective communication skills reduces early conflict and separation.
- **Reduced Domestic Violence:** Proactive conflict resolution and respectful dialogue can lead to safer, happier homes.
- **Empowered Individuals:** Enabling people to navigate relationships thoughtfully enhances personal and emotional well-being.
- **Strengthened Families and Societies:** Stable, healthy families foster better environments for children and communities.

Way Forward

Building on the success of 23 PMCCs launched across nine states, NCW now aims to **establish Pre-Marital Communication Centres in every district of India**. Also to realize the vision of reaching every district in India with accessible, impactful Pre-Marital Communication Centres (PMCCs), the National Commission for Women (NCW) outlines the following strategic directions:

1. Nationwide Expansion Strategy

- **District-Level Rollout:** Engage proactively with all State and Union Territory administrations to set up PMCCs in every district, prioritizing areas with high rates of domestic violence and marital conflict.



- **Integration with Marriage Registration Infrastructure:** Co-locate centers within or near marriage registration offices to make them accessible at a key decision-making moment.

2. Policy Advocacy and Institutional Support

- **Government Partnerships:** Work with the Ministries of Women and Child Development, Education, and Health to integrate PMCC objectives into broader national programs like Beti Bachao Beti Padhao, Poshan Abhiyan, and Mental Health Missions.
- **Budgetary Support:** Seek central and state-level budget allocations to sustain and grow PMCCs as a core public service offering. Engagements can be made with corporate entities under their **Corporate Social Responsibility (CSR)** initiatives to support infrastructure, training, awareness campaigns, etc.

3. Community Engagement and Outreach

- **Community Talks:** Host short sessions for youth and soon-to-be-married couples. Use local spaces like: Marriage Registrar Offices/ Colleges, corporates, govt offices/ RWAs, Anganwadi & ASHA workers, SHGs
- **Social Media Sharing:** Post NCW content (videos, podcasts, pamphlets) on WhatsApp & social platforms. Encourage sharing.
- **Partner with Institutions:** Collaborate with schools, colleges, and religious groups for small awareness activities.
- **Visual Promotion:** Place banners/hoardings at: Marriage offices/ Busy public areas/ Family courts
- **Distribute Materials:** Use NCW posters/brochures (in local languages) at events or community visits.

4. Monitoring and Evaluation

- **Impact Assessment:** NCW has developed a real-time monitoring dashboard and periodic third-party evaluations to track progress, quality, and outcomes of these centres. The Dashboard also include structured feedback from beneficiaries and counselors to continuously improve the content and delivery of services.

“Great societies are built on strong families — and strong families begin with thoughtful, communicative partnerships. ‘Tere Mere Sapne’ is a step toward that brighter tomorrow.”