



ALL INDIA INSTITUTE OF MEDICAL SCIENCES
Centre for Community Medicine (CCM)
New Delhi-110029.India



“Health Promotion & Health Communication Unit”

Fifth “Pre-Marriage Orientation Counselling for Happy Married Life”

:now open for married persons also!!

(PMOCHML)

After the stupendous success of the FOUR batches, the Health Promotion and Health Communication Unit of the All India Institute of Medical Sciences (AIIMS) will be organizing the Fifth **“Pre-Marriage Orientation Counselling for Happy Married Life”**, which is a first of its kind course in a government medical college , **on 16-17 March, 2010**. This two days course is meant for MARRIED persons and UNMARRIED men and women, especially young adults, going to get married. The Fifth course is scheduled for **16-17 March 2010** and is open to any Indian citizen of more than 18 years of age .

Why this Course ?

Incidence of marital discord and sexual disharmony, HIV/AIDS and STDs amongst the young couples is rising. Apart from stress in general life, it is believed that ignorance, myths and misconceptions about human body, sex and failure to adjust in marriage are the principle reasons for this. That is the motivation for starting such a course. *This course aims to help the youth in preparing physically, socially and emotionally for married life in a better way.*

A maximum of 30 participants will be registered per batch on **“first come- first served”** basis. A nominal registration fee will be charged for this two days course. **Participants will also be advised on screening for certain**

genetic and acquired diseases that can be transmitted from parents to their newborn children...for example Diabetes, Thalessemia etc

Eminent specialists will take sessions in this participatory [course that will cover information on :](#)

- *Tips for a Happy Married Life*
- *How to choose your life partner?*
- *Conflict Management in Married Life*
- *Human and sexual anatomy;*
- *Sexual functions, sexual problems and their solutions*
- *Contraception;*
- *Common sexual problems;*
- *Sexually transmitted diseases (STDs) including HIV/ AIDS,*
- *Advice about screening for genetic diseases ; and*
- *Making adjustments in married life etc.*

Interested persons can contact ([before 10 March 2010](#)):

Dr. Bir Singh at e-mail at pmcaiims@gmail.com or phone at **011-26594985** (10AM to 4 PM, Monday to Friday)

(DR. BIR SINGH)

Professor of Community Medicine and Course Director of PMOCHML;

Incharge, Sex & Marriage Counselling Clinic;

Co-ordinator, AIDS Education and Training Cell, AIIMS,
New Delhi-110029 .India



Please Register Early to Avoid disappointment!!