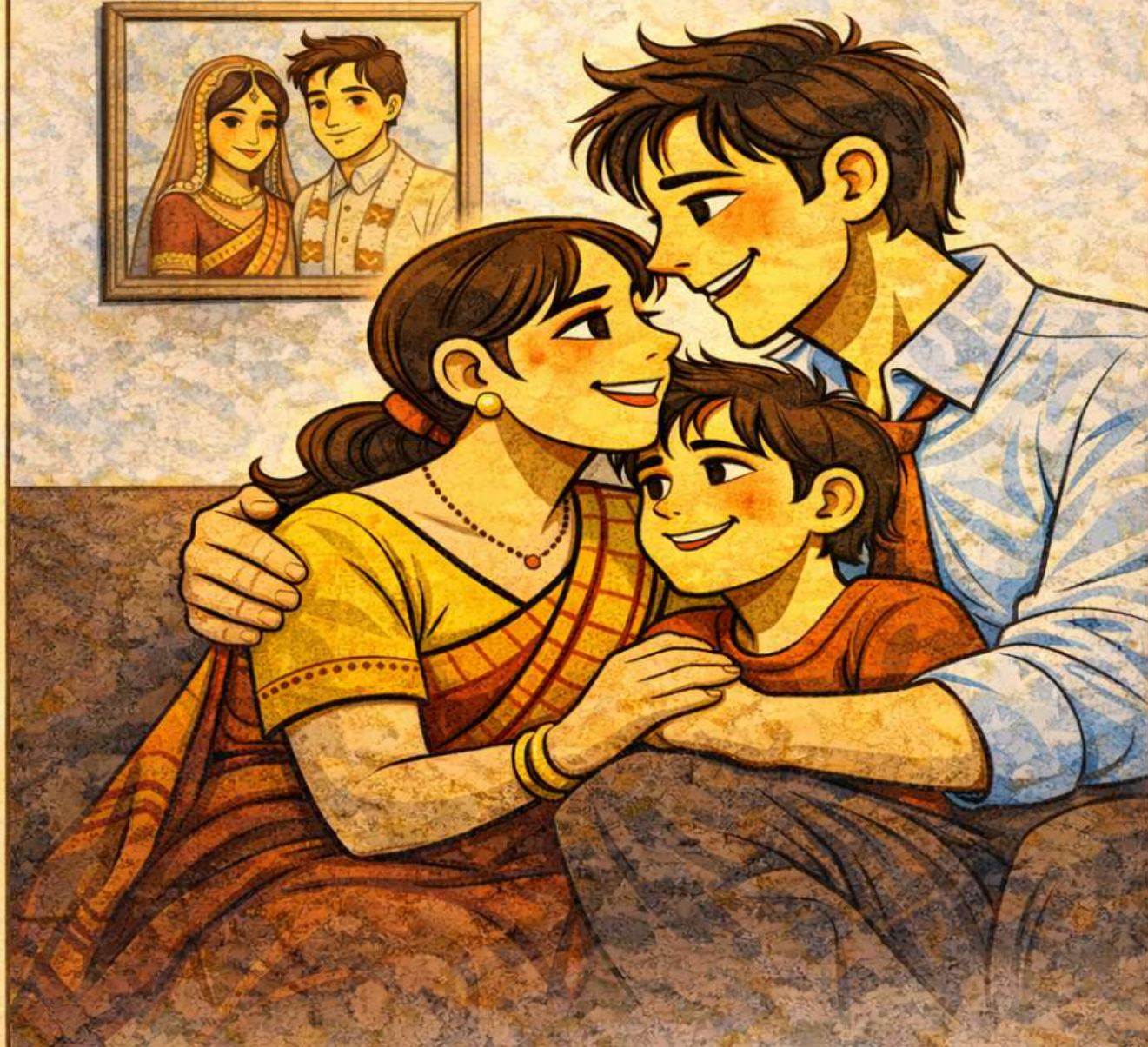


The Keys to a a Happy Marriage



By Prof (Dr) Priyadarshee Patra

The Promise

Every marriage begins with hope, dreams, and promises.

Naina...
we'll face whatever
life brings.

Together.

At that moment, love feels effortless.

But marriage is not a moment...

It is a lifelong journey.

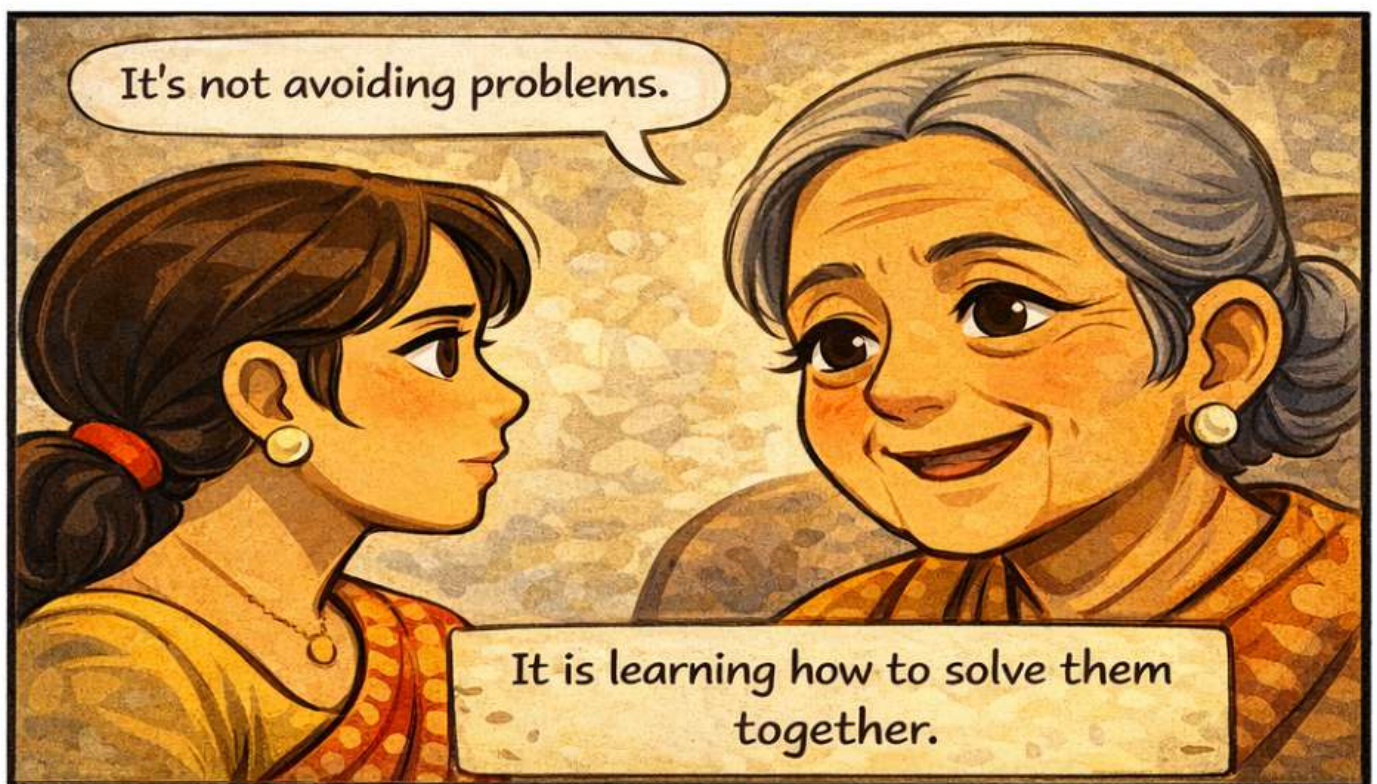
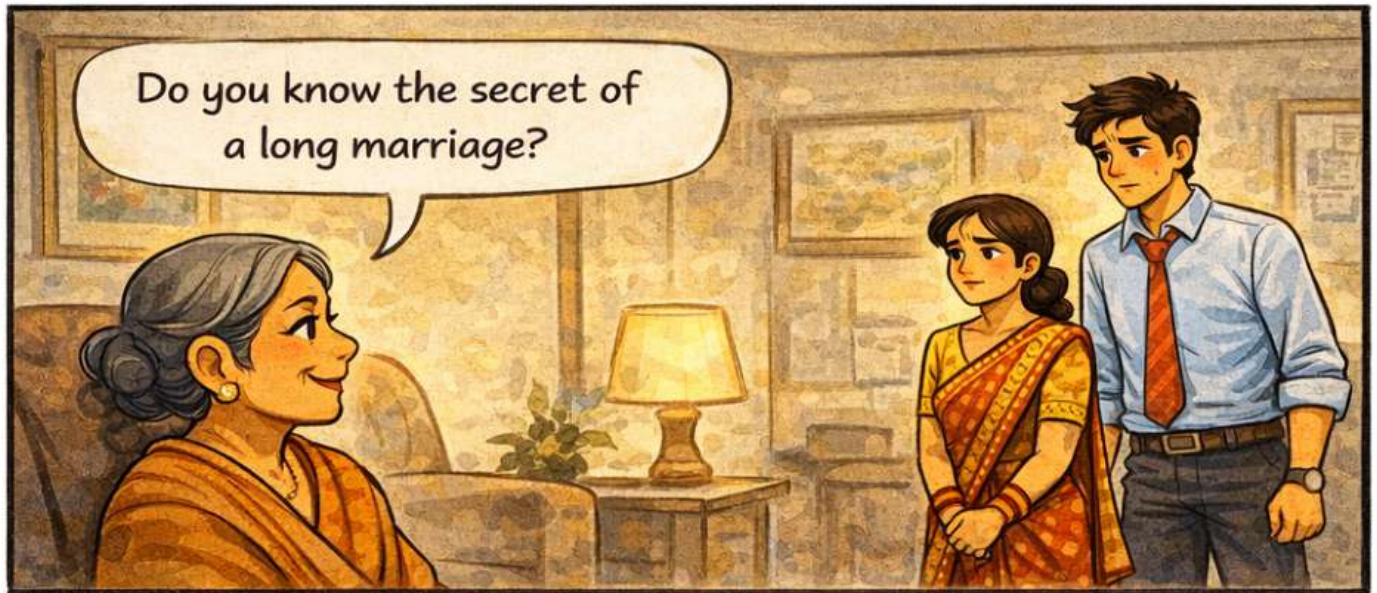
Real Life Begins



The First Conflict



Wisdom



Foundation 1 – Respect

Arjun returns tired next day.

You look exhausted.



Today was difficult.



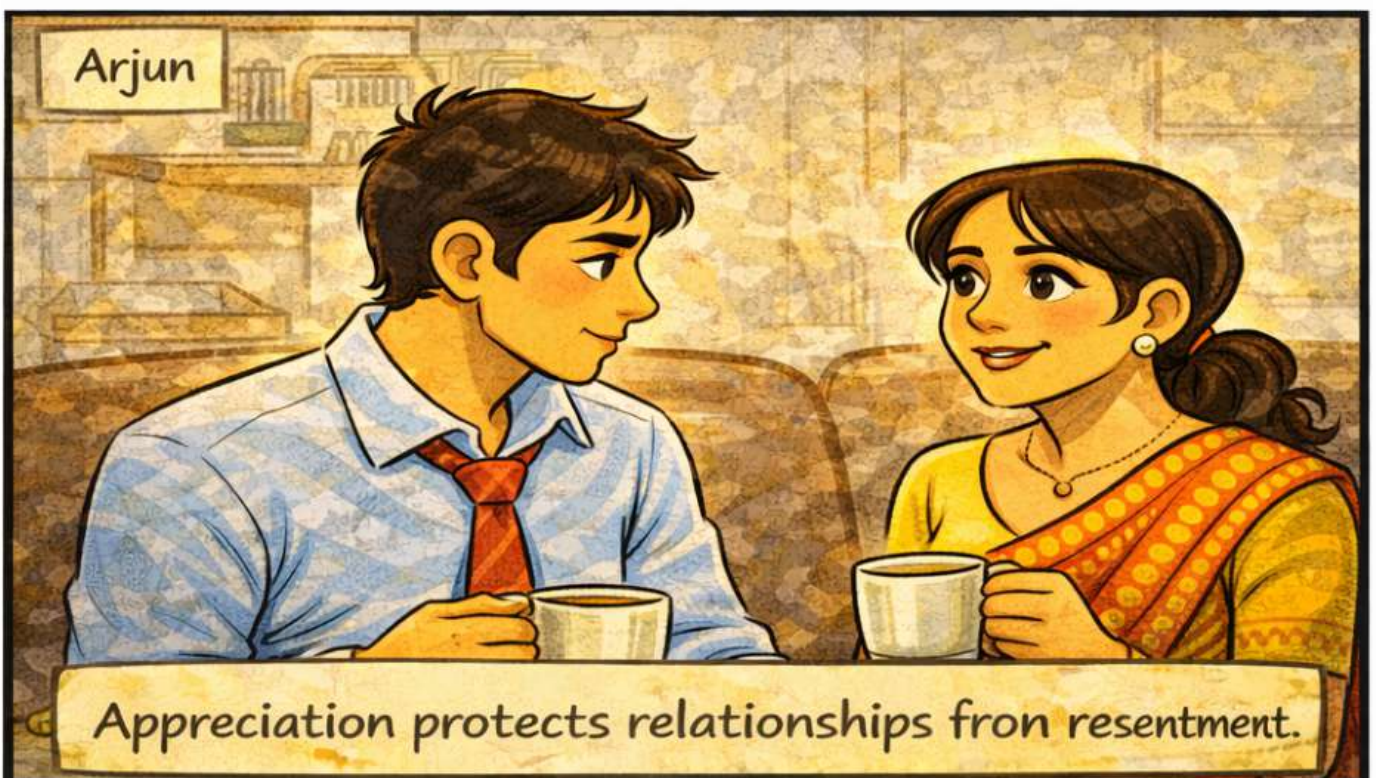
Respect begins with seeing your partner's effort.



Foundation 2 – Listening



Foundation 3 – Appreciation



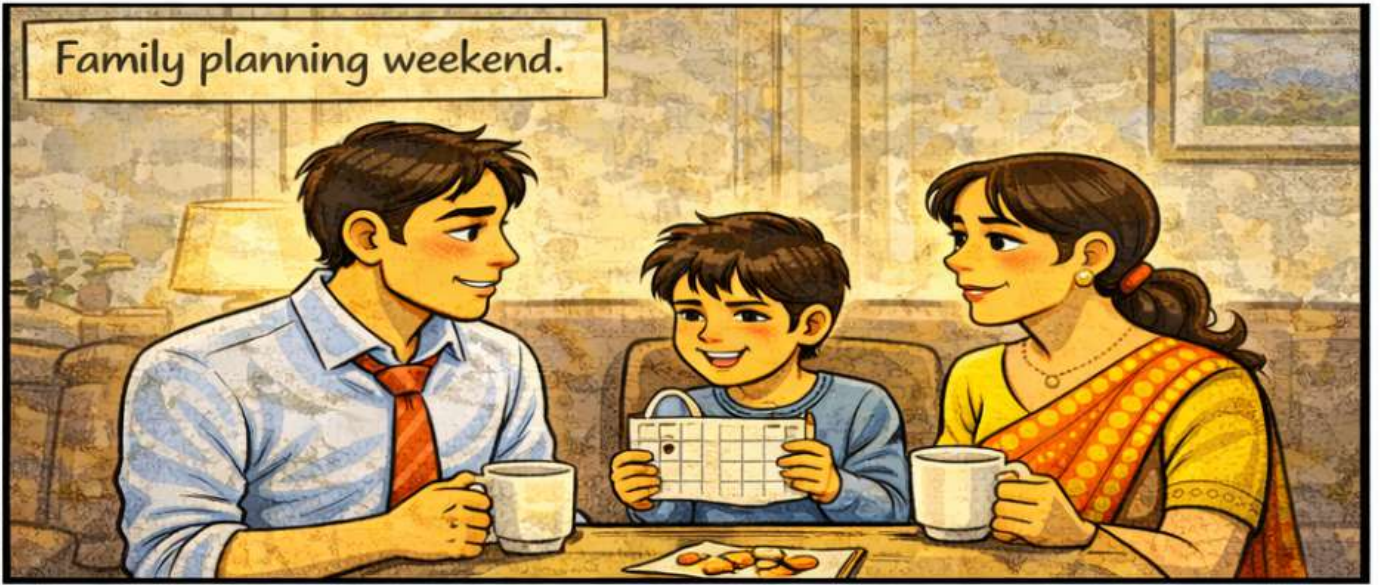
Appreciation protects relationships from resentment.

Foundation 4 – Repair After Conflict



Foundation 5 – Teamwork

Family planning weekend.



Kabir homework struggle.



Both parents helping.



A marriage works best when partners act like teammates.

Foundation 6 – Small Daily Rituals

Morning tea together.



Short hug before work.



Dinner together.



Talking before sleep.

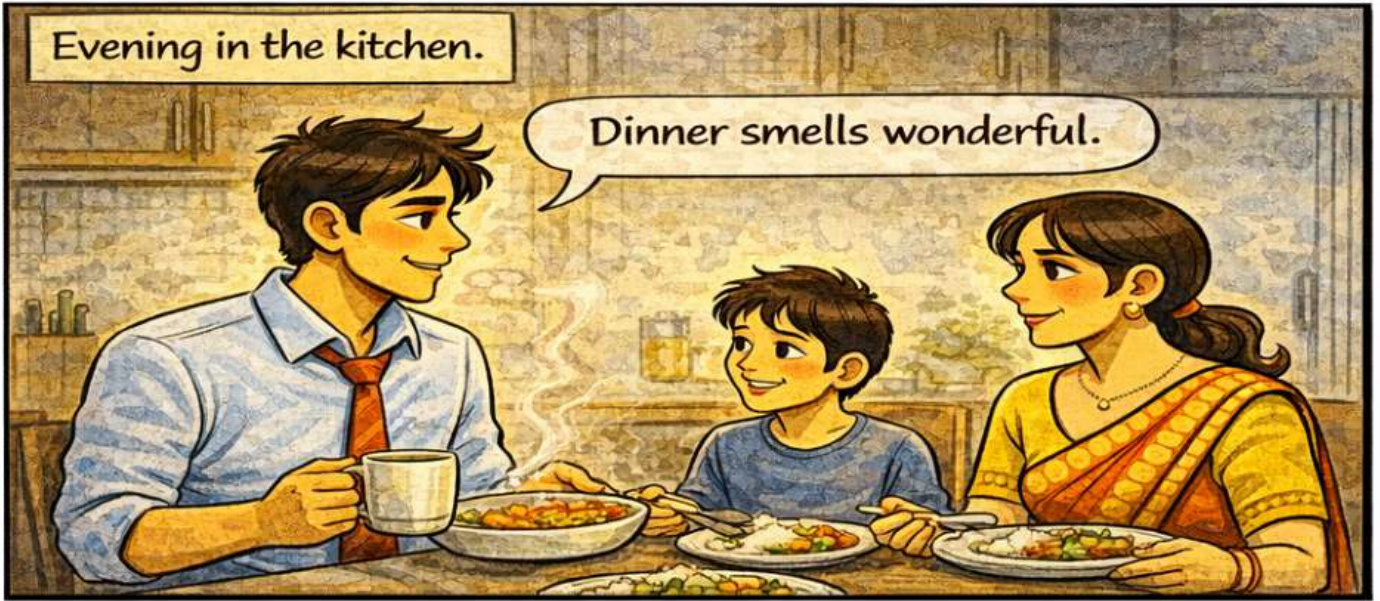


Strong marriages are built through
small daily habits.

Foundation 7– Express Gratitude

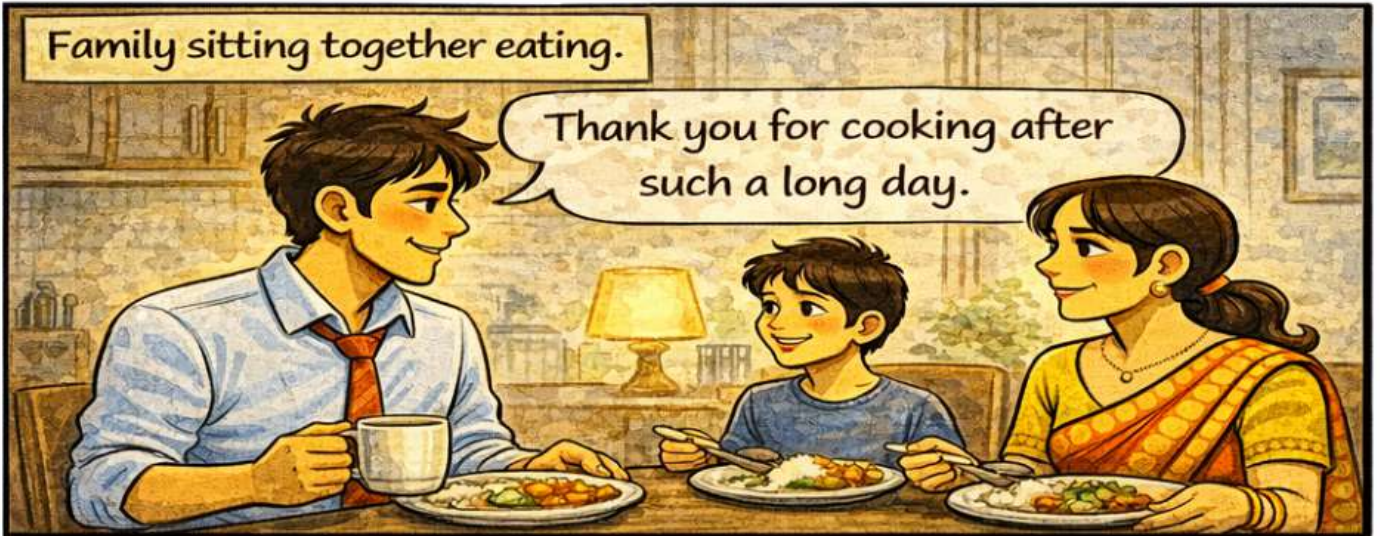
Evening in the kitchen.

Dinner smells wonderful.



Family sitting together eating.

Thank you for cooking after such a long day.



Regularly saying "thank you"
for small efforts
strengthens love and appreciation.



Foundation 8—Fight Fair and Forgive

Arjun and Naina having a disagreement.



I understand...I should have informed you earlier.



I forgive you.

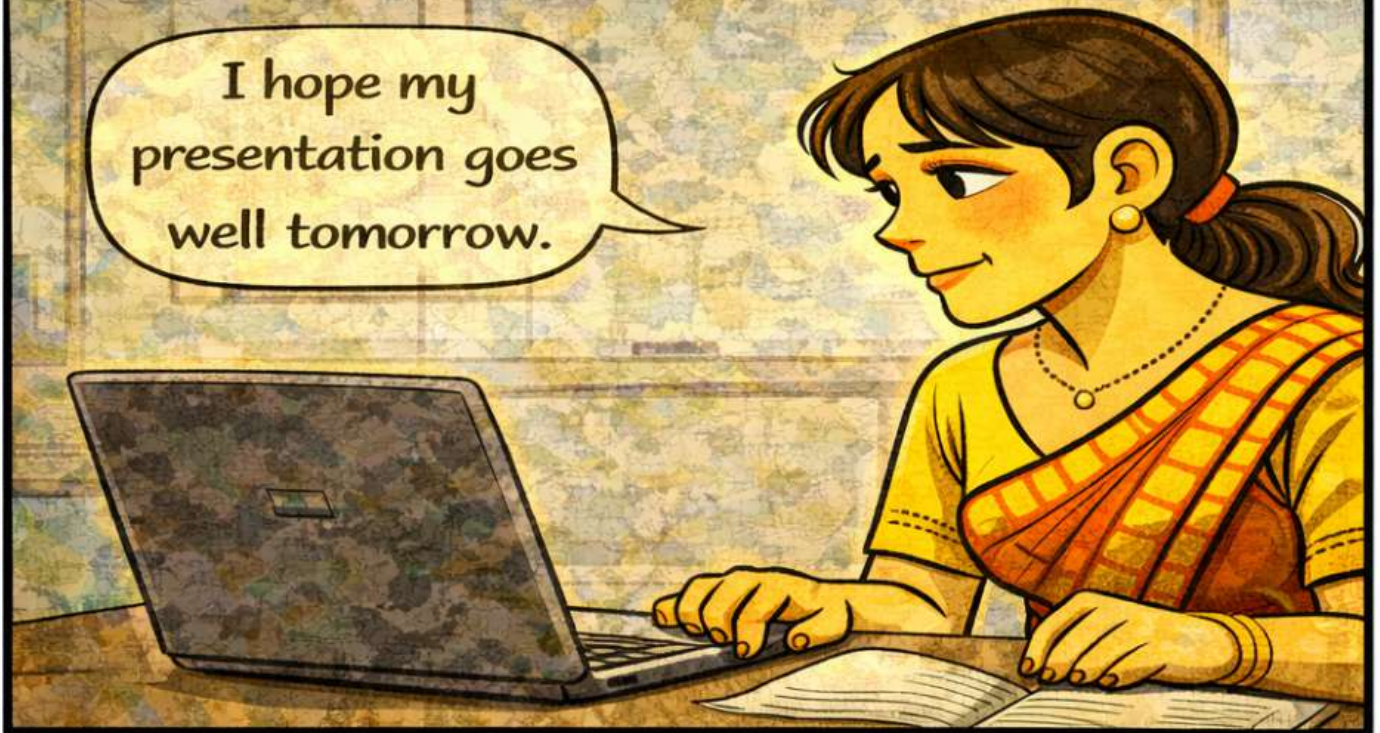


Disagreements are natural.
Strong couples fight respectfully and forgive sincerely.

Foundation 8 – Selflessness and Support

Naina preparing for a school presentation.

I hope my presentation goes well tomorrow.



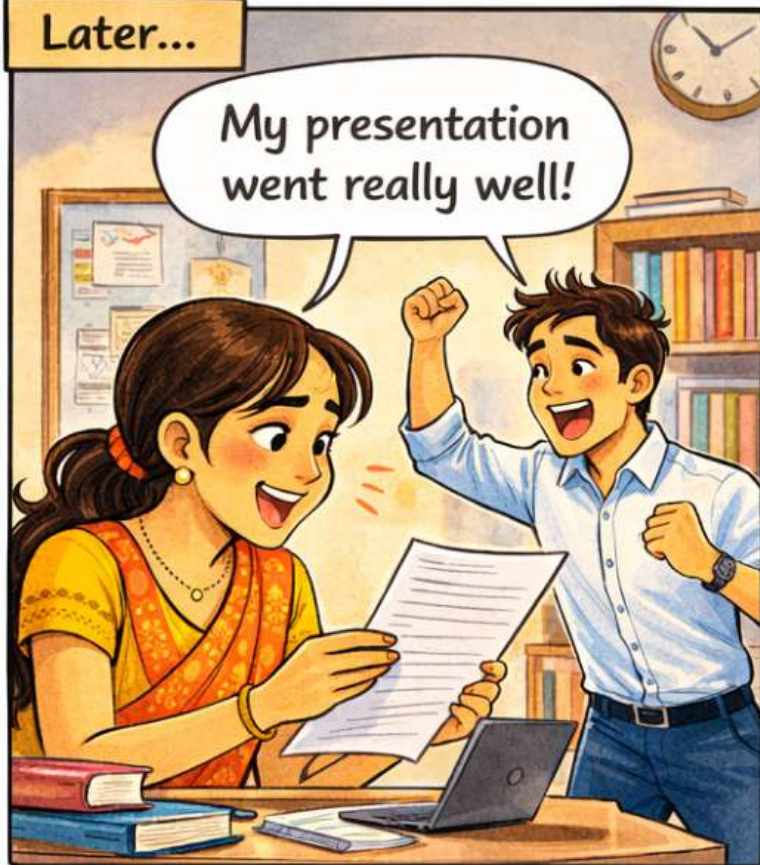
Arjun encouraging her.

You've worked hard.
You'll do great.



Foundation 8 – Selflessness and Support

Later...



Healthy marriages grow when partners support each other's dreams and successes.



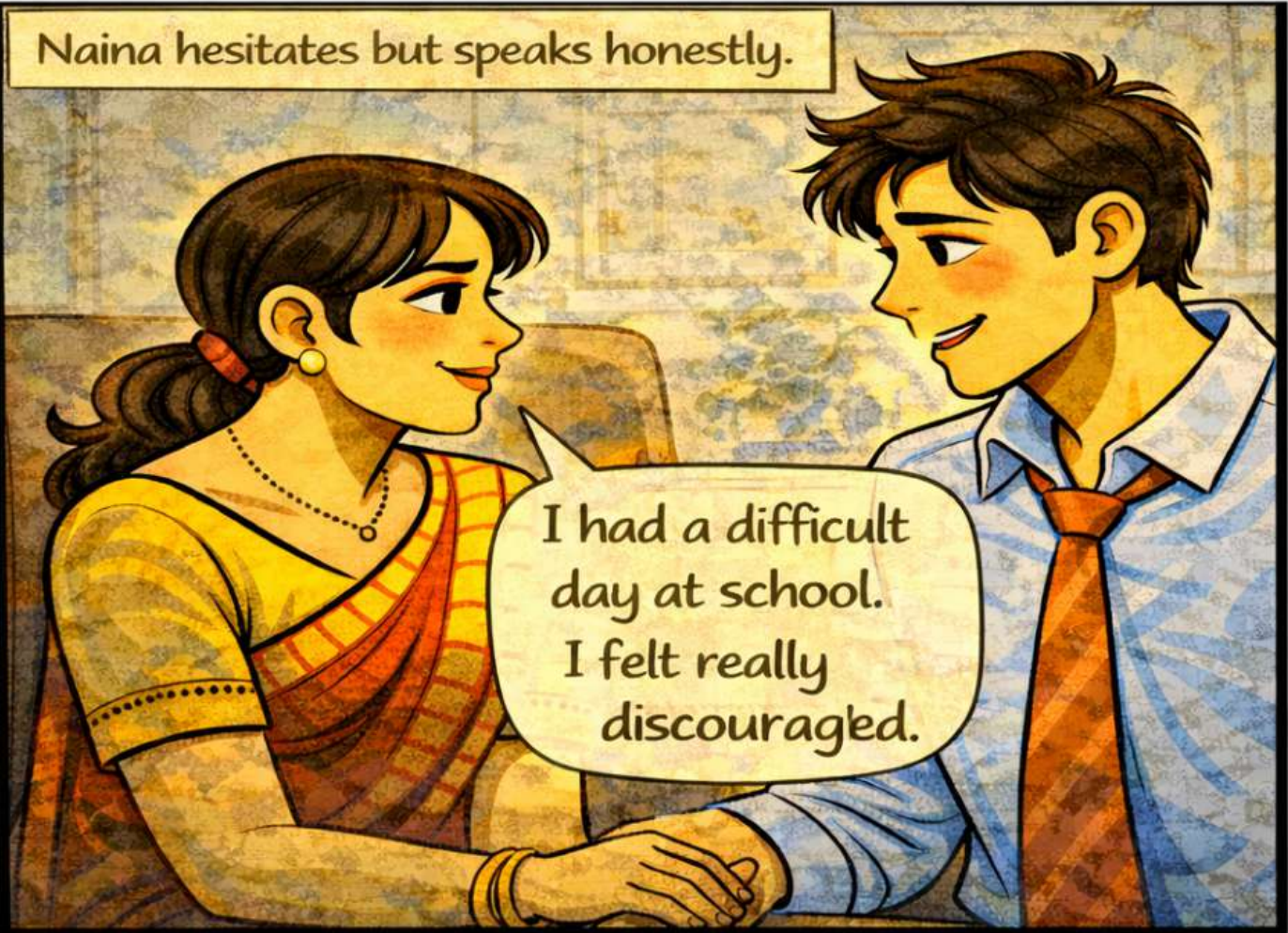
Foundation 10 – Emotional Safety

Evening at home.



You seem quiet today.
Is something bothering you?

Naina hesitates but speaks honestly.



I had a difficult
day at school.
I felt really
discouraged.

Foundation 10 – Emotional Safety

Arjun listens attentively without interrupting.



That must have been hard.

Naina looks relieved.



Thank you for listening.

Emotional safety means knowing you can share your feelings without fear of judgment or criticism.



Foundation 11 – Shared Meaning and Values

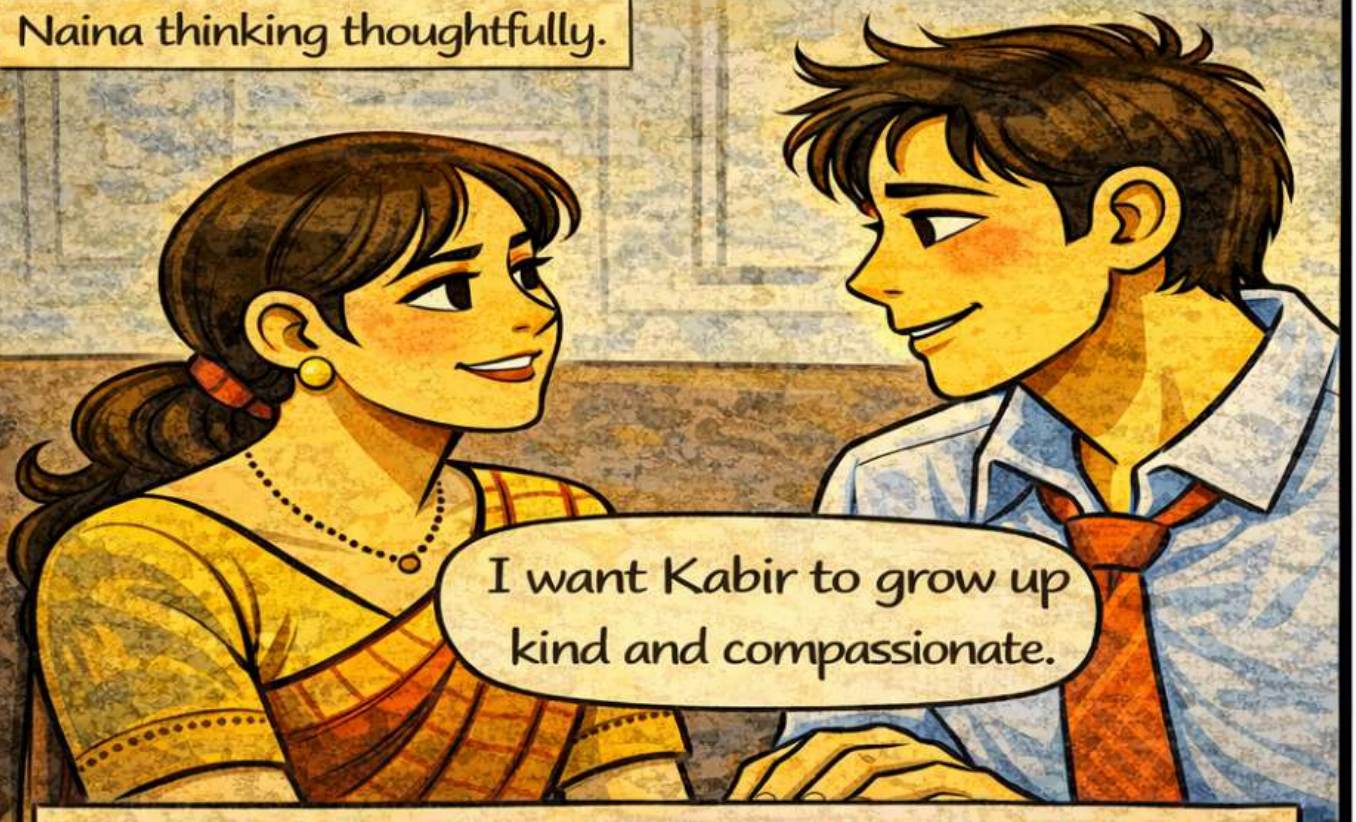
Family sitting together planning the future.

What kind of life do we want for our family?



Naina thinking thoughtfully.

I want Kabir to grow up kind and compassionate.

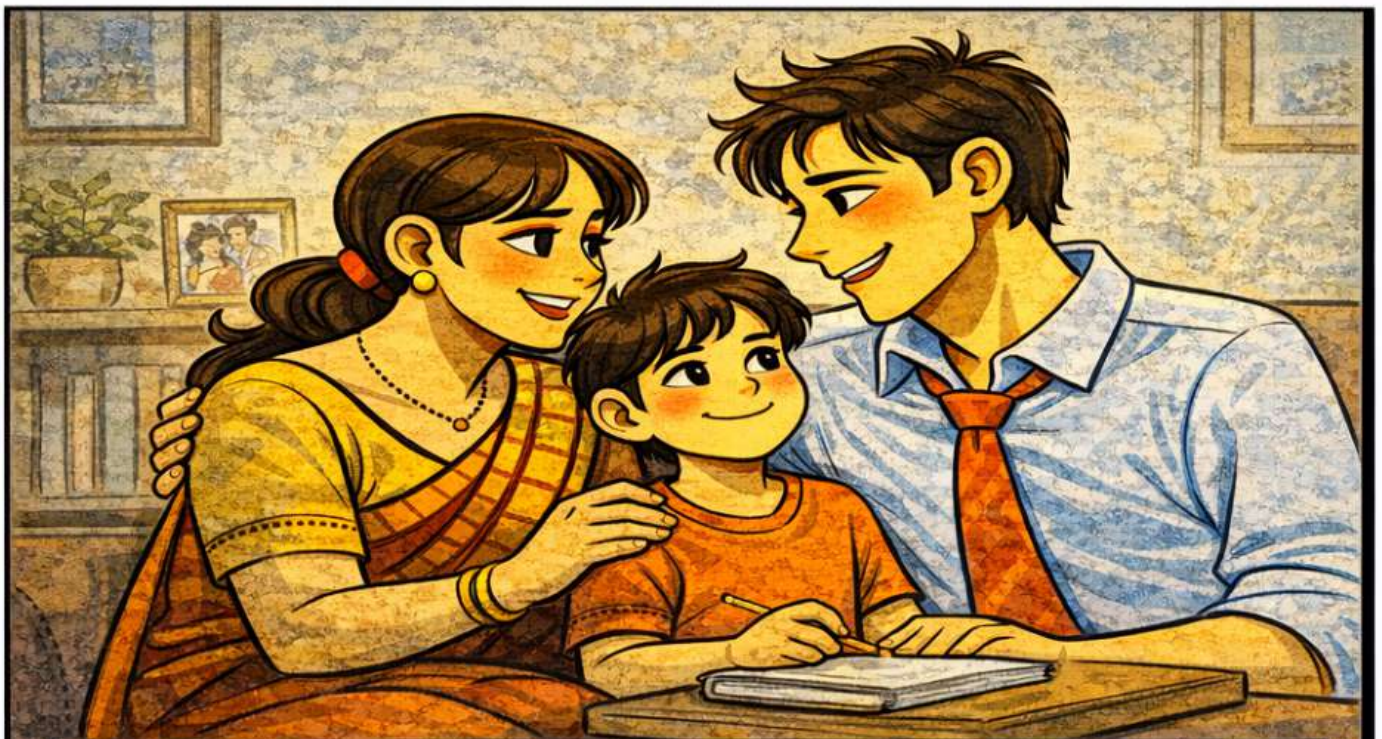


Happy couples build shared meaning through common values, goals, and traditions.

Foundation 11 – Shared Meaning and Values

Arjun nods.

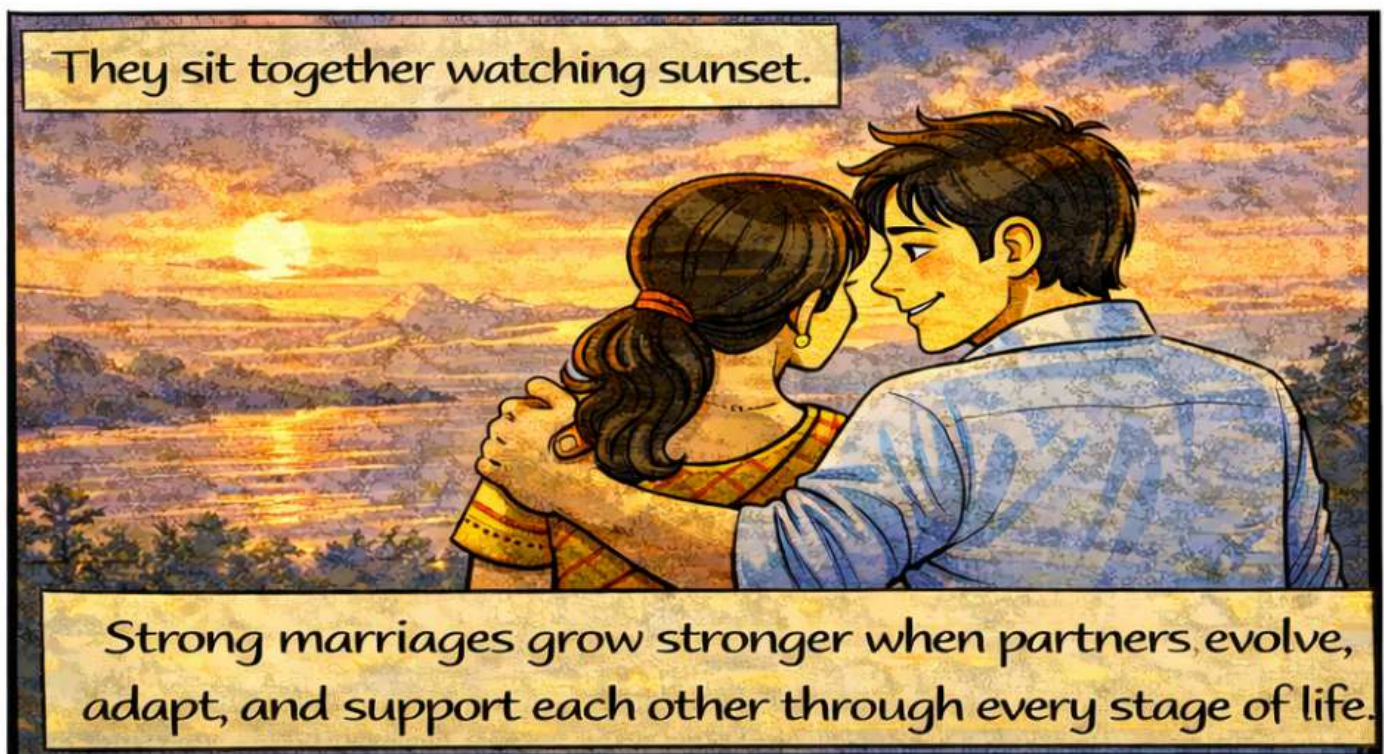
And I want us to always support each other's dreams.

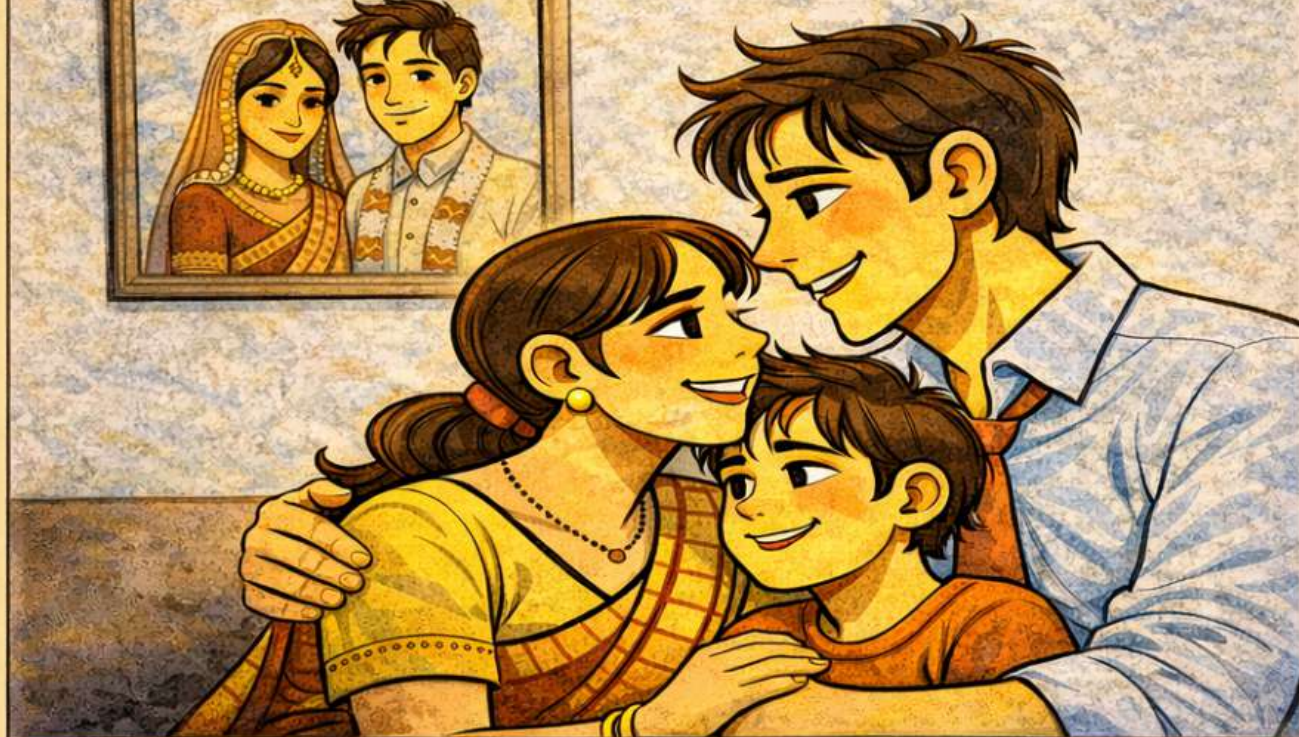


Happy couples build shared meaning through common values, goals, and traditions.



Foundation 12 – Growing Together Over Time





-
- ♥ Respect
- ♥ Listening
- ♥ Appreciation
- ♥ Teamwork
- ♥ Gratitude
- ♥ Forgiveness
- ♥ Gratitude
- ♥ Forgiveness
- ♥ Support
- ♥ Emotional Safety
- ♥ Shared Values
- ♥ Growing Together

The most beautiful relationships are a
lifelong journey of love,
growth, and commitment.
