

UNIT V - HOME SCIENCE EXTENSION EDUCATION

36. HOME SCIENCE – FAMILY AND VOCATIONAL EDUCATION

Home science education is not only essential for students, but it is also helpful for housewife to lead a happy and healthy life. The concept of Home Science is based on the ardent desire to improve the well being of the community through every home. This can be achieved through the systematic arrangement of resources. Home Science can take a prominent role in developing good individuality and a good sense of personality in a person. Through modern scientific knowledge, an individual's potentialities can be utilized to the maximum.

The modern concept of home Science is to bring up homes where peace, prosperity and progress prevail. India is developing country and here 30-35% of people are illiterate. The situation of illiteracy is even more serious in the villagers especially in women. One factor which has influenced the concept of Home Science is the awakening of women's issues. The philosophy of Home Science is to provide equal opportunities for both sexes, to achieve best familial and professional lives. The imbalance between the roles of man and woman can be avoided thus. Along with material and economical achievements, physical, spiritual and moral aspects of family living have to be promoted. This is one of the underlying principles of Home Science education. The home implants moral values of honesty, truthfulness, dependability and objectivity in a person.

Meaning and Importance of Home Science Education

The study of Home Science helps each people lead a more satisfying personal, family and community life because of the knowledge, understanding, skills

and appreciation of cultural and spiritual values a pupil acquire through Home Science education.

Home science means disseminating knowledge related to home science subjects out of the periphery of educational institutions among villagers and women. It is for those who have never gone to school and collage or who have been deprived of formal education for some reason. Unlike other subjects, Home Science is a practical science one applies in everyday life. As a practical subject it offers maximum opportunity to express one's ability to take up things and develop leadership qualities.

Home Science education develops qualities needed for responsible citizenship. Home Science Education helps pupil to recognise the importance of food in healthy living, teaches how to prepare food by retaining its nutrients and the importance of balanced diet. It also enables one to sort out family problems and find out solutions for them. Home Science education helps one to start self employment and become a wage earner at younger age. The curriculum empowers to take intelligent decisions concerning the use of materials and resources. The student becomes efficient to nurture and take care of the young, to foster their healthy growth and development. Moreover one gain technical knowledge and information from various branches of Home Science for both personal and professional use.

Major Areas in Home Science

There are five different areas of specialisation in Home Science. Each branch offers post graduate courses and facilities for research.

The five major areas in Home Science are

- Human development and family studies.
- Family resource management

- Food and nutrition
- Clothing and textile
- Extension education

Table 36.1 : Departments of Home Science

S. no.	Home science department	Subject
1	Food and Nutrition	Food preservation – papad, Badi, pickle, jelly, sherbet, murbba, chutney, sauce etc.
2	Human Development and Family Studies	Nursery school for children, toy making, innovative games for children etc.
3	Family Recourse Management	Interior decoration, flower decoration, decoration of floor, decorative items, cleaning of metal and substances etc
4	Clothing and Textile	Sewing, knitting, printing, dying tie and dye, batik etc.
5	Extension Education	Preparation of audio-visual aids, social work etc.

Human development deals with the development of a child from conception to old age. Physical, motor, emotional, language, cognitive and social developments of human beings are included in this. Behavioural problems of children, exceptional children, disorders, specific problems and issues that hinder the development of human beings are also dealt with. Geriatrics is also a part of the study since the life span of an individual is longer today.

Under Family Resource Management, time, money, energy and space management are the main topics for study. A good time plan is essential for time management. For money management resources have to be utilised judiciously. A family budget fulfils this aim. Energy management is a difficult task as the activities in a person's life is different from another individual. Energy management study aims at reducing the amount of energy required for doing each work. A work simplification technique enables this process. Consumer education is also included under this subject. The consumer is provided with information regarding food safety, safety against adulteration, common adulterants, health hazards and Consumer Protection Act. Major principles and basics of design and arts are also detailed in this area.

Food science and nutrition includes chemistry of food, nutrient retention, sources of nutrients, nutritive

value of food and judicious mixing of food are scientifically instructed in food science. Nutrition imparts the knowledge of various nutrients, their composition, functions, sources, requirements and deficiency status.

Clothing and Textile includes all details about textile fibres and fabrics, fabric construction processes namely spinning, weaving, printing, dyeing etc. Basic principles of apparel designing and construction are also taught.

In Extension Education, basics of programme planning, preparation of audio visual aids, social work, applied nutrition; methods of communicating with the society etc. are included.

The theoretical knowledge and practical experience is taught under various courses of home science education in class 11 and 12. Students who have studied home science education can start self employment by learning business skills with the help of special courses, according to their interest.

Self employment :

Self employment is the state of working for oneself rather than an employer. Self-employed people generally find their own work rather than being provided with work by an employer, earning income from a trade or business that they operate.

A self-employed person is an independent contractor or sole proprietor who reports income earned from self-employment.

People gain knowledge about some subject and start self employment. So that he/she can earn his livelihood by establishing his own financial institution.

There has been a lot of change in the situation right now. You must have heard from many people that nowadays where jobs are available. Good educated people who have higher achievements, but jobs are not available in institutions with their higher competence, if available, then they are not as per their skills and are also at very low salaries. As a result, dissatisfaction is increasing among young man and women. Self-employment is an important suggestion for redressing it. From the given example, you can understand the importance of self employment.

In home science education, you have learned about cutting, stitching clothes. If you are interested in cloth and its stitching skills. After passing class 12 you can get training in this area and start a business at home by designing clothes. You can make different types of apparel, can sell them to make your family financially strong. It is “self-employment”. You can do business in two ways by earning skills in any field, either you can make a merchandise by making a product and trading so that they sell the product you have made in the market. Secondly, you can sell the various products created by you. In the first situation, the trader will accept product at a lower cost and sell to the customer at a maximum price so that he gets maximum profit while in the second situation, the product that you created yourself, give more profit and mental satisfaction. In this way you can increase your family’s monetary income and mental satisfaction through self-employment.

Merits of self employment :

1. Low capital is required, to set up small scale industry, so anyone who has the skill and confidence can be self employed.
2. Unemployment is a paradoxical problem of our country, self-employment increases employment opportunities and resolves unemployment problems.

3. Self-employment can easily be established with the help of family members and friends.
4. The technique of doing one’s work is not easily transferred to other people, and the distinction of employment do not get disclosed.
5. Operation of self-employed is very simple, there is no special knowledge and training required.
6. Self-employment has an important role in the growth of national and per capita income.
7. Production and benefits are started immediately after the establishment of any small or domestic scale unit.
8. Small scale industry can also be established in villages as large industries are limited to big cities.
9. Employment is also very good in terms of human values, in this person does not need to work like a machine.
10. Self-employment also increases export of goods.
11. Self-employment if is on small scale then the entrepreneur gets freedom from the business cycle.
12. Government provide benefit of training and financial assistance to self-employed entrepreneurs.

Due to all the above mentioned benefits, there are many opportunities for self employment in our country today.

Even today, by gaining all these benefits, you can successfully establish your self-employment. You have read in this book that the family is the basic unit of all economic activities. By studying home science education you can start self employment. You can get employment as well as many other opportunities for which you are hopeful. To acquire skills for self-employment, or business, trainings are organized by state & at country level. One should select the business as per their capacity and convenience.

There are vocational opportunities for self-employment in our country. If any student want to become a successful entrepreneur after training and does not want to be dependent on anyone else then he need professional skills and qualities. Person’s quality

will make him successful entrepreneur.

Home Science offers more scope for self employment opportunities compared to other subjects. Fashion designing, starting tailoring unit, catering units,

nursery schools, family counselling centres, food processing centres and preservation units are some of the areas where a Home Science graduate can explore self employment.

Table 36.1 : Various training programmes and work opportunities offered in Home Science

S.No.	Training Programme	Opportunity to work
1	Textile Designing	<ul style="list-style-type: none"> i. Textile designers in textile mills ii. Self employed by establishing own small scale industry iii. Floor covering designer iv. Textile designer in Khadi and handloom v. Designer of block, screen and roller printing vi. Designer in textile, hand printed textile and handloom vii. Embroidery designer.
2	Interior decoration	<ul style="list-style-type: none"> i. Interior designer ii. Interior decorator in hotel and exhibition iii. Counselor in exhibition and fair iv. Architect helper v. Furniture designer vi. Floor decorator, flower designer specialist vii. Advisor in beautification of different decorative material and its maintenance.
3	Food and Nutrition	<ul style="list-style-type: none"> i. Self employment by preservation of fruits and vegetables ii. Meal planner and cookery specialist (hotel, canteen, hostel etc) iii. Cookery specialists iv. Establishing cookery training centre v. Establishing preservation centre for preserving fruits and vegetables
4	Nutrition and Child Care	<ul style="list-style-type: none"> i. Creche for children ii. Nursery school iii. Training and development of game material for children iv. Child nutrition counselor v. Preparing different types of study material for children vi. Establishing hobby centre for child development
5	Women Empowerment and Development	<ul style="list-style-type: none"> i. Awakening centre for women ii. Training centre for women development iii. Women empowerment and development counselor in Government and non-Government institute

6	Consumer Protection	i. Establishing consumer protection helping centre ii. Substance detection laboratory iii. Advisor in consumer training iv. Study material development related to consumer protection v. Establishing consumer relief centre
7	House Keeping	i. Interior decorator in hotel ii. Interior decorator in guest house and circuit houses iii. House keeper in different institutes iv. Housekeeping training officer v. Housekeeping training programmer
8	Cookery	i. Cookery training centre ii. Cookery specialist in hotel iii. Cookery specialist in Indian Railways iv. Cookery specialist in Indian Air Authority v. Cookery counsellor
9	Food and beverage services	i. Service boy/girl in Restaurants ii. Service boy/girl in Clubs iii. Organizer in outdoor catering iv. Providing catering services in special occasions (marriage, festival, birthday etc) v. Establishing catering training centre.
10	Hotel Management	i. Establishing own hostel ii. Different posts in hotel (manager, receptionist, room manager, restaurant manager) iii. Working in hotel management training centre.
11	Jewellery Designer	i. Designing jewellerys for different show rooms ii. Assorting of gems and diamonds iii. Designing dress and jewellery according to occasion in collaboration with fashion designer iv. Designer in cosmetic jewellery v. Establishing training centre in jewellery designing vi. Own show room.

Important Points :

- Home science extension education is a vocational subject.
- It includes knowledge of various disciplines of science and art.
- Five departments of home science - Food and Nutrition, Human Development and Family studies, Family Resource Management, Clothing and Textile and Extension Education and all these fields play an important role in enhancing quality of life.
- In today's scenario, Home Science Education is not only confined to the house but it is progressing in the industrial sector too.
- Home Science Education is also helpful in strengthening the financial condition of the family through self employment.
- Vocational skill training can help in setting up your own business and this is known as self employment.
- Self employment is an excellent tool for reducing the problem of unemployment in India.

8. There are many benefits for establishing self-employment, like it requires low capital, freedom from the business cycle, the support of the family increase in human values and simple operation etc.
9. Government provides benefits of training and financial assistance for establishing Sardar Swarozgar to entrepreneurs.

Questions :

1. Choose the correct answer for the following questions
 - (i) Number of departments in the Home Science are :
 - (a) Four
 - (b) Five
 - (c) Three
 - (d) Six
 - (ii) Subject helps in selecting and purchasing of land is :
 - (a) Food and Nutrition
 - (b) Human Development and Family Studies
 - (c) Textile and Apparel Designing
 - (d) Family Recourse Management
 - (iii) Topics do not come in clothing and textile is :
 - (a) Stitch
 - (b) Weaving
 - (c) Bandage
 - (d) Open nursery school.

2. Fill in the blanks :
 - (i) is also given priority to various activities of family life with the help of home science education along with artistic approach.
 - (ii) A good house means the whole family member in the house itself.
 - (iii) is also a utility of home science education along with family education .
3. Write a brief comment on :
 - (a) Home science & Vocational education.
 - (b) Self employment.
 - (c) Home science & self employment.
4. What is the importance of Home science education in family life?
5. Write an essay on : “Home science education is a great subject for self employment.”

Answers :

1. (i) b (ii) d (iii) d
2. (i) home scientist (ii) earns
(iii) vocation