



Enhancement of Skills through Home Science Education

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ABSTRACT

Home science means the art of managing the resources efficiently and the science of achieving a healthy and happy home as well as successful career. Home science education empowers the student with the skills to improve every field of home life i.e. food, clothing, health, child care, personal finance, religion, culture, arts, home beautification etc.

The study of home science not only helps in running the house efficiently but also provides us proper training for supplementing family income after getting training in different fields of home science, students are capable of wage employment as well as self employment.

Home science education helps to empower the youth through the set of vocational, employable and entrepreneurial skills at different stages of education. Because of this, the day is not far when the home scientist will not be a job seeker but a potential job provider.

I. INTRODUCTION

Unemployment is one of the major social problem faced by the nation today. This maybe because there is a noticeable skill gap between education and employment. To Bridge this skill gap to empower our youth for a promising future is a urgent need for today. Skill based learning improves employability and helps the youth earn more. Furthermore, it improves the economy of a country and promotes its financial growth. Because of this, vocational education is being considered as structural programme at university level, which will provide multiple opportunities to students who will acquire skills related to professions along with general education. Skills and knowledge are driving forces of economic growth and social development for any country. The youth with higher levels and better standards of skills adjust more effectively to the challenges and opportunities in domestic and international job market.

Home science is a vibrant field of study which covers home economics as well as other aspects such as sociology, psychology, community living, nutrition and textiles. A degree of home science give us excellent career opportunities and also equipping students with the skills needed to manage their home in a dynamic environment. Home science education empower is the student with the skills to improve in every field of home life which enables the student to take better care of the family

The study of Home Science not only help the student to run the house efficiently but also provides proper training for supplementary family income. Therefore home science education plays a vital role in Today's

education system NEP 2020 which has a vision to empower the youth through the set of vocational, employable and entrepreneurial skill.

Thus home science education helps Today's youth not to become a job seeker but a potential job provider. Sh the present research was done with following objectives.

II. OBJECTIVES OF THE STUDY

1. To study the different skills acquired by the student through home science education.
2. Analysis of these skills for improving employability.

III. RESEARCH METHODOLOGY

This research is a descriptive study. The necessary secondary data was collected from various website, magazines, journals etc. This data was then analysed and reviewed to draw the conclusion.

IV. VARIOUS SKILLS ACQUIRED THROUGH HOME SCIENCE EDUCATION

The word home science is consist of two word that is home and Science. The home means the place of living while science means knowledge based on facts , principles and laws. Thus from these two word meaning of Home Science can be defined as "application of scientific knowledge in a systematic manner towards improving the quality of home and family life". Home science covers the some areas of specialisation, like foods and nutrition, home management, human development, clothing and textile and communication and extension .In each area of specialization student learn various skills.

Foods and Nutrition skills :

In this specialization , students get complete information regarding the importance of nutrients, knowledge of different food groups ,meal planning, food preservation, cooking of delicious and nutritious food by different methods, therapeutic diet etc. Thus from this knowledge students can build following skills

- a) Able to prepare balanced diet for various age group
- b) Get proficiency in meal planning as per signs and symptoms of nutritional status and deficiency diseases.
- c) Ability to modify the diet for sick persons and nutrition related health problems.
- d) Students become expertise in assessing nutritional status and recognising signs and symptoms of common nutritional deficiency diseases.
- e) Students are able to use appropriate storage and food preservation methods.

Home/Resource management skills :

In this curriculum student get knowledge about time, money and energy management, interior decoration, consumer protection etc. By this knowledge student can build following things.

- a) Able to recognize the rights and responsibility of a wise consumer
- b) Build consciousness regarding consumer protection laws.
- c) Able to manage expenditure within the available income
- d) Get ability to take maximum benefit of saving and investment scheme

- e) Become expert in making a time plan and using work simplification methods for saving energy
- f) Organization of space for performing various household activities can be easily done by these students
- g) Get ability to prevent environmental degradation and use of ecofriendly products and practices

Human development skills :

This subject is imparted regard physical, mental , social and development from early to late childhood.Physical changes, developmental tasks, characteristics and problems of adolescents and adult hood, special issues in human development etc.By acquiring this knowledge students can build following skills :

- a) Competency in caring for children as per physical,motor, social, emotional, language and cognitive development.
- b) Proficiency in managing and caring for people with special needs.
- c) Able to cope up with all the changes occurred during each stages of life cycle.

Clothing and Textile skills :

In this subject students get knowledge of different types of fiber, properties of fiber,selection of clothes for different age groups , wardrobe management, stitching of clothes,hand and machine embroidery,printing of clothes by batik, screen,block,and tie and dye etc.By acquiring this knowledge students learn following skills.

- a) Become expert in identification and identification and selection of appropriate fabric.
- b) Ability to buy clothing and textile by judging quality and labels .
- c) Competency in laundering and storage of clothes.
- d) Able to stitch the clothes as per new fashion.
- e) Ability to print clothes by different methods of printing.

Communication and extension skills:

In this subject , students learn about leadership development, organization of extension programme, wise use of different methods of communication.By getting this knowledge, students learned following skills...

- a) Ability to establish an organization
- b) Ability to make a posters,short Films,flash cards etc.

Thus various skills can be obtained through home science education.By acquiring these skills , students can get job or also they can started their own business.Thus employability is increased which will be helpful for the economic growth of self as well as nation.

Career Opportunities in Home science :

Students specialising in home science have a choice to work in saloried job or self employed entrepreneurs or as consultant using any of the skills that may have developed during their curriculum.

1. Foods and Nutrition :

knowledge of catering helps student to get the job in canteen, restaurant as a service staff or manager.Student can become a owner of a canteen /restaurant or coffee shop.They can start food service business from their home,they can conduct hobby classes and earn the money.

Knowledge of food production/bakery and confectionery helps the students to get the job in production unit of this industries.They may become an owner of a production unit or they can conduct the hobby classes of these products.

Study of therapeutic nutrition helps students to get the job as a dietitian in various hospitals or they can do their own practice as a dietitian.

2. Home / Resource management:

In this subject student acquires a knowledge of interior decoration which will be helpful to them for getting job opportunity as a interior designer , furniture designer staff of show room etc.Also they can conduct hobby classes of interior designing.

Skill of arts and crafts helps the students to get a job as a staff of government emporium / show rooms or antique shops or production unit or they may run their own shop / enterprise,home based craft center or hobby classes.

Knowledge of house keeping and laundry services helps the students to get the job in hotels and guest houses,ke they may run their own guest house ,or they can be start own home based paying guest service/contract service.

Resource management and consumer education knowledge helps the student to get job as a staff in retail outlets and event management firms.They can also start their own event management firm,small saving agent etc.

3. Clothing and Textile :

In this subject student become expert in dress designing, garment construction and textile designing which is helpful for securing job as staff in production unit, at textile designing unit or at boutique.They can become an owner of shop/boutique.Student can start their own home based service like tailoring or also they can conduct training classes of dress designing, embroidery or printing etc.

4. Human Development :

In this specialization student know about the child behavior, therefore they can have a job opportunity as a staff at crèche /play school / day care center/ aaganwadis.

They can get a job of teacher in schools and colleges also.

Students can become an owner of cretche / play school / day care center of young children.They can conduct tutitions of these children.

Knowledge of counselling helps the students to get job opportunity at various consultant services or hospitals.They can start their own consultant services also.

5. Communication and Extension:

Students expert in this specialization may get a job as a staff in development organization / public relations and human relation departments, social entrepreneur etc .Student can establish their own development organization / market research agencies, communication and development consultancy etc.

Thus knowledge / skills learned in home science curriculum helps the students to become more organised and efficient. Home science opens up a large area of possible job opportunities for both men and women. This knowledge helps in the improvement of not only our home and personal life but also our professional life

V. CONCLUSION

Home science is an education for a better living. It is the study of reciprocal relations between the family and it's natural and man made environment.The emphasis of home science is to strengthen home and family life by

making an optimal use of available resources. It will help the students to apply knowledge of different sciences for improving home and family environment, health, growth and development of individuals and in managing the household resources.

Home is a vibrant field of study that covers home economics as well as other aspects such as sociology, psychology, community living, nutrition and textiles. A degree of home science equipped with lot of skills, which open up excellent career opportunities.

Depending upon the specialization, the home science student have the option of working as a dietitian, food scientist, textile designer, interior designer, apparel designer, family counsellor, teacher, researcher, social worker etc. The hotel industry also has a high demand for the skills of home science student in the areas of house keeping and food catering. Post graduate home science student can take a job of teacher in schools and colleges. Home science graduate also work as sales representatives of food brands, food analysts and research assistants. Home science education equips the students with various discipline knowledge which will be helpful them to become an entrepreneur. They can start a school, nutrition consultancy, textile manufacturing industry, event management organization etc.

The skills and knowledge acquired through home science education have better standards which will be helpful to adjust more effectively to the challenges and opportunities in job markets, thus it improves employability and helps the youth to earn more, furthermore it promotes the financial growth of a country.

VI. REFERENCES

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