



Community Science : An Education of Skill Enhancement for Better Living

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ABSTRACT

The role of education is paramount in nation building. Community science is formerly known as home science. It is application of sciences and humanities to create a cadre of home scientists to improve the quality of life of individuals, family, community and nation. Home science program is predominantly practical oriented and therefore helps to develop and polish various skills to empower the cadre required towards innovation, incubation and entrepreneurship along with professional and employable skills. Hands on experience with Project work/internship/fieldwork would help and build capacities for conducting primary research among the students. On the whole, home science has been structured to prepare the undergraduates to achieve skills to move forward with the development of the society/community/nation and entrepreneurship.

Keywords: Home Science, Foods & Nutrition, Textiles, Home Management, Extension Education.

Introduction

Home Science with its new nomenclature of Family and Community Sciences is an inter disciplinary course encompassing variety of subjects with the result it covers all the branches of Home Science namely Food Science & Nutrition, Food Service Management and Dietetics, Human Development & Family Studies, Resource Management, Textile & Clothing, Communication & Extension etc. Keeping the inter & multidisciplinary nature in mind the Program Educational Objectives (PEOs) have been given below

- To impart the fundamental knowledge in all the major domains of Home Science and related areas of studies.
- To develop competency in application of knowledge in different settings i.e. family, community, workplace etc.
- To impart and develop skills for professional life
- To prepare for higher degree with specializations, create professionals in different related areas, foster research & development, teaching, government and public service and entrepreneurship.

Home Science gives knowledge for facing new challenges, to cope with knowledge explosion, technological advancements, new developments and growing needs of individuals for successful living in society. Home

Science is one such subject that trains you to face with confidence, the challenge of changing times for attaining satisfaction and harmonious living.

Importance for individuals:

Home Science will give you scientific knowledge and develop skill for efficient performance of household responsibilities. Skill is the process of applying theory-based knowledge into your daily life. For example, countering social pressures to adopt unhealthy eating practices by refusal is a skill. Seeking services for help with sexual issues is another skill. Developmental of positive skill leads us towards happiness and satisfaction. It will also prepare you to take up wage or self-employment.

Importance for home and family life:

The emphasis in Home Science is to strengthen home and family life by making an optimal use of available resources. It will help you to apply knowledge of different sciences for improving home and family environment, health, growth and development of individuals and in managing your household resources. This is the only subject that deals with food, clothing, shelter, health, human relationships, household resources and concerns of individuals that exist within a home and in a family. Family is the smallest social unit of a community. The contribution of Home Science in the overall enrichment of family helps in the development of community and nation at large.

Importance for economic stability

Different areas of Home Science prepare for a variety of jobs. The economic stability of the family can be ensured by undertaking a job or self-employment. This will further lead to raising the living standard of the family and quality of life.

All these areas have their specific content and focus that donate to the study of the individual and the family in Indian sociocultural context. Home Science equips the future citizens with relevant knowledge, competencies and prepares them to become efficient custodians of the nation's future (Lokita Gupta, 2016).

Foods and Nutrition: Good physical strength can be made possible by good eating. Both quality and quantity of food should be considered. Dietetics is the science of nourishing that deals with the adequacy of diets during normal life cycle and modifications required during diseased conditions (B. Srilakshmi, 2005). Knowledge of good nutrition and diet is essential for teachers, health professionals, administrators and students of health sciences. Purpose of studying foods and nutrition is given below

- Recognizing the interrelationship of food, nutrition and health
- Planning and preparing balanced meal as per nutritional requirement
- Planning and preparing therapeutic meals for the sick

Human Development and Childhood studies: There are four major spurs to studying children scientifically, the solution of some practical problem, an attempt to prove or disprove the traditional beliefs which have served as guidelines for rearing children, theories about different and testing evidence from scientific studies (Elizabeth B. Harlock, 2005), The main purpose of studying the development of children is to know and understand them better. The need and importance of studying principles of development is because,

- Knowing about developmental patterns for different age groups helps us to know what to expect from a child and when to expect.
- Knowing what to expect at a particular age group helps in knowing about the standards or norms.
- If parents and teachers are aware they can guide the children accordingly from one stage to another.

Resource management and design applications: Home management is a practical science. In this subject, managing shows some degree of competence. Thus, a home in which goals are being attained with some degree of satisfaction may be considered a well-managed home. Management implies making the best use of available material and human resources. It consists of series of decision making up the process of using family resources to achieve family goals. Becoming a consumer conscious individual.

- Wisely managing family income and expenditure
- Recognizing the need for saving money and making investments
- Adopting work simplification measures for overcoming fatigue and managing time and energy
- Recognizing the mutual relationship between space organization and aesthetics
- Optimally utilizing and conserving energy sources around you
- Developing eco-friendly consciousness Developing aptitude for work ethics and ethical standards in daily living.

Fabric apparel sciences: Clothing plays an important role in social interactions. In interacting to another person and forming an impression, clothing plays a very significant role. Clothes affect the action of wearer. We do perceive people differently because of their clothing and grooming, but, this may vary with the viewer, his acquaintance with the subject and the situation in which he perceives the individual. Our primary needs are foods, clothing, shelter and energy. Textiles serve the clothing requirements of the individual, the home and the country. In order to gain a better understanding of the place of textiles in our lives, we need to view the field in relation to India's total planning process and the objectives envisaged for the socio-economic development of our country. Over the past few decades, a new textiles world has emerged. New fibres, new fabrics and new finishes make new demands for understanding and evaluation. With the help of this subject we can achieve these objectives:

- Wisely selecting fabric for different end uses
- Getting acquainted with different textile finishes and using simple techniques for fabric enrichment
- Wisely selecting and maintaining clothing and textiles

Development of communication and extension: It combines both adult education and informal education. It is concerned with educating adults, i.e. farmers or home-makers, not in the letters and alphabet, grammar or language but, in the techniques of raising better crops, better animals, better fruit trees, management practices followed at home in a more efficient way, taking care of the nutrition of the family, etc. The concept and philosophy, discipline and profession and theory and practices in the field of extension education have gone in to revolutionary changes in the last decade, almost all over the world (Dahama and Bhatnagar, 2009). Home science extension education was started in late 30's of 20's century with the following objectives:

- To bring about desirable change in the human behaviour, this includes change in knowledge, skill and attitudes.
- To make the people aware that kitchen gardening and small scale industries are a profitable professions.
- To create an environment for rural people so that they can show their talent, leadership and efficiency.
- To provide latest technical know-how to the farm wives with the fact and figures in the shortest time.
- To provide appropriate solution of their problems.
- To bring the scientist close to the farmers.

Trends in research in home science: Home Science includes various disciplines like resource management, human development and family studies, foods and nutrition, clothing and textiles and extension-education. Thus, it reveals that though these branches are treated separately, they are inter-reliant studies of the different aspects of the same object, viz., and human being. Home science research is a systematic method of exploring, analysing and intellectualising the human behaviour in order to improve the quality of life. Its functions are varied. They are:

- Innovation of new facts and their interpretation.
- Diagnosis of problems and their analysis.
- Systemisation of knowledge.
- Prediction and control over social phenomena.
- Policy formulations for further development.
- Social welfare.

Now there is a vigorous methodological innovation, which was lacking in the past. Home science research is throwing up light on valuable background data from which the planner can make his own assessment of the prevailing situation. In the last two decades funds have been made available on an increasing scale to support social science/ home science research by University Grants Commission, Indian Agriculture Research Institute, Indian Council for Agricultural Research, State Government Bodies, and Voluntary organisations.

Importance of Home Science:

- Changes efficient scientific attitude towards work
- Simplifies avoidance of wastage
- Develops skills in students and house wife's
- Helps in training healthy citizens.
- Grow an eye for beautification Can deal with minor illness and emergencies with empathetic and appropriate action
- Knowledge of child development, nutrition, etc. helps them to impart this knowledge to less privileged ones.

The characteristics attributes of graduates of Home Science (Honours) Programme include:

1. Disciplinary knowledge and skills: Capable in demonstrating basic theoretical and practical knowledge and understanding in subjects like:

- a) **Textiles and Clothing** from Textile Chemistry and Engineering, Fine Arts, Textile designing, Garment production industries, Apparel retailing and merchandizing, Fashion Design, History.
- b) **Extension and Communication** from Social work, Journalism, Mass Communication, Media production and promotion, Theatre, Law, Film Making.
- c) **Food Science & Nutrition**, Food Service Management and Dietetics from Biology, Nutrition, Chemistry, Biotechnology, Microbiology, Dietetics, Medicine, Extension, Front Office Management, Hospitality Industry, Catering technology etc.
- d) **Resource Management from Resources**, management, Architecture, Consumer, Economics, Commerce, Civil Engineering, Environment, Fine Arts, Design, Social Work, Law, Ergonomics, Physiology, Interior Design.
- e) **Human Development** and Family Studies from Psychology, Sociology, Social Work, Pediatrics, Anthropology.

2. Effective Communicator: Ability to communicate precisely, confidently and with clarity among the rural and urban communities using attention seeking media on the various educational topics for creating awareness and making better lives .Competency to express thoughts and ideas through folk media, Social media, print media, PPT's, role plays, displays and exhibitions along with oral and writing skills.

3. Critical thinking, Analytical reasoning and Problem solving: Ability to employ critical thinking in identifying the problem, developing analytical skills and capabilities to resolve the problems efficiently related to all the five specific areas on a tailor made basis for a client, customer, an individual , family and society either independently or with the support of concerned authorities.

4. Research and Scientific reasoning: Skills in undertaking small researches by way of Term paper, Case Studies, Market Surveys, Field visits, Laboratory Experiments etc. on the related topics/ problems of the discipline and arrive at the results based on the scientific reasoning wherever applicable.

5. Cooperation/ Team Work: Capability of working enthusiastically and united with the working teams in organizing events in the Department/ Faculty/ University/ Community, and accomplishing group work/ assignments / tasks by willing cooperation of all and well-coordinated group living through during educational visits.

6. Reflective thinking: Ability to practice empathy and objectivity in dealing with the personal and community interactions and problems.

7. Digital Literacy: Competency in accessing relevant and authentic information and data from electronic media with a motive to learn and synthesize it on the given topics in Home Science discipline for academic and extension work presentation and to prepare computer aided designs by using the needed software's.

8. Self-directive learning: Potential to complete the assigned projects successfully either at Residential / Commercial level or Community level by managing the resources independently and wisely.

9. Multicultural competence: Ability to learn about different cultures by way of practicing traditions, traditional cooking, ethnic designing and stitching, developing itineraries, and making traditional arts.

10. Moral and Ethical awareness/reasoning: Development of a sense of moral responsibility and values to refrain from unethical practices such as plagiarism, fabrication, falsification, misinterpretation of the data, breaching intellectual property rights, adopting unbiased and truthful actions and motivate to make efforts to save the Mother Earth.

11. Leadership readiness/ qualities: Persuasion to imbibe leadership skills by providing hands of experience to exercise the leadership skill. Evaluate and guide to practice and acquire the required acumen to lead successfully.

12. Lifelong Learning: Motivation to be updated regularly and consistently throughout the life with the content, concepts, theories, upcoming specializations/ fields, technologies, books, avenues by self-paced and self-directed learning with a motive to achieve economic, social, cultural and personal development goals.

Conclusion and Suggestions:

Home Science includes various disciplines with numerous life achieving skills in achieving and maintaining the welfare and well-being of home, social and family life in an ever changing society. It teaches people how to eat better food, dress up well, look after their homes and spend money wisely and how to lead a happy home life. Home science not only increases intrinsic skills to lead life happily but it improve professional skills.

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