

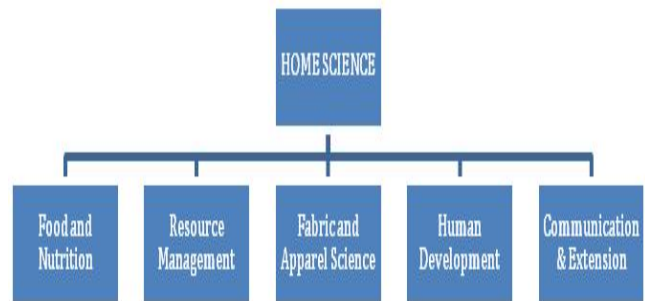
WHAT IS HOME SCIENCE?

L.No	Title of Lesson	SKILLS	Activity
1	What is Home Science?	Interpersonal Relationship, Effective Communication, Critical Thinking, Creative Thinking, Problem Solving and Decision Making	Establish the relevance and importance of Home Science for both men and women

Summary

Home Science is concerned with the home, health and happiness of all the people living in it. Home Science draws its content from courses in both Science and Arts. Home Science means the art of managing your resources efficiently. It is the science of achieving a healthy and happy home as well as a successful career. In the lesson we learnt that Home Science has five major areas of specialisation, which are as follows:

Wage-employment and Self-employment are two different types of employment that a person can opt for after the completion of academic courses at the graduate and post-graduate level. Wage-employment means when you work for another person and receive wages or salary for your services. On the other hand, Self-employment is when you are the owner of an enterprise which you run and finance yourself.



Principal Points

The combination of Science and Arts in Home Science helps in following:

- Interpersonal communication amongst your family members
- Managing your resources well
- Providing you the right tools to solve problems
- Improving your personal and professional life
- Learning and enhancing your skills thus improving the economic conditions of your family
- Understanding the environment around you

Build Your Understanding

Home Science is for BOYS and GIRLS!

- Both have to succeed in an increasingly competitive world
- Both have to share household responsibilities and tasks
- Both need to manage resources and activities at home
- In case of a problem, they have to solve it together with their family members
- Home Science offers varied vocational and professional avenues for both girls and boys
- Joint knowledge and skills help to improve the standard of living.

What's Important to Know?

Home Science is a multidisciplinary subject. It draws content from various disciplines of Science and Arts.

This combination helps to understand the dynamics of family, food, house, clothes, resources, environment and other skills that will lead to a successful career.

Extend Your Horizon

Traditionally, Indian society had demarcated work for both men and women. But with the changing social and economic environment, the gender-based stereotypical roles do not hold relevance any more.

Identify six stereotypical occupations where you have observed the change.

Evaluate Yourself

1. You are cooking a meal. How can you apply the Arts and Science of Home Science in it? Illustrate your answer.
2. You love children. What courses of Home Science will you opt for? What employment opportunities will be available to you?

Maximize your marks

Practice the activities given in the chapter.

Observe the household activities that your parents perform on regular basis. Ask them if the work can be done by both the genders or not.

Did You Know?

Job opportunities in Home Science!

Food and Nutrition

- Food Science
- Clinical Nutrition and Community Nutrition
- Catering
- Food Preservation/ Bakery and Confectionary

Resource Management

- Interior Decoration
- Arts and Crafts classes
- Event Managers

Fabric and Apparel Science

- Dress Designing
- Garment Construction
- Textile Designing

Human Development

- Child Welfare
- Care for Special Children
- Adolescence and Family Guidance
- Care for the Elderly
- Crèche Staff/Owner
- Day care/ after day care teaching

Communication and Extension

- Work in Development Organisations
- Counsellors
- Trainers and Facilitators for Capacity Building
- Media Production and Management
- Public Relations
- Programme Planners