

# Introduction of Home Science

**PAPER 1 BA I HONS**

**Dr. AMARJEET KUMAR  
ASST. PROFESSOR  
DEPARTMENT OF HOME SCIENCE  
ROHTAS MAHILA COLLEGE, SASARAM**



Home science is an integrated field of study that provides scientific and systematic knowledge about various aspects of family living.

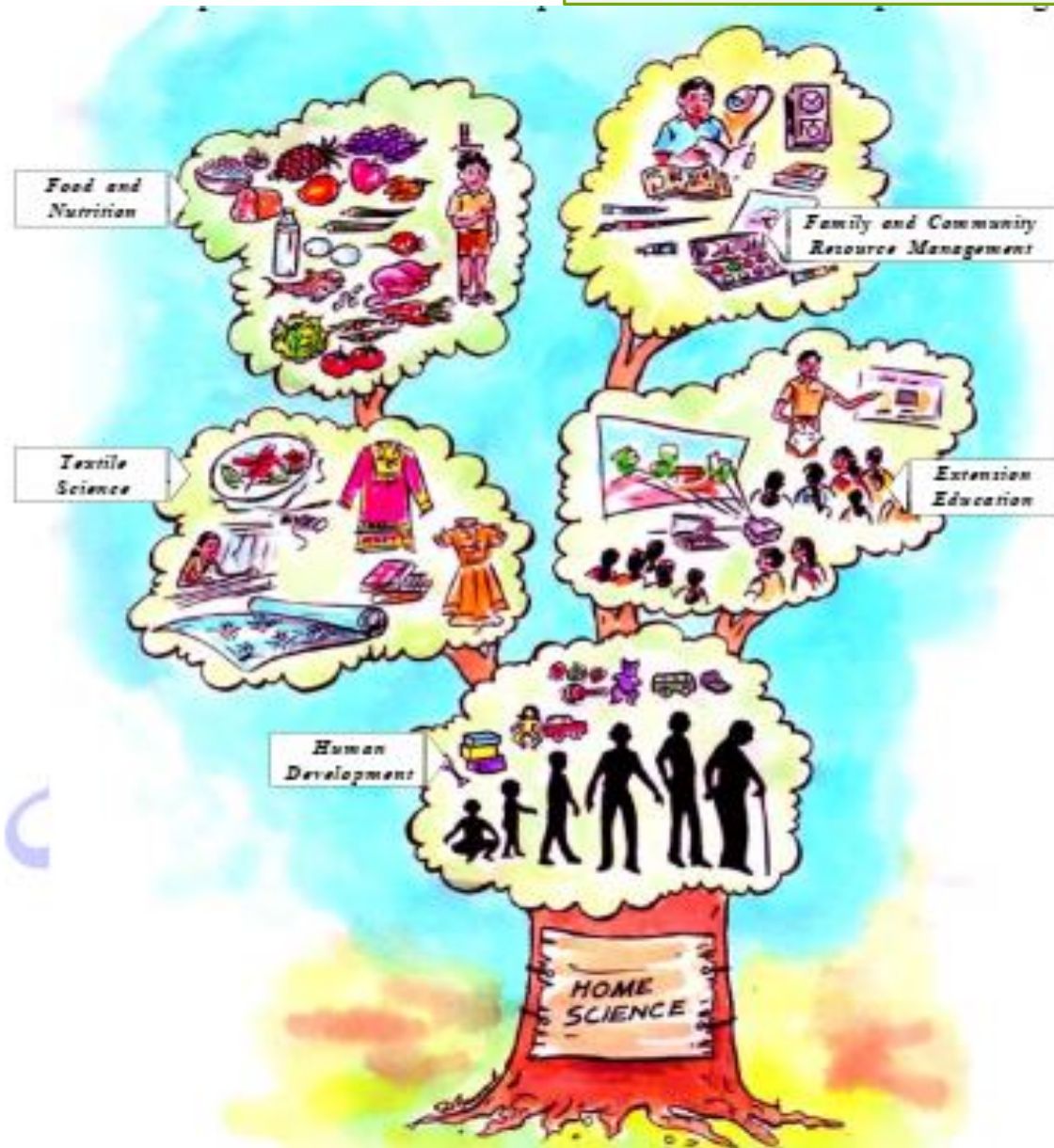
Home Science suggests that it is concerned with home and includes health and happiness of each and every person residing in it. It is an interdisciplinary field faculty of science that prepares its students to develop themselves with multiple vocational and career options.

Home Science is both a science and an art related to modern house keeping. It is a field of study which draws upon many disciplines such as

1. Chemistry,
2. Physics,
3. Physiology,
4. Biology,
5. Hygiene,
6. Economics,
7. Rural Development,
8. Child Development,
9. Sociology And
10. Family Relations,
11. Community Living,
12. Art,
13. Food,
14. Nutrition,
15. Clothing,
16. Textiles
17. Home Management.

## DEFINITION OF HOME SCIENCE

- According to Ellen Richards, the first President of Home Economic Association, “ Home Economics aims at freedom of home from dominance of things and their due subordination to ideals; the simplicity in material surroundings which will free the spirit for the more important and permanent interests of the home and society, the ideal home life for today unhampered by the past.”
- In very simple words Home Science can be defined as the multidisciplinary field of study that deals with health, diet, caring child, textile and garment designing, managing resources and other subjects concerned with a home.



## HOME SCIENCE

Food and  
Nutrition

Resource  
Management

Textiles and  
Clothing

Human  
Development

Extension and  
Education



# HOME SCIENCE

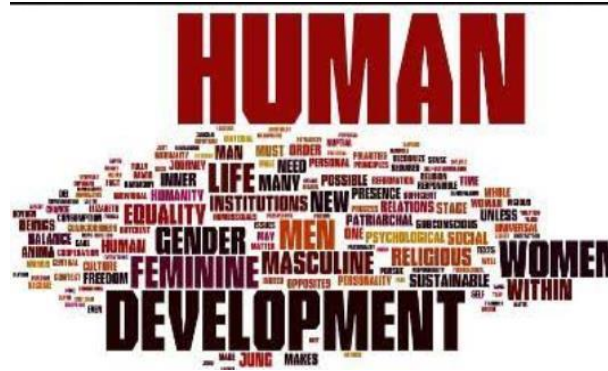
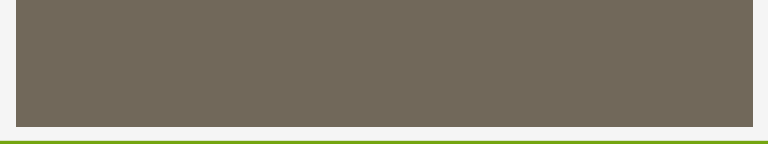


## SCOPE OF HOME SCIENCE

Home Science is an interdisciplinary field of knowledge with focus on Food & Nutrition, Fabric & Apparel Designing, Human Development, Resource Management and Communication & Extension.

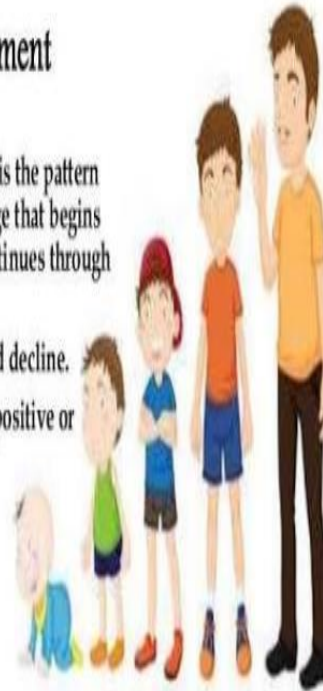
Home Science is the application of many sciences and art towards achieving better, healthier and happier homes.





## Human Development

- Human development is the pattern of movement or change that begins at conception and continues through the life span.
- It includes growth and decline.
- Development can be positive or negative.





# IMPORTANCE OF HOME SCIENCE

The subject of Home Science is concerned with every area of home life including cooking , clothing, furnishing and decoration of the house, childcare, household purchases and family relationships. 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.

1.The knowledge of Home Science improves the quality of life: the study of home science provides the homemaker with the knowledge and skills required to manage a home effectively.

## IMPORTANCE OF HOME SCIENCE

**2. Helps in the best utilization of resources to get maximum satisfaction and returns :** Family resource management provides knowledge necessary to make intelligent decisions regarding the purchases budgeting and other managerial activities.

**3. Teaches the application of modern science and technology to improve domestic life :** Modernization of the world is reflected in home also. High-tech products and modern equipment's have entered our homes especially kitchens.

**4. Helps to improve family relationships :** The study of home science includes the area of human relationship, which teaches people how to get along with one another and how to solve problems within the family.

**5. Develops in the students the necessary skills and techniques required for better homemaking and family living :** Home science prepares the students for greatest of all profession i.e., being a homemaker.

# IMPORTANCE OF HOME SCIENCE

**6.Help to solve the day-to-day problems :** The changing society not only increases the managerial problems concerning the use of human and material resources but also requires different methods of meeting the problems.

**7.Helps in changing the values, attitudes and interests :** Home science is not only confined to development of homemaking skills, it also makes the person aware of changing world.

**8. Home science promotes the moral, familial and spiritual aspects of family living:** Moral values of honesty, truthfulness, dependability and objectivity and decision making are some important values that a home is expected to develop in its members.

**9.Enables the person for many career opportunities :** Use of new techniques and modern equipment's has helped the housewife to make efficient use of her resources.

## IMPORTANCE OF HOME SCIENCE

**10.Home science has an important role to play in society :** Home science aims at promoting satisfactory personal family and community life by developing the qualities needed for responsible and creative living.

The importance of Home science has further increased to meet the demands of the modern society. The knowledge of Home science is derived from physical, social, and biological sciences and many arts, which is applied towards achieving better, healthier and happier homes.

# Objective Of the Course

- The science is aimed at achieving and maintaining the welfare and well being of home and family life in an ever changing society.
- Home management requires skill and scientific knowledge which does not limit itself to activities within the home but also forms the basis of a challenging profession.

# Courses/Training

- Home Science can be taken up as a subject at the plus two stage.
- **Course Name : B.Sc.(Home Science)**
- **Eligibility** : 1. After 10+2 Medical (PCB) with optional subject as home science, admission is granted to Honors courses at the graduate level in the subject.  
2. After 10+2 (any subject with Home science as an optional subject) .
- **Duration** : 3 years

After successful completion of the B.Sc. degree course it is possible to continue further with the 2-year **M.Sc.(Home Science)** course.

Degree / Course	College / Institute	State	Eligibility	Course Duration
B.Sc. Home Science	College of Home Science (Punjab Agricultural University) Kaoni, Faridkot	Punjab	HSSLC (10 + 2) Science	3 years
B.Sc. Home Science	S.D. College (Kurukshetra University), Ambala Cantt	Punjab	HSSLC (10 + 2) Science	3 years
B.Sc. Home Science	Govt. College of Home Science (Punjab University)	Chandigarh	HSSLC (10 + 2) Science	3 years

**Thank you**