

CAREER OPPORTUNITIES IN HOME SCIENCE

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Abstract:

Home Science is an integrated field of study that provides scientific and systematic knowledge about various aspects of family living. Home Science is concerned with home and includes health and happiness of each and every person residing in it. It is a blend of science and art which gives a variety of skills to the youth such as cooking, catering, processing, stitching, decoration, boutique, fashion designing, day care and health care. It also aims at developing an individual, its knowledge, attitudes, values and skills which guides one to meet personal needs and aspirations of an individual to become a well adjusted member of the family. The present study mainly focussed on an overview, emerging career opportunities of home science in the country. In recent scenario home science is gaining huge popularity among youth owing to its wide application in private sector, government sector, semi govt. and along with entrepreneurship opportunities.

Home Science professionals have ample opportunities in private sector (cooking, fashion designer, housekeeping, dietician) NGOs (social welfare office, food analysts, research officer), government sector (scientists, professor, research analysts) and entrepreneurial opportunities (boutique, grooming centre, hobby classes, child care centre, catering, health care etc). Thus, home science is an emerging academic discipline which has numerous opportunities for wage employment as well as self employment.

Keywords: *Home Science, Career Opportunities, Self Employment, Wage Employment, Entrepreneurship.*

I. INTRODUCTION:

Home Science means the art of managing your resources efficiently and the science of achieving a healthier, happier home and if need be a successful career. You must have noticed that words 'art' & 'science' being used together in the above definition. This is because the home science teaches you the art of using things so that a beautiful harmonious whole is achieved and an overall pleasant effect is created. At the same time, it gives you all the knowledge of the scientific problems involved in making a home beautiful.

Home Science in simple words includes all the things that concern yourself, your home, your family members and your resources. It aims at getting maximum satisfaction for you and your family members through the effective and scientific use of your resources.

Home Science education prepares youth for the greatest of all vocations - home making (www.educationtimes.com).

II. AREAS OF SPECIALIZATION IN HOME SCIENCE:

There are five major areas of specialization in the Home Science:

- 1) Food and Nutrition
- 2) Resource Management
- 3) Fabric and Apparel Science
- 4) Human Development
- 5) Communication and Extension

Today, Home Science is so advanced that each specialization is a domain in its own with its areas of specialization and vocation/professional opportunities. (nios).

Home Science can be taken up as a subject at higher secondary level. Education in home science is offered at four levels viz diploma level, first degree level, post graduate level. The entry requirement for B.Sc. (Home Science) course is passing in 10+2 examination preferably with science subject. Students can also opt Home Science as one of the subject along with different combinations of subjects viz. Home Science, Psychology and Economics, then student will get B.A. H.Sc. degree.

Thus, the study of home science helps each people to 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 (Ahlawat and Shekhar, 2010).

III. CAREER OPPORTUNITIES IN HOME SCIENCE:

The career options after pursuing a home science course are below:

- 1) **Service and Tourism Industry:** The courses in the home science discipline offer many opportunities in the tourism industry, tourist resorts, hotels etc. as an interior designer, cook, food analysts, catering agents, bakers as well as healthcare professionals.
- 2) **Health Care Industry:** The health centres are specialized to provide advice for the dietary requirements of individuals suffering from diverse illness. Suitable nutrition and physical education enable the home science graduate to start their own support centres for people with special nutritional requirements. The support centres work to provide guidance and support to the individuals to stay fit by balancing their diet, exercise and management of obesity and related conditions.
- 3) **Teaching and Research:** After pursuing a course in Home Science, candidates also have teaching options. The candidates have to pursue a master's degree in home science to become a teacher at the secondary level. For the undergraduate level posts like Assistant and Associate Professor, one must have cleared the UGC NET exam after completing a master degree in HSC. The research position are also open for applicants if they clear NET exam as per the JRF cut off score.
- 4) **Production Industry:** In the production industry, there are different types of activities such as frozen food manufacturing, food preservatives, cooking, different food production which requires home science experts. The graduates can apply for the post of food analysts, quality controllers and quality managers in food preservation departments and food processing units.
- 5) **Nutrition and Dietetics:** The demand for dietician is rapidly increasing in India. They are the professionals who are concerned about the individual requirements and suggest diet as per human physiology, caloric consumption and other factors. That main role is to provide food analysis, food therapy and food management.
- 6) **Textile Industry:** It is one of the most successful in India with growth and attention on fashion and fabric. The job of Home Science individuals in the textile industry is for fabric construction, dyeing, printing and assessing, recognizing and selecting fabrics or products from dealers based on suitability and checking for performance under various conditions. Home science candidates can be offered jobs like apparel and textile designers.

IV. SELF EMPLOYMENT OPPORTUNITIES IN HOME SCIENCE:

- 1) **Confectionary and Bakery:** The Home Science graduates can start up their own bakery or confectionery with different nutritive and conventional ideas. Their innovative skills can be utilized for setting up their own business of bakery and confectionary.
- 2) **Fashion Designer Boutique:** The Home Science students can set up a boutique for the construction of customised clothes. There, they can design and construct garment according to the wish of the client or customer.
- 3) **Catering Business:** The catering business is also an option for home student owing to its increasing demands in many institutions and organisations. The catering skills are very helpful to run a canteen and to outsource the food service for different offices, factories etc. As most of the offices and factories hire agencies or individuals to deliver lunch for the daily meals of the employees.
- 4) **Hobby Centres:** Hobby centres can also be opened by home science trained individual where interested persons can learn making useful products out of household waste, making of candles, paper flower, soft toys, rangoli, flower arrangement, jewellery designing, pot making, wall painting and many more things.
- 5) **Child Care Centres:** A person with specialization in human development domain of Home Science can open a child care centre for the kids whose mothers are out of home for job purposes. To start a child care centre the owner needs covered space with toys and nurses. The graduates and post graduates can also start creches, nursery schools and after school centres.
- 6) **Interior Designing:** Home Science students whose specialization is from resource management stream can impart training in the art and design of interior decoration. They can also take up for the interior decoration of various settings like offices, hospitals, school.
- 7) **Grooming Centres:** Grooming centres can be set up to provide different services like skin care, body care and hair care.
- 8) **Coaching Centres:** Home Science graduates can open up their own coaching centres where coaching is being produced to desirous candidates upto the level of graduation and in these days there is a great demand of coaching centres as both parents are employed and do not get enough time to guide their children in study.

V. CONCLUSION AND SUGGESTIONS:

Home Science being a unique discipline with a blend of science and art, moulds a student with a variety of life skills. Home Science academician has numerous employment as well as self employment opportunities in both academic and corporate sector. Home Science covers a few areas of specialization such as food and nutrition, communication and extension, resource management, human development and fabric and apparel science. Home science syllabus draw its strength from both science and arts discipline. This enables the students to develop the ability and understand the concept as well as apply them in various situations. This gives home science students an edge above all other disciplines. This prepares them for vast range of opportunities. Home Science professionals can opt wage employment opportunities. They can work in service and tourism industry, health care industry, production industry, textile industry and can also go for teaching, research and nutrition and dietetics profession. In spite of various wage employment opportunities, home science student can also start self employment ventures like open catering business, hobby classes, child care centre, grooming centres, coaching classes and work as an interior designer. Thus, Home Science prepares you to take up a job outside the home as well as set up a home enterprise. It is to be remembered that to be successful one need to have thorough knowledge of the subject, some practice and experience.

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