

Employment opportunities in home science education

■ REENA ROY, SHOJI LAL BAIRWA AND SUDHA BABEL

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■ **ABSTRACT :** Home science is a unique discipline with a blend of science and art which gives a variety of skills to the youths such as cooking, catering, processing, stitching, decoration, boutique, fashion designing, day care and health care. It also provides social and cultural values with the communication and human research development. The present study mainly focused on an overview, emerging employment opportunities and major institution of home science education in the country. In India, home science education is in its emerging stage of development, so home science graduates and post graduates have ample employment opportunities not in private sector but also in co-operative, government and semi government sector along with entrepreneurship opportunities. Home science professionals have a lot of employment opportunities in private sector (cooking, fashion designer, housekeeping, dietitians), NGOs (social welfare officer, food analysts, research officer, fashion designer) government sector (scientists, professors, research assistant) and self-employment sector (boutique, cloths designing, grooming centre, hobby centre, child care, catering and health care). Thus, home science is an emerging academic discipline which has ample opportunities of employment and entrepreneurship development in academic as well as in corporate sector.

See end of the paper for authors' affiliations

REENA ROY

Department of Textile and Apparel Designing, College of Home Science, Maharana Pratap University of Agriculture and Technology, UDAIPUR (RAJASTHAN) INDIA

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Home science consists of 'home' and 'science' words. The word home refers to the place of residence where the family lives while word science refers to knowledge based on facts, principles and laws. Home science teaches the scientific approach to modern housekeeping, for achieving the welfare of home and maintaining family life in an ever changing society (SCERT, 2011). Home science includes all the things that concern the person, home, family members and resources (Vyas and Shastri, 2011). Home science is a unique discipline with a blend of science and art

which moulds a student with a variety of life skills (Gadam, 2015). Home science can be defined as education for better living and core of all human development and the society at large (www.wikipedia.com). It is the education for better living and the core of this education is the family ecosystem. It also deals with reciprocal relations between the family and its natural and man-made environment (Jain, 2009). Home science education prepares youth for the greatest of all vocation - home making (www.educationtimes.com). It does not limit itself to the home related skills of cooking, laundry,

decoration and stitching. It orients young girls and boys towards preparation for several professions-teaching, nursing, dietetics, research, welfare, management, art application, extension work and communication (Poonia, 2015; Ahlawat and Shekhar, 2010).

Home science can be taken up as a subject at the 10+2 stages. Education in home science is offered at four levels *viz.*, diploma level, first degree level, postgraduate level and doctoral level. The entry requirement for B.Sc. (Home Science) course is passing in 10+2 examination preferably with science subject. Home science at college level was offered as early as in 1932 at the *Lady Irwin College* at the initiative of All India Women's Conference. This college also offered a post graduate diploma in education and teachers training to produce teachers to take positions in schools as well as newly opening colleges of home science. After B.Sc. degree graduates can choose to specialize in any of the five streams of home science – food and nutrition, resource management, human development, fabric and apparel science and communication and extension for master programme in home science (Sharma, 2015). Some universities also offered B.Ed. (Home Science) of one year duration and shifting towards two -year B.Ed. programme (Pal, 2014). 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).

■ RESEARCH METHODS

Employment opportunities in home science education :

Home Science graduates and post graduates can seek careers in the fields of community and social work as well as in NGOs, food and nutrition related activities in hospitals, and food services (Singh, 2011). Home science scholars can join the teaching profession as associate professor, assistant professor and professor in universities and colleges, education officers, social workers, psychologists and researchers can develop programmes for media (Bairwa *et al.*, 2014). They also can work as nutrition consultants, research assistants, food scientists, demonstrators or food analysts (Vyas and Shastri, 2011). Home science provides several skills that can enable youths to set up home based enterprises or

consultancies like a boutique, catering unit, crèche, day care centres, sales promotion of food products, baby foods, and ready to cook foods (Goecker *et al.*, 2015 and www.wbpublibnet.gov.in). One can be absorbed in food preservation production unit of any hotel, tourist resort, restaurant, food industry (Samani, 2008 and Mishra, 2008). Those who specialize in textile and clothing and family housing and furnishing can undertake design related activities (Mittelhauser, 1997 and SNEB, 2012). Self-employment is also an apt career choice. Home science also provides vocational opportunities such as apparel merchandisers, interior designers, work men family counsellors (Goel, 2010). The major employment opportunities for home science students are in academic, business, vocational jobs, private sector along with huge self-employment potential (Sharma, 2015). Followings are major employment opportunities in home science (Gadam, 2015; Ahlawat and Shekhar, 2010; Yadav and Singh, 2015; Tandon, 2015).

Confectionery and bakery :

The home science graduates and postgraduates can set up their own confectionery, ice-cream parlours and bakery. They can use innovative skill to evolve their own products which are more nutritive and different from the conventional ones and add variety at parties or at dining table.

Fabric and apparel designing :

This domain of home science focus on the selection, construction and care of clothing; its effect on the family income, behaviour and chemical nature of different textiles, types of weaves, the quality, colour, shrink ability and durability of fabrics, quality of natural fibres like silk, wool, cotton, nature of synthetic fibres like nylon, rayon, tericot etc.

Production jobs :

It covers food preservation, dressmaking, and specialized cooking. Graduates of home science can go for the textile business, fashion designing or even work in hotels and food industry.

Service jobs :

It includes maintenance and supervision of housekeeping departments at tourist resorts, hotels, catering facilities and restaurants.

Catering service :

Catering could be made at special places like school and hospitals. Besides these, it will be very useful in running canteen in various types of settings. The trained professionals can also undertake catering services for people who are working in factories, offices and do not have time or arrangement to cook meals, particularly unit day meals.

Interior designing :

They can impart training in the art of interior decoration. Such centres can also provide services for decoration of various settings like offices, hospitals, school.

Hobby centres :

Hobby centres can be started where interested persons can learn making of candle, paper flower, decorative articles, soft toys, rangoli, jewellery designing, pot making, wall painting and making useful articles from the household waste products.

Grooming centres :

This area has vast potential to develop among masses. Training could be imparted under home science education to open grooming centres where they could provide services for skin and hair care. The individualized guidance could be extended according to the unique characteristics to select jewellery, hair style and face make up.

Child care :

Women participating in income generation activity outside the home base led to the need of child care outside the family. Children usually require care by adults till they are 12 years of age and should not be left alone at home with the basic knowledge of child development. Home science graduates can run childhood care units like day care centre, creches, nursery school and after school centre.

Health centres :

Health centres can provide special advice for the dietary needs of people suffering from different diseases. Suitable therapeutic nutrition and physical education would enable the home science graduate to set up support centres for people with special dietary needs. Home

science professionals can provide consultancy and guidance to the individuals for keeping fit and free from obesity through exercise and diet management.

Technical jobs :

Manufacturing industries require home science graduates to serve as research assistants, food analysts and food scientists.

Human development :

Human development enriches emotional relationship among family members. Children must be brought up in an atmosphere conducive to growth and development. Home science graduates can open rehabilitation centres for children with impaired senses. These centres will not only be a service to the community but would help them create employment for themselves and others.

Mass media :

Information dissemination is at an important age when most people are health conscious. Being a part of television programmes or writing a cook book are great options.

Teaching jobs :

Candidates with master's degree can opt for teaching positions or research positions. Home science post graduates can take up teaching assignments in senior secondary schools and home science colleges. They can get jobs as assistant professor and scientist in various universities across the globe.

■ RESEARCH FINDINGS AND DISCUSSION

Commercial food service industry is constantly into research and development and seeks nutritionist and dieticians. Agricultural scientist recruitment board (ASRB) give an opportunity to be a scientist at its research centres across the country.

Social welfare :

A nutritionist on board is an important part of development and welfare programmes, as nutrition is an integral part of public health. Home science professionals can take social welfare projects which involve educating specific segments of the population such as mothers, farmers, villagers on the food value of certain food items and employment.

Major institutions offering home science education:

Today, home science is being offered by over 150 institutions of higher learning through private colleges as well as public universities (Vyas and Shastri, 2011). A large number of institutions around the country offer good courses in dietetics and public health nutrition. Many colleges and universities also offer several courses at the UG level and the minimum educational qualification requirement is that candidates must have completed their higher secondary with biology or home science as a subject. When it comes to PG course in home science, different specializations are available in colleges and candidates with a degree in home science are offered with the opportunity to choose any specialization of their interest. The students can opt for home science based courses in University of Delhi e.g. nutrition and health education, child development and family welfare services. Earlier it prepared an individual to obtain recent scientific information to cope with the day to day problems but today efforts are being made to provide facilities to invigorate the theoretical knowledge of the students through field training and research laboratories so that they are able to launch entrepreneurship programmes successfully. Many universities have facilities for pursuing pre doctoral (M.Phil) and doctoral (Ph.D) studies. Avinashilingam institute offers both M.Phil and Ph.D. courses. The duration of fulltime M.Phil. course is one year while part-time course needs two years of study. The Ph.D. course can be completed in three to four years. A person opting for a career in this field needs to have a logical mind along with realistic approach, and a balanced attitude and creativity with

artistic visualization. Table 1 shows the major institutions offering degrees in home science education across the country.

Conclusion and suggestion :

Home science is an emerging academic discipline with a lot of employment potential 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, fabric and apparel science. Home science is a combination of both art and science that is not only confined to food and nutrition, but also wraps housekeeping, textiles, dietetics, clothing, family relations, community living, sociology, economics, child development and hygiene. To begin with a career in this field, candidates must possess rational mind along with realistic approach and an objective attitude. Increasing consciousness with respect to health, diet and way of life has increased the number of candidates taking up home science as their career. They can also find teaching jobs in governmental schools and colleges. Candidates with master degree and Ph.D. in the field of home science and take up NET examination in home science, they can find job in public universities, which frequently recruit candidates for the positions of assistant professor, associate professor and professor in different department of home science. Thus, home science professionals have a lot of opportunities of employment in private companies, NGOs, and entrepreneurship development along with huge academic opportunities in governmental and private colleges and universities across the country.

Table 1 : Major institutions offering degrees in home science education in India

Name and address of universities	Name and address of universities
Banasthali Vidyapeeth, Banasthali, Rajasthan	Jai Narain Vyas University Jodhpur
Banaras Hindu University, Varanasi (U.P.)	Jiwaji University Gwalior (M.P.)
University of Delhi	Sardar Patel University, Gujarat
Acharya N.G. Ranga Agricultural University, Hyderabad (A.P.)	Chaudhary Charan Singh Haryana Agricultural University, Hissar
Punjab Agricultural University, Ludhiana, web: www.pau.edu	Kurukshetra University, Kurukshetra
Assam Agricultural University, Assam	S.N.D.T. Women's University, Mumbai
Aligarh Muslim University, Aligarh (U.P.)	Allahabad University, Allahabad, Uttar Pradesh
Dr. B.R. Ambedkar University, Agra (U.P.)	Lady Irwin College, New Delhi
G.B. Pant University of Agricultural and Technology, Pant Nagar, Uttarakahand	Jadavpur University, Kolkata (W.B.)
Guru Nanak Dev University, Amritsar	University of Bombay, M.G. Road, Mumbai (M.S.)
H.P. Krishi Vishwavidyalaya, H.P.	Institute of Home Science, New Delhi

Source: Compiled from Yadav and Singh, 2015

Authors' affiliations:

SHOJI LAL BAIRWA, Bihar Agricultural University, Sabour, BHAGALPUR (BIHAR) INDIA

SUDHA BABEL, Department of Textile and Apparel Designing, College of Home Science, Maharana Pratap University of Agriculture and Technology, UDAIPUR (RAJASTHAN) INDIA

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