

NIOS lesson adaptation project

by  **Embrace** Volunteers
The power within you!

(A community initiative of Harchan Foundation Trust)

CHAPTER -1

WHAT IS HOME SCIENCE ?

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

What better way of learning to do something yourself at home?

Home Art + Science = Home Science



KWL Chart

K - What does the child KNOW	W - What does the child WANT to know	L - What has the child LEARNT
	Meaning and importance of home science.	
	Home Science - relevance to men, women, boy and girl.	
	Academic and vocational opportunities available.	

Keywords and meanings

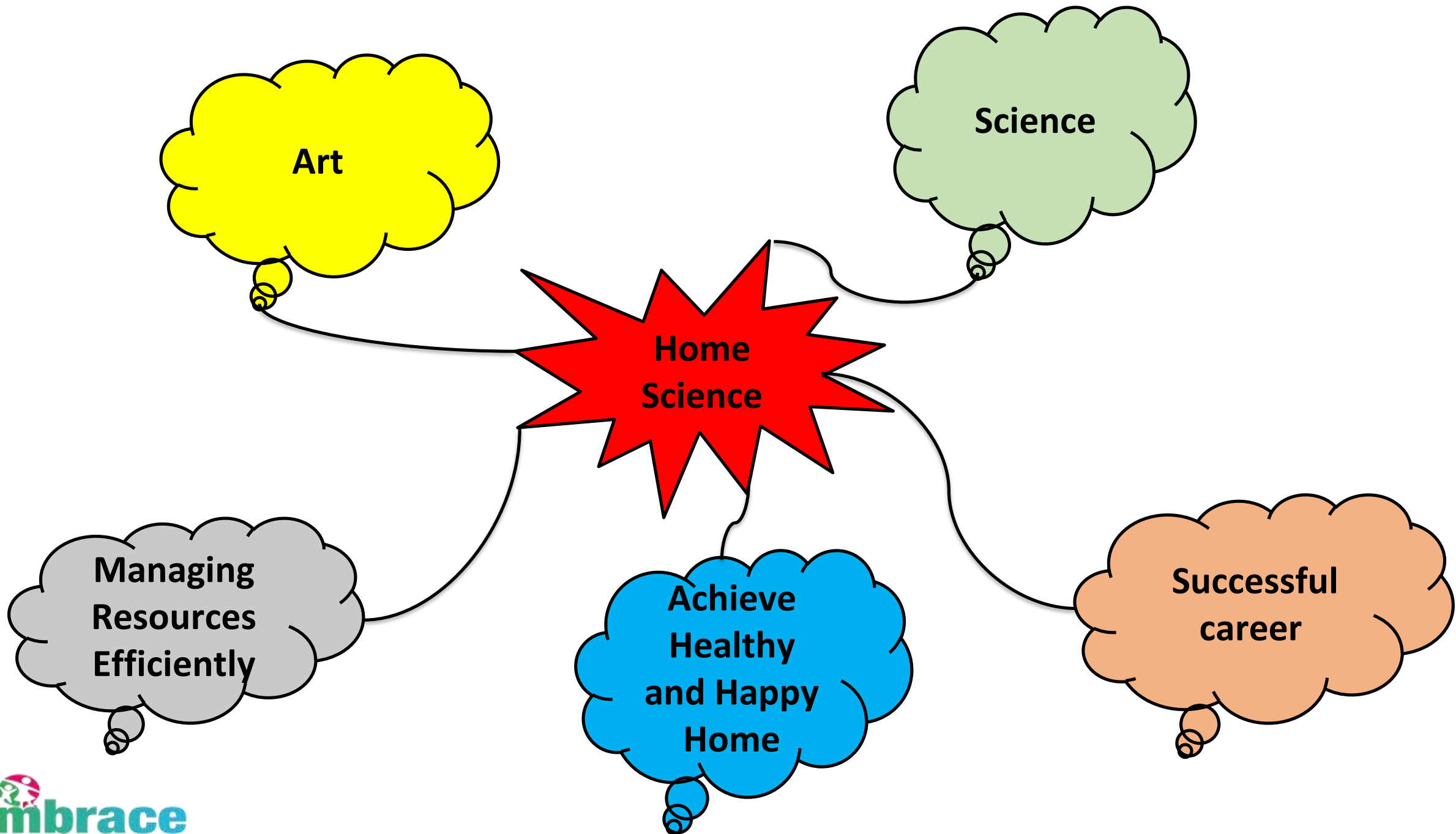
KEYWORD	MEANING
Resource	Supply of money, materials, staff and other assets.
Communication	Exchange of information.
Employment	The state of having paid work.
Vocational	Education or training of skill.
Technology	Apply scientific knowledge for practical purpose.

Home science

Definition :

Home Science is

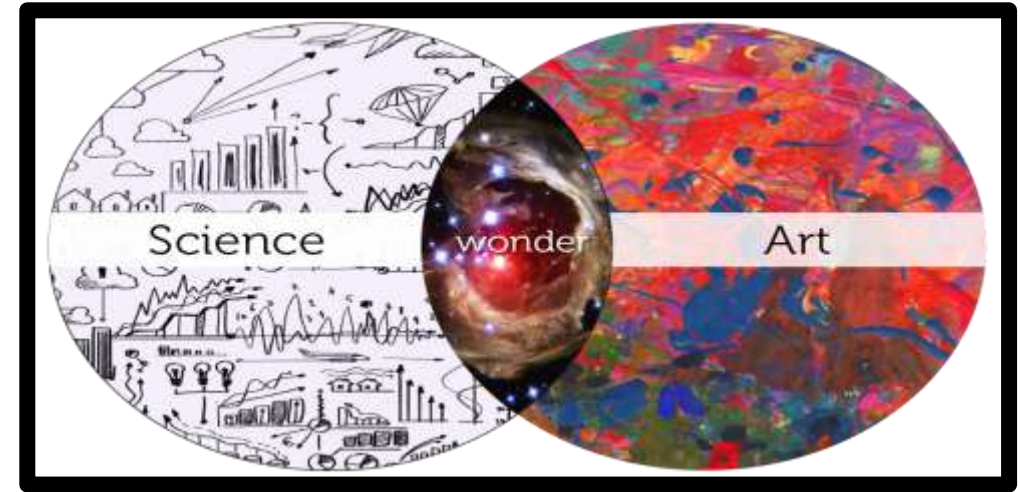
- ☐ Art of managing resources efficiently.
- ☐ Science of achieving a healthy and happy home.
- ☐ Successful career.
- ☐ Harmonious interpersonal relationship.



FOR EXAMPLE :

SCIENCE

- ☐ Teaches us different nutrients required by the body.
- ☐ Its functions in the body.



ART

- ☐ Select various dishes with necessary nutrients.
- ☐ Serve them attractively to your family.
- ☐ Motivate them to eat the right foods. It is art.

RELEVANCE OF HOME SCIENCE

Managing home requires the efforts of all family members.

- Manage to learn our own resources
- Home science gives right tool to solve problems.
- Home science will make you more organized and efficient.
- Home science will help in improvement of home
- It also helps in improvement of personal life.
- It helps in improvement in professional life too.
- It will help you to learn new skill which will enable to set up home based enterprises like boutique, day care centre
- It helps in setting up own consultancies designer unit
- It improves the economic condition of the family.

Importance of home science for boys and girls:

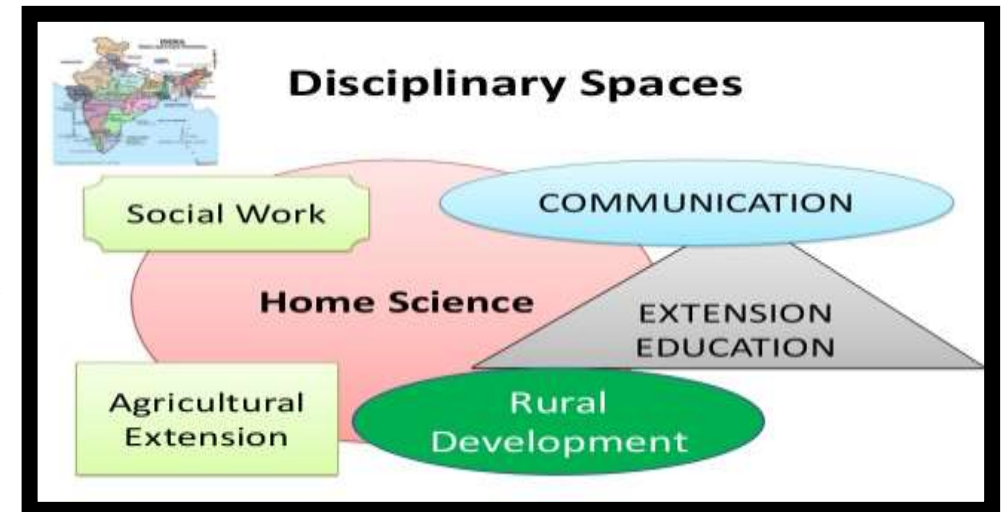
- ☐ Offers various vocational and professional avenues.
- ☐ Joint knowledge and skill to improve standard of living.
- ☐ Succeed in competitive world.
- ☐ Manage resources.
- ☐ Share household responsibilities and tasks.
- ☐ Solve problems together with family.

Major areas of specialization in Home Science:



1. Food and Nutrition

2. Communication and Extension



Major areas of specialization in Home Science:

3.Resource Management



4.Fabric and Apparel Science



5.Human Development



Main Branch	Area of specialization
Food and nutrition	<ul style="list-style-type: none"> ▪ Food Science ▪ Nutrition – Clinical Nutrition and community nutrition ▪ Institutional food service
Fabric and Apparel Science	<ul style="list-style-type: none"> ▪ Clothing Construction ▪ Textile Science and Designing ▪ Garment Designing ▪ Care and Maintenance of Clothes
Resource Management	<ul style="list-style-type: none"> ▪ Resource Management ▪ Housing and Equipment ▪ Interior Designing and Consumer Education
Human Development	<ul style="list-style-type: none"> ▪ Child-Welfare ▪ Adolescence, Marriage and Family ▪ Care of the Special Children and Elderly
Communication and Extension	<ul style="list-style-type: none"> ▪ Media for Communication ▪ Program, Planning and Evaluation ▪ Training and Capacity building ▪ Management of community Service

Career opportunities in home science

Wage Employment



- Wage Employment means work for another person and receive wages or salary.





Self Employment

- Self Employment means you are the owner of an enterprise which you run and finance.



JOB OPPORTUNITIES	WAGE EMPLOYMENT	SELF EMPLOYMENT
<p>Dress Designing, Garment Construction, Textile Designing</p> 	<ul style="list-style-type: none"> • Staff in a production unit/export house • Staff at a textile designing unit • Staff at boutique 	<ul style="list-style-type: none"> • Owner of a shop or boutique • Home based services • Conducting hobby classes
<p>Teaching</p> 	<ul style="list-style-type: none"> • Staff at crèche, play school, day care center • Teaching in a school/college • Teaching in poly techniques 	<ul style="list-style-type: none"> • Owner of a crèche, play school etc. • Day- care or after care in school for young children • Conducting tuitions at home and short term courses of Home Science.

JOB OPPORTUNITIES	WAGE EMPLOYMENT	SELF EMPLOYMENT
<p>Communication and Extension</p> 	<ul style="list-style-type: none"> • Staff in Development organization • Counselors • Researchers • Social Entrepreneurs • Trainers and facilitators • Staff in Public Relations and Human relations 	<ul style="list-style-type: none"> • Counselors • Establishing development organization • Market research agencies • Media production and management. • Communication and development consultant • Offering short-term courses, content development, theatre etc.
<p>Resource Managers and Consumer Education</p> 	<ul style="list-style-type: none"> • Staff in Retail outlets • Staff in event management firms 	<ul style="list-style-type: none"> • Event managers • Small savings agent

JOB OPPORTUNITIES	WAGE EMPLOYMENT	SELF EMPLOYMENT
<p>Catering</p>  <p>shutterstock.com • 341924765</p>	<ul style="list-style-type: none"> • Staff in Canteen, Restaurant • Cook, coffee / tea shop, etc. • Service Staff 	<ul style="list-style-type: none"> • Owner of a Canteen, restaurant, coffee/tea shop etc. • Food Services from Home • Conducting hobby classes
<p>Food preservation / Bakery and Confectionary</p>  <p>shutterstock.com • 1603373737</p>	<ul style="list-style-type: none"> • Production Staff • Training of Service Staff • In- charge of a community center 	<ul style="list-style-type: none"> • Owner of a production unit • Home based production services • Conducting hobby classes • Training NGO functioning as a livelihood promotion initiative

JOB OPPORTUNITIES	WAGE EMPLOYMENT	SELF EMPLOYMENT
<p>Interior Decoration</p> 	<ul style="list-style-type: none"> • Working as a staff with Interior Designer • Furniture Designer's staff • Staff at show rooms • Working as a staff for hobby class owners • Show case and window display design 	<ul style="list-style-type: none"> • Owning Interior Designer company • Owner of Furniture Designer company • Conducting hobby classes • Owns show case and window display designs company
<p>Art and Craft</p> 	<ul style="list-style-type: none"> • Staff at government show rooms/antique shops • Designer staff for arts and crafts items • Staff at production units 	<ul style="list-style-type: none"> • Running an enterprise • Home-based craft center • Conducting hobby courses/classes

JOB OPPORTUNITIES	WAGE EMPLOYMENT	SELF EMPLOYMENT
<p>House Keeping and Laundry Services</p>  <p>VectorStock® VectorStock.com/26328974</p>	<ul style="list-style-type: none"> • Staff at government and guest houses • Facilities manager 	<ul style="list-style-type: none"> • Running a guest house • Home based paying guests services • Contract services

Home science , advance courses

- ☐ School level courses in Home Science, will give basic knowledge, some practice and experience.
- ☐ In order to get ready for the job you can do advance courses.
- ☐ National Institute of Open Schooling (NIOS) also offers number of Vocational courses.
- ☐ For this consult your PCP or visit NIOS Website for details.
- ☐ Visit Counselors.

List of Volunteers

Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

Mentors (Volunteers) : Banu Arjun, Hema Bhatia, Indumathi , Kalpana Sankar, Priya Balasubramanian, Renu Goyal, Sowmya Srikumar, Viraja.

Special educator/Parent Volunteers:

Beverly Sujit ,Chantelle Saldana, Gayathri,Haritha Meda,Jaishree Muralidharan, Madhushree Bhat, Meenakshi, Nisha Narayanan, Pavithra, S. Arjun , Savita Sharma Bhardwaj, Sathyabhama Naryanan, Selvarani, Shakkeela Narikkoottungal, Shweta Taneja, Sucharitha Karthik, Suja Varghese, Sunitha R , Rohitesh Sharma , Tinu Anna Sam.

"volunteers don't necessarily have the time, they just have the **HEART**."

~ elizabeth andrew

Thank You
Volunteers.

URL

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