



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

International Journal of Recent Scientific Research
Vol. 10, Issue, 07(I), pp. 33927-33930, July, 2019

**International Journal of
Recent Scientific
Research**

DOI: 10.24327/IJRSR

Research Article

EMPOWERMENT OF WOMEN THROUGH HOME SCIENCE TRAINING

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DOI: <http://dx.doi.org/10.24327/ijrsr.2019.1007.3783>

ARTICLE INFO

Article History:

Received 6th April, 2019

Received in revised form 15th May, 2019

Accepted 12th June, 2019

Published online 28th July, 2019

Key Words:

Women, Home Science, Training ,
Development, Empowerment; Education

ABSTRACT

A woman is an important part of family, which is the basic unit of the society. Home science training is the most important tool for a woman's physical, emotional, economic and social development. Empowerment is a process through which a woman is able to have the ability to make choices, control resources or enact decisions. The empowered woman can become the agent of their own development, exercising choices to set their own agenda & be strong enough to challenge & change their subordinate position in the societies. Home science training will help women to empower through the knowledge of science and technology to face the challenges of today's technological age. Home science training not only educates a woman but enables her to take decisions and accept responsibilities at her home and outer world. All over the world, the movement for empowering the women's status has always emphasised education is the most significant instrument for social change. Education for women's development should include education self-reliance, personal development, social development, productive capacity, social integration and political understanding. Home science training is the perfect means for achieving the above given requirements. Home science training is not developed to educate the girls merely to obtain the degree which is a passport to matrimony, but it is designed to attain the fullest development in all respects, personally, socially and economically. Home science training provides complete and equal access to and control over factors contributing such empowerment, particularly, health, education, information, life-long learning for self development, vocational skills, employment and income earning opportunities, technical services, inheritance and matrimony, common resources, credit, technology, market, mass-media, family planning, women rights etc. Home Science training has proved that women along with being home maker, she can be a teacher, researcher, entrepreneur and administrator. Therefore, it uses and demonstrates the Women's possibilities in each field of life.

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INTRODUCTION

Education Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. People are empowered when they are able to access the opportunities available to them without limitations and restrictions such as in education, profession and lifestyle. Feeling entitled to make your own decisions creates a sense of empowerment. Empowerment includes the action of raising the status of women through education, raising awareness, literacy, and training. Education plays a very significant role in every one's life. It is a human right and an essential tool for achieving equality. One of the major recommendations of the National Policy on Education in 1986 is to promote Empowerment of Women through education. Empowerment is self-governance, self-sufficiency and self-maintenance. The concept of Women Empowerment was introduced at the International Women's

Conference at Nairobi in 1985. Empowerment is a process which includes:

- Equal access to opportunities for using societies resources.
- Prohibition of gender disparity
- Freedom from violence
- Economic independence
- Participation in all decision making bodies.
- Freedom of choice in matters relating to one's life.

Home Science training realises women their capacity to play a major role in community development. Now-a-days a leadership of women has been recognised by society also.

Home Science education deals with all aspects of home and family management. It is both an art and science. It's an 'art' because it helps you manage your resources in a skilful

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manner, and it's a 'science' because it helps you improve your family life by offering you knowledge in the field.

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.

Importance of Home Science

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.

Definition of Home Science

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Importance of Home Science Training for Women

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.

- The knowledge of Home Science improves the quality of life.
- Helps in the best utilisation of resources to get maximum satisfaction .
- Teaches the application of modern science and technology to improve domestic life.
- Helps to improve family relationships .
- Help to solve the day-to-day problems
- Helps in changing the values, attitudes and interests.
- Home science promotes the moral, familial and spiritual aspects of family living.
- Enables the person for many career opportunities.

Economic Empowerment

Home science training provides wide variety of employment in both wage and employment and self-employment.

Job opportunities in the Areas of Home Science Training

Food and Nutrition

Food Product Tester, Kitchen Food Assembler, Quality Control Technician, Food Laboratory Aide, Dietary Aide, Short Order Cook, Baker helper, Waiter/Waitress, Dining Room Attendant, Cake Decorator, Food Technician, Dietary Assistant, Dietetic Technician, Home Economist, Dietitian, Food Technologist, Nutritionist, Caterer, Baker, Food Service Manager, Specialty Cook, Chef. The Home Science graduates / postgraduates can set up confectionery, ice-cream Parlours and Bakery. They can use innovation 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. Preservations of vegetables and fruits in the form of pickles, jams, jellies, marmalade etc small units could be established to clean/cut/shell the vegetables so as to make these ready for cooking by the house wife. A variety of salads could be prepared to set up salad bar along with fast food to promote healthy living.

Home Management

Housekeeping, Maid, Host/Hostess, Establishment Guide, Lodging Facilities Attendant, Guest Service Clerk, Guest House Manager, Housekeeping Manager, Hotel/Motel Manager, Convention Coordinator, Interior Designing, Furnishings and Maintenance Showroom Assistant, Interior Design Aide, Hospitality Supervisor, Furnishings Sales Associate, Window Display Designer, Interior Design Assistant, Photo Stylist, Furnishings Buyer, Housekeeping Instructor, Hobby Centres could be started where interested persons could learn candle and paper flower making, preparation of decorative articles, soft toys, Rangoli, jewellery designing, pot making, wall painting and making useful articles from the household waste products.

Child Development

Pre-school Teacher, Special Education Aide, After-School Program Supervisor, Pre-school Aide, Family Child Care Provider, Recreation Aide, Teacher Aide, Child Day Care Supervisor, day-care centre, creches, and nursery school and after school centres. Child Life Specialist, Parent Educator, Childcare Center Director

Child Welfare Worker. old age home can be managed by Home Science graduates where various kinds of activities could be arranged for old people with proper food services and psycho-emotional enrichment. Home Science graduate can open rehabilitation centres for children with impaired senses.

Clothing and Textile

Fabrics/Accessories Estimator, Employee in a dry cleaning shop, Fashion Design Aide, Employee in a garment manufacturing firm, Employee in a Textile Industry, Employee in an Embroidery unit, Assistant Designer, Fashion Illustrator, Textile Technician, Sales Associate, Costumer Assistant, Computer Imaging Consultant, Merchandise Displayer, Fashion Buyer. Home Science graduate / postgraduates acquire sufficient management skill to open their own centres where they can impart training in the following listed fields of entrepreneurship.

- Boutique
- Dyeing and printing shop
- Readymade Garment shop
- Embroidery shop
- Weaving shop

Extension and Communication

Journalist, Counsellor, reporter, News Reader, Mediaprogrammer, Teacher, Investigator, Counsellor, Researcher on voluntary basis, Professor, NGOs, Media Planner and Manager, Programme Coordinator Journalist & Editor, Training Coordinator, Advertisement Designer, Marketing Manager, NGO owner, Employment in Universities, Schools, NGOs, etc., Establishment of multimedia production unit as an enterprise, Establishment of documentary/educational film production unit as an enterprise, Web Designer, Employment in Rural Development Departments, Training Institutes, Press & Media Centres, T.V. channels, Printing press, Photo studio, E-call and E-learning centres, TV/Radio Station

Social Empowerment

Elimination of Violence against Women All forms of violence against women, physical and mental, whether at domestic or societal levels, particularly, sexual abuse and violence, including through resources to customs, traditions and practices can be eliminated by Home Science Education. As it enables the woman to be aware regarding various rules and rights related to women protection, domestic violence, sexual harassment etc. For example Protection of Women from Domestic Violence Act, 2005, The Dowry Prohibition Act, 1961, The Hindu Marriage Act, 1955, The Maternity Benefits Act, 1961, The Muslim Women (Protection of Rights on Divorce) Act, 1986, The Child Marriage Restraint Act, 1929, The Consumer Protection Act, 1986, Act of Sexual Harassment etc. Ending Discrimination Against Women Recognising the equal entitlement of women and men to human rights and fundamental freedom in all spheres, political, economic, social, cultural, civil etc., home scientists will never allow the discrimination in law or practice against women. She will access equal rights in respect to health care, quality education at all levels, career and vocational guidance, employment and equal remuneration, occupational health, safety and social security. Elimination of Discrimination Against and Violation of the Rights to the Girl Child All the discrimination against the girl child and violation of her rights shall be eliminated.

Family Empowerment

Since Home Science training gives information with respect to each part of life like wellbeing, nourishment, sustenance, body physiology, time the executives, cash the board, planning, banking, family arranging, kid raising, garments, business, correspondence and some more, a home researcher lady knows about each part of life. What's more, this learning empowers her to take choices freely with respect to her own life, family and other parties.

Education Empowerment

Home science training guarantees the equivalent access to instruction for ladies and young ladies. Such training creates word related, professional and specialised abilities of ladies.

Health Empowerment

Home Science training gives all encompassing way to deal with ladies' wellbeing and gives exceptional regard for the necessities of the ladies for the duration of their lives, incorporating into terms of nourishment and fundamental administrations during earliest stages, youth, immaturity, conceptive years and seniority. This information can advance their very own just as their family's healthful status and dietary grimness and mortality can likewise be decreased.

Maximum Utilisation of Resources

The home Science instruction accentuates on the best way to make legitimate use of all the accessible human and non-HR in such an effective manner to get greatest yield. This lessens the wastage of time, vitality, materials and space and gives proficient yield to the lady. There are different types of empowerment provided by home science training: economic, political, societal, cultural, health, mental and national empowerment.

- Cultural Empowerment-Things to do with: food, clothing,
- Political empowerment-Things to do with: government, voting and politics
- National Empowerment-Things to do with: decision making
- Societal Empowerment-Things to do with: the community, other people, protesting or complaining when one section of society is treated unfairly
- Economic Empowerment-Things to do with: jobs, money, needs and wants
- Mental empowerment-Things to do with: decision making
- health empowerment-Things to do with: protect from disease

CONCLUSION

A synergy of development measures will be affected and affirmative action designed for the holistic empowerment of women. Home Science education provides complete and equal access to and control over factors contributing such empowerment, particularly, health, education, information, life-long learning for self development, vocational skills, employment and income earning opportunities, technical services, inheritance and matrimony, common resources, credit, technology, market, mass-media, family planning, women rights etc. Home Science education has released women power on the outside world of work. Home Science education has proved that women along with being home maker, she can be a teacher, researcher, entrepreneur and administrator. Thus, it utilises and proves the woman's potentials in every field of life.

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How to cite this article:

Archana Chaudhary.2019, Empowerment of Women through Home Science Training. *Int J Recent Sci Res.* 10(07), pp. 33927-33930. DOI: <http://dx.doi.org/10.24327/ijrsr.2019.1007.3783>
