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14. Innovative Techniques in Home Science

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Introduction

Home Science, Home economics and Domestic science is a field of study that deals with relationship between individuals, families, communities and the environment in which they live. Home science is a new area of science. During the British Rule between 1920 & 1940, rulers introduced home science in schools and colleges.

Definitions of Home Science

Dr. A.H.Richards defined Home science as a special subject dealing with income and expenditure of family, cleanliness of food, adequacy of clothing, proper choice of house etc.

During the first All India women's conference which was held during 1932 at Lady Irwin College New Delhi home science makes the students to lead his family life successfully and solve social and economic problems easily and well.

Home science is an interdisciplinary field of knowledge which draws upon many disciplines such as chemistry, physics, physiology, biology, hygiene, economics, rural development, child development, sociology and family relations, community living, art, food and nutrition, fabric and apparel designing, clothing textiles, human development, resource management and communication and home management.

Objectives

- 1) To study scope of Home Science.
- 2) To study the innovative techniques in Home Science.

Methodology: Secondary data is used for collection of data.

Scope of Home Science

Home Science is offered as a subject in class 11th and 12th in CBSE and boards. It covers mainly three areas Food and Nutrition, Human development and Family Resource Management. Home Science teaching has sustained itself as a major employment sphere in research and in extension of social services, Nursery schools, family planning agencies, family counseling centers, pre-primary training centers, agricultural research centers, social welfare departments,

international agencies like United Nations International Children's Emergency Fund (UNICEF), Food and Agricultural organization (FAO) , Co-operative for American relief everywhere(CARE) are some of the areas where home science graduates and post graduates can find suitable places. Nutritionist, Nutrition consultant, Dieticians, Food experts and scientists in central food technological research institute, National institute of nutrition are some of other career opportunities. Home science is a popular subject offers with aiming at preparing future housewives for aristocratic families

Home Science Courses in India

After 12th class there are available to do the certificate courses, diploma in home science, B.A & B.SC degree in home science. There are advanced certificate courses, P.G Diploma, advanced Diploma, Professional Diplomas as well as M.A, M.SC in Home science & M.SC in specialization in Food & Nutrition, Human development, Textile & clothing, Resource management and Extension education are available after graduation. Doctoral degree after post graduation is available in home science. Now a day's online so many courses are available on SWAYAM ,MOOC and NPTL in Home Science.

Now invented a microwave technology that heats food evenly and unlike conventional microwave systems. We all know from our microwave ovens at home that they heat food unevenly. Using ultrasound technology we developed applications in de-foaming, food texturisation and extraction of bio-products. But it is cutting edge sound waves at the megahertz scale that we have patented for the world's first megasonic food separation application at commercial scale. It's helping industry extract more oil from processing edible oils such as olive, coconut and soyabean. Ultrasound based drying technology that uses sound waves, low temperatures and reduced drying times to dry food products far more gently with less energy. It's still at the research stage and not yet used commercially but the results are showing promise for better product quality such as retention of antioxidants, vitamin c and other nutritional components.

Home Science is the science of a home and it includes all the things that concern the person, home family members and resources. It is the education for better living and the core of this education is the family ecosystem. It is also deals with reciprocal relations between the family and its natural and man- made environments. It aims at getting maximum satisfaction for the person and their family members through the efficient and scientific use of your resources. It

gives the person all the knowledge of the scientific procedures involved in making a home beautiful. Home Science is an art as well as science though it is recently developed branch of home science. It has achieved tremendous over all development through years.

Conclusion

Home Science is very useful subject in our life. In this subject wide opportunities are available in various fields for to development of carrier. Innovative techniques increased in Home Science. It helps everyone to lead a happy and satisfying personal and social life and also to develop qualities of good citizenship.

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