

## Chapter – 1

# INTRODUCTION TO HOME SCIENCE

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### Definition of Home Science –

Home Science is an interdisciplinary field that aims to empower its students to enhance their own quality of life and that of other individuals and families according to the changing needs of society. Home science was not intended to be a subject only about the home.

### History of Home Science –

- Various subjects were included under Home Science in 1932 for example food and nutrition, clothing etc.
- In 1932, this subject Home Science was started in Lady Irwin College which is situated in Delhi.
- ‘Lady Irwin College’ is the first college of Home Science which was inaugurated by Sarojini Naidu, Rajkumari Amrit and Kamla Devi Chattopadhyay.
- Currently colleges offering Home Science at graduation level in Delhi are...
  - 1.Lady Irwin College
  - 2.Institute of Home Economics
  - 3.Lakshmi Bai College
  - 4.Bhagini Nivedita College
  - 5.Vivekananda College

### Home Science has 5 fields –

- Food and Nutrition



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- Human Development
- Fabric and Apparel
- Communication and Extension
- Resource Management

### **Home Science is important for both girls and boys –**

- In ancient times the work done at home was mostly done by female members of the family.
- To bring awareness to the role of women and their responsibilities, it was observed that young females should study Home Science. The goal was that home and society both need to be given importance.
- At school level the subject Home Science was not chosen by boys because it has Food and Nutrition, and laundry as a subject, which was considered to be meant for girls. This is a myth about Home Science as it is an interdisciplinary subject and contemporary in content.
- Now people have started to understand that this subject is not only for girls. This subject educates one regarding the role and responsibilities of our family and society.

### **Scope of Home Science –**

#### **1. Foods & Nutrition**

- Clinical nutritionist
- Dietician
- Chef
- Production Manager
- Research work

## **2. Human Development**

- Care giver in creche
- Teacher in Nursery School
- Counsellors
- Special Educator

## **3. Fabric and Apparel**

- Textile Designer
- Footwear Designer
- Visual Merchandise Designer
- Fashion Designer

## **4. Resource Management**

- Interior Decorator
- H.R. Manager
- House Keeping

## **5. Communication & Extension**

- Journalist
- Research
- Media and Communication

### **Very Short Answer Questions**

**(1 Mark)**

**Q1.** In which college the study of Home Science was first started at higher level?

- A. Lady Shri Ram College
- B. Lady Harding
- C. Lady Irwin
- D. Lady the Irwin

Ans. C) Lady Irwin



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**Q2.** How many fields does home science subject have?

- A. Six
- B. Five
- C. Three
- D. Four

Ans. B) Five

**Q3.** In which year Lady Irwin College was established?

- A. 1952
- B. 1960
- C. 1944
- D. 1932

Ans. D) 1932

**Q4.** Which of the following is not the field of Home Science?

- A. Food and Nutrition
- B. Human Development
- C. Fabric and Apparel
- D. Agriculture Science

Ans. D) Agriculture Science

**Q5.** Home Science subject is essential for boys because –

- A. In this we learn the role and responsibilities of family



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- B. In society interaction between human and its environment
- C. This is not only related to home but this is a interrelated subject
- D. All of the above

Ans. D) All of the above

**Q6.** In which state Lady Irwin College is situated?

- A. Mumbai
- B. Delhi
- C. Bihar
- D. Punjab

Ans- B) Delhi

### **Short Answer Questions (1 Mark)**

**Q1.** What do you mean by Home Science? Explain different fields of Home Science?

Ans. Home Science is an interdisciplinary field that empowers its students to enhance their quality of life and that of other individuals and families.

Home science has 5 fields:-

- Food and Nutrition
- Human Development
- Fabric and Apparel
- Communication and Extension
- Resource Management

**Q2.** Why is Home Science important for both girls and boys?

Ans. Home Science is important for both girls and boys because in this subject we learn the roles and responsibilities of family and society and both boys and girls shoulder these responsibilities.

**Q3.** Among different fields of Home Science explain the scope of any one field?

Ans. Human Development

- Caregiver in Creche
- Teacher in Nursery School
- Counsellors
- Special Educator

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