

# EMPOWERMENT OF WOMEN BY HOME SCIENCE SKILLS

---

**Dr. Ruchi Kulshrestha**

lecturer home science, Govt.girls college

bundi, Rajasthan

---

## ABSTRACT

The campaign to improve the position of women has always placed a strong emphasis on education as the most important tool for bringing about social change. This is true in every region of the world. It is important that education for the advancement of women include topics such as education for self-sufficiency, personal growth, social development, productive ability, social integration, and political understanding. Education in home science is the ideal method for fulfilling all of the prerequisites that have been outlined above. The goal of Home Science education is not only to educate young women so that they may earn the degree that acts as a "passport" to marriage; rather, it is to achieve the maximum growth possible in all aspects of one's life, including one's personal life, society, and the economy. Education in home science grants students full and equal access to, as well as control over, the factors that contribute to their empowerment. These factors include health, education, information, opportunities for lifelong learning for personal development, vocational skills, employment and income-earning opportunities, technical services, inheritance and matrimony, shared resources, credit, technology, the market, mass-media, family planning, women's rights, and other topics. The education that is provided in home science has given women more authority in the professional sphere. Education in home science has demonstrated that women are capable of holding a variety of careers in addition to being homemakers, such as those in teaching, research, business, and administration. As a result, it makes use of the woman's potentials and demonstrates them in every aspect of life.

**Keywords:** *Empowerment, Women, Home Science*

## INTRODUCTION

In many parts of India, particularly rural areas, the family revolves on the lady. Not only is she responsible for gathering water, fuel wood, fodder, and food, but she also plays a key part in the preservation of the culture, the grooming of the culture, and the moulding of their fate. Women make up just half of the overall population, yet they are responsible for 75 percent of the development of our society, whilst males are only responsible for 25 percent of this growth. The unfortunate reality is that women have been marginalized for many years, despite the fact that the duties they play are highly respected and valued and cannot be performed by men or machines. Because of this, in today's culture, women are the ones who suffer the most from drudgery, social and financial inadequacy, deprivation, and humiliation. They are the most affected. Women are the ones that suffer the most during times of famine and natural disasters because of the gender gap that exists between them and males. Poverty and helplessness are the end result of this demographic segment's backwardness toward women. It is no surprise that India is home to more than one-third of the world's poor population given that a big contributor to poverty is the under-empowerment of women.

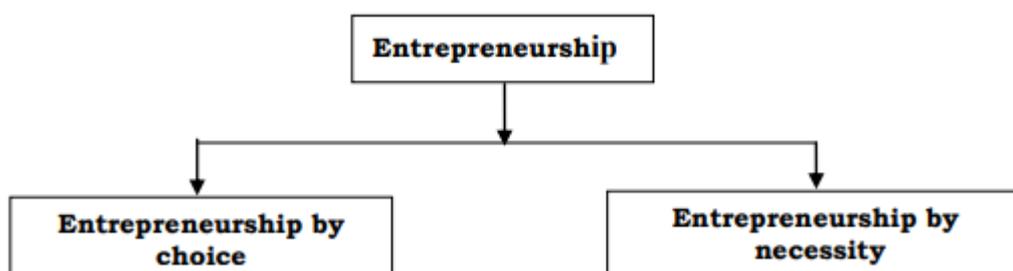
## Meaning of Home Science:

The expression "Home Science" is made up of two separate words: "Home" and "Science." The place which a person or family calls their permanent abode is meant to be referred to as "home." By combining these two terms, the term "science" may be understood to mean "knowledge" that is founded on facts, principles, and laws. The term "Home Science" refers to the systematic application of scientific knowledge with the goal of enhancing the quality of life at home and within a family. Home Science is both an art and a science that pertains to everyday life. Home Science is a multidisciplinary field that examines several aspects of day-to-day living. As a result, it is comprised of the domains that are connected to the course of our lives. Teaching in the field of home science has maintained its status as a significant employment sector in both the expansion of social services and research.

## Need of Women Entrepreneurship:-

According to a quote attributed to "Pandit Jawaharlal Nehru," "When Women Go Forward, Family Moves, and the Village Moves, and the Nation Moves." Women who work can achieve economic independence through their employment. Always a good measure of a woman's economic autonomy and social standing is the part that she plays in economic development, as well as the degree to which she is integrated in it. The provision of an appropriate environment for entrepreneurial endeavors is of the utmost significance, and women entrepreneurs have a right to the required backup assistance of qualified specialists and experienced individuals.

**Types of Entrepreneurs:-** There are two distinct kinds of entrepreneurship: those that are undertaken voluntarily and those that are driven by external factors such as financial exigency.



## Social Empowerment

### Elimination of Violence Against Women

Home science education has the potential to eradicate all forms of physical and mental violence against women, whether it occurs within the home or on a societal level. This includes the elimination of sexual abuse and violence, which can occur as a result of resources such as customs, traditions, and practices. mainly because it helps the woman to be informed of numerous regulations and rights linked to women's safety, including domestic abuse, sexual harassment, and so on. For instance, the Protection of Women from Domestic Violence Act was passed in 2005; the Dowry Prohibition Act was passed in 1961; the Hindu Marriage Act was passed in 1955; the Maternity Benefits Act was passed in 1961; the Muslim Women (Protection of Rights on Divorce) Act was passed in 1986; the Child Marriage

Restraint Act was passed in 1929; the Consumer Protection Act was passed in 1986; the Act of Sexual Harassment was passed in 2005; and so on.

## **Ending Discrimination Against Women**

Home scientists will never allow discrimination in law or practice against women because they recognize the equal entitlement of women and men to human rights and fundamental freedom in all spheres, including the political, economic, social, cultural, and civil spheres. This is because home scientists recognize the equal entitlement of women and men to human rights and fundamental freedom. She will have access to equal rights in regards to health care, excellent education at all levels, career and vocational advice, employment and equitable compensation, workplace health, safety, and social security. She will also have these rights.

## **Elimination of Discrimination Against and Violation of the Rights to the Girl Child**

The education that is provided in the field of home science is intended to eradicate any and all forms of prejudice towards female children as well as violations of their rights. The Home Scientist would never condone or tolerate practices such as pre-natal sex selection and feticide, the murder of baby girls, child marriage, or society in general. Because of this, discrimination against the girl child inside the family and in society as a whole will be eliminated. She will place a particular emphasis on the requirements of the female offspring, and as a result, the advancement of women and girls will proceed.

## **C. Personal Development**

### **Decision Making**

As a result of the fact that education in Home Science covers topics such as health, nutrition, food, body physiology, time management, money management, budgeting, banking, family planning, child rearing, clothing, business, and communication, a home scientist woman is well-versed in all of these facets of life as well as many others. And as a result of this information, she is able to make decisions regarding her personal life, her family, and other aspects of social life on her own.

### **Education**

Women and girls are guaranteed equal access to education through the practice of home science education. Women who get this type of education enhance their occupational, vocational, and technical abilities.

### **Health**

Education in home economics takes a holistic approach to the issue of women's health and pays special attention to the requirements that women have at all stages of their lives, including during infancy, childhood, adolescence, reproductive years, and old age. This includes providing women with adequate nutrition and other fundamental services. With this information, they may improve their personal nutritional condition as well as the nutritional status of their family, and they can also prevent nutritional morbidity and death.

### **Maximum Utilization of Resources**

The instruction provided by the home Science program places an emphasis on how to make effective use of all of the available human and non-human resources in such a way that enables one to achieve the most possible output. This

results in less wasted time, energy, materials, and space, and it also improves the quality of the output that the lady receives.

## Capacity Building

Increasing one's capabilities is the primary focus of education in the field of Home Science. The reason for this is that it improves the ability to generate awareness, increase the skills of women, develop leadership, and link with modern technological trends, financial institutions, and local governance. These things provide women more power by encouraging them to participate actively in socio-economic growth on a level playing field with other people. A lady like her will steer the community in the direction of becoming more literate and advanced as a civilization.

## D. Political/Societal Empowerment

Education in home economics not only helps to recognize the status of women within the context of the family, but it also contributes to the growth of the community on both the economic and social fronts. Education in home science enables women to recognize their potential to play a significant part in the growth of their communities. A significant number of home scientist women are actively contributing to the growth of their communities by taking part in gram sabhas. There is no question that a home scientist can work more effectively for the progress of society than any other layperson. These days, a leadership role for women is being acknowledged by society as well as other institutions.

## OBJECTIVE OF STUDY:-

- 1) In order to have a grasp on the idea of women Entrepreneurship.
- 2) to investigate the subject of female entrepreneurship via the medium of home economics.

## Review of Literature:-

Accordingly to NamrataKhatri(2017) Women's empowerment in the professional world has been facilitated by the field of home science education. Education in home science has demonstrated that women are capable of roles beyond those of homemaker, including those of educator, researcher, entrepreneur, and administrator. As a result, it demonstrates that women have potential in all aspects of life and puts them to use.

Women are included in the category of good skill development according to Dr. Sudha Babel and Surbhi Sharman (2016). The feedback of the whole program was considered to be highly beneficial and had relevance for the growth of entrepreneurship. In addition to this, it was discovered that rural women were willing to implement jute as a business venture.

According to Seemaprakalpa (2013), women who come from average socioeconomic backgrounds are making an effort to earn a living by utilizing resources and its multiplication for familiar economic security rather than keeping their money in banks and other saving security providing organizations. They do this so that they can provide for their families. As a result, the government, non-government organizations, and other organizations that are concerned should place more of an emphasis on these types of entrepreneurs.

Women who want to start their own businesses require their families, their social networks, and most crucially, the government to promote and assist them. The government ought to take the necessary steps to ensure that female business owners have access to adequate financial resources (Shashtri&Shinha, 2010).

Women require a significant amount of collaboration and encouragement in the area of action, at all levels both at home and in society, as well as from organizations that are run by the government, in order to effectively manage businesses (Rajani and Sarada, 2008).

## Methodology

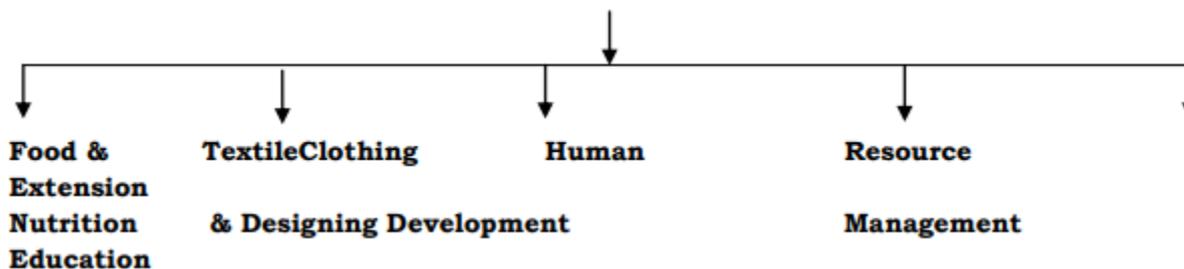
The current study relies on data obtained from secondary sources for its foundation. Secondary data are compiled from a wide variety of documents, both public and unpublished, as well as books, periodicals, and journals.

## Home Science Education and Women:-

The campaign to improve the position of women has always received a lot of attention in every region of the world. The most important tool for women's advancement is education, which should also foster women's potential for self-sufficiency, personal growth, societal advancement, and productive work. Education in home science is not just being established to educate females to the point where they may receive a degree; rather, it is being developed to give all-around growth with the goal of increasing women's earning potential. Many parts of a person's personality as well as various ways to improve one's life may be developed via education in home science. It is intended to achieve the maximum possible growth in all aspects, including the individual's personality, society, and the economy.

## AREAS OF HOME SCIENCE:-

Areas of Home Science



**Food And Nutrition:-** It deals with nature of food, the constituents of food, food required for the growth and maintenance of body functions, food needs at the different stages of life; preparation of food in a way so as to conserve the maximum Nutritive value and preserve its flavors.

**Textile Clothing and Designing:-** Creating patterns for knitted or printed fabrics as well as surface embellished textiles is the primary function of textile design, which is a subfield of fashion design. Textile designers are the ones who are responsible for the fabrication of these designs, which are then incorporated, often in a repetitious manner, into various articles of apparel and home decor. This subfield of home economics focuses on the process of selecting, constructing, and caring for clothes, as well as the impact that this has on a family's income. The characteristics and chemical makeup of the many types of textiles. The nature of natural fibers such as silk, wool, and cotton, as well as the nature of synthetic fibers like as nylon, rayon, polyester, decron, and orlon, are reflected in the many types of weaves as well as the quality, color, shrink ability, and durability of the fibers.

**Human Development:**-human development enriches emotional relationship among family members, the most important amongst a family are the children.

**Resource Management:-** It is an academic endeavor that focuses on the efficient and frugal management of domestic affairs. The house alludes to the fundamentals of home design, including how to save money and time on labor and furnishings, as well as the most efficient ways to complete the most work with the fewest pieces of equipment.

**Extension Education:-** It works for the improvement of individuals and the modification of their behaviors. It is the process of sharing valuable research results and ideas with people living in rural areas in order to bring about positive changes in the manner in which they behave socially and culturally.

**Job Opportunities in the Area of Home Science:-**

<b>Vocational area</b>	<b>Job opportunities after senior secondary</b>	<b>Opportunities of further education</b>	<b>Job opportunities after advanced course</b>
Food and Nutrition	Dietician, Food laboratory aide, dietary aide, food product tester, kitchen food assembler, quality control technician, short order cook, baker helper, waiter/waitress, dining room attendant, cake decorator	Diploma in hotel management and catering, BSc Home Science, diploma from polytechnics/ vocational institutions, diploma in related subjects through distance education	Food technician, dietary assistant, dietetic technician, food technologist, nutritionist, caterer, food service manager, specialty cook, chef
House keeping	Guest service clerk, housekeeping maid, host/hostess, establishment guide, lodging facilities, attendant	Diploma in hotel management and catering, BSc Home Science, diploma from polytechnics/ vocational institutions, diploma in related subjects through distance education	Guest house manager, housekeeping manager, hospitality supervisor, hotel/motel manager, convention coordinator

<p>Interior Designing, Furnishing and Maintenance</p>	<p>Showroom Assistant, Interior Design Aide, Furnishings Sales Associate</p>	<p>Diploma in Hotel Management and Catering, BSc Home Science, Diploma from Polytechnics/ Vocational</p>	<p>Window Display Designer, Interior Design Assistant, Photo-stylist Furnishings Buyer, Housekeeping Instructor</p>
		<p>Institutions, Diploma in related subjects through Distance Education</p>	
<p><b>Consumer Services</b></p>	<p>Advisor Consumer rights, Product Demonstrator, Sales representative, Consumer Reporter, Personal Shopper, Staff of Consumer Forum</p>	<p>BA/BSc Home Science, Diploma in Communication and Journalism, Diploma in Public Relations, Diploma in consumer Protection Law</p>	<p>Food\Consumer Products Tester, Product Representative, Public Relations Representative Consumer News writer</p>
<p><b>Family and Human Services</b></p>	<p>Adult day care worker, residential care aide, elder care worker, family aide, personal home care aide, home maker's aide</p>	<p>BA/BSc Home science, diploma of Special Educators/ child development Counselors</p>	<p>Social Service technician/Aide, Community Worker</p>
<p><b>Child development and Education</b></p>	<p>Pre-school Aide, Family child care provider,</p>	<p>Diploma of Special Educators/Child Development Counselors, Child guidance</p>	<p>Child Day care Supervisor, Preschool teacher, Special Education Aide, After-school Program</p>

	recreation aide, teacher Aide	and counseling certificate course, BSc Elementary Education	Supervisor
<b>Fashion Design, Manufacturing and Merchandising</b>	Fashion Design Aide, Fabrics/Access ories Estimator, Sales Associate Costumer Assistant, Employee in a dry cleaning shop, Employee in a garment manufacturing firm, Employee in a textile industry, Employee in an Embroidery unit, dying and printing unit	BSc Home Science, Fashion Designing from Institution of Fashion Technology, Polytechnics/ institution	Assistant Designer, Fashion Illustrator, Textile Technician, Computer Imaging Consultant, Merchandise Displayer, Fashion Buyer

**Home Science and Woman Entrepreneurship:** Home science is an interdisciplinary branch of study that focuses on topics such as food and nutrition, the design of fabric and clothing, human development, resource management, and Extension. In the past, it had been prepared on an industrial level to receive new scientific information in order to deal with the day-to-day challenges, but nowadays, attempts are being made to give facilities to revitalise. the students' academic understanding by way of practical experience and research laboratories, in order for them to be able to effectively begin entrepreneurial programs. The study of home science has the potential to not only empower women economically but also to help them become financially independent and self-sufficient. They gain confidence as a result of the skills and information provided by their home scientific education. Women and students have the self-assurance to start their own businesses, such as those involving crafting, producing stuffed toys, knitting, weaning, opening bakery shops, and candle making.

**Opportunities for Wage Employment:-**

- Staff of consumer organization.
- Advisor of consumer rights.
- Sales representative of consumer goods and services.
- Representative of saving investment schemes.

- Employ of saving & investment schemes.
- Staff in show rooms and furniture, equipment and other household goods, craft centers, production units of household commodities.
- Employ in nursery school, day care center, crèche, balwadi.
- Caretaker in hotel, office.
- Laboratory attendants in Home science colleges & schools offering Home science.
- Employ in dry cleaning shop.
- Staff of catering center, dietetic department in hospitals, cafeteria, canteen, food commodity store etc.
- Employ in a garment manufacturing firm, textile industry, designing unit, etc.

## Opportunities for Entrepreneurship/ Self Employment:-

- Producer of household craft items, decorative articles & creative items.
- Owner of a nursery school, day care center, crèche, balwadi.
- Owner of a guest house or paying guest accommodation
- Owner of dry cleaning shop
- Owner of canteen
- Supplier of packed meals and food services from Home- pickle, papad, other Nutrition's preservative products
- Owner of bakery, processed and preserved food
- Manager of outdoor catering service for parties
- Conducting classes in cooking and soft toys making
- As a textile designer
- Fashion designer
- Tailor and finisher for stitched garments
- Owner of boutique,
- Owner of knitting, garments unit, weaving unit and fabric chainment, knitting, weaving etc.
- Owner of printing units
- Owner of different dyeing units
- Make different types of fancy door curtains
- Designer in lace making
- Retail Buyer
- Fashion illustrator
- Merchandiser
- Fashion stylist

## Conclusion

There is no shadow of a doubt that increased rates of female entrepreneurship contribute to an increase in the national income. Women have a significant impact on the financial well-being of their families as well as the nation as a whole. An education in the sciences at home offers students total equality in access to and control over the things that contribute to their empowerment. Education in home science offers students the chance

to acquire a variety of talents, continue their education throughout their lives to further their own personal growth, and pursue job and income-generating possibilities in a variety of home science-related fields. It opens the door to opportunities for self-employment as well as wage employment by allowing individuals to open their own businesses in the realm of home science. Some examples of these businesses include surface ornamentation units, boutiques, owners of bakeries, and knitting and weaving businesses. A degree in home science gives women the tools they need to start their own successful businesses. The field of home science education has demonstrated that women are capable of holding a variety of professional roles in addition to that of homemaker, including that of educator, dietitian, designer, administrator, and business owner.

## References:-

- [1] Sangolagi, K. (2016) Women entrepreneurs, International journal of Adv. Egn. Tech , Mgt & Applied science , vol-3, 216-222
- [2] Khatri, N. G. , Joshi, J.P. (2017) Empowerment of women through Home science education . Int. J. pure App. Bioscience 5(1) :948-952
- [3] Vinay, D. , Singh, S. (2015) status and scope of women entrepreneurship. Universal journal management. 3(2): 43- 51
- [4] Dwivedi No. , Dwivedi, A. K. (2017) Women entrepreneurship SSRN Electronic Journal
- [5] Daya /P- (2015) Adoption Of Entrepreneurial Activities promoted by selected Ncyos among rural woman.
- [6] Rama G. S Nus , Rao, M. (2016) status of women entrepreneurship in India. International journal of multidisciplinary education research. Vol 5,206-2017
- [7] Rajani , M. sarada , d (2008) Women entrepreneurship & support system . stud home comm. sci, 2(2) :- 107-12
- [8] Jbeanu, V, onyoha, N. (2010) food preservation & security at household level in rural nukka , Enugu state , Nigeria. Environment and extension vol 9: 125-130
- [9] Chandra A., Shah A. and Joshi U., Fundamentals of Teaching Home Science Sterling Publishers Private Limited, New Delhi (1995).
- [10] Encyclopedia of Women and Development and Family Welfare Series, Anmol Publications PVT. LTD, New Delhi (1998).
- [11] Pandey B., (1987), Post-Independence Educational Development among Women in India