

## **Empowerment of women through Home Science Education**

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### **Abstract:**

In the recent past added emphasis has been laid on acknowledging and preparing database on multi-dimensional role sets of women where their roles have become inbuilt factors for input-output system of empowerment. This process home science aims at developing resource base of rural women for empowering them to become subsistence generating units for sustaining development and improving quality of life. The aims of this paper are to develop human resources to their brimming utilization and Fathoming this fact around development of women has become a focus of study in modern world. Home science have encouraged the women and play a key role on micro level planning designing community infrastructure for information dissemination and mobilization of community resources. To conclude it can be say that towards empowering women by broadening the thrust of research of each component and expanding the horizon by including more number of home science colleges in the areas. At the same time, substantial amount of research and development efforts have been taking place in this sphere. The studies have focused on emergence and development of entrepreneurship. This kind of studies involving empowerment traits evaluation effective motivation methods, constraints in relation to women empowerment are the recent needs of national economy.

**Key Words:** Empowerment, Women, Home Science, Education

### **Introduction:**

An important component of empowerment in third world countries comprises rural women who play multiple crucial roles in all spheres of development activities. In the recent past added emphasis has been laid on acknowledging and preparing database on multi-dimensional role sets of women where their roles have become an inbuilt factors for input-output system of empowerment. Though women have the same potential as men to succeed as entrepreneurs they suffer from two distinct disadvantages as compare to men and these entitle them to some special considerations. The first is completely internal and therefore within their control to make improvements. They lack initial confidence in their own abilities. The second is the long period of time required to complete all legal and procedural formalities, given the various restrictions on their mobility. This process home science aims at developing resource base of rural women for empowering them to become subsistence generating units for sustaining development and improving quality of life.

The economic growth and development of a country depends on human, physical and financial resources.

### **The aims of this paper are:**

- To develop human resources to their brimming utilization
- Fathoming this fact around development of women has become a focus of study in modern world.

Although women represent bulk of the labour force especially in the developing economies of Asia, Latin America and Africa, however are not yet brought under the fold of main stream of development and has been given appreciation of their considerable contribution. The problems of

segregating women in the developmental process are now engaging the concentration of policy makers, research and developmental agencies all over the world. If the operation of social and economic change has to be guaranteed it is the women who has to be mobilized and may lead the nation towards progress and prosperity. Women by all means can be very effective agents of change for a better home society and ultimately a better economy. The fact is that women can play a better role in health's food and livelihood security.

### **What is Home Science?**

Literally, the word home science can be interpreted as systematic education for home life. Today home science is described as a multipurpose programme of study which takes care of individuals needs and interests and develops needed abilities and capacities for successful home making in a dynamic society. The academic programme of home science includes teaching of various basic as well as applied disciplines. It derives fundamentals from various arts, sciences and humanities for application to day to day living. Thus home science education has as its nucleus 'the home' and the whole academic programme even today rotate around it. Therefore home science education is broad based. It has within its real everything that has anything to do with home and family. The training in home science leaves it to the desertion of its students. What is to be adapted for better living according to her background. It is truly a process of reaching students to enrich their home and family living.

There are five main subject matter areas of home science which deal with human growth and developmental as well as satisfaction of the basic needs of every human being namely the food shelter, housing, clothing and extension education.

For this the home science component laid emphasis on these facts. The five component of home science have moved towards empowerment of women through there perspective thrust of research.

The nutrition component laid emphasis on nutritional security for human health in agrarian ecosystem.

### **The component focused attention on,**

- Documenting uncommon foods for its wider acceptability by determining nutritional quality of identified food sources, development of recipes and nutrition guide.
- The nutrition guide is user friendly computer software for knowledge empowerment of nutrition education and it subsequent transfer at grass root level.

### **Strategies to be development for empowerment:**

- To development technology kits an media mixes for promoting knowledge and skill empowerment on various components.
- To development of software based on regional foods for food and therapeutic purposes.
- Establishment of nutrition garden in rural households as cost effective solutions for micronutrient deficiencies and nutritional upliftment of rural population.

### **End Result of empowerment:**

The end results as evident from research endeavor are as follows,

- Mobilization of self-help group and creation of learning environment.
- Opportunities have been provided to undertake of income generating activities and enhance knowledge on various aspects of family life.
- Emphasis has been laid on increasing decision making capabilities and improving skills.

- Strengthening empowerment through educational interventions transfer of technologies, the feasibility trials and through reach programmes has contributed to significant gain in knowledge.

**Conclusion:**

To conclude it can be acknowledge that by adoption of women,

- Friendly technologies improving work efficiency technology.
- By acceptance of technology gains in economics
- By improving various parameters of quality of life are the reflections of women environment.

Home science have encouraged the women and play a key role on micro level planning designing community infrastructure for information dissemination and mobilization of community resources.

To conclude it can be say that towards empowering women by broadening the thrust of research of each component and expanding the horizon by including more number of home science colleges in the areas. At the same time, substantial amount of research and development efforts have been taking place in this sphere. The studies have focused on emergence and development of entrepreneurship. This kind of studies involving empowerment traits evaluation effective motivation methods, constraints in relation to women empowerment are the recent needs of national economy.

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