

## Community Science – Prepare to Face the Challenge

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The home and family are the yardsticks of measuring the progress of any nation. It is the home that caters to the physical, spiritual and emotional needs of its members. It provides a suitable environment for children to grow up, and for adult to lead a useful life. By building the character of its members and ensuring their happiness, the home influences the individual and the community for better living. Citizenship, respect for others, contentment, health, character and efficiency in work are obtained through sound home-living. Since life in the home affects the very foundation of an individual's future, education for home living i.e. home science/ community science should be made available to all people-men and women at all stages of life.

Community science is education for home and community living. Its goals are abundant happiness, health and fulfillment of the aspirations of the family. Community Science deals with the daily activities in the home such as food, clothing, shelter, finance, health, child care, home beautification and family relationship and also community services. It has its bases like fine arts such as music, art expression, culture and religion. To understand all aspects for home-living, a knowledge as well as the practical application of basic science like Physics, Chemistry, Biology, Physiology and art subjects such as Sociology, Psychology, Economics, art and Architecture are essential which are studied in Community Science. Other than these the basic courses taught in community science are

### Resource Management and Consumer Science (RMCS)

The factors like western technology, mass education, democracy and bureaucracy influence the family life to a great extent. Some welcome this exciting change while others express their fearness for such transformation in the internal and external setting of the family. So the assessment of the inputs/ resources and the possible outputs and their realistic adjustment is a major problem for home makers. Here

the RMCS plays its role, how to achieve the desired goals through planned use of available resources of the family (i.e. knowledge, ability, skill, time, money, energy etc). Depending on the efficiency the output-input ratio varies. RMCS principle teaches the village home maker to efficiently perform field work, animal care along with the household chores. Movement by education and demonstration of agriculture and allied activities imparting specifically to women folk in rural area who are fully responsible for improving home and communities. For example; if the simple technique of post-harvest technology is taught to the home-makers, then approximately 10% of total food grains production can be saved. As such it trains the Gram Sevikas regarding dietetics, childcare, home management, sanitation, preservation, storage etc. These Gram Sevikas work with village worker to improve the food production. Home Scientists need to make them aware about the farm problems and educate them to utilize their farms and family resources.

The word 'civilization' found a space in the dictionary when human being started home making. The structures of cave have been modified to Bunglow, which directly shows the great change of home, but the concept of home remains unchanged since nomadic period. It not only fulfills the social need of the family members rather the biological, economical, physical and individual requirement of the family members. Within these floor space they learn sharing, sacrifice, a sense of belongingness, honesty, loyalty and art of living together. Individual development is greatly influences by the managerial ability of the home maker in the family.

Women play a dynamic role in their home activities as wives, as mothers and as home makers. Now they have taken up an additional role as wage earner to supplement the family income. This process occurs in the family at different levels. At each level, there is a demand of certain inputs of resources and certain surrounding factors which affect the inputs.

Depending on the efficiency of the inputs, the output ratio varies. Effective management can make it possible to reach the objectives regardless to the limitation of the family resources. All these require the improved management ability of the homemakers, knowledge of home management principles, pattern of consumption (material & non-material goods) and development of personal relationship which are the essential component to improve the managerial ability.

Decision making is another major aspect of RMCS. To challenge the social and environmental changes, we need fresh decision at different periods. Success of each activity depends on the decision-making power of the home-maker and implementation of those decisions. Utilization of limited inputs and maximization of output can be possible through intelligent decision making.

The importance of RMCS is not only applicable to educated womenfolk of the society, rather to each homemaker residing within the four walls and having family. The satisfaction and appreciation derived from sound Home Management not only influence family, but also to community life. The people having sufficient management skills can spread their knowledge to the surroundings. They can impart proper vocational training to other ladies, who want to help financially to their husbands. They can educate the rural mass regarding food management, clothing management, drudgery reduction techniques, consumerism.

RMCS is a new area of management and many more like working with smokeless chulla, rural filter, a kitchen window i.e, with a proper kitchen planning within limited time and energy. In addition, it helps the family members utilization of their resources by spending them properly and keeping some saving for emergency.

To challenge the social and environmental changes, we need fresh decisions at different periods. Success of each household and farm activities depends upon the decision-making power which is another important aspect of home management & implementation of those decisions. Apart from all these things, home management deals with drudgery reduction, food management, textile management, buying habit, empowerment of the womenfolk in the community & society.

## Food and Nutrition

Malnutrition is not only the results of low production, rather due to unequal distribution, mishandling of food items wrong cooking process etc. In Community Science, major emphasis is given to this subject, i.e, how to utilize the available food products among the family members to get maximum benefit. The food grains after harvesting from the agriculture fields, their post-harvest techniques, planning for consumption, the storage of surplus for future or marketing them with the exchange of money are different aspects of food and nutrition. Special diets are developed by the community scientists for suiting to different disease conditions. Various palatable and nutritious recipes prepared from different uncommon food products of different food products can help the government to reduce poor health and malnutrition of the people and can increase efficiency by imparting nutritional education and demonstrating improved methods of food handling especially for mothers, children, the future citizens of the country.

## Human Development & Family Studies (HDFS)

The study of human development deals with physical as well as mental development of children and makes others conscious about child rearing perception. Parents, teachers and other adults play vital role for primarily a conducive atmosphere for children during infancy, early childhood, late childhood, adolescence and adulthood. A sound study of child development takes into consideration of all relevant information on child characteristics as a full-fledged study curriculum of the subject Community Science. In early-stage child learns to walk, to take food, to talk, to relate emotionally with parents. In later stage, the child tries to grow stronger and studier, to master the environment with remarkable development in memory and tries to be socially recognized. The important aspects like providing conducive atmosphere for the child, reviving skills, encouraging creativity, developing vocabularies with new thoughts discouraging bad habits, exposing child to social set up have permanent bearing on child's physical and mental development which effect the future life for being a good citizen. Activating at home and school are well planned to suit different age groups. Get attach more importance on the aspect of child development through different scheme like ICDS, DWCRA and gained momentum in influencing

Govt. policies in all spheres. It also deals with geriatric person's development, wealth, condition, old age home etc.

### **Apparel & Textile Science (ATS)**

It is the study of fibres, yarns, construction of fabrics and finishes and many more related to textile. There has been tremendous improvement in art of textile and clothing. Manmade fibres are the contributions of 20<sup>th</sup> century. Industrial development revolutionized mass production of textiles with use of variety of colour and designs. Many fabrics are finished to improve their appearance and characteristics. For a community scientist the knowledge of clothing garments for home is most essential because of the objective like sewing garments, mending cloths, renovating old clothing's, storing clothing's carefully, washing clothes without beating, consciously selecting and purchasing clothes within family's budget after analyzing family needs etc. the home maker should have basic knowledge of all aspects of fabric to be brought/ consumed by the family members in everyday life.

The study of Community Science embraces all aspects of home and social life. Its curriculum has been developed to suit the needs of home maker that gradually exposes to social environment. To develop perfect citizen of the country, the home environment

is the basic unit of child's life which reflects in future career. The Govt. policies are formulated emphasizing the aspect of child & maternity case, nutrition and other important areas of Community Science. To ensure our country's all-round development in rural as well as urban areas, the role of Community Science has been recognized and has far reaching the consequence.

### **Conclusion**

Our present-day society differs greatly from that of traditional society. The impact of western technology, mass education, democracy has had a disorganizing effect on traditional society. Joint family system is declining; old patriarchal family is gradually disappearing. Modern technology is also acting as a catalyst for good decision making providing all-round information. All these factors are influencing the family life to a great extent. Some people welcome these exciting changes, but some express their fear-ness for such transformation in the internal and external setting of the family. Under these circumstances, the home manager has to assess the inputs of all the resources available to the family and decides the outputs from the limited options before him/her. As such the concept of community deals with achieving of desired goals and to fulfill the recent trends of our changing civilization.

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