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HUMAN ECOLOGY AND FAMILY SCIENCES PART I



11136

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
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FOREWORD

The National Curriculum Framework (NCF) 2005 recommends that children's life at school must be linked to their life outside the school. This principle marks a departure from the legacy of bookish learning which continues to shape our system and cause a gap between the school, home and community. The syllabi and textbooks developed on the basis of NCF signify an attempt to implement this basic idea. They also attempt to discourage rote learning and the maintenance of sharp boundaries between different subject areas. We hope these measures will take us significantly further in the direction of a child-centred system of education outlined in the National Policy on Education (1986).

The success of this effort depends on the steps that school principals and teachers will encourage children to reflect on their own learning and to pursue imaginative activities and questions. We must recognise that, given space, time and freedom, children generate new knowledge by engaging with the information passed on to them by adults. Treating the prescribed textbook as the sole basis of examination is one of the key reasons why other resources and sites of learning are ignored. Inculcating creativity and initiative is possible if we perceive and treat children as participants in learning, not as receivers of a fixed body of knowledge. These aims imply considerably change in school routines and mode of functioning. Flexibility in the daily time-table is as necessary as rigour in implementing the annual calendar so that the required numbers of teaching days are actually devoted to teaching.

This textbook marks NCERT's resolve to reconstruct knowledge in all areas from the perspective of the learner and the dynamic socio-economic realities of contemporary India. The National Focus Group on *Gender Issues in Education*, appointed under the auspices of NCF-2005, emphasises the urgency of incorporating women's perspective for epistemologically redefining conventionally defined subjects like home science. We hope that the present textbook will make this subject free of gender bias and capable of challenging young minds and teachers for creative study and practical work.

NCERT appreciates the hardwork done by the Textbook Development Committee and its Chief Advisors, Neerja Sharma, Lady Irwin College, University of Delhi and Shagufa Kapadia, M.S. University, Baroda, Vadodra. We are indebted to the institutions and organisations which have generously permitted us to draw upon their resources, material and personnel. We are especially grateful to the members of the National Monitoring Committee, appointed by the Department of Secondary and Higher Education, Ministry of Human Resource Development under the Chairpersonship of *Professor* Mrinal Miri and *Professor* G.P. Deshpande, for their valuable time and contribution. We are particularly grateful to the members of the sub-committee for Human Ecology and Family Sciences (HEFS), Mariamma Varghese, *former Vice-Chancellor*, SNDT Women's University, Mumbai, and S. Anandalakshmy, *former Director*, Lady Irwin College, University of Delhi for their contribution for reviewing the textbook.

As an organisation committed to systemic reform and continuous improvement in the quality of its products, NCERT welcomes comments and suggestions which will enable us to undertake further revision and refinement.

New Delhi
April 2009

Director
National Council of Educational
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PREFACE

The textbook on Human Ecology and Family Sciences (HEFS), a subject so far known as 'Home Science', has been reframed keeping in view the principles of the National Curriculum Framework – 2005 of the NCERT. Conventionally, the field of Home Science encompasses five areas, namely, Food and Nutrition, Human Development and Family Studies, Fabric and Apparel, Resource Management, and Communication and Extension. All these domains have their specific content and focus that contribute to the study of the individual and the family in Indian socio-cultural context. They also provide ample scope for professional avenues of higher education and career opportunities in this applied field. Many components of the field have grown to become specialised areas and even super-specialisations. They range from professions catering to various health and service institutions/agencies, educational organisations, industry and business houses of textiles, garments, foods, toys, teaching-learning materials, labour saving devices, ergo-nomically appropriate equipment and work stations. In Class XI the 'self and family' and the 'home' are focal points for understanding the dynamics of individual lives and social interaction. In Class XII, the emphasis will be on 'work and careers' through the life-span.

The subjects in HEFS concern themselves with enhanced human resources as well as productivity, and with better quality of life for individuals and society in general. People cannot be productive if they are physically unwell due to unhygienic personal and environmental conditions, children cannot learn if they are mal-nourished, or scarred from abuse and neglect, people cannot work if disturbed by family turmoil or resource management problems, or when preoccupied with rejection in the family or domestic violence. Conversely, human beings whose development is fostered by positive environmental surroundings, nurturing relationships, good nutrition, access to basic amenities for health, safety and sanitary living conditions, can be well-adjusted and productive citizens.

The possibilities of teaching and research careers are present at all levels of education, be it at school or college or university. To the professionals in the specialisation of Food and Nutrition, the spectrum of opportunities is wide ranging from the service sector as dietitians, healthcare consultants/counsellors to the food industry, in catering and food service management/institutional management, in accordance with the thrust of their educational inputs and acquired interests, skills and competencies. For professionals in Human Development and Family Studies, job opportunities range from being at several cadres of functionaries in social development organisations for children, adolescents, women and families, in early childhood care and education programmes, to being professionals in counselling settings at various levels and age groups. Those trained in Fabric and Apparel find their future careers in textile design, textile or fashion or garment industry, and entrepreneurship.

To the Resource Management trainees, the career choices abound between interior decoration, hospitality administration, ergonomics, to consumer education