

CORE VALUES OF INSTITUTE OF HOME SCIENCE

The master's programme in Home Science is offering P.G. in 04 specialisations i.e., Extension and Communication; Human Development; Dietetics and Clinical Nutrition; and Food Science and Nutrition.

The Programme of **Extension and Communication** helps in understanding conservation, development and use of natural resources; proper farm and home management; better family living; youth development; leadership development; community and rural development; improving public affairs for all round development; raise the standard of living of the rural people by helping them in right use of their resources; help in planning and implementing the family and village plans for increasing production in various occupations; and provide facilities for better family living. Extension programs are service to extend research-based knowledge to the rural sector in order to improve the lives of rural people. Extension includes components of technology transfer, broader rural development goals, management skills, and non formal education. It also includes women studies and child welfare. In this Programme students get opportunities to work with different kinds of leaders such as innovators, opinion, community or traditional leaders.

Human Development combines the study of social, emotional, cognitive, and physical aspects of human development considered within cultural contexts and relevant to social policies. It includes theories of Human Development which give points of reference to explain what to observe and how to understand the human process. This Programme is also useful source of behaviour and trends, and account for the path that individuals follow, whether these can be called paths of growth or lack of progress. It also includes early childhood care and education and gender studies.

Food Science and Nutrition and Masters in **Dietetics and Clinical Nutrition** are multi-disciplinary fields involving advanced nutrition, biochemistry, food microbiology, physiology and therapeutic nutrition etc. to give one the scientific knowledge to solve real problems associated with the many facets of the food system. The basis of the discipline lies in an understanding of the chemistry of food components, such as proteins, carbohydrates, fats and water and the reactions they undergo during processing and storage. A complete understanding of processing and preservation methods is required including drying, freezing, pasteurization, canning, irradiation, extrusion, to name just a few. The ability to carry out analysis of food constituents is developed along with statistical quality control methods. The microbiology and the safety aspects of food must also be understood. Other topics covered include food additives, the physio-chemical properties of food, flavour chemistry, product development, food processing and packaging. Food science integrates this broad-based knowledge and focuses on food. The Programme also provides knowledge of nutrition in critical conditions.

Overall the Programme of Home Science has produced experts working as Academicians, Nutrition Educationists, Dieticians in various hospitals and Health clinics, service in social welfare department, Administrators, NGOs, etc.