



DEPARTMENT OF HOMESCIENCE St. Teresa's College (Autonomous) Ernakulam

Social Outreach Programme - TROP

One of the unique features of Home Science is that extension is an integral component of the subject. The Department is actively involved in the areas of nutrition education, effective child rearing practices, geriatric care and ecological conservation, wise consumerism, selection of clothing and prevention of childhood disabilities. A community extension programme focusing on the elderly is conducted every second Saturday in association with the Santhwana Geriatric Club. This programme comprises a volunteerism pledge by students to create awareness on Alzheimers disease, talks and camps for the members of the Geriatric club. The TROP of the Home Science Department is conducting a series of programmes currently at Ochanthuruth village, Kochi. Important days are observed in the Department with relevant messages to highlight the significance of the day. The Department is actively engaged in the Lifestyle Education and Awareness Programme (LEAP) of the National Rural Health Mission (NRHM) of the Government of Kerala. Trainers training for ICDS and Anganwadi workers are also provided by the Department faculty.



Department Profile

The Department of Home Science was established in the year 1958 with the commencement of the UG programme in Home Science. Post graduate courses in Family Resource Management, Child Development and Food and Nutrition commenced in 1962, 1964 and 2001 respectively. In the year 1985 the Department was recognised as a research centre for Home Science under Mahatma Gandhi University. The UGC sponsored add on Career oriented course in Guidance and Counseling was initiated in 2013. A Community College offering Diploma in Health Care Assistance and the UGC funded B.Voc in Food Processing Technology was started in 2015. The B.Sc Psychology course was commenced in the year 2016. The open course offered by the Department is entitled as Life Skill Strategies and Techniques, is a unique course that focuses on all aspects of adolescent development.

The curriculum has been restructured and scientifically planned to make it multidimensional and skill oriented. The Department is backed by a competent team of faculty members comprising four Associate Professors, nine Assistant Professors, two guest faculty and three technical staff. Eight of the faculty members are Ph.D holders in various disciplines of Home Science. The Department strives to excel in all three aspects of higher education-Teaching, Research and Extension. The Department has excellent infrastructural facilities, well equipped laboratories and a well stocked library all of which contribute to make teaching learning experience an enriching one.



Message from Head of the Department

It was the far sighted vision and zealous effort of then Principal Mother Digna and Mother Bernadine, the foundress of the Department that culminated in the establishment of the department of Home Science. Home Science (Family and Community Science) is a mélange of Science and Arts with unique focus on various subjects of human relevance and interest. It is an interdisciplinary field of study comprising of Food Science and Nutrition, Human Development, Resource Management, Textiles and Clothing and Extension and Communication. The individual, the family and the community are the foci of Home Science. Food Science and Nutrition has vast scope ranging from alleviation of malnutrition at the micro and macro level. It offers preventive, promotive and therapeutic care in hospitals. Textiles and clothing has family and industrial orientation with a scope for entrepreneurial ventures.

The subject places considerable emphasis on Human Development across the life span. Early childhood education, family life education, gender sensitization, child abuse and non formal education form integral components of the subject. Resource management emphasises identification, mobilisation and effective utilisation of resources for sustainable development. Interior decoration and creative arts form an integral part of the subject enhancing knowledge of decorating both residential and commercial spaces. Extension education is the propagation of useful research findings and various ideas among rural people to bring about the desired social and behavioral changes.

The curriculum in Home Science has an integrated approach of combining theory, practicals and field work. Competency based courses in Home Science have sound market value and would lead to social and economic empowerment. Thus the scope of Home Science is not limited to the activities within the home but has a wider perspective that forms the basis of challenging professions in varied fields.



Dr. Thara Sebastian.
Head of the Department

Collaborations

1. Spices Board, Govt. of India- All India Co-Ordinated Project On Indian Ethnic Cuisine
2. Central Institute of Fisheries Technology (CIFT), Cochin - World Bank funded project under National Agricultural Innovation Programme (NAIP)
3. Coconut Development Board, Ernakulam
4. Amrita Institute of Medical Sciences
5. Help Age India
6. ARDSI - Alzheimers Related Disorders Society of India, Kochi Chapter
6. Ministry of Health , Govt. of Kerala, Lifestyle Education and Awareness Programme - LEAP
7. National Rural Health Mission (NRHM), Govt. of Kerala



Course List

Regular

- B.Sc Home Science
- M.Sc Resource Management & Interior Designing
- M.Sc Child Development
- M.Sc Food Science and Nutrition
- Research leading to Ph.D

Distance Education (IGNOU)

- M.Sc. Dietetics and Food Service Management (DFSM)
- Diploma in Nutrition Health Education
- Add On Courses**
- UGC sponsored add on Career Oriented Course in Guidance and Counselling



Scholarship

- STAR
- JNB
- NAVATHI
- PTA
- Alumni scholarship instituted by ACTH (Action Council for Teresian Home Scientists)

Magazine

Beacon -
Annual Newsletter of the Department

Subjects in UG Programme (B.Sc. Home Science)

- Human Physiology and Microbiology
- Food Science
- Child Development
- Adolescence-Development and Challenges
- Family Resource Management
- Human Nutrition and Biochemistry
- Textile Science
- Dynamics of Extension
- Open Course
- Interior Decoration
- Clinical Nutrition and Dietetics
- Women Studies
- Fashion Designing and apparel production
- Mass Communication and Journalism

Scholarly Activities

- UGC sponsored National Seminars -
 - Sustainable Resource Management - Tools and Techniques
 - Food Safety - Concerns and Issues
 - Ageing and Society - A multi disciplinary approach
 - Towards Green Consumerism - Innovative approaches and practices
- IAPEN sponsored National Seminars -
 - National Conference on Perinatal and Paediatric Nutrition (NCAPPN)
 - Workshop on Critical Care Nutrition in collaboration with Lourde Hospital
- KSCSTE sponsored State Level Seminars on Healing the Ozone - Protecting Life on Earth
- Inter disciplinary Research Advancement Programme (ReAP) annually organised by the Department
- Seminar on Hybrid Identities in Architecture

Research Projects

The Department has 28 Research Scholars pursuing their doctoral degree under 9 research guides. Research projects from various funding agencies UKE, UGC, CDS, Spices Board, Coconut Development Board are undertaken. A total of 11 minor research projects were completed and 1 minor and major projects are on going. The faculty members actively engaged in publishing research papers in National and International journals. Students and faculty present papers in National and International conferences and workshops.

Publications

- Nutrition through Life cycle - Mrs. Sara Abraham, Dr. Betty Rani Isaac (2016) New Age International Publication, New Delhi
- International Textbook of Psychology - Dr. Dhanya N. - Lambert Publishing Academy
- Fast food consumption among adolescent girls - Dr. Leena Leon - Lambert Publishing Academy
- Information Technology - Alexis Leon, Mathews Leon and Leena Leon - Vikas Imprints Ltd., Chennai
- Booklet on Lifestyle Education and Awareness Programme (LEAP) - Published by Department of Home Science as an education module for all Government and Aided schools in Kerala

