



NALLAMUTHU GOUNDER MAHALINGAM COLLEGE

(AUTONOMOUS AND AFFILIATED TO BHARATHIAR UNIVERSITY)

Re-Accredited by NAAC

An ISO 9001 : 2015 Certified Institution

Aided by the Government of Tamilnadu

POLLACHI - 642 001.



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E-Mail : ngm@ngmc.org

DATE : 2022-2023

BEST PRACTICES OF THE INSTITUTION

MANAIYIYAL MAHATHUVAM (HOME SCIENCE)

Objectives

- Nurturing a sense of responsibility and independence
- Enhancing domestic skills
- Promoting mental and emotional well-being
- Enhancing problem-solving and critical thinking abilities
- Empowering girls to contribute to society
- Assisting to strike a work-life balance

The Context

Employed women carry the double responsibility of home-maker and breadwinner. Successful home making helps women establish a solid foundation from which to pursue their professional goals. It provides a supporting environment that contributes to their overall well-being and enables them to thrive in their careers. Integrating Home science education into the curriculum helps offer practical skills that enable girls to take charge of their lives, make informed decisions, and contribute meaningfully to their families and society.

The Practice

The College offers a certificate course in Home Science education for all the girl students. The syllabus of the course is spread across second, third and fourth semesters.

The syllabus encompasses the study of household management, food and nutrition, family finance, motherhood, childcare, stress management, interpersonal relationships, and self-care



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techniques. The girls also learn about sanitation practices, waste management, and environmental sustainability. Each department has a faculty coordinator for this course. They handle classes once in a week outside College hours.

Evidence of Success

The students' active participation in the course activities like discussions, assignments and projects show their interest and involvement in the course. The high completion rate of the course and the exam scores indicate that the course is engaging, relevant, and manageable for the learners.

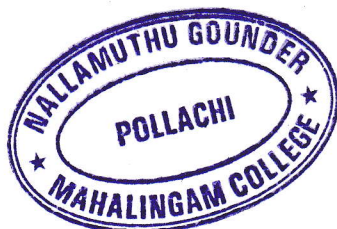
Problems Encountered

Lack of adequate resources, such as laboratories, kitchens, sewing rooms, nurseries, etc., to support the learning and practice of various subjects and skills related to home science.

Resources Required

A library with books, journals, magazines, and online resources on various topics related to home science, such as human development, family dynamics, communication skills, ethics, etc.

A computer lab with internet access and software applications for creating and presenting projects, assignments, and reports related to home science.




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