

Home science for self-employment

Ask the Counsellor

Your academic doubts cleared

(Shehrebhanu Kagalwala BSc, MA, PGDPC, Psychologist and Career Counsellor, Counselling for ADHD and Learning Disabilities; E-mail queries to younghans@hmtv.in)

Shehre Banu

I study Class XII in BPC. My parents want me to graduate in home science. What are the career prospects in this field and please mention courses available and some good colleges that offer this course?

- Sabiha Begum, Tolichowki

It's good that you consider your parents choice in choosing a career for you, but I suggest that you make sure that even your interests lie in

the same choice. Home science is the integration of various sciences and humanities to improve human environment, family nutrition, resource management and child development. It is an application oriented field of study, involving scientific procedures and of course prepares one for many professions, because it not only deals with home alone but opens up opportunities in all

fields of life. Job opportunities range from schools and colleges to hospitals, welfare organisations, apparel merchandising, restaurants, fashion journalism, service sectors and counselling. Sales promotion companies involved in baby food, ready-made food products also employ home science graduates. Even manufacturing companies hire home science graduates as research assistant. A degree in home science opens up vistas for self employment like starting your own school, crèche, interior design and fashion boutiques. After your graduation, if you do a certificate course in dietetics & health education/certificate courses in nutrition and dietetics/post graduate diploma in dietetics and nutrition, you have the option to become a food technologist or a dietetics and nutrition professional.

If you study a Master's degree and specialise in any of

the five streams of home science - Food and nutrition, resource management, human development, fabric and ap-

parel science and communication and extension it will help you to choose between taking up a salaried job or

work as an entrepreneur or as a consultant. Teaching is another lucrative option available.

Acharya N G Ranga Agricultural University (www.angaru.net/saifabad.htm), Rajendranagar, offers a four-

year Bachelor's degree in home science. Admission to this course is through entrance examination; eligibility is for girls after plus two with physics, chemistry and biology. It offers a BSc and MSc in home science. SNDT Women's University and Nirmala Niketan- College of Home Science, both in Mumbai are renowned for their courses in home science and they offer a three-year degree in the subject. Most innovative among the home science courses are B'Tech home science at Nagpur University and BSc home economics at Allahabad University. Lady Irvin College, Sikandra Road, New Delhi; Jadavpur University; Andhra University; University of Madras; Bangalore University; St Joseph's College for Women Autonomous, Visakhapatnam; and Avinashilingam Institute, Coimbatore, are other reputed institutes offering home science courses.

All the best.



Students in a home science class

Industrial psychology supports career in HR

I have completed master of human resource management (MHRM) and at present I work as an HR executive in a reputed organisation. I want to study further, but am confused whether or not to study a course to strengthen my skills. Suggest a few courses that will help me get ahead in my career.

- Rajeshwar, Habsiguda

To support your present career in HR, you can further pursue a course in industrial/organisational psychology, wherein you will learn the principles of personnel

management, organisational management and HRD. You will learn to apply these skills

in an organisation to increase productivity and better quality of work life. This also improves organisational effectiveness and develops skills of behavioural training and consultancy and will help you in improving your employee counselling capabilities. Large companies and businesses hire industrial organisational psychologists to help boost employee productivity and retention rates within the organisation. These psychologists help companies deal with issues like workplace diversity and anti-discrimination policies.

Institute for Behavioral & Management Sciences (IBMS), offers a PGDIP (Post Graduate Diploma in Industrial Counselling). IBMS is recognised by the Indian Hospital Association, New Delhi, is also affiliated to the Open International University for Complementary Medicines (Medicine Alternative) established under WHO.

You can also look at Diploma in training & development from Indian Society for Training and Development (ISTD), New Delhi.

Good luck



Organisational psychology teaches the principles of managing an organisation

It's always good to keep updating your knowledge while you work as it helps you climb the career ladder with grace and ease and brings with it a lot of satisfac-

WHAT'S CORNER

What is a submarine volcano?

Submarine volcanoes are underwater vents or fissures in the Earth's surface from which magma (mixture of molten or semi-molten rock) can erupt. They are estimated to account for 75 per cent of annual magma output. Although most are located in the depths of seas and oceans, some also exist in shallow water, which can

spew material into the air during an eruption. The lava formed by submarine volcanoes is quite different from terrestrial lava. Scientists still have much to learn about the location and activity of underwater volcanoes.



Submarine volcanoes are located in the depth of seas

QUIZ WIZ CONTEST

Cut here

- | | | |
|--|--|--|
| 1) How many grams are there in a kilogram?
a) 10
b) 100
c) 1000 | c) Victor Hugo | atmosphere?
a) Nitrogen
b) Oxygen
c) Carbon dioxide |
| 2) Who wrote Romeo & Juliet?
a) Charles Dickens
b) William Shakespeare | 3) What is Google's smartphone OS called?
a) Robot
b) Chrome
c) Android | 5) Who was India's first Prime Minister?
a) Mahatma Gandhi
b) Jawaharlal Nehru
c) Lal Bahadur Shastri |
| 4) Which is the most common gas in the Earth's | | |

Tick the correct answers. Cut the quiz with answers and contact sheet to the right and send it to us

Name:

Address:

Mobile no:

Cut here

Entries that are fully correct and reach us before 5 pm, Thursday, December 5, will be put up for lucky draw. First three selected winners will be awarded cash prize of Rs 500, Rs 300, Rs 200 respectively.

Send in the answers with your name, address and mobile number without fail by post or hand delivered to: Quiz Contest, c/o The Hans India, Plot No 6, Anupuram Colony A S Rao Nagar, ECIL Hyderabad, Andhra Pradesh 500062. Ph: 040-49444545

SUDOKU

	8	6		2		1		
9								
		8		1			3	
6		2				4		8
4	7				6		2	
3		4	7					6
	7	9	5	3				

SOLUTION TO NOV 29

6	4	9	1	7	3	2	5	8
2	5	7	6	9	8	4	3	1
3	1	8	5	4	2	6	9	7
1	7	2	9	6	5	3	8	4
4	6	3	8	2	1	9	7	5
8	9	5	4	3	7	1	6	2
7	8	4	3	1	9	5	2	6
9	2	6	7	5	4	8	1	3
5	3	1	2	8	6	7	4	9

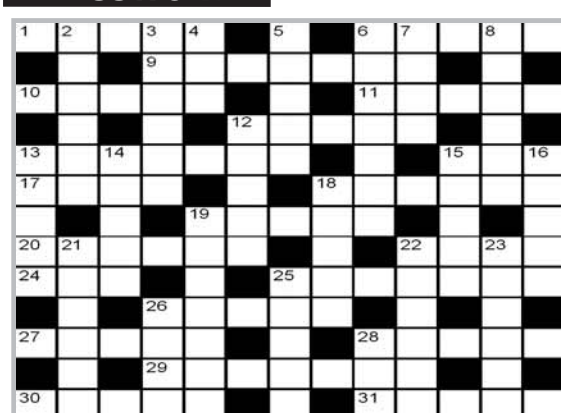
Across

- Hindu goddess of war (5)
- Fried dough with filling (5)
- Land measure (7)
- Science fiction awards (5)
- It means steel in Hindi (5)
- A hardened exterior of bread; shell of a pie (5)
- First thing that early to bed and early to rise makes you? (7)
- Surprised reactions? (3)
- Globes or eyeballs (4)
- Strauss of English cricket (6)
- Indian drum (5)
- Utilises all of an available ingredient (4,2)
- High singing voice (4)
- Bashful or timid (3)
- Starts to speak freely (5,2)
- ___ out : dishearten (5)
- ___ and iron : relentless use of military force? (5)
- Composed a letter (5)
- State language of Maharashtra (7)
- Liable to cry or sob easily (5)
- Card game for three (5)

Down

- One who exacts much interest on loans (6)
- Macabre beings (6)
- Roman bronze - "sea" change? (3)
- Fictitious tale (5)
- Incarnation of Vishnu (7)
- Birds' construction (4)
- Attack with severe criticism (6)
- Neither expensive nor classy (5)
- ___ pokus : trickery? (5)

CROSSWORD








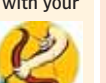


- A monastery or convent (5)
- Some exams (5)
- Descend, plunge or plummet with an idea of an assault? (5)
- Beth's predecessor (5)
- The third day of the week (7)
- Put aside for now - on wall ledge? (6)
- Place in Ireland, "Martin" anagram? (6)
- A sea animal like a large tortoise (6)
- Pertaining to a number system with a base of eight (5)
- Great ceremony (4)
- Just a question of identity? (3)

SOLUTION TO NOV 29

Z	L	S	E	P	T	I	C	S	B	
Z	I	L	C	H	R	O	P	R	A	H
M	M	E	M	A	V	O	R	Y		
D	I	S	P	L	A	N	P	E	S	O
T	T	E	N	R	K	E	I	P		
G	T	R	A	I	N	E	R	A	A	
R	O	W	E	P	E	S	N	O	W	
A	B	E	P	P	E	T	S	N		
B	A	R	B	E	R	S	E	A	A	
S	E	P	I	A	K	A	N	N	A	
G	B	L	U	N	T	D	U	E		
S	I	D	L	E	T	B	U	G	L	
S	E	D	I	T	S	P	E			

YOUR DAY TODAY

BY JACQUELINE BIGAR

<p>ARIES (March 21-April 19)</p> <p>Your intuition helps you land on your feet and deal with an unexpected. This situation could involve some travel or encourage a meeting with a very offbeat person. Know that you will have the control you need if you decide to head down that path.</p> 	<p>TAURUS (April 20-May 20)</p> <p>Others come to you before you even pick up the phone to call them. Try not to get uptight about all the invitations you receive. Something you have wished for could become a reality. Refuse to get caught in a war of wills.</p> 	<p>GEMINI (May 21-June 20)</p> <p>You might be back to the humdrum of your daily life, as you have so much on your plate that you need to complete. Work with a partner directly, but understand that this person could change direction at the drop of hat. You can't control this person.</p> 	<p>CANCER (June 21-July 22)</p> <p>Your naughtiness seems to be contagious. News from a distance might persuade you to hop the next plane. You could find it difficult to change gears as quickly as you might want. A partner or dear friend might not see the situation as you do.</p> 	<p>LEO (July 23-Aug. 22)</p> <p>Realize that you might need a day off from the intense holiday pace that is starting to build. Lounging at home seems like a good day. You might need to handle a personal issue. Some of you might decide to take a stab at the holiday frivolity.</p> 	<p>VIRGO (Aug. 23-Sept. 22)</p> <p>Take news with a grain of salt, especially if it comes to you from a child or loved one. This person might have heard only what he or she wanted to. You could be surprised by the whole story, once it becomes readily available to you.</p> 	<p>LIBRA (Sept. 23-Oct. 22)</p> <p>No one would say anything if you took off and indulged yourself instead of everyone else. Lose any feeling of guilt, and enjoy yourself. Meet a family member or friend for a late lunch. Do not orchestrate the whole day, just go with the flow.</p> 	<p>SCORPIO (Oct. 23-Nov. 21)</p> <p>Wherever you are, you shine. It is obvious that you are filled with confidence and are making excellent choices. Call home or check in with an older relative or parent. You might opt to adjust plans after having this conversation.</p> 	<p>SAGITTARIUS (Nov. 22-Dec. 21)</p> <p>Be discreet, especially if something bothers you. Choose to be an observer and gather more information. You might not be prepared to make a change or walk in a new direction just yet. Use caution with your spending.</p> 	<p>CAPRICORN (Dec. 22-Jan. 19)</p> <p>Zero in on what you want. You might not feel as if your desires can be realised. Think positively so that you don't jinx yourself. You might not realise just how many friends you have supporting you.</p> 	<p>AQUARIUS (Jan. 20-Feb. 18)</p> <p>Listen and be more direct when dealing with an older friend who always wants to have it his or her way. When you are too busy to hang out, this person tends to throw tantrums. The time has come to clear the air. Remember to honor your needs first.</p> 	<p>PISCES (Feb. 19-March 20)</p> <p>You still might be trying to detach and understand a recent development in a relationship. Try imagining that you are the other party, and let go of your own inner chatter. You might need to set a stronger boundary between you and this person.</p> 
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