

## “Role of Home Science and Electronics in Sustaining the Community Health”

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### Abstract

Home science is most widely used now a days and play a key role in community as well as nation. The application of home Science still accelerate the living standard, thinking habits etc. in community. The use of home science for changing the behavior of community at low cast is more important. It is saying that prevention is better than cure. It is also true in Home Science. Better health prevent community not to go for doctor and also provide good health for nation which is very compulsory in developing country like India with limited resources. A number of ideas and techniques for making community health have been developed and made useful to people. The existing process have been modified according to new idea and new invention of science. To avoid time and material losses of expensive development, a high thinking and efforts have been made to create and stabilize direct growth processes for community health through Home science. Personal hygiene, environmental health, nutrition, mental and child health services, family welfare, occupational health, health education, health and social service and international health agencies are some of the important organization in which the ideas of Home Science play an important role for community development.

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#### Introduction:

Home Science is most widely used in daily life. It also plays a key role in community health. The cost of home science does play a vital role in developing the nation. The conversion of growing society in a well behaved, good mannered, educated at reducing cost is one of the challenges in the society which is up to some extent possible with the help of Home Science. In order to provide good community health various parameters are used to achieve high output by using community health through Home science. It proved low cost idea of development of nations which is more important to the country like India.

In this review, a brief account of various idea and techniques and their application are used. Most of the characteristics and factors influencing the growth and quality of the community health have also been discussed.

#### 1. Personal Hygiene:

The word ‘Hygiene’ is derived from Hygeia. Hygiene is the science of preserving and

promoting health the aim of Hygiene is not only to preserve health but also to improve it. Health, optimum health places a key role in society. Optimum health means a person who is physically, mentally and socially healthy said to be in the state of optimum health which is up to some extent possible with hygiene.

## 2. Nutrition:

Adequate nutrition is the foundation of good health the nutrition needs of a such groups as infants, children, pregnant and lactating women and the elderly must be met. Special attention must be given to the promotion of breast feeding and appropriate wearing practice with the use of local food. Nutrition education must be promoted using T. V. Radio and other means of communication methods. Proper nutrition is considered today as an essential ingredient of quality of life so that quality of community health can be meet out.

## Mental and Child Health:

Mother and Child are important dimensions of community health. The term maternal and child health a service refers to a package of integrated health service design to provide the health and nutritional status of mother and children and ensure the birth of a healthy infant to every mother. In every country mother and children constitute a major segment of total population. Women of child bearing age from 14-44 years are 19% and children under 15 years of age 34.33%. Together they constitute about 53.33% of the total population. By virtue of their large numbers, mother and children are entitled to special care. For the development of community health all are must be taken to growing healthy child and mother. It contribute a large to the community health.

## Environmental Health:

The term environmental implies, all the external factors, living and non-living materials which surrounds us. In modern concept environmental includes not only the water, air and soil that form our environmental but also the social and economical condition in which we live. For community health pure air water and non-toxic soil is very important in addition economics and social favorable conditions are also very essential. The community must understand the uses of all above things.

## Health Education:

Education is the back bone of any country. It is the essential tool to community health. Every community health worker, be it a doctor or nurse is a health educator. The health education has been define as a process which effects changes the health practices of people and in knowledge and attitude related o health. The aim of health education according to WHO to ensure the health is valued as an asset in the community, to equip the people with skill and knowledge to enable them to solve their problems. Such type of health programmed must be increased as large as possible and home must be used in incorporating such programmers and information, motivation, induction evaluation, decision making, participation comprehension, communication, leaning be doing all factors must be utilize which are very essential for community development.

In addition for community health ideas of social service and international health service must be adopted in true sense. If all the suggestions given by the home Scientist, social scientist and natural scientist are adopted then country like India can come in race of 21<sup>st</sup> century.

#### Measurement Equipments:

It is possible to make number of food and health cereals related with health and hygiene but its ingredient, calories and mixed elements measurement are possible with the help of e laboratories equipment. Therefore e laboratories equipment play and important role in measurement. Now a days measurement of every thing is equipment based it gives correct, errorless and reliable result. In human body we require nutrient in proper proportion and it is possible with electronics equipment also various type of health nutrients can also monitored with medical e laboratories equipments various types of health diseases can be identified with electronics equipment. In this way we can say that the role of electronics equipment in health and hygiene is very important and can not be by passed at any cost.

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