How to cite this paper:
Kumari. M., (2025). Using Digital Platforms for Home Science Education and Awareness, *Wisdom Vortex: International Journal of Social Science and Humanities, 01*(01), 33-39.

Using Digital Platforms for Home Science Education and Awareness

Madhuri Kumari[1]

Abstract

Home Science, an interdisciplinary field integrating science and humanities, plays a crucial role in improving individual, family, and community well-being. The digital revolution has transformed Home Science education and awareness by making learning more accessible, interactive, and flexible. Online platforms such as SWAYAM, Coursera, and Udemy offer structured courses, while YouTube, Instagram, and blogs provide visual demonstrations and expert insights. Mobile applications assist in nutrition tracking, household management, and parenting guidance, while emerging technologies like Virtual Reality (VR) and Augmented Reality (AR) enhance practical learning experiences. Additionally, government initiatives, online campaigns, webinars, podcasts, and discussion forums contribute to raising awareness about nutrition, hygiene, sustainable living, and consumer rights. Digital learning in Home Science offers benefits such as accessibility, cost-effectiveness, engagement, and personalized education. However, challenges such as the digital divide, misinformation, lack of hands-on practice, and language barriers hinder its effectiveness. Addressing these challenges through infrastructure development, credible content regulation, hybrid learning models, and multilingual educational resources can enhance the impact of digital platforms in Home Science education. This study highlights the transformative role of digital learning in promoting lifelong education and skill development in Home Science, ensuring a more informed and sustainable society.

Keywords: *Digital learning, home science education, online platforms, skill development, sustainable living, awareness*

Home Science is an interdisciplinary field that integrates various aspects of science and humanities to improve the quality of life at an individual, family, and community level. It encompasses diverse domains, including nutrition and dietetics, human development, textiles and clothing, family resource management, and home economics, making it a vital discipline for enhancing well-being (Rao & Mehta, 2020). Unlike traditional academic disciplines, Home Science applies scientific principles to daily life, empowering

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[1] Student, Department of Home Science, C.U. S. H. S. Mahila College, Wadhwan City, Surendranagar (Gujrat)

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individuals with knowledge and skills to make informed decisions regarding health, hygiene, resource utilization, and sustainable living (Sharma, 2019). Education and awareness in Home Science are crucial as they equip individuals with the knowledge to lead healthier and more organized lives. For instance, nutrition education helps in combating malnutrition and lifestyle disorders, while awareness about resource management promotes sustainability in households (Gupta & Singh, 2021). Similarly, understanding textiles aids in selecting sustainable fabrics, and child development studies guide effective parenting and caregiving strategies (Patel & Verma, 2018). In a rapidly changing world, where consumerism and technological advancements shape lifestyles, Home Science education fosters informed decision-making, financial literacy, and overall well-being.

With the increasing reliance on technology, digital platforms have revolutionized Home Science education and awareness campaigns. Online learning platforms such as SWAYAM, Coursera, and Udemy provide access to structured courses, making Home Science education more accessible and flexible (Kumar, 2022). Additionally, social media platforms like YouTube, Instagram, and Pinterest serve as effective tools for spreading awareness about nutrition, home management, and sustainable living (Mishra, 2021). Interactive technologies such as mobile applications, virtual simulations, and AI-driven educational tools further enhance the learning experience by offering personalized guidance and hands-on virtual training (Desai, 2020). Thus, the integration of digital platforms in Home Science not only bridges the knowledge gap but also promotes lifelong learning and skill development, making education more inclusive and impactful.

Digital Platforms in Education

The digital revolution has reshaped education, making learning more accessible, interactive, and flexible. In Home Science, digital platforms provide diverse opportunities for skill development, awareness, and hands-on training. E-learning platforms like Coursera, Udemy, and SWAYAM offer structured courses on nutrition, resource management, and textiles. YouTube and video tutorials enhance learning through visual demonstrations of cooking techniques, home organization, and fashion design. Mobile applications aid in nutrition tracking, household management, and parenting guidance. Virtual Reality (VR) and Augmented Reality (AR) enable immersive experiences, such as simulated cooking or textile designing. Social media and blogs promote awareness by sharing DIY tips, expert advice, and sustainable living practices. These tools make Home Science education more engaging and widely accessible.

> ➢ ***E-learning Platforms***; E-learning platforms such as Coursera, Udemy, and SWAYAM have made Home Science education more accessible by offering online courses on diverse topics, including nutrition, interior design, family resource management, and textile technology. These platforms provide structured courses with video lectures, reading materials, quizzes, and certification programs, enabling students, professionals, and homemakers to learn at their own pace (Sharma & Gupta, 2022). Additionally, government-backed platforms like SWAYAM cater specifically to Indian learners, offering courses developed by institutions such as NCERT, UGC, and IGNOU. The availability of Home Science-related courses on such platforms ensures wider dissemination of knowledge, particularly for students in remote areas who may not have access to traditional classroom education (Verma, 2021).

> ➢ ***YouTube & Video Tutorials***; YouTube has emerged as a powerful tool for skill-based learning, particularly in practical fields like Home Science. Numerous educators and institutions use video tutorials to demonstrate cooking techniques, textile design methods, home decoration ideas, and child care practices. Video-based learning is highly effective because it provides visual demonstrations, step-by-step guidance, and real-life applications, making concepts easier to understand and implement (Kumar & Rathi, 2020). Many Home Science experts and influencers have gained popularity on YouTube by sharing content on budget-friendly home management, nutrition planning, and DIY sustainable fashion, contributing to widespread awareness and knowledge-sharing (Mishra, 2021).

- ➢ *Mobile Applications;* With the growing reliance on smartphones, mobile applications have become a convenient way to integrate Home Science education into daily life. Apps like MyFitnessPal and HealthifyMe provide nutrition tracking and dietary recommendations, helping users make healthier food choices (Desai, 2020). Home management apps such as Tody and BrightNest assist in organizing household tasks efficiently, promoting better resource utilization. Parenting guide apps like BabyCenter and Kinedu offer expert-backed advice on child development, making it easier for parents to monitor their child's growth and milestones (Patel & Verma, 2019). These applications contribute to instant access to information and personalized learning experiences, thereby enhancing knowledge retention and application.

- ➢ *Virtual Reality (VR) & Augmented Reality (AR)*; Emerging technologies like Virtual Reality (VR) and Augmented Reality (AR) are transforming Home Science education by offering immersive and interactive learning experiences. In fields such as culinary arts, textile design, and interior decoration, VR enables users to practice skills in a simulated environment before applying them in real life (Rao & Mehta, 2021). For example, VR-based cooking simulations allow learners to experiment with recipes and cooking techniques without wasting ingredients. Similarly, AR applications in textile designing help students visualize fabric patterns and colors in real-time, facilitating better decision-making in the fashion industry. By integrating these advanced technologies, Home Science education becomes more engaging, practical, and industry-oriented.

- ➢ *Social media & Blogs*; Social media platforms such as Instagram, Facebook, and Pinterest have become key tools for spreading Home Science awareness. Influencers, educators, and institutions use these platforms to share short video tips, infographics, and blog articles on topics like sustainable living, nutrition planning, and home organization (Singh, 2022). Pinterest, in particular, serves as a visual inspiration hub for DIY home projects, fashion styling, and interior decoration ideas, making Home Science concepts more appealing to a wider audience. Additionally, Facebook groups and forums provide spaces for discussions, knowledge-sharing, and community engagement, allowing individuals to learn from experts and peers alike (Gupta & Sharma, 2021).

Digital Platforms for Awareness

Digital platforms play a crucial role in spreading awareness about Home Science-related topics, including nutrition, hygiene, sustainable living, consumer rights, and family welfare. Through government initiatives, online campaigns, webinars, podcasts, and online forums, individuals can access valuable information that promotes better decision-making and improves their quality of life.

- ➢ *Government Initiatives;* Governments worldwide have launched various digital campaigns to promote awareness in key areas such as nutrition, hygiene, and family welfare. In India, initiatives like Poshan Abhiyaan (National Nutrition Mission) use digital platforms to spread awareness about healthy eating habits, maternal and child nutrition, and the importance of a balanced diet (Ministry of Women and Child Development, 2021). Similarly, the Swachh Bharat Mission promotes hygiene and sanitation through online campaigns, mobile applications, and interactive videos. Websites like National Institute of Nutrition (NIN) and Food Safety and Standards Authority of India (FSSAI) provide free educational resources on food safety, diet planning, and consumer health. Such government-backed digital initiatives ensure mass outreach and knowledge dissemination, particularly benefiting rural and underserved communities.

- ➢ *Online Campaigns and Webinars;* The rise of online awareness campaigns and webinars has significantly enhanced public education on topics related to sustainable living, healthy eating, and consumer rights. Organizations, NGOs, and educational institutions frequently conduct webinars on food safety, organic farming, textile sustainability, and home

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management to educate people on making eco-friendly and health-conscious choices (Sharma & Gupta, 2022). Social media platforms like Instagram, Facebook, and Twitter are extensively used to promote awareness through interactive posts, live Q&A sessions, and short educational videos. Campaigns such as "Eat Right India" by FSSAI and "Green Living Awareness" by environmental organizations encourage individuals to adopt sustainable practices in daily life. The accessibility of such campaigns ensures that a diverse audience, including students, homemakers, and professionals, can benefit from expert insights.

➢ *Podcasts & Online Forums;* Podcasts and online discussion forums have emerged as powerful tools for community-based learning. Podcasts like "The Nutrition Diva" and "Eat Sleep Grow" provide expert advice on healthy meal planning, weight management, and child nutrition (Kumar, 2021). Similarly, Indian podcasts focusing on traditional diets, organic food habits, and home management strategies are gaining popularity. Online forums such as Reddit, Quora, and Facebook groups allow users to engage in discussions, seek expert advice, and share practical experiences on topics like budget-friendly home management, eco-friendly textiles, and DIY home decor (Verma & Singh, 2020). These platforms foster interactive and peer-driven learning, making it easier for individuals to stay informed and adopt healthier, more sustainable practices.

Benefits of Digital Learning in Home Science

The integration of digital platforms in Home Science education has revolutionized learning by making it more accessible, cost-effective, interactive, and tailored to individual needs. Online courses, mobile apps, and video tutorials allow students, homemakers, and professionals to learn anytime, anywhere, removing geographical and time constraints. Free and low-cost resources, such as SWAYAM and YouTube, make quality education affordable. Interactive tools like animations, quizzes, and live sessions enhance engagement, while personalized learning experiences cater to different skill levels and interests. Digital learning empowers individuals with practical knowledge in nutrition, home management, textiles, and child development, promoting lifelong learning and skill development.

➢ *Accessibility: Learning from Anywhere, anytime;* One of the most significant benefits of digital learning in Home Science is its flexibility and accessibility. With online platforms, individuals can learn at their own pace, from any location, and at any time (Sharma & Gupta, 2022). This is particularly beneficial for students in remote areas, homemakers, and working professionals who may not have access to traditional classroom settings. Mobile apps, e-learning platforms, and video tutorials allow learners to acquire skills in nutrition, child development, home management, and textile design without the constraints of a fixed schedule. Additionally, recorded lectures, downloadable study materials, and live-streamed sessions ensure that learners can revisit concepts whenever needed.

➢ *Cost-effectiveness: Free and Low-cost Resources for Students and Homemakers;* Digital learning provides an economical alternative to traditional education, making Home Science knowledge accessible to a wider audience, including students, homemakers, and self-learners (Verma, 2021). Many government-backed and private e-learning platforms offer free or affordable courses, eliminating the need for expensive textbooks and physical classroom infrastructure. Platforms like SWAYAM, YouTube, and Coursera provide high-quality educational content at minimal or no cost. Additionally, social media influencers and educational bloggers share valuable budget-friendly home management tips, sustainable fashion ideas, and nutrition guidance for free, helping individuals improve their lifestyles without financial burden.

➢ *Engagement: Interactive Learning through Quizzes, Animations, and Live Sessions;* Unlike traditional methods, digital learning incorporates interactive elements, making Home Science education more engaging and effective (Kumar & Rathi, 2020). Platforms

use animations, simulations, gamified quizzes, and live Q&A sessions to enhance understanding. For instance, virtual cooking demonstrations with step-by-step guidance make learning more practical, while animated videos on child development explain complex concepts in an easy-to-understand manner. Many e-learning platforms also offer discussion forums, group activities, and live webinars, promoting peer learning and active participation. These features make Home Science education dynamic, visually appealing, and enjoyable.

➤ *Customization: Personalized Learning Experiences*; Digital platforms enable personalized learning, allowing individuals to tailor their education based on their interests, skill levels, and career goals (Desai, 2020). Many platforms offer adaptive learning technologies, where content is customized according to the user's progress and preferences. For example, nutrition and fitness apps provide personalized diet plans based on age, lifestyle, and health conditions, while online textile design courses allow learners to focus on specific skills like embroidery, dyeing, or fashion styling. This level of customization ensures that learners receive relevant and targeted knowledge, enhancing the overall effectiveness of Home Science education.

Digital learning in Home Science offers unparalleled accessibility, affordability, engagement, and customization, making education more inclusive and effective. Whether through free resources, interactive content, or personalized learning experiences, digital platforms empower individuals with practical knowledge and skills that can be applied to daily life, professional careers, and sustainable living. As technology continues to evolve, digital learning will play an increasingly vital role in shaping the future of Home Science education.

Challenges & Limitations

Despite its numerous advantages, digital learning in Home Science faces several challenges that limit its effectiveness. Technological barriers, such as limited internet access and lack of digital literacy in rural areas, prevent equitable access to online education. Misinformation on social media spreads unreliable health, nutrition, and home management advice, leading to misconceptions. Additionally, gaps in practical learning arise, as hands-on skills like cooking, textile designing, and childcare require physical practice beyond virtual demonstrations. Language barriers further hinder learning, as most digital content is in English or major languages, making it difficult for regional learners. Addressing these challenges is crucial for a more inclusive and effective Home Science education system.

1. *Digital Divide: Limited Internet Access in Rural Areas;* One of the biggest challenges in digital learning is the digital divide, particularly in rural and economically weaker sections. Many students and homemakers in remote areas lack access to stable internet connections, digital devices, and electricity, making it difficult to benefit from online education (Sharma & Gupta, 2022). Even in urban settings, high-speed internet and advanced digital tools may not be affordable for everyone. This technological disparity limits equal access to quality Home Science education, preventing many from utilizing e-learning platforms, webinars, and online resources. Bridging this gap requires government initiatives, affordable internet access, and infrastructure improvements in underserved areas.

2. *Authenticity of Information: Misinformation on social media*; With the rise of social media and online influencers, misinformation has become a major concern. Many unverified sources share inaccurate or misleading content related to nutrition, home remedies, parenting tips, and sustainable living (Kumar & Verma, 2021). For instance, fad diets, unsafe home remedies, and misleading textile care techniques are often circulated without scientific backing, leading to misguided decisions. Unlike academic institutions that provide credible and peer-reviewed information, YouTube videos, Instagram posts, and blogs may lack authenticity. To combat misinformation, fact-checking, expert-led content,

and regulatory measures are necessary to ensure that learners access reliable and scientifically validated knowledge.

3. ***Practical Learning Gap: Hands-on Skills Require Physical Practice;*** Home Science is a skill-based discipline that involves practical applications in areas such as cooking, textile design, child development, and resource management. While digital platforms provide theoretical knowledge and video demonstrations, they cannot fully replace hands-on learning experiences (Desai, 2020). For example, learning to cook through online tutorials is helpful, but mastering cooking techniques, food safety practices, or embroidery work requires physical practice and real-time feedback. Virtual reality (VR) and augmented reality (AR) tools offer some level of interactive training, but they remain expensive and inaccessible for many. Bridging this practical learning gap requires hybrid learning models, where digital education is complemented with hands-on workshops, internships, and lab-based training.

4. ***Language Barriers: Need for Multilingual Content;*** Most digital learning platforms provide content primarily in English or a few major languages, limiting accessibility for regional language speakers. Many students and homemakers, especially in rural India, non-English-speaking countries, and local communities, struggle to understand complex concepts in an unfamiliar language (Verma & Singh, 2021). Additionally, voice-based learning platforms and subtitles often fail to accurately translate technical Home Science terms, making comprehension difficult. To make digital learning truly inclusive, there is a need for multilingual educational content, voice-assisted learning tools, and region-specific adaptations. Expanding digital Home Science education in local languages would allow a larger audience to benefit from online resources and apply the knowledge effectively in daily life.

Future Scope & Recommendations

The future of digital learning in Home Science is promising with advancements in AI, multilingual education, gamification, and institutional collaborations. AI-powered personalized learning can enhance education by adapting to individual learning styles, offering customized recommendations, real-time feedback, and interactive assessments. AI-driven chatbots can provide instant guidance on nutrition, home management, and child development (Sharma & Verma, 2022). To improve accessibility, regional language content must be promoted. Many rural learners struggle with English-based education, limiting their understanding (Desai, 2021). Developing e-learning modules, video tutorials, and mobile apps in regional languages will increase inclusivity. Integrating gamification and virtual internships can make learning more engaging and practical. Gamified learning—using quizzes, rewards, and interactive simulations—enhances motivation and retention (Kumar & Gupta, 2020). Virtual internships allow students to apply their skills in real-world scenarios, such as virtual cooking challenges, textile design simulations, and digital home management projects. Stronger collaborations between universities, NGOs, and ed-tech companies will help expand digital education. Universities can develop accredited courses, NGOs can reach marginalized communities, and ed-tech firms can introduce AR-based textile designing modules or AI-driven nutritional planners (Singh & Rathi, 2022).

By adopting AI-driven personalization, multilingual content, gamified learning, and institutional collaborations, digital Home Science education can become more inclusive, interactive, and impactful, empowering learners with practical skills for a self-reliant society.

Conclusion

Digital platforms have revolutionized Home Science education by making learning more accessible, engaging, and interactive. Through e-learning platforms, mobile applications, video tutorials, and social media, students and professionals can acquire essential knowledge and practical skills in areas such as nutrition, health, resource management, textiles, and child development. These tools have not only expanded educational opportunities but also played a crucial role in spreading awareness about sustainable living, healthy eating, and effective home management. However, while digital learning offers numerous

benefits, it is essential to implement responsible and effective digital education strategies. Ensuring accuracy of information, bridging the digital divide, and incorporating practical training elements are necessary steps toward making digital education in Home Science more impactful and inclusive. Additionally, the development of multilingual content, AI-driven personalized learning, and gamified experiences can further enhance its reach and effectiveness.

As technology continues to evolve, digital learning must be designed to empower learners with real-world applications rather than just theoretical knowledge. By combining innovative teaching methods with ethical digital practices, Home Science education can be transformed into a dynamic, engaging, and inclusive field, equipping individuals with the skills and awareness needed for a better quality of life.

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