

## COMPARISON BETWEEN COTTAGE STAY IN HOME SCIENCE AND STAY IN BIG BOSS HOUSE

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### ABSTRACT

Home science program at UG and PG level is being offered by both traditional and agricultural universities in India, for the past several decades. Home science is comprised of five disciplines, namely foods and nutrition, apparel and textiles, human development and family studies; resource management and consumer sciences; and extension & communication. A resource management & consumer science, are also called as a family resource management or home management, in some colleges. The cottage stay course is offered in the final year degree program. The concept of cottage stay was much earlier evolved and had lots of similarities, with the present day big boss show concept. This paper tried to analyze the concept and bring out the importance of home science education, for the overall development of a person.

**KEYWORDS:** Home science, Cottage Stay, Big Boss Show Concept

### INTRODUCTION

Home science degree program was offered for 3 years, by both traditional and agricultural universities, since 1950s till 2000. It was earlier called as domestic science. Home science, basically aim to develop the student as an all rounder, i.e. Resource manager, dietitian, costume designer, psychologist, and community worker. It has five disciplines, namely foods and nutrition, apparel and textiles, human development and family studies; resource management and consumer sciences; and extension & communication. Among all these departments, a resource management & consumer science, which is also called as a family resource management or home management in some colleges used to offer cottage stay in final year.

The cottage stay concept was evolved by western countries, and adopted by Indian universities, when Home science degree program was started by the academicians, came from the USA. This cottage stay program ran successfully for several years, however, due to technical and other unexplained reasons, this course got faded away slowly. Still a few colleges like Faculty of Home science in M. S. University of Baroda, Morning star Home Science College etc., are offering with several modifications from the original course.

Cottage stay had run for many years in all the universities, which were running a home science program. However, due to the reluctance of students to stay away from the family, spending money from their own pocket for the stay, unwilling to stay with other students who were not friends till then, the reluctance of teacher to stay in the house day and night with so many batches and eating the unpalatable food prepared by many amateur students as cooks, providing security to the girl students etc., This course has been suspended in many colleges. When big boss show is greatly

appreciated by the public, it was felt necessary to educate the public about cottage stay importance and need for reviving or reintroducing the course.

### **Aim of the Study**

To understand the importance of cottage stay in the home science program and to analyze the differences and similarities between cottage stay and big boss show.

### **Eligible Students for Cottage Stay**

Final year students are divided into groups with 6-8 members in each group. The division of groups and group members used to be done by lottery method or by roll number. Each group is supposed to stay in the house for four weeks. For this purpose college used to have a separate building constructed with all the amenities like water, electricity, furniture, furnishings, household equipment like kitchen tools, gadgets, recreation equipment along with infrastructure that includes dining, drawing/living, laundry room, kitchen, store room etc.; Separate bedrooms with toilets for girls and teacher to sleep for conducting the course. One teacher is responsible for running the course and she is also supposed stay day and night along with the students in the residence.

### **Duties of Inmates**

Basically six duties are to be carried out by the students in rotation i.e. Head cook, assistant cook, money manager, maid, assistant maid, and hostess. Assistants used to be given to money manager and hostess if more number of students is there. All these students would change their duties after one week so that, by the end of the program, they would complete cooking, cleaning, managing money and taking care of guests. Head cook and assistant cook had to prepare menus with a balanced diet, cook the four meals i.e. Breakfast, lunch, snacks and dinner, and wash only those vessels that are required to be used for cooking. Individual cups, glasses, plates etc. Need to be cleaned by the respective users. Maid and assistant maid are supposed to sweep and mop the entire house daily. Hosts are required to arrange the house beautifully and take care of guests whenever they come. Money manager has to prepare the budget based on the requirements of the members for running the house, purchase them and distribute them. Individual rooms and personal clothes had to be washed by the respective students.

Students had to contribute the money for their stay which is to be used for groceries, decorative items, and prizes to the winners if any competitions are held. Food has to be prepared as per the menu and everyone has to eat together along with the teacher. Apart from the course in-charge, they need to invite other faculty members for any of the four meals depending upon their convenience. Once in a week they need to organize some parties with some theme for eg: for children, adolescents, old people, newly married couple, so that, the decoration, food has to match the theme. Apart from that they are supposed to replicate the culture of different states. For e.g., if they take Tamilnadu state, they should decorate the interiors like a chameleon house with suitable accessories, cook Tamil meal, serve in Tamil style, and dress up like chameleons. If possible, need to invite a timeline for dinner to evaluate them. Mostly they used to take up those states to represent based on the availability of people from the respective state to judge their performance.

All theoretical concepts learnt in theory courses of all five disciplines needs to be applied in practices during their house stay. For eg., whatever has been learnt in food and nutrition related courses, need to follow in menu planning, preparation, cooking etc., without losing nutrient value; management of money, wise purchase, conservation of resources

like food, water, electricity, energy, table setting, table etiquettes, taking care of guests, decorating the house etc. From Family resource management courses; adjusting to a new environment, different group members, coping up with difficulties faced etc. From Human development and family studies and so on and so forth.

### **Comparison between House Stay and Big Boss Show**

#### **Similarities**

In both the cases, unrelated people from the same field would be selected and made to stay in the common house. In big boss show most celebrities and in cottage stay students from the same class are selected randomly. All the members, despite the disliking of the household chores, need to perform in both the houses. Many of them learn to do the household activities during their stay. In both cases, the members need to adjust with the limited budget and resources. They are not supposed to waste the resources as conservation is very important. They have to learn to accept the criticisms with dignity, resolve the conflicts, learn to acquire new skills and shed the bad traits. Students need to attend the classes regularly along with the running of a house while big boss house participants had to do some tasks assigned by their boss. Both the teams need to entertain the guests in the best possible manner. Punishments are given in both the houses if members make any mistake. Leaders are selected every week by the group members in both the houses. In both the houses, members are not supposed to quit the stay on their own unless it is an emergency and that to with prior permission from the boss/teacher. During the stay period, many changes happen, especially in terms of interactions and relations where foes become friends and friends become foes. Family members can visit the inmates only for a short while in both the cases. Members are highly appreciated for showing their talents like cooking, decorating, singing, dancing, mimicking etc., to make the house more livable and educative.

#### **DIFFERENCES**

There is a little dissimilarity observed in these two concepts. Money has to be contributed by the students for running the house while the show organizers provide the money along with other infrastructure to the participants. Participant in big boss house is judged by people and will be eliminated while a student is evaluated by the teacher and given less grade if performance is unsatisfactory. Prize money will be given to the winner in big boss show while highest grade will be given to the student if the performance is highly satisfactory as per the norms set.

#### **CONCLUSIONS**

It can be concluded from both the houses that members tend to take the responsibility, own the mistakes, accept the differences, realize the importance of resources to value them, getting adjusted in any kind of situation with any kind of personality. This course was appreciated by 80% of the parents during that time and students also expressed that this course helped them in their later life to get adjusted both in work place and family life. Hence it is recommended to reintroduce the cottage stay in the home science curriculum with a few modifications like providing financial support for their stay expenses of the university/college authorities, introducing Closed circuit cameras in the residence, rotating the duty of teacher to monitor their stay and giving a certificate for the stay as it is given for NSS camp.

