

**CURRICULUM**  
**OF**  
**HOME ECONOMICS**

(Revised 2006)



**HIGHER EDUCATION COMMISSION**  
**ISLAMABAD**

## **CURRICULUM DIVISION, HEC**

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## PREFACE

Curriculum of a subject is said to be the throbbing pulse of a nation. By looking at the curriculum one can judge the state of intellectual development and the state of progress of the nation. The world has turned into a global village; new ideas and information are pouring in like a stream. It is, therefore, imperative to update our curricula regularly by introducing the recent developments in the relevant fields of knowledge.

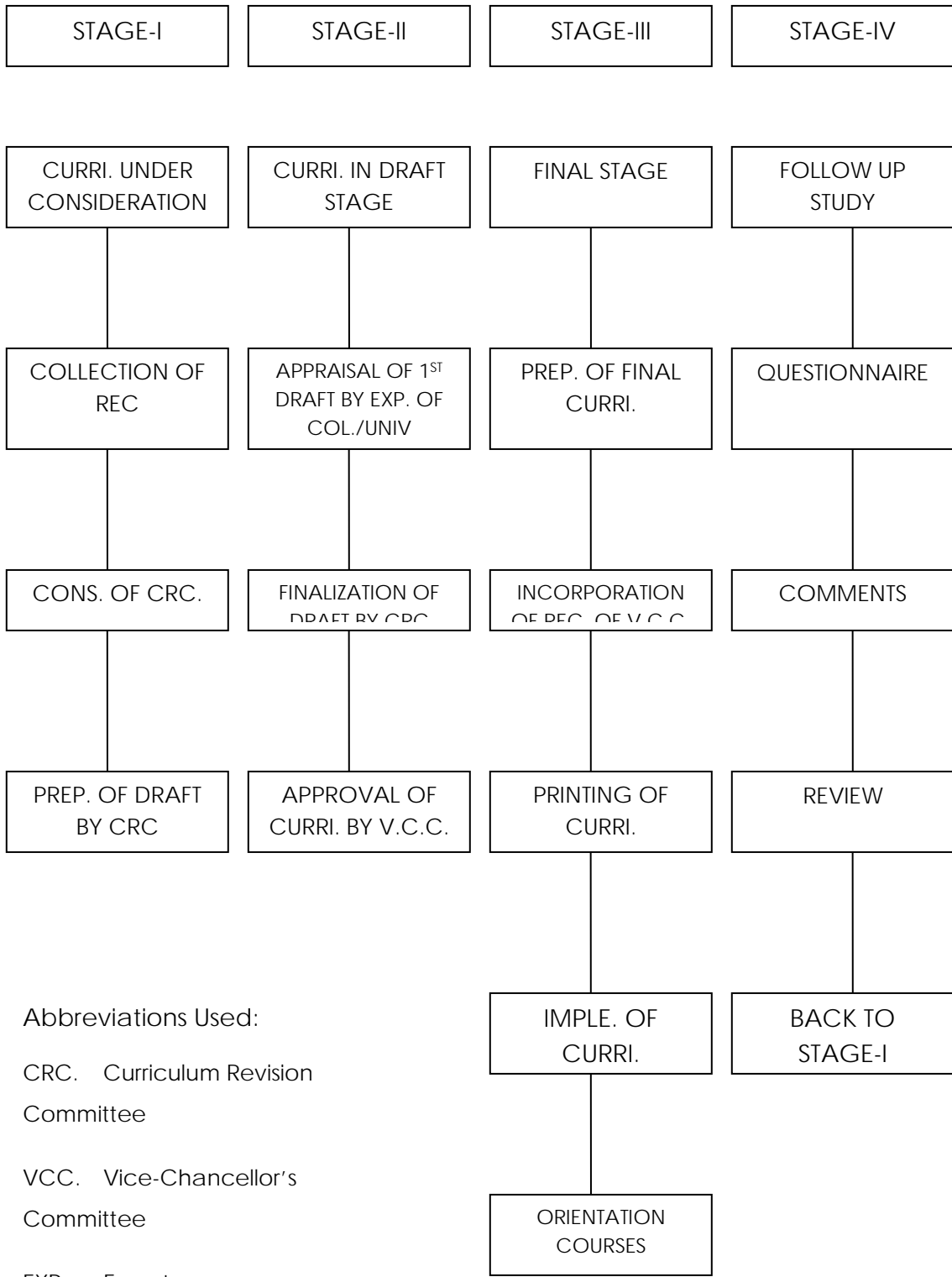
In exercise of the powers conferred by sub-section (1) of section 3 of the Federal Supervision of Curricula Textbooks and Maintenance of Standards of Education Act 1976, the Federal Government vide notification no. D773/76-JEA (Cur.), dated December 4, 1976, appointed University Grants Commission as the competent authority to look after the curriculum revision work beyond class XII at bachelor level and onwards to all degrees, certificates and diplomas awarded by degree colleges, universities and other institutions of higher education.

In pursuance of the above decisions and directives, the Higher Education Commission (HEC) is continually performing curriculum revision in collaboration with universities. According to the decision of the special meeting of Vice-Chancellors' Committee, curriculum of a subject must be reviewed after every 3 years. For the purpose, various committees are constituted at the national level comprising senior teachers nominated by universities. Teachers from local degree colleges and experts from user organizations, where required, are also included in these committees. The National Curriculum Revision Committee for **Home Economics** in its meeting held in **April 17-19, 2006** at the HEC Regional Centre, Lahore revised the curriculum after due consideration of the comments and suggestions received from universities and colleges where the subject under consideration is taught. The final draft prepared by the National Curriculum Revision Committee duly approved by the Competent Authority is being circulated for implementation by the institutions.

***Prof. Dr. Altaf Ali G. Shaikh***  
*Adviser (Acad/R&D)*

August 2006

# CURRICULUM DEVELOPMENT



**Abbreviations Used:**

CRC. Curriculum Revision Committee

VCC. Vice-Chancellor's Committee

EXP. Experts



## Minutes of the Meeting

The Final National Curriculum Revision committee Meeting in **Home Economics** Disciplines: Art and Design; Food & Nutrition; Human Development and Family Studies, Management Housing and Interior: Textile and Clothing was held on 17-19 April, 2006 at Higher Education Commission, Regional Centre, Lahore to revise existing curriculum. The following experts attended the preliminary and final meeting

Prof. (Ms.) Matina Zia, Principal (R) College of Home Economics, Lahore.	Convener
Uzma Khalid Lecturer, Department of Home Economics Government College University, Faisalabad.	Member
Ms. Abida Tallat, Associate Professor Home Economics, Lahore College for Women University, Jail Road, Lahore	Member
Mrs. Parveen Channa, Associate Professor, Department of Food & Nutrition, Govt. Dr. I. H. Zubair Girls College for Home Economics, Hyderabad.	Member
Mrs. Shabana Pervaiz Associate Professor, Rana Liaquat Ali Khan College of Home Economics, Karachi.	Member
Mrs. Anjum Mirza Associate Professor, Lahore College for Women University, Lahore.	Member
Mrs. Fisiha Khalid Associate Professor of Clothing & Textile Government Dr. I. H. Zuberi Girls, College of Home Economics, Hyderabad.	Member
Ms. Mahlaqa , Lecturer, Ra'ana Liaquat Ali Khan, Govt. College of Home Economics Stadium Raod, Karachi.	Member
Mrs. Durdana Kazi, Assistant Professor, Ra'ana Liaquat Ali Khan, Govt. College of Home Economics Stadium Raod, Karachi.	Member

Ms. Kauser Parveen Assistant Professor Child Development Government Dr. I. H. Zuberi Girls, College of Home Economics, Hyderabad.	Member
Mrs. Kulsoom Jamali Ra'ana Liaquat Ali Khan, Govt. College of Home Economics Stadium Road, Karachi.	Member
Mr. Khalid Hussain Head of Department of Art & Design A. J. K. University, Muzaffarabad.	Member
Mrs. Shahnaz Khalid Assistant Professor of Applied Art, Government Dr. I. H. Zuberi Girls, College of Home Economics, Hyderabad.	Member
Dr. Aisha Siddique Lecturer, Department of Home Economics, University of Agriculture, Faisalabad.	Member
Dr. Gregory W. Brock Professor, Director of Graduate Studies, University of Kentuchky, F.C. College, Ferozepur Road, Lahore	Member
Ms. Khadija Soomoro Lecturer of Home Management Government Dr. I. H. Zuberi Girls, College of Home Economics, Hyderabad.	Member
Mrs. Zumurad Sabzwari Assistant Professor, Ra'ana Liaquat Ali Khan, Govt. College of Home Economics Stadium Raod, Karachi.	Member
Dr. Munir Akhtar Saleemi S & P Paed, King Edward Medical College, Mayo Lady Willingdon and Lady Atchison Hospital, Lahore.	Member
Prof. Simin Masud Principal, College of Home Economics University of Peshawar, Peshawar.	Member
Ms. Kaniz Fatima Human Development Studies College of Home Economics University of Peshawar, Peshawar	Member

Mrs. Amal Uppal Department of Food and Nutrition College of Home Economics University of Peshawar, Peshawar.	Member
Ms. Faiza Tauqeer Department of Clothing and Textile College of Home Economics University of Peshawar, Peshawar.	Member
Ms. Showana Abid Pakistan School of Textile Design, Lahore.	Member
Ms. Farwa Saleem Pakistan School of Textile Design, Lahore.	Member
Ms. UMBER Ejaz Pakistan School of Textile Design, Lahore.	Member
Mrs. Attiya Inam Department of Human Development and Family Studies, College of Home Eco. Lahore	Member
Mrs. Samana A. Bokhari Head, Department of Related Art College of Home Eco. Lahore	Member
Mrs Ghazala Pervez Zaman Associate Professor, Department of Food Nutrition, College of Home Eco. Lahore	Member
Dr. Samia Kalsoom Associate Professor Head, Department of Textile & Clothing College of Home Eco. Lahore	Member
Ms. Seema Shirjeel, Assistant Professor Department of Housing and Management, College of Home Economics, Lahore	Member
Ms. Nuzhat Shaheen Dar, College of Home Economics, University of Peshawar, Peshawar.	Member
Miss Sobia Akram Lect. College of Home Economics University of AJK	Member
Mrs. Tayyaba Gul A/P Uni. College of Home Economics MirPur Azad Kashmir	Member
Mrs. Farzana Rahman Safi Lecturer, Management Studies, College of Home Economics University of Peshawar	Member

Prof. Dr. Perveen Liaqat Chairperson, Home and Health Sciences Allama Iqbal Open University Islamabad	Member
Dr. Nighat Bhatti Associate Professor/Chairperson Department of Rural Home Economics University of Agriculture, Faisalabad.	Member / Secretary

The meeting started with recitation from the Holy Quran.

Ms. Ghayyur Fatima, Deputy Director (Curriculum), Curriculum Division, HEC, Islamabad welcomed all the participants. She conducted the meeting and co-coordinated all the 5 groups of the NCRC. She explained the efforts of the HEC in writing monographs / textbook on various topics of Syllabi, Teachers Training Programmes and other schemes conducted by the HEC.

The Committee before taking up the regular agenda unanimously selected Prof. (Rtd.) Matina Zia, College of Home Economics, Lahore as Convener and Dr. Nighat Bhatti, Chairperson Department of Home Economic University of Agriculture Faisalabad as Secretary of the National Curriculum Revision Committee. Then the house was opened for general discussions. The committee deliberated upon the comments of the experts received from different Universities/Institutions. The members also discussed existing curriculum of the universities. They critically analyzed the suggestions given by academicians for improvement of curriculum.

Ms. Matina Zia as convener of the previous NCRC (2003) made a presentation on the evaluation of the proposed draft curriculum prepared by the preliminary NCRC (14-16 November, 2005). After long deliberations on different aspects of curriculum the National Committee split into five Sub-Committees according to their respective fields. The committee developed six year B.S Hons. Home Economic Programme and two year MS Home Economics curriculum. The sub-committees also selected a Chairman/Convener for each Committee. The committees were given the task of developing six years B.Sc. (Hons) Home Economics programme with two years master degree programme in five majors of Home Economics, thus completing the 18 years of schooling according to Higher Education Commission requirement. It was decided that individual colleges enroll students after two years from Secondary Board and then offer four years Bachelor degree. However, these colleges will be required to offer deficit courses in Home Economics disciplines to bring these students upto the level of students who are enrolled in Home Economics Colleges after matriculation.

## Sub-Committees

### HUMAN DEVELOPMENT AND FAMILY STUDIES

<b>S.NO</b>	<b>NAME OF PARTICIPANTS</b>
1	Dr. Munir Akhtar Saleemi, Member, S & P Paed, King Edward Medical College, Mayo Lady Willingdon and Lady Atchison Hospital
2	Mrs. Attia Inam, Member, Department of Human Development and Family Studies, College of Home Eco. Lahore.
4	Mrs. Zumurad Sabzwari, Member, Ra'ana Liaquat Ali Khan, Govt. College of Home Economics Stadium Raod, Karachi.
5	Dr. Aisha Siddique, Member, Lecturer, Department of Home Economics, University of Agriculture, Faisalabad.
6	Dr. Gregory W. Brock, Member, Professor, Director of Graduate Studies, University of Kentucky, F.C. College, Ferozpur Road, Lahore
7	Ms. Kauser Parveen, Member, Assistant Professor Child Development, Government Dr. I. H. Zuberi Girls, College of Home Economics, Hyderabad.
8	Prof. Dr. Kaniz Fatima, Member, Human Development Studies, College of Home Economics University of Peshawar, Peshawar
	Prof. Dr. Simin Masud, Member, Principal, College of Home Economics, University of Peshawar Peshawar

### CLOTHING AND TEXTILE

<b>S.NO</b>	<b>NAME OF PARTICIPANTS</b>
1.	Dr. Samia Kalsoom, College of Home Economics, Gulberg, Lahore <b>Convener</b>
2.	Ms. Faiza Tauqeer, College of Home Economics, University of Peshawar, Peshawar.
3.	Mrs. Fasiha Khalid, Dr. I.H. Zuberi College of Home Economics, Hyderabad.
4.	Ms. Mahlaqa Afreen, College of Home Economics, Karachi.
5.	Ms. Tayyaba Gul, University of Home Economics, Mirpur.

## **INTERIOR DESIGN AND MANAGEMENT STUDIES**

<b>S.NO</b>	<b>NAME OF PARTICIPANTS</b>
1.	Ms. Khajija Soomro, Dr. I.H. Zuberi College of Home Economics, Hyderabad.
2.	Ms. Farzana Rehman Safi, College of Home Economics, University of Peshawar, Peshawar.
3.	Ms. Seema Shurjeel, College of Home Economic Gulberg, Lahore.
4.	Ms. Durdana Kazi, RLAK Govt. College of Home Economics, Karachi

## **FOOD AND NUTRITION**

<b>S.NO</b>	<b>NAME OF PARTICIPANTS</b>
1	Prof. Matina Zia, College of Home Economics, Lahore. <b>Convener</b>
2	Dr. Parveen Liaquat, Allama Iqbal Open University, Islamabad
3	Dr. Nighat Bhatti Department of Rural Home Economic, University of Agriculture Faisalabad.
4	Ms. Shabana Perwaiz Sandila, RLAK Govt. College of Home Economics, Karachi.
5	Mrs. Parveen Channa, Dr. I.H. Zuberi Home Economics College, Hyderabad.
6	Ms. Sobia Akram, University College of Home Economics, Mirpur AJK.
7	Ms. Uzma Khalid, College of Home Economic GC University, Faisalabad.
8	Mrs. Amal Uppal, College of Home Economic, University of Peshawar
9	Ms. Ghazala Pervez Zaman, College of Home Economic, Lahore.
10	Ms. Anjum Mirza, Lahore College for Women University, Lahore.
11	Ms. Attiya, Lahore College for Women University, Lahore.

## **RELATED ARTS**

<b>S.NO</b>	<b>NAME OF PARTICIPANTS</b>
1	Ms. Samana Bokhari, College of Home Economics, Lahore
3	Ms. Nuzhat Shaheen Dar, College of Home Economics, University of Peshawar, Peshawar.
4	Ms. Kulsoom Bibi Jamali, RLAK Govt. College of Home Economics, Karachi.
5	Mrs. Samana Ali Bokhari, College of Home Economics, Lahore.
6	Mrs. Shahnaz Khalid, College of Home Economic Hyderabad.
7	Prof. Khalid Hussain, University of AJK, Mirpur.

The agenda before the Committees were as under:-

1. To finalize the B.S/ BS (Hons.) curriculum for each group (6 years programme).
2. To finalize curriculum for M.S level (two years) for each group and where ever possible provide details of courses.

## **INTRODUCTION**

Home Economics is concerned with the development and well being of individuals, families, and communities. It is a professional field comprising of the following disciplines.

1. Food and Nutrition
2. Textiles and Clothing
3. Human Development and Family Studies
4. Housing Management Studies and Interiors
5. Art and Design

### **General Objectives:**

- Skilled management of the families by enhancing the physical, psychosocial, economic, and esthetic well being of individuals and families.
- Development and use of personal, social, material, and natural resources to meet human needs as producers/consumers of goods and services.
- Preparation of professionals for the development of community and environment.

### **Specific Objectives:**

- To develop skills of image enhancement of Home Economics.
- Integrate and apply knowledge of sciences and humanities.
- Integrate and apply knowledge from all areas of Home Economics
- To create awareness of research for professional development

- To prepare students for career and profession in different areas of Home Economics
- To strive for continuing professional development and to learn to overcome constraints.

## HIGHER EDUCATION PROGRAMMES IN HOME ECONOMICS

- Home Economics is a professional field and the courses have been developed keeping in mind the requirements of various professions that are open to graduates in this discipline
- B.S Home Economics is a five year integrated course comprising of subjects from core Home Economics disciplines and supporting subjects
- B.S Home Economics (Hons.) is a ***six year integrated course*** comprising of subjects from core Home Economics disciplines and supporting subjects.
- Students will be enrolled after matriculation and first two years will comprise of various courses in Science and Art along with introductory Home Economics subjects. Compulsory papers including English, Urdu, Islamic Studies, and Pakistan Studies will also be taught to make the first two year courses at par with other Intermediate level courses.
- Students will be required to select one Major area in BS Final year and will be offered two papers in their area of choice.
- BS (Hons.) students will be offered one of the major disciplines of Home Economics for specialization. They will also write a project report in their area of specialization.
- Research and computer application will be emphasized through out the six years.
- Students leaving after five years will be given certificate titled: BS in Home Economics.
- Students completing six years will be given certificate titled: BS Hons (specialization)
- BS Honours degree will be compulsory for admission into Masters ' programme or for going for a doctoral degree.
- Master's programme will be offered in all the major disciplines of Home Economics and will comprise of one year course work and additional one year for research work and internship.
- Pass marks will be 40% at BS level and 50% at MS level
- Students will be offered compulsory subjects in each core area of Home Economics during the first five years of study.

**CURRICULUM FOR BS & BS (HONS)  
HOME ECONOMICS  
(6 year Degree Programme)**

**SCHEME OF STUDIES**

**First year B.S. Home Economics**

<b>Paper</b>	<b>Subject</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
1	English	100	-	100
11a	Urdu Or	100	-	100
11b	Music	60	40	
111	Chemistry	75	25	100
1V	Basic Psychology	100		100
V	Introduction to Home Economics	50	-	50
V1	Islamic Studies	100	-	100
V11	Introduction to Art and Design	60	40	100
V111	Home Nursing or Computer Science	75	25	100
Total				750

**Second Year B.S. Home Economics**

<b>Paper</b>	<b>Subject</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
1	English	100	-	100
11a	Urdu or	100	-	100
11b	Music	60	40	
111	Physiology & Microbiology	75	25	100
1V	Pakistan Studies	100	-	100
V	Fundamentals of Food & Nutrition	70	30	100
V1	Home Management	75	25	100
V11	Textiles and Clothing	70	30	100
Total				700

### Third Year B.S. Home Economics

Paper	Subject	Theory	Practical	Total
1	English	100	-	100
11	Meal Management & Food Preservation	70	30	100
111	Applied Arts	60	40	100
1V	Clothing and Consumer Education	70	30	100
V	Early Childcare & Development	70	30	100
V1	Fundamentals of Economics	100	-	100
V11a	Biochemistry	75	-25	100
	OR			
V11b	Home Economics Education: History & Development or	100	-	100
V11c	Essentials of Management	100		100
Total				700

### Fourth Year B.S. Home Economics

Paper	Subject	Theory	Practical	Total
1	English	100	-	100
11	Housing, Home Furnishing & Residence	70	30	100
111	Psychology of Childhood & Adolescence	100		100
1V	Advanced Nutrition	75	25	100
V	Advanced Clothing	60	40	100
V1	Elective Group A (any one of following)			100
	a. Applied Arts	60	40	
	b. Principles of Management	100	-	
	c. Pattern Making	60	40	
	d. Experimental Foods	75	25	
	e. Programmes in Early Childhood Education & Guidance	70	30	
	f. Management of Family Affairs	70	30	
V11	Elective Group B (any one of following)			100
	a. Sociology	100	-	
	b. Abnormal Psychology	70	30	
	c. Elementary Childhood Education	70	30	
	d. Economic Analysis	100	-	
	e. Human & Family Ecology	100	-	
	f. Understanding of Special Children	70	30	
	g. Economic II	100	-	
	h. Institutional Management	70	30	
Total				700

## Final Year B.S. Home Economics

Paper	Subject	Theory	Practical	Total
1	Elective Major (Two)			
	i. Art & Design	60	40	100
	ii. Fundamentals of Interior Design	60	40	100
	OR			
	iii. Human Resource Management	100	-	100
	iv. Organizational Behaviour	100	-	100
	OR			
	v. Environmental Management	100	-	100
	vi. Fundamentals of Architecture & Interior Design.	70	30	100
	OR			
	vii. Advanced Textiles	70	30	100
	viii. Decorative Fabrics	70	30	100
OR				
ix. Dietetics	75	25	100	
x. Nutrition Education	75	25	100	
OR				
xi. Theories of Child Development	70	30	100	
xii. Gerontology	70	30	100	
11	Elective Supplementary (any one)			100
	a. Art Appreciation	60	40	
	b. Applied Interior Design	60	40	
	c. Fundamentals of Accounting	100	-	
	d. Elementary Education	70	30	
	e. Textiles Marketing & Merchandizing	100	-	
			-	
111	Computer Studies & Physics	100	50	150
1V	Family and Community Development	70	30	100
V	Introduction to Research Methodology	75	25	150
Total				650

## B.S. Home Economics (Honours)

Paper	Subject	Theory	Practical	Total
1	Home Economics Education: Administration and Supervision.	100	-	100
11	Statistics & Computer Application –I	50	50	100
111	Elective Major ( 3 Papers)			
	A			
	a. Physiological Aspects of Nutrition	75	25	100
	b. Community Nutrition	75	25	100
	c. Food Technology and Microbiology	100	-	100
	OR			
	B			
	a. Textile Chemistry		-	
	b. Economic, Social, & Psychological Aspects of Textiles and Clothing.	75	25	100
	c. Experimental Textile	100	-	100
		75	25	100
	OR			
	C			
	a. Early childhood Education & Administration	75	-	100
	b. Communication in Human and Family Studies	75	25	100
	c. Educational Psychology and Measurement Techniques	75	25	100
	OR			
	D			
	c. Painting and Printmaking			
	d. Ceramics	60	40	100
	e. Art Education	50	50	100
	f. Weaving	70	30	100
		50	50	100
	OR			
	E			
	a. Marketing Management			
	b. Designing the Interiors	100	-	100
	c. Interior Design: Planning & Organization	100	-	100
		75	25	100
	OR			
	F			
	a. Consumer Behavior			
	b. Consumer Economics	100	-	100
	c. Fundamentals of Marketing	100	-	100
	d. Advance Statistics	100	-	100
	Research: Report writing	80	20	100
1V		100	-	100
Total		600		600

# **DETAILS OF COURSES**

## **BS first Year Home Economics BASIC PSYCHOLOGY**

**Paper 1V**

**MARKS: 100**

### **Objectives:**

1. To provide a knowledge base for understanding human Behavior.
2. To identify components of Psychology
3. To understand human learning processes.

### **Theory:**

1. Introduction to Psychology: Definition, fields of psychology, Methods of Psychology
2. Perception: Sensation and Perception; Development of Perception; and Principles of Perception.
3. Motivation: Meaning and nature.
4. Emotions: Definitions; and characteristics of emotions,.
5. Theories of learning: What is learning; Classical conditioning; Operant conditioning; Cognitive learning
6. Intelligence: Definitions; measuring intelligence.
7. Memory: Stages of memory; Short term memory; Long term memory

### **BOOKS RECOMMENDED:**

- 1 Coon, D.(2000), Essentials of psychology,8<sup>th</sup> edition, Wadsworth,USA.
- 2 Lefton, L.A.,(1997)Psychology,6<sup>th</sup> ed. USA. Allyn and Bacon.
- 3 Mgers,D.(1996).Psychology, USA., Wadsworth.
- 4 Mahmud, J.(2004),Introduction to Psychology, Pak Book Corporation, Queens Road, Lahore.

## **INTRODUCTION TO HOME ECONOMICS**

**Paper V**

**Marks 50**

### **Theroy:**

1. History and development of Home Economics.
2. Philosophical base of Home Economics
  - Nature of Home Economics
  - Aims and objectives of Home Economics
3. Home Economics as a profession.
  - College orientation
  - Scope of Home Economics as a profession.
  - Integrated focus of Home Economics.
4. Roles and responsibilities of a home economicst towards family, community, and profession.

### **Reference Books:**

1. Ferrar Barbara M. The History of Home Economics Education; Michigan State University.

2. Fleck Henrieta; Towards Better Teaching of Home Economics; The McMillan Co. Ltd. NewYork

## **INTRODUCTION TO ART AND DESIGN**

**Paper V11**

**Total Marks 100**

**Theory 60**

**Practical 40**

### **OBJECTIVES:**

1. An understanding and application of art is important in developing an awareness about design.
2. To create a better understanding about art and its evolution through Prehistoric art.

### **Theory:**

1. **Design:**
  - a. Definition of Design: The designing process as a form of organization; Factors involved in the making of a design; The analysis of the making of a design.
  - b. Elements of Design:
  - c. The Fundamental Principles of Art: Definition; Application to interior, clothing and painting
  - d. Types of Design:  
Structural and Decorative Design: Definition; Requirements of a good structural design; Requirements of a good decorative design; Evaluation & Appreciation of decorative & structural design; Character or decorative quality in design; Structural and decorative design in interior/architecture, in furniture, and in dress.
2. **Brief History of Art:** Prehistoric Cave Art-Painting and sculpture; Mesopotamian-Architecture and sculpture; Etruscan- Architecture and sculpture

### **Practical:**

1. Portfolio:-
  - Two practical exercises each based on all principles and elements of art.
  - Mediums: poster paint and paper-cut
  - Study of colour (colour wheel, colour schemes, value, intensity)
2. Poster: Theme Selection, Design Development, Lettering, Execution of design paper-cut and poster paints.
3. Preparation of One portfolio and poster for examination.

## **Books Recommended**

1. Goldstein, H and Vetta. Art in Everyday Life, The Macmillan Company, New York.
2. Faulkner, Sarah and Ray: Inside Today's Home, Holt, Rinehart and Winston, Alnc.
3. Harris, David: The Art of Calligraphy – A Practical Guide to the Skills and Techniques, Dorling Kindersley.
4. Janson, H.W. and Anthony F., History of Art, 5<sup>th</sup> Edition, Thames and Hudson.
5. Gardner, Helen: Art through the Ages, 7<sup>th</sup> Edition, Narcourt Drace Jovanovich New York.
6. Getlein, Mark: Gilbert's living with Art, McGraw Hill.
7. Janson, Michael, Mulloy, Maire and Urban, Gunther: Forgotten Cities on the Indus, Verlag Philipp Von Zabern.
8. Folk Motifs of Pakistan, Lok Virsa.

## **Second Year B.S HOME ECONOMICS**

### **FUNDAMENTALS OF FOOD & NUTRITION**

#### **Paper V**

**Total: 100**  
**Theory: 70**  
**Practical: 30**

#### **OBJECTIVES**

1. To develop an understanding of basic terms in nutrition.
2. To understand the role of various nutrients and their importance in planning and preparing balanced diet at various stages of life.

#### **THEORY**

- I. Introduction to the Study of Nutrition:** Definition of nutrition and relevant terms; Role of nutrition in relation to health; Functions of foods: Physiological, Psychological and Social; Assessment of nutritional status; Signs of good and poor nutrition.
- II. Classification, Characteristics, Food Sources, Functions and Nutritional Deficiency Problems of the following Nutrients.**  
Carbohydrates; Proteins; Fats; Minerals – Calcium, Phosphorus, Iron, Copper, Iodine & Zinc; Vitamins: Fat soluble (**A.D.E.K**) and Water soluble **Thiamin, Riboflavin, Niacin, Pyridoxin, Folic Acid, B<sub>12</sub>**; Water
- III. Balanced Diet:**  
Definition and characteristic of balanced diet; Importance of Balanced diet in relation to health; Use of daily food guide, food composition

table and recommended dietary allowance in planning balanced diets;  
Units of measurement for food.

**IV. Composition, characteristics and nutritional value of the following per 100 gm and per serving:**

Milk; Eggs; Meat, Fish, Poultry; Vegetables and Fruits; Cereals; Pulses And Fats and Oils.

**V. Conservation of nutrients in food storage, preparation, and cooking methods of the following:**

Milk and milk products; Eggs; Meat and meat products; Vegetable and Fruits; Legumes and cereals; Effect of preparation and cooking on colour, texture and palatability of above foods.

**VII. Nutritional needs of adolescents:**

Factors affecting nutritional needs; Causes of nutritional deficiencies; Food habits; Food choices; Omission; Food fads and fallacies.

**PRACTICAL**

1. Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods.
2. Milk Cookery: Firni, Trifle, Kheer, Rasmalai, Bread Pudding, Shahi Tukray
3. Egg Cookery: Cooking egg in different forms – Boiled, Poached, Fried, Scrambled and omeletts; Soufflé/puddings/baked custard
4. Meat Cookery. Meat cookery – chicken, mutton, beef & fish; Tikkas, Meat Balls/Kofta and Shami Kabab; Meat Palao.
5. Vegetable Cookery: Preparation of single vegetable gravy and bhujia i.e. potatoes, pumpkin, cauliflower, lady fingers, bringals; Preparation of mixed vegetable
6. Salad: Use of raw vegetables in salad; Boiled vegetable salads; Preparation of salad dressings/ Mayonnaise and French dressing.
7. Cereal Cookery: Chapatias, Veg-stuffed paratha, Pouri, Dals/Beans curry
8. Snacks: Samosa, Sandwiches: open & closed, Different Types of Rolls Baked snacks
9. Beverages: Hot and Cold
10. Measurements of height & weight of girls to assess the nutritional status.
11. Maintenance of practical record book.

**BOOKS RECOMMENDED**

**TEXT BOOKS**

1. Bogert, G.G.H. and Colloway, L, Nutrition and Physical Fitness. London, W.B. Saunders, Co. 10<sup>th</sup> Ed. 1979/Latest Edition.

2. Wilson, E.D. Fishers, K.M. and Fugua, M.E. Principles of Nutrition, New York John Wiley and sons, Inc., 6<sup>th</sup> Ed. 1989/Latest Edition.
3. Tull, A. Food and Nutrition, Oxford Press, GCSE Edition.

### **REFERENCES BOOKS**

1. Hegarty V., Decisions in Nutrition, Times Mirror/Mosby College Publishing Toronto, 1988.
2. Cheney, M.S. and Ross, M.L. Nutrition, new York Houghton Mufflin Co., 8<sup>th</sup> Ed. 1971/Latest Edition.
3. Maclead, G. and Taylor, C.M. Foundation of Nutrition, New York Macmillan Pub. Co. Latest Edition.
4. Huges, O, and Bennion, M. Introductory Foods, London Collier Macmillan Co. Latest edition.
5. Barasi, M.E. and Mottram S. Human Nutrition. London Edward Arnold Pub. 4<sup>th</sup> Ed. 1987/Latest edition.
6. Kreutler, P.A. and Narins, D.M. C. Nutrition in Perspective Prentice-Hall Englewood Clifts, New Jersye, 2<sup>nd</sup> Edition, 1987.
7. Webster, J. Understanding Food & Nutrition, Gandy Editor, Latest Edition.
8. Brigs & Colloway, Nutrition and Physical Fitness, W.B. Saunders Co.

**Note:** The marks for the year's work will be assigned in consultation with the external examiner.

### **HOME MANAGEMENT**

#### **Paper VI**

<b>Total Marks</b>	<b>100</b>
<b>Theory</b>	<b>75</b>
<b>Year's Work</b>	<b>10</b>
<b>Practical Exam</b>	<b>15</b>

### **OBJECTIVES**

1. To impart knowledge about the development and use of human and material resources to meet today needs
2. To prepare the individuals to become professionals working for the community and environment as a whole

### **THEORY**

- I. **MANAGEMENT:** Definition of Management; Management Process Definition, kind and importance of motivation for management. Role of goals, values and standards in management process.
- II. **DECISION MAKING:** Importance; Relationship to home management Family life cycle, size and composition.
- III. **RESOURCES:** Definition, types of resources; Scarcity and interrelationships of resources.
- IV. **MANAGEMENT OF SPECIFIC RESOURCES:** Management of Income

Types of Income; Savings – importance and methods; Management of time and energy; Concepts of management applied to time and energy. Guides to time management and time planning; Maps of controlling energy and fatigue; Work simplification in relation to home making tasks.

- V. **KITCHEN AND STORAGE:** Types of kitchens; Principles of storage Importance of functional storage.
- VI. **ENVIRONMENT:** Definition and awareness of environment; Deterioration and protection; Sources of pollution: Natural and Man made.
- VII. **DESIGN:** Elements and Principles; Flower arrangement –(Principles and Types)
- VII. **UTENSILS AND EQUIPMENT:** Selection, care and maintenance of utensils of Glass, Silver, Aluminum, Iron and Stainless Steel; Critical analysis of equipment being used in Pakistani homes.
- VIII. **EVALUATION OF MAJOR ELECTRICAL APPLIANCES:** Toaster, Iron, Vacuum Cleaner, refrigerator and washing machine.

#### **PRACTICALS:**

1. Experiment with one work simplification project.
2. Making cleaning agents and polishes for home use.
3. Cleaning glass, silver, aluminum, iron, bronze and stainless steel utensils – using commercial and home made cleaning agents.
4. Making time and activity **plan** for one self.
5. Make money budget for a group of five-six members of low income and middle income families.
6. Evaluate some major electrical appliances being used in Pakistan homes in relation to care, design, function use and efficiency.  
Toaster and iron; Vacuum Cleaner ; Refrigerator; Washing Machine

#### **BOOKS RECOMMENDED**

1. Gross, I.H, Grandall, E.W. Knoll, M.M. Management for Modern Families, New York: Appleton Century crofts 1980/latest Ed.
2. Nickell, P, rice, A.S., Tucker, S.P. Management in Family Living, New York, John Wiley and Sons, Inc., 1967/latest Ed.
3. Tessie Agar the house Johns Wiley and Sons Inc. New York, USA 1999.
4. Villy and L. Billy Home Economics: and introduction to a dynamic profession 1983, Mcmillan Publishing Co. New York.

## TEXTILE AND CLOTHING

Paper-VII:

Total 100  
Theory 70  
Practical 30

### **Objectives**

1. To enable the students to understand the importance of textiles
2. Define the elements and principles of design in clothing for different personalities.
3. Handling and care of sewing machine.

### **Contents:**

1. Importance of Textile study
2. Classification of Textile fibers
3. Characteristics of textile fibers in common use
4. Basic principles of stain removal application of textile's
5. Application of textile's knowledge in the selection of fabrics.
6. Study of elements and principles of design in relation to the choice of clothes.
7. Analysis of personal characteristics and grooming habits
8. Importance of shopping wisely.
  - a) Effective shopping practices
  - b) Shopping for ready made garments.
9. Principles of wardrobe planning and evaluation.
  - a) Factors that determine wardrobe planning such as family budget activities, personality, season of the year age & occasion in terms of social customs of the country.
  - b) Planning wardrobe for various family members namely (infant pre school child, school child teenagers and parents) taking into consideration the availability and suitability of materials, design color and texture
  - c) Planning wardrobe for winter and summer

### **PRACTICAL**

An examination of three hours based on the practical work including the evaluation of year's work.

1. Handling and care of sewing equipments.
2. Seams and seam finishes on cotton, lawn, silk, georgette and woolen samples
3. Construction of one shirt and one shalwar for the student herself
4. Samples of fifteen embroidery stitches.
5. Stain removal, ink, tea, grass, rust, lipsticks, curry, milk, grease from natural and synthetic fabrics.
6. Identification of the fibers using simple method.
7. Two drawing of each Principles of design.

## **REFERENCE BOOKS:**

1. Carbmán, B.P. 1995. Fiber to Fabric, McMillan Co.
2. Davenport. The Book of Costumes (1996) Home Publishers Inc. New York USA.
3. Yotees, M. Textiles: A hand Book for Designers (1995) Edward Brothers. Inc. London UK.
4. Carol, J. Textile Design (2001) Churchill Pub. New York, USA.
5. Mary, S. International Textile Design (1995) Churchill Pub. New York. USA.
6. Err-win, M.d. Clothing for moderns (1995) Mc Millan Company, London.
7. Carson, B. How you look and dress (1989) Latest Edition, McGraw Hill Book Company Ltd.
8. Eaton, J. The Encyclopedia of Sewing techniques (1986) Hamlyn Publishing, Bridge house London Rood London.

## **Third Year B.S HOME ECONOMICS**

### **MEAL MANAGEMENT AND FOOD PRESERVATION**

Paper II

<b>Total:</b>	<b>100</b>
<b>Theory:</b>	<b>70</b>
<b>Practical</b>	<b>30</b>

### **OBJECTIVES**

1. To develop skills to plan appropriate meals matching the nutritional needs using available resources.
2. To develop an understanding of market condition and important factors in selection of various food products.
3. To create awareness about selection, care and use of table appointments in different table settings and service of meals.
4. To understand the importance and methods of food preservations.

### **A. Meal management:**

- I. **FAMILY MEAL MANAGEMENT:** Importance of meal planning; Principles of meal planning; Meals should meet the nutritive needs; Should fit in the family budget; Be satisfying and pleasing; Make reasonable demands on home makers time, energy and skills; Rules of good menu planning and food budgeting; Menu planning for families, occasions and parties; Factors effecting menu planning in different age groups (infancy, childhood, teenage, pregnancy and lactation).
- II. **MARKETING:** Types and functions of market; Qualities of a good label, brand and grades; Study of cost and quality of food in relation to season and market conditions and methods of distribution.
- III. **FACTORS CONSIDERED IN SELECTION OF VARIOUS FOODS.** Meat, poultry and fish; Eggs and Cheese; Fresh Vegetables and fruits.

- IV. **SELECTION, USE AND CARE OF TABLE APPOINTMENTS.**  
China ware; Glass ware; Flat ware; Table linens; Table decorations and flower arrangements.
- V. **STUDY OF DIFFERENT TYPES OF TABLE SETTING AND SERVICE FOR THE MEALS:** Formal, Buffet, Trolley, Tray, Eastern, Continental/Western
- VI. **TABLE MANNERS AND ETTIQUETES:** Eastern; Continental/Western

## **B.**

- I. **FOOD PRESERVATION:** Importance of food preservation for a family. Spoilage Agents; Food spoilage – causes, risk to health, food borne diseases and hazards of eating out; Method of controlling rodents pests insect.
- II. **Brief study of colloidal chemistry in relation to food preservation.** Dispersion, Solution, Sols/gels, Osmosis and Osmotic pressure, PH and dialysis, Factors that increase or decrease stability.
- III. **Food Preservation:** Methods and principles of preserving food— Canning Freezing, Drying, Pickling, Fermentation, Irradiation, Packaging Materials
- IV. **Role of different types of agents in preservation:** Salt, Sugar, Oil and Vinegar; Importance of understanding the food additives in relation to health hazards.

## **PRACTICALS:**

1. Dietary guides;
2. Oven temperature guides;
3. Conversion tables
4. Keeping a record of market price (retail & wholesale)
5. Comparison of A.P. (As purchased), E. P.(Edible portion) and P. P. (Prepared Portion), Weight and volume of different foods and effect of cooking on colour, taste and texture of different foods.
6. Practice of planning menus for breakfast, snack, lunch, dinner and parties for different income groups.
7. Planning, preparation and service of food in given amount for Break fast, Snacks, Lunch and Tea Parties.
8. Planning, preparation and service of packed meals.
9. Practice of different types of table setting and food services such as formal, buffet, trolley and tray service.
10. Applying the principles of food preservation in preparation of the following according to the recipes; Jelly, Jam Murabba, Marmalade, Ketchup, Squash, Pickles in oil and vinegar.
11. Baking, Plain cake, Plain cookies, Chocolate cake, Fruit cake, jelly rolls, Khatai, Pizza.
12. Different types of salads with dressings.
13. Demonstrations given by experts on icing and other food preparations.

14. Market visits for cost and quality of food, Observation of an enforcement of marketing regulations.
15. Budgeting of meals for low, middle and high income families-comprising 6-8 members.
16. Maintenance of Practicals record book.

### **BOOKS RECOMMENDED**

1. Vail, G.E. Phillips, J.A., Rust, L.O. Griswold, R.M. Justin, M.M. Foods Houghton Mifflin company Boston, 6<sup>th</sup> Edition, 1973/latest ed.
2. Kinder, F., Green, N.R. Meal Management, MacMillan Publishing co., Inc; New York 5<sup>th</sup> Edition, 1978/Latest edition.
3. Bogert, D.J. Nutrition and Physical Fitness, W.B. Saunders co., Philadelphia, London 19<sup>th</sup> Ed., 1979/Latest Ed.
4. Oerke, B.V. Meal time Chas, A Bennett, Co., Inc., Peonia 1960/Latest Ed.
5. Fermigan, A.K. food Sanitation, The Iowa State University Press, AMES, IOWA 1977/Latest edition.
6. McWilliams, M. Fundamentals of Meal Management, Latest Edition.
7. Kneck, L.A. Menus, Analysis and Planning, Latest Edition.

**Note:** The marks for the years work will be assigned in consultation with external examiner.

## **APPLIED ARTS**

**Paper 111:**

**Total Marks 100**  
**Theory 60**  
**Practical 40**

### **OBJECTIVES:**

1. To develop in the students an aesthetic sense, so as to be able to evaluate the various aspects of design in a better manner.
2. To continue with the understanding about art its movements through a study of various civilization.

### **Contents:**

1. Aesthetics: Meaning & Application
2. Design: Appreciating Design from consumer's point of view-Line, Shape and Space, Colour, Forms & Texture, Interior, Clothing, Products
3. A Brief History of Art.
  - a. Indus Valley Civilization: Town Planning, Sculpture, Seals, and Pottery
  - b. Egyptian Art: Architecture, Sculpture and Painting
  - c. Greek Art: Architecture, Sculpture and painting
  - d. Roman Art: Architecture, Sculpture and painting
  - e. Ghandhara Art: Importance of Stupa and Hellenistic Influence on Sculpture.

## **Practical Portfolio**

Different aspects of elements of Design: \* Two exercises in Design development.

Designing for Textile, Tiles, and Border: \* Two Designs in each category

Drawing: \* Basics of Drawing: Still life; \* Pencil and pastels: Two in each medium

All year's work presented in a portfolio for examination.

## **Books Recommended**

1. Goldstein, Harriet and Vetta: Art in Everyday Life, The Macmillan Company, New York.
2. Getlien, Mark: Gilbert's Living with Art, McGraw Hill.
3. Janson, H. W. and Anthony F.: History of Art, Thames and Hudson.
4. Gardner, Helen: Art Through the Ages 7<sup>th</sup> Ed. Narcourt Drace Jovanovich, New York.
5. Colier, Graham: Form, Space and Vision 4<sup>th</sup> Ed. Prentice Hall Inc.
6. Simmons III, Seymour and S.A. Winer, Marc: Drawing, The Creative Process, Prentice Hall, Inc.
7. Janson, Micheal, Mulloy, Maric & Vrban, Gunther. Forgotten Cities on the Indus, Verlaq Philip Vn Zabern.
8. Folk Motives of Pakistan, Lok Virsa

## **CLOTHING AND CONSUMER EDUCATION**

**Paper 1V**

**Total 100  
Theory 70  
Practical 30**

### **OBJECTIVES:**

1. Understand the economic, social and psychological factors influencing clothing needs.
2. To make students understand the Rights and responsibilities of the consumers.
3. Effect of weaving, knitting on fabric construction.

### **Contents:**

1. Attributes essential for quality clothing
  - a) Economic, Social & Psychological factors influencing clothing needs of the family.
  - b) Values, attitudes and behavior towards clothing, in the cultural milieu.
  - c) Philosophy of clothing.
  - d) Analysis of ready to wear children clothing.
2. Consumer Requirements:
  - a) Consumer rights and responsibilities

- b) Consumer problems related to clothing, textiles and accessories (bed linen, towels).
  - c) Advertisements, different types of advertisements, advantages & disadvantages.
  - d) Media of advertisement.
  - e) Different kind of labels.
3. Characteristics of three basic weaves namely, Plain, twill and satin,
  4. Effect of basic finishing processes such as mercerization napping calendaring preshrinking.
  5. Textured & Stretch Yarns in relation to comfort serviceability & appearance.
  6. Woven & knitted fabrics.
  7. Methods for care and storage of clothing.
    - a) Principles of storage such as cleanliness, neatness orderliness and protection from wrinkling, dust, dampness & insects.
    - b) Daily, weekly and seasonal care of clothes.

### **PRACTICAL**

- i) Drafting of Basic Bodice Block of an infant and preschool child
- ii) Adaptation of the bodice block to make different styles of design & dress construction of one dress either for an infant or preschool child.
- iii) Drafting and stitching of Bushirt and Shorts for preschool boy.
- iv) Construction of Kurta.

### **REFERENCE BOOKS:**

1. Gulbrandson Ruth R. Selection of outdoor garments (January 1, 1981) Publisher: Cooperative Extension Service, North Dakota State University.
2. Jamila And Bhushhan, B. The costumes and Textiles of India (1995) DoB. Tava Porewala Sons and Co. Private Ltd. Delhi India.
3. Joyce, C. Textile Design. (2001) Watson Cliphill Publishers, New York USA.
4. Loing, R.M. Clothing Textile and Human Performance (2002). Allyn and Balcon Pub. Co., New York. USA.
5. Liddell, L.A, Clothes and Your Appearance (1991) Good heart will-Cox Company south Holland.
6. Lewis, D.S et. Clothing Construction and Wardrobe Planning (1989) the Macmillan Company, New York.
7. Tate, M. T and Glisson O. Family Clothing(1961) John Wiley and Sons USA.

# EARLY CHILD CARE AND DEVELOPMENT

Paper V

Total Marks 100

## **OBJECTIVES:**

1. To document and identify importance of early childhood care and development.
2. To describe stages of growth and development from prenatal to preschool stage.
3. To relate care and protection to child's growth and development.
4. To demonstrate techniques of assessment, recording and reporting observations of growth and development.

## **Theory:**

1. **Introduction to early childhood care and development (ECCD)**  
Definition, scope, and importance of ECCD; Components of ECCD. Developed vs. Developing countries; Principles of child growth and development; Introduction to special children.
2. **Studying development of the young child:** Methods of studying child development; Importance and purposes of taking observation; Techniques of observation and recording; Assessing, recording, and reporting observations.
3. **The prenatal and the neonatal periods:** Characteristics and development indicators; Genetic foundations and stages; Physiological adjustments and neonate behavior; Critical factors and care during pregnancy; Care of the neonate.
4. **Infancy and toddler hood-the first two years:** Characteristics and development indicators; Development of basic physical and motor competencies; Socio-emotional development; Physical and psycho-social care of the infant and the toddler; Safety measures at home.
5. **Early childhood developments:** Characteristics and development indicators. Physical and motor development; Self identity and emotional development; Social development, social play, and pro-social behavior; Cognitive development and creativity; Language development.
6. **Early childhood care and protection:** Home health practices, hygiene, and nutrition; Supportive and stimulating learning environment; Protecting the child from abuse and gender discrimination; Dealing with behavior problems; Providing care services to the special child.

## **Practical:**

1. Observation at the early childhood stage.
2. Preparation of observation reports for parents and teachers.
3. Reporting and Evaluation manual.

# FUNDAMENTALS OF ECONOMICS (COMPULSORY)

Paper VI

Total Marks 100

## OBJECTIVES:

1. Creating awareness among individuals regarding financial Mgt consumption economics, and their role as consumer, in the development of a country.
2. Students learn about the distinguishing characteristics of historical economic systems with detailed knowledge of current economic systems and their governing principles at micro and macro levels.

## Contents:

- I. Definition of Economics:** Definition of Economics in terms of wealth; Definition of Economics in terms of material welfare; Definition of Economics in terms of scarce means and numerous wants
- II. Basic concepts for understanding economics**
- III. Micro Economics Theory:** Demand law, elasticity, assumptions, limitations; Supply law, elasticity, assumptions, limitations; Markets **Competition**, monopoly, monopolistic competition; Price, Price determination under monopoly, **and** under perfect competition; Saving, importance and role of savings in the economy and investment.
- IV. Macro Economic Theory:** i) Money, Functions of money, determination of the value of money, Effects of changes in the value of money on different economic groups, the quantity theory of money, the demand for money; ii) Banks, Functions and kinds of banks; iii) Credits, Role of Credit in the economy; iv) Taxes, Principles and classification of taxes; v) Inflation and deflation
- V. The Consumer and the Market:** The role of consumers in a free economy; their rights and responsibilities; Planning and recording expenditure; Role of advertisement in consumer decision.
- VI. Economic Problems and family welfare:** Major Economic problems of developing countries with emphasis on Pakistan; Economic and social consequences of Government policies on families in a **changing** society.
- VII. Home Management Residence Programme:** Philosophy of Home Management Residence; Resolving Conflicts; Budgeting for the Residence

## RECOMMENDED BOOKS

1. Garden, I.J. and Lee, S.M. 1967 (latest edition). Economics of consumers, New York, American Book Company.
2. Samelson, Paul A. Nordhaus William D. Economics Mc. Graw Hill Book Company Singapor (latest edition).
3. Mc. Conwell Campbell. Economics Mc. Graw Hill Book Company, Singapore (latest edition).
4. London Devid L & Della Bite Albert J. "Consumer Behaviour".

5. M. Nasir Saeed, Syed hyder Kamal "Economics of Pakistan" 2000-01 Publication by Intiaz Publisher Lahore, Paksitan.
6. Vaseer Habibullah "Fundamentals of Economics Vol I & II.
7. Siddique Ahmed Saeed Economic Analysis 1997.
8. Syed Ahmed Jamil An Approach to economic problems of Pakistan 1980 PUblishied by Kifayat Academy Urdu Bazar Karachi Pakistan.
9. James E. Brown & Harold a. Wolf. Economics Principles & Particles

## **ESSENTIALS OF MANAGEMENT**

**Paper V11 c.**

**Total Marks: 100**

### **OBJECTIVES:**

1. To introduce the student with fundamental management process, principles and methodology.
2. To impart the thorough managerial knowledge in order to plan, organize, control, evaluate, and improve the activities.
3. To understand and appreciate the managerial role in household and in organization.
4. To understand the principles of organizational structure, environment and its managerial implication .

### **Theory:**

1. **Introduction to Management:** Definition of management, The aim of managers; Management as science or an art
2. **Functions of managers:** Planning, Organizing , Staffing, Leading, Controlling, Coordination
3. **Principles of Management:** Principle of hierarchy, span of control, unity of command; Principle of delegation of authority, Principle of centralization
4. **Various approaches to management:** System approach, Scientific approach, Contingency approach.
5. **Organizational environment:** Economics, technological, social, political and legal, and ethical; The social responsibilities of managers
6. **Communication:** Definition and Importance of communication, The Communication Process. Communication in the enterprises. Essentials of communications, Forms of communication, Barriers and breakdowns in communication
7. **Leadership:** Definition, Leadership styles, Established theories of leadership, Trait and Contingency theory of leadership, Group and exchange theories, Path goal theory of leadership
8. **Controlling:** Definition, The basic control process, Control as a feedback System.
9. **Supervision:** Meaning and Phases of supervision, Techniques of Supervision. What makes a good supervision.
10. **Co-Ordination:** Meaning and Means of co-ordination

### Books Recommended:

1. Felix A.N; *Modern public Administration*, (latest edition) New York, Harper and Row publishers
2. Richard M.Hodgetts; *Management theory, process and practice*; ,(latest edition) Harcourt Brace Jovanovich publishers,).
3. A.R.Tyagy; *Public administration, principle and practices*, (1994)Naeem publishers Lahore.
4. Richard L.Daft; *Management*, 1988.The Dryden press,U.S.A.
5. Luthans, Fred; *Organizational Behavior* , 1998 or latest edition; Singapore, McGraw-Hill Book company,1992.
6. Koontz, H; *Essentials of Management*, **1990** or latest, New Dehli, McGraw-Hill and Co.

## Fourth year BS HOME ECONOMICIS

### HOUSING HOME FURNISHING AND RESIDENCE

#### Paper II

<b>Total Marks</b>	<b>100</b>
<b>Theory</b>	<b>70</b>
<b>Practical File</b>	<b>5</b>
<b>Residence</b>	<b>25</b>

#### OBJECTIVES:

1. To acquire competencies in the field of interior design residential and commercial designing.
2. To create awareness about the proper planning of a house, enhancing the social, physical, psychological needs, of an individual.
3. Making individual learn, team about aesthetics and its use in interiors.

#### Contents:

- I. Definition and Importance of Housing:** Review of housing needs (basic human needs); Dwelling at various socio economic levels in Pakistan and the forms of financial assistance (Govt Private); Review of housing conditions of Pakistan in urban and rural areas.
- II. Review of building materials.** Wood, Masonry and Concrete; Metals Class and Plastics
- III. Planning of the House:** Primary considerations; Principles of house planning—Zoning, Circulation, Space Utilization, Provision of storage facilities in different areas of the home, Orientations
- IV. Design and its applications in the house – Application of design principles and elements:** Use of design elements and principles in interiors; Experiments with colour and texture to achieve difference effects.
- V. Major elements of interior design (Structural):** Floors with floor covering; Walls and wall finishes; Doors; Windows
- VI. Home furnishings:** Selection and care of furniture and furnishings; Principles of furniture arrangements; Role of accessories;

## **RECOMMENDED BOOKS**

1. Kick lighter Joan C& Kiekligher Clois E. Residential Housing. The food heart, Lirllcox Co Inc. Illinois
2. Lewis L. Evelyn Housing Decisions. The Food heart Lirllcox Co Inc. Illinois.
3. 10,0001 Hnts and tips for the house” Cassandra Kent, Julian Cassell.
4. Terence conran – “The House Book”

## **PRACTICAL FILE**

- 1) Designing an ideal house plan on given area.
- 2) i) Furniture arrangement.  
ii) Colour Scheme for independent rooms along with walls arrangement.  
iii) Making colour schemes for the ideal house plan along with one colour plate.

## **PSYCHOLOGY OF LATE CHILDHOOD AND ADOLESCENCE**

**Paper 111**

**Total Marks 100**

### **OBJECTIVES**

1. To identify physical and psychological development during late childhood and its relationship to family, school and society.
2. To describe and express importance of transitional phase from late childhood to adolescence
3. To identify and describe characteristics of adolescence, problems and guide parents and family.

## **ADVANCED NUTRITION**

**Paper IV**

**Total marks 100**

**Theory 75**

**Practical 25**

### **SECTION-A: SCIENCE OF NUTRITION**

#### **OBJECTIVES**

1. To develop advanced understanding of the role of nutrients in prevention of deficiency and chronic diseases.
2. To study the process of nutrient digestion, absorption and metabolism.
3. To understand the significance of nutrition in life cycle.

#### **Contents:**

1. **Advanced Study of Nutrients**  
**Carbohydrates, Proteins. Fats, vitamins & minerals**
  - a) Chemical structure; b. Need and function; c. Effect of deficiency
  - b) Requirement and allowance; e. Food sources.
2. **Study of digestion, absorption, and metabolism of various nutrients, and the interaction of nutrients in these processes.**

3. **Nutrition in life cycle:** Pre and post natal; Infancy; Adolescence; Elderly
4. **Energy Value of Foods:** Methods of determining energy (fuel) value of foods; Basal metabolic rate and factors affecting BMR and Total Energy Needs
5. **A Brief study of current food related health issues. Obesity role of fiber, saturated fats and heart disease, organic food.**
6. **Malnutrition: (a) a global problem (b) a brief study of malnutrition in Pakistan (c) Factors responsible for malnutrition in Pakistan (d) Measures for improvement**

#### **PRACTICALS:**

1. Practical file
2. Qualitative analysis of Carbohydrate, Fat, Protein
3. Planning and delivery of nutrition education lectures (group, exercise).
4. Assessment of nutritional status--24 hour recall method, Weight, height measurement, Comparison with standards
5. Calculation of energy and protein requirement for self and for the family

#### **BOOKS RECOMMENDED**

1. Mushtaq, A. Essentials of Medical Bio-chemistry, Islamabad.
2. Mclead and Taylor, Foundation of Nutrition, new York, Mac Millan Publishing Co. Latest Edition.
3. Chency and Ross, Nutrition, Boston, Houghton Millin Co. Latest Edition.
4. Krauses, M. V. Nutrition and Diet Therapy, Philadelphia, W.B. Saunders Co. Latest Edition.
5. Robinson, C. H. and Lawler, M. r. Normal and Therapeutic Nutrition, New York, Mac Millan Publishing Co. (Latest Edition)

### **ADVANCED CLOTHING**

**Paper: V**

**Total Marks: 100**

**Theory: 60**

**Practical Exams: 20**

**Year's work: 20**

#### **OBJECTIVES:**

1. To enable the students to understand the fitting rules, principles and their effects upon garments.
2. To handle special fabrics used in apparel regarding their cutting and stitching.
3. Analyze ready to wear apparel and their effects on the latest fashion trends.

#### **Contents:**

1. Principles of pattern making; Pattern adoption for different types of figure.
2. Flat pattern design:
  - a. Methods of controlling fullness in bodice darts, tucks, pleats and gathers.

- b. Creating styles through dart manipulation (a) pivot method (b) slash and spread method.
  - c. Different styles of yokes, sleeves, collars and bodice sleeve combinations.
3. Principles of fitting (Ease, Grain, Line Balance, Set).
  4. Selection and handling of special fabrics: Sheer fabrics, Knit fabrics, Napped fabrics
  5. Standardization of sizes
  6. Apparel quality Analysis
  7. Ready to wear apparel analysis
  8. Current fashion trends in dress.

### **PRACTICAL**

1. Learning the use of attachment used in Sewing :
2. button and buttonhole attachment; Pico; Binder; Zipper; Ruffler.
3. Construction of a garment with special design.
4. Designing, & construction of formal dress with special fabrics, (Sheer/Knit/Napped).
5. Construction of Tang Pajama.
6. Construction of Blouse and Petticoat.
7. Samples of three different types of collars.

### **TEXT BOOKS**

1. Erwin Babel. Practical Dress Design New York The Macmillan Co.
2. Giles Rosalie Dress Making with Special fabrics Mills and Bobs Limited London.
3. Tanus, h.N. Designing your own Dress Pattern. Illionois chas A. Bennet Co. Inc. 1st edition, 1951.
4. Hillhouse, M.S., Mansfield, E.A. Dress design. USA Houhton Mifflin Co. 1st Published, 1953.
5. Strickland, Gertrude A Tailoring manual. New York; The Mac-Millan Co. 5<sup>th</sup> printing, 1964.

### **REFERENCE BOOKS:**

1. Erwin, M. Dand Kinchen, L.A. Clothing for Moderns (1999) the Macmillan Campnay, Collier Macmillan Limited London.
2. Lewis, D.S., Etol. Clothing Construction and wardrobe Planning (1989) the Macmillan Company, New York.
3. Hutlon J., Et ol. Singer Sweing book (1988). The Hamlyn Publishing Group Limited London.
4. Tuit, A., Fitting (1989) Heineman Educational Books London.
5. Hallon, T.N. Designing your own dress Pattern (1982) Latest Edition. Bennet Co. Inc.

## APPLIED ART 11(ELECTIVE)

Paper VI a.

<b>Total Marks</b>	<b>100</b>
<b>Theory</b>	<b>60</b>
<b>Practical</b>	<b>40</b>

### OBJECTIVES:

1. To develop skills for the implementation and execution of different techniques in arts.
2. To develop the capacity in the student for an awareness and application of Islamic art and its contribution in the world of art.

### Theory:

#### Art Appreciation

1. Islamic Art (Muslim Art) -Elements of Islamic Architecture and Architectural Decoration; Ummiyad; Abbasids; Islamic Art in Persia- (i) Mongol (ii) Timurid (iii) Safarid-Book Illumination, Architecture, Pottery
2. Development of Islamic Calligraphy – Kufic, Nastaliq, Naskh, Shakista, Tugra
3. Leather Craft – Brief history; Types of leather; Techniques of leather decoration
4. Block Printing: Brief history, Techniques

#### Practical

1. Design: Two exercises in paper cut – Geometric or abstract design sources
- 2.. Creative Weaving(One Project) : Design development for weaving; Development of a working sketch; Selection of color & texture; Execution of design using atleast three material and three techniques of weaving (Knotting, plain weave, twining.
3. Block Printing (one Project) : Design development, Development of a two colour block; Development of a working sketch; Selection of color & materials; Execution of design depicting registration, and a combination of block printing techniques
4. Drawings (3 in each medium): Charcoal, Pastels, Pencil
5. Leather craft (One sample made for portfolio): Development of design; Execution of design using three techniques of leather decoration.
7. Portfolio of years work

#### Reference Books

1. Janson, H.W. & Janson Anthony F. Thames & Hudson, History of Art.
2. Helen Harcourt Brac, Art through the Ages Gardner. Mahiya, Chrastin J. Harcouet Ceollege Publishers U.S.A 10<sup>th</sup> Edition.
3. Diana Grange Books, Introduction to Drawing & Painting with Pastels Costance.
4. Design Source & Inspiration Barty Phillips, Fabrics & Wallpaper.

5. Newman, Thelma R, Leather as Art & Craft. General Publishing co. Ltd.
6. Blair & Bloom. Art and Architecture of Islam
7. Talbot Rice Islamic Art.
8. Harris David Art of Calligraphy 2005.

## **PRINCIPLES OF MANAGEMENT**

**Paper VI-b**

**Total Marks 100**

### **OBJECTIVES:**

1. Developing organizational and managerial skills for personnel management.
2. To enable students to develop decision making power, and become contributing members of the society.

### **Contents:**

- I. Introduction to management:** Definition and scope of management; Management as Science and Art; Old and new concepts of management; Role of managers
- II. Functions of management:** Planning, Organizing, Motivation, Communication, Staffing, Leading and Leadership, Controlling
- III. Decision Making:** Process in decision – making, Types of decision, Impact of decisions on management and managers; Techniques of decision – making PERT, CPM; Scientific and intelligent forecasting.
- IV. The Organizational Environment:** Introduction; The Relevant Organization; The dynamic nature of organizational environment
- V. The Management of Change:** Defining the need for change; Analyzing the situation; Management and changing environment; Role of organization in the changing environment;

### **RECOMMENDED BOOKS**

1. Lundren, Earl F., 1974 Organizational Management. The system and Process Harper & Row Publishers Inc. USA
2. Danis, Roscoe K, Mc Keown Patrick G, Rakes, Teny R, 1986 or latest edition Management Science Kent Publishing Co. USA.
3. Hodgetts, M. Richard 1986 or latest edition Management Hurcourt Brace Jovanovich Inc. USA.
4. Peter Drucker Management
5. Stoner, "Management"
6. Heinz Weihrich
7. Koontz Harold, Essentials of Management New Delhi McGraw Hill Inc. 1982.
8. Lundren, Earl F. Organization Management the system and process" year 1974 Harper and Row Publisher USA.

# PATTERN MAKING

Paper: VI-c

Total: 100

Theory: 60

Practical: 40

## OBJECTIVES:

1. Understand the principles of pattern making by applying on different types of figures.
2. Manipulation of darts and pleats.
3. To make students understand the Importance of basic bodice block and sleeves.

## Theory

1. Introduction: Measuring Techniques of the body; Equipment for measuring Abbreviations and Symbols; Measurement chart for:-Women, Men, and Children
2. Drafting the body foundation: The body foundation; Equipment for drafting The body foundation pattern; Using the body foundation.
3. Bodice darts and bodices:-Darts, their shapes and positioning; Bodices
4. Sleeves:-Measurement chart for sleeve patterns; The sleeve foundation pattern; Short sleeves; Three quarter length sleeve; long sleeve; Cuff
5. Crotch line garments:-Crotch line chart; Basic Pajama trouser foundation block; Foundation block for Panties; Foundation block for trousers
6. Styles involving bodice and sleeve:-Saddler shoulder; Drop shoulder
7. Figure differences: Neck size; Shoulder line position

## PRACTICAL

1. Preparation of 6 patterns for the following groups:
  - i. Woman, ii. Children, and iii. Man
2. Stitch any two garments from the prepared patterns.
3. Portfolio based on practical work.

## REFERENCE BOOKS

1. Rosen S. A comprehensive reference for Fashions design (July 1, 2003) Prentice Hall. USA.
2. Armstrong H.J. Patternmaking for Fashion Design (February 10, 2005) Prentice Hall, 4<sup>th</sup> Edition USA.
3. Donald H. McCunn, Robin Lew, (November 1, 1977) Design Enterprises of San Francisco. USA.
4. Norma R. Hollen, Carolyn J. Kundel, Pattern Making by the Flat Pattern Method (August 20, 1998) 8<sup>th</sup> Edition. Prentice Hall. USA.
5. Gross L. How to Draft Basic Patterns (September 1991) Fairchild Books & Visuals 4<sup>th</sup> Edition. USA.

## EXPERIMENTAL FOODS

Paper VI-d

Total: 100

Theory: 75

Practical: 25

### OBJECTIVES

1. To enable the students to apply scientific principles in the study of food
2. To understand the functional properties of food in various aspects of cookery.
3. To understand the effects of ingredient substitution, quality and formulation on final food product.
4. To learn the methods of food evaluation.

### **Contents:**

#### **1. THE EXPERIMENTAL STUDY OF FOOD SCIENCE**

Objectives; Methods of Control (time, temperature and method of cooking) Objective and Subjective methods of evaluation.

#### **2. EXPERIMENTAL APPROACH TO FOOD SCIENCE**

Definition and importance to food science; Importance of research studies Selection of a problem; Selection of the judges; Presentation of food sample for evaluation; Methods of food evaluation; Compiling and writing of report

#### **3. IMPORTANCE OF COLLOIDAL CHEMISTRY IN FOOD SCIENCE**

Characteristic of solutions and colloids; Sols, gels, crystallization, emulsions and foams; Factors that increase and decrease stability; Relation and importance of time and temperature in the preparation and cooking of foods.

#### **4. STRUCTURE OF FOOD AND FOOD PRODUCTS**

**4.1 Egg cookery:** Composition & uses of egg; Identification of fresh and spoiled egg, preservation of egg, functional properties of egg as coagulation, leavening and emulsifying agent; Grading and storing of eggs

**4.2 Fats And Oils:-**Chemical composition of fats & oils; Physical and Chemical properties; Melting points; Smoking point; Acid and iodine value; Hydrogenation of oils Rancidity of oils and fats; Storage of fats; Uses of fats and oils

**4.3 SUGAR COOKERY AND CRYSTALLIZATION:-** Sugar products – non crystalline; Nature and Characteristics of Water and Sugar crystals; Factors affecting crystal formation crystal size and quality of products; Frozen deserts; Properties of sugar solubility; Affect of heat, acid and alkali.

**4.4 MILK COOKERY:-**Composition and properties of milk, rennin, heat coagulation and cheese processing; Evaluation of nutritive value and cooking qualities of different milks--Homogenized, condensed, evaporated and powdered milk frozen milk; Milk products and properties of butter, cream, yogurt and cheese.

- 4.5 MEAT COOKERY:-**Structure and composition of meat. Factors affecting composition of meat; Tenderness of meat-Rigor mortis and its affects on the tenderness of meat; Effect of cooking on the nutritive-value of meat.
- 4.6 STARCH AND FLOUR:-**Sources of flour, wheat flour, types of flour, milling process; Composition of flour; Factors affecting the baking quality of flour, gluten hydration capacity; Leavening agents; Role of sugar, eggs and fat in baking.
- 4.7 VEGETABLES AND FRUITS:-** Classification and chemical composition of vegetables; Plant acids pigments sulfur compounds and cellulose; Browning reactions in fruits and vegetables and its preventive measures; Palatability of vegetables and ways to preserve it; Nutritive value of vegetables; Effect of cooking on the nutritive value and measures to preserve it

## **PRACTICALS**

1. Subjective methods of food evaluation and their application in the evaluation of foods
2. Preparation of Pakistani Foods to study the effect of:- Proportion of ingredients; Methods of mixing; Techniques of handling; Time and temperature; Amount of mixing
3. Laboratory Experiment on foods and evaluation with score cards
4. Characteristics of crystalline and non crystalline candies & Frozen desserts.
5. Effect of different length of cooking time and temperature on cooked egg products (Custard and pudding)
6. Use of different fats and oils available in Pakistan for frying and cooking and study their effects.
7. Use of different tenderizers for meat products
8. Effects of different methods of cooking on meat products
9. Cereals: Wheat flour as a basic structure in breads; Role of gluten in bread making; Baking of cakes and cookies with different leavening agents (baking powder, baking soda) to evaluate texture, flavors and smoothness of the product; Baking of pie and pastry dough to learn baking without leavening agent.

## **BOOKS RECOMMENDED**

1. Iowa, B. Experimental cookery London, John Wiley and soins, Inc. Latest Edition.
2. Griswold, R. M. The Experimental Study of Foods, Norfolk, Lowe & Brydon Ltd. Latest Edition.
3. Paul, P.C. Palmer, H.H. Food Theory and Applications, New John Wiley and sons, Latest Edition.
4. Marrion and Bannion, Food Science (Latest Edition)
5. Marjorie P-Penfield Ada Marie and Cambell. Experimental Food Service<sup>3</sup><sup>rd</sup>Edition. Academic Press Inc. Publishers.
6. McWilliams, M.C. Foods: Experimental Perspective, 5<sup>th</sup> Edition, 2004.

7. Wearer, C. Daniel, J., The Food Chemistry Laboratory: A Manual for Experimental Foods, Dietetics, and Food Scientists, Second Edition, 2003.

## **PROGRAMMES IN EARLY CHILDHOOD EDUCATION AND GUIDANCE**

**Paper: VI (e)**

**Total Marks: 100**  
**Theory: 70**  
**Practical: 30**

### **OBJECTIVES**

A student should be able to:

- Describe and explain early childhood education programs.
- Develop and plan curriculum for early childhood education.
- Plan and organize the physical environment of the child.
- Provide guidance to children and care givers.

### **THEORY:**

1. Introduction to early child hood education programmes
  - a) Brief history, goals, objectives and curricular activities of the following programmes:
    - i. The Montessori method
    - ii. The Nursery School
    - iii. The Kindergarten
  - b. Status of early childhood education in Pakistan & abroad.
2. Planning curriculum and experiences in early childhood education.
  - a. Language and communication skills
  - b. Concept Development
  - c. Pre-academic skills
  - d. Development of motor skills
  - e. Social interaction.
  - f. Self help skills.
3. Media and techniques of education
  - a. Media of education:
    - i) Play
    - ii) Story telling as a medium of education.
    - iii) Creativity art/music
  - b. Techniques of education
    - i. Questioning
    - ii. Problem solving
4. Planning and organizing the physical setting in early child hood centers.
  - a) Indoor activity area and room organization
  - b) Outdoor activity area
  - c) Daily program (Schedule)
  - d) Health and safety measures

1. Teachers role in guidance
  - a. General competencies of a pre-school teacher
  - b. Specific competencies of a pre-school teacher
  - c. Parent teacher interaction.
2. Guidance of the child
  - a. Importance and needs of child guidance
  - b. Principles of child guidance
  - c. Techniques of child guidance: Direct and Indirect
3. Guidance of the caregivers
  - a. Definition, importance, needs and guidance of caregivers.
  - b. Providing guidance to caregivers to enhance
    - i. Learning stimulation
    - ii. Functional literacy

### **PRACTICAL**

1. Planning and presenting experiences for the development of the following:
  - i. Pre-academic skills
  - ii. Science and general knowledge
  - iii. Creative experience art/music
2. Planning for activity areas and room organization in the pre-school.
3. Developing curriculum materials for under-privileged pre-school children.

### **REFERENCE BOOKS**

1. Al Quran
2. Early Childhood Education Today by Georges Morrison 4<sup>th</sup> Ed. Marrik Publishing Company, Columbus, Ohio copy Right 1988.
3. "The Early years in Childhood Education" by Betty, L. Broman 2<sup>nd</sup> Ed. Houghton Mijjlin Company 1982.
4. "The Learning Match" A development guide to teach young children by Betty Rowan, John Byrne and Lois Winter, Prentice Hall Inc. Englewood Cliffs, New Jersey 1980.
5. "Child Growth and Development" by Elizabeth B. Hurlock 5<sup>th</sup> Ed. McGraw Hill Inc. 1978.

# MANAGEMENT OF FAMILY AFFAIRS

Paper: VI (f)

Theory: 70

Practical: 30

## **OBJECTIVES:**

The course aims at achieving the following objectives through its improved contents:

1. To recognize cultural, ethnic and religious differences in values and goals of family as they affect its management.
2. To identify various problems and changes in family in order to ensure family satisfaction by proper handling of the possible changes.
3. To enable to cope with different stress and crises situation in the family.
4. To develop and strengthen the family relationships by imparting knowledge of current and potential areas of conflict/stress and its management at life stages.
5. To enable families to effectively and efficiently function in their own strength.
6. To develop in students the technical performance of home-related tasks through knowledge of work simplification.

## **Theory:**

1. **Home Management in operation**
  - a. Definition, Women's role as Home Economist
  - b. Problems of Employed Home Maker and its Management
2. **Management for and by the families**
  - a. Definition & stages of family
  - b. Problems of & management by younger families
  - c. Problems of & management by elderly families
  - e. Problems confronted by spouses and its management
3. **Critical analysis of Pakistani families**
  - a. Values , Goals and Resources of families
4. **Work simplification**
  - a. Definition
  - b. Classes/levels of change to simplify work  
Changes to reduce body motion & making it more effective  
Changes in tools, work place, equipments & appliances  
Changes in the production sequence  
Changes in finished product  
Changes in the raw material
  - c. Techniques for studying work simplification  
Process chart, Operation chart  
Pathway chart , Arm chair method
  - d. Work simplification to reduce fatigue  
Definition of fatigue  
Forms:- Physiological / Physical and Psychological fatigue
  - e. Control of fatigue

5. **Family and Socio-cultural changes**
  - a. Definition and causes of change,
  - b. Obvious changes in society
  - c. Factors causing changes in family
  - d. Managing change
6. **Families under stress**
  - a. Definition and sources of stress
  - b. Family responses to stressful situation  
Violence , Divorce , Illness, Abuse , Death

### **Practicals:**

1. Make a personal record of time-used for one week
2. Use work simplification study technique (process, operation and pathway chat) for one household activity.
3. Take any conflict caused problem from daily life and suggest its resolution by optimal decision making.
4. Demonstrate the use of some important home related equipments/appliances like iron, micro wave, sandwich maker, toaster, Juicer blender.
5. Maintain a file for practical.

### **Books Recommended:**

1. Gross, I.H: Crandall, E.W and Knoll, M.M. *Management for Modern Families*. (latest edition) New York: Appleton Century crofts.
2. Nickell, P: Rice, A.S: and Tucker, S.P. *Management in Family Living*. (latest edition) New York: John Wiley and Sons, Inc.
3. Deacon, R.E. and Firebaugh, F.M. *Home Management Context and Concepts*. (1992/latest edition) Boston, USA: Houghton Mifflin Company.
4. Batra P. *Simple ways to manage Stress*; (2003) Golden Book Centre, Kuala Lumpur.
5. Batra P. *Keep your family happy* ; (2003) Golden Book Centre, Kuala Lumpur.

# SOCIOLOGY

**Paper: VII-a**

**Total Marks: 100**

1. Introduction
  - a. Definition of Sociology
  - b. Nature of sociology as a specialized discipline
  - c. Scope and significance of sociology as science of society
  - d. Sociology and other social sciences
2. Social Inter-Action and Social Structure
  - a. Nature and Basis of interaction
  - b. Social Process
  - c. Social structure: Status and role; role allocation; role conflict
3. Social Organization
  - a. Definition and importance of Social Organization
  - b. Types of Social groups Social groups
  - c. Social instructions
  - d. Definition and types of communities
4. Social Norms, Sanctions and Social Control
  - a. Social norms and its types
  - b. Social sanctions and its types
  - c. Social control
  - d. Mechanism and techniques of social control  
Deviance; Conformity
5. Mass Communication
  - a. Media of mass communication
  - b. Effect of mass communication
  - c. Globalization of mass media
  - d. Public opinion
  - e. Propaganda
  - f. Media war
6. Social Problems
  - a. Social problems as a process
  - b. Social change and Social problem
  - c. Social problems in Pakistan

# ABNORMAL PSYCHOLOGY

Paper: VII-b

Total Marks: 100

## OBJECTIVES

1. To understand the development personality and to highlight the changes that occur during of adolescence and adulthood
2. To develop an understanding of different stresses and healthy ways of coping with it.
3. To develop an understanding of normal and disturbed behaviour and their theory.

## Contents:

1. Personality
  - a. Definition of personality
  - b. The psychoanalytic perspective
  - c. The trait perspective
  - d. The Humanistic perspective
  - e. The Social Cognitive Perspective
2. The different sources of Behaviour - personality trait VS. situational influence.
3. Social Influence and Group Behaviour
  - a. Social influence - Social comparison; conformity; compliance
  - b. Group Dynamics Group influence; individual performance/Group problem solving / Social roles.
  - c. Leadership - characteristics / Behaviour types of leadership effectiveness.
  - d. Aggression and altruism; social learning and aggression; helping and altruism.
4. Adolescence.
  - a. Definition of adolescence
  - b. Storms and -stress in Adolescence
  - c. Physical and psychological Changes
  - d. Cognitive changes
  - e. Development of identity
5. Juvenile Delinquency:
  - a. Causes
  - b. Effects on family and society
  - c. Controlling Delinquent behaviour
6. Stress Anxiety and Health:
  - a. Stress and stressors
  - b. Sources of stress
  - c. Anxiety and coping mechanisms
    - i. The psychoanalytic Model
    - ii. The learning Model / The Humanistic Existential Model
    - iii. Cognitive Model and iv) An integrated Model

7. Psychological Disorders
  - a. Models of Abnormal Behaviour
  - b. Neurosis
  - c. Anxiety Disorder
  - d. Somatoform disorders
  - e. Dis-associative Disorders
  - f. Affective Disorders
  - g. Schizophrenia
  - h. Personally Disorders: Antisocial Personality disorders
8. Therapy:
  - a. The psychological therapy
  - b. The Biomedical therapy
  - c. Preventing psychological Disorders

### **REFERENCE BOOKS**

1. Gerow (1996) Essentials of Psychology, 2<sup>nd</sup> ed. USA: Harper Collins Inc.
2. Atkinson, Atkinson, Smith, Bem, Hilgrad (1990), Introduction to Psychology, USA, HBJ
3. Mgers, D. (1996), Psychology, uSA: Worth Publine S.
4. Lefton L.A. (1997) Psychology, 6<sup>th</sup> ed, USA: Allyn and Bacon

## **ELEMENTARY CHILDHOOD EDUCATION**

**Paper: VII-c**

**Total Marks: 100**

**Theory: 70**

**Practical: 30**

### **OBJECTIVES:**

To enable students:

1. To describe child development and mechanism of learning at school age.
2. To demonstrate skill for teaching at elementary level.
3. To evaluate capabilities of children at elementary level.

### **Contents:**

1. Introduction to Elementary Education
  - a. Nature scope and current trends of Elementary Education
  - b. Different Approaches to Elementary Education
  - c. Developmental characteristics of Elementary Education
  - d. Developmental characteristics of Elementary school child
  - e. Linkage between Child Development and elementary Education
2. Instructional Strategies:
  - a. Classroom management Skills
  - b. Time Management
  - c. Motivation
  - d. Organizing learning experiences
3. Planning for effective teaching:
  - a. Definition, importance essentials and resource for Planning
  - b. Unit and Course Planning

- c. Lesson Planning
  - i. The Daily Lesson Plan
  - ii. Constructing a lesson Plan
  - iii. Lesson Plan Formats
- 4. Preparing Instructional Objectives
  - a. Instructional objectives as Learning Outcomes
  - b. Dimensions of Instructional Objectives
  - c. Selection of Instruction Objectives
  - d. Method of stating instructional objectives
  - e. Relationship of instructional objectives to evaluation process
- 5. Measurement and Evaluation in Teaching:
  - a. The role of Evaluation in teaching
  - b. The meaning of evaluation
  - c. The Principles of Evaluation
  - d. Types of Testing and Evaluation Procedures
- 6. Teaching Children with Learning & Behaviour Problems
  - a. Definition and Characteristics of Children with Behavior and Learning Problems
  - b. Dimensions of Learning Problems
  - c. Principles of Behavior Management
  - d. Prevention of Learning Problems
  - e. Principles of Academic Remediation
  - f. Curriculum of the Learning & Behaviour problem students
- 7. Family and School Relationship:
  - a. Introduction
  - b. Effects of Family, School Linkages
  - c. Barriers to Family School Linkages
  - d. Principles of Family school Partnership
  - e. Parent Conference

### **PRACTICAL**

1. Plan and carry out five lesson plans (alongwith the supporting teaching aids)
2. Preparation of the file and viva
3. Planning and presentation of a lesson plan for the exam

### **BOOKS RECOMMENDED**

1. Developmental Psychology by Elizabeth Hurlock
2. Teaching in the Middle & secondary school by Joseph F. Callahan  
Leonard H. Clark
3. Psychology for teachers by David Fontana
4. A Teacher's World Psychology in the Classroom by Yelon Weinsten
5. Measurement and Evaluation in Teaching by Norman. E. Gronland
6. Teaching Children with Learning Problems Gerald Wallace and James M. Kauffman

7. Teaching Skills to Children with Learning and Behaviour Disorders by Thomas M. Stephen
8. Educational Psychology – A Contemporary Approach by Gary D. Borich and Martin L. Thmbari
9. Elementary Classroom Management by Weinstein. McGraw Hill Inc. 2001

## **ECONOMICS ANALYSIS**

**Paper V11 (d )**

**Theory 100**

### **OBJECTIVES:**

1. Preparing individuals to develop skill and knowledge to run small scale business
2. Providing guidance and know how about banking and finance and the role of government in enhancing better business potentials.

### **PART I      AN INTRODUCTION TO ECONOMICS**

Definition & scope; Basic concepts; Factors of production; Decision making in Economics, what, how & for whom to produce

### **PART II      BUSINESS BEHAVIOUR**

Economic marks; Prices; Demand & supply; and Role of public & private sector with emphasis on Pakistan.

### **PART III     FINANCIAL INSTITUTIONS**

Money & Banking; Non-Bank financial institutions

### **PART IV     ROLE OF GOVERNMENT**

Sources of Government revenue; Government expenditure

### **PART V      PROBLEMS OF ECONOMIC GROWTH & DEVELOPMEN**

1. The difference between developed & developing countries.
2. Economic growth in developing countries with emphasis on Pakistan.
3. Economic problems faced by a developing country.

### **PART VI     INTERNATIONAL TRADE**

1. Trade & the theory of comparative advantage
2. The gains from trade
3. Barriers to free trade
4. The international financial system

### **REFERENCE BOOK**

1. Mcconnell. R. Compbell, Economics Twelth Edition McGraw hill Inc. USA.
2. Vaseer Habibullah Fundamental of economics Vol I & II.
3. Brown E James. Wolf. A. Harold Economics Principles and Practices.

# HUMAN AND FAMILY ECOLOGY

Paper V11 (e)

Total Marks: 100

Theory: 70

Practical:30

## OBJECTIVES:

### A student should be able to:

1. Describe and define the Human ecology and its relationship to human and family development.
2. Counsel and guide families, spouses and elderly people about problems according to socio-cultural values.
3. Relate human ecology to life-span development approach
4. Develop and plan community awareness about prevalent family issues.

## Contents:

### I. Introduction to Human Ecology

- a. Definition of human ecology
- b. Historical perspective
- c. Theories of human ecology
- d. Its relationship to sustainable development
- e. Scope of human and family ecology

### II. The Micro / Macro Environment

- a. Definition and Components of micro / macro environment.
- b. Changes and impact on human development
- c. Family, types and structure in Pakistan and comparison with different cultures
- d. Social and psychological dimensions of family systems
- e. Future challenges and strategies

### III. Interaction among Ecosystems and Social Systems

- a. Hierarchical organization and emergent properties
- b. Co-adaptation
- c. Ecosystem design
- d. Ecosystem homeostasis
- e. Comparison of natural, rural and urban ecosystems.

### IV. Family Counseling and Guidance

- a. Family relations and conflicts.
- b. Children in special circumstances
- c. Status of women in Islam, other religions and present day world
- d. Development of responsibility to family, community and state
- e. Family laws and ordinances
- f. Guidance for family issues

### V. Populations and Feedback Systems

- a. Exponential population growth.
- b. Positive and negative feedback
- c. Population regulation
- d. Social mechanisms for population regulation
- e. Population explosion and quality of life

## Practical

Develop and plan community awareness about prevalent family issues.

## Reference Books

1. Al-Quran and other Religious books
2. Constitution of Pakistan
3. Marten G.G. 2001. Human Ecology: Basic Concepts for Sustainable Development. Earthscan, USA.
4. Strickland and Hammer. 1988. Human Ecological Studies. 2<sup>nd</sup> ed. Burgess International Group Inc. USA.
5. Berger. 1988. The Developing Person Through the Life-Span. 2<sup>nd</sup> Ed. Worth Publishers Inc. New York.

## ECONOMICS II

Paper V11 (g)

**Total Marks: 100**  
**Theory: 70**  
**Year's Work: 30**

### OBJECTIVES:

The subject matter aims:

1. To study the structure and performance of National economies.
2. To impart knowledge of policies that government use to effect economic policies.
3. To develop concepts of nature, functions and characteristics of money.
4. To highlight the problems arising in international trade, transport and communication.

### Theory

#### **PART A**

1. **The Concept of National Income;**  
Its measurement and determination under simple Keynesian system (two sector economy), Causes of the changes in equilibrium level of Income.
2. **Money and Banking:**  
The nature of Money, Functions of money, Functions of Commercial and Central Banks.
3. **International Trade and Balance of Payment:**  
Theory of Comparative Cost, The Concept of balance of payment.
4. **Public Finance:**  
Taxation, Classification and Principles (Cannons) of Taxation

#### **PART B**

5. **Foreign Trade and Commercial Policy:**  
Pattern and Regulation of Trade, Major Export and Imports, Characteristics of Trade, Reasons for adverse balance of payment and its remedies.

## 6. Transport and Communication:

Importance and current Development of transport (Railways, Road and Airways) and communication (Post, Telegraph, Radio and T.V.

### Year's Work:

1. A small Research Report about the Balance of Payment Position of Pakistan **OR**
2. Foreign Trade of Pakistan **OR**
3. Commercial Policy of Pakistan **OR**
4. Transport and Communication System of Pakistan and its effects on the economy.

### Books Recommended:

1. Akhtar S.M. *An Introduction to Modern Economics* Volume I and II Revised Edition.
2. Dewett K.K. *Modern Economic Theory*, Latest Edition.
3. M.S. Nasir and S.Kamal Hyder *Economics of Pakistan*; Latest Edition
4. Malathvi M. Hussain *Fundamentals of Pakistan Economics* Latest Edition
5. Akhtar S.M. *Economics of Pakistan*, Volume I and II Latest Edition.
6. Ahmad V. and Amjad R. *The management of Pakistan Economics*,
7. Latest two to five years Plans and Current Budget.

## **INSTITUTIONAL MANAGEMENT**

Paper II-(h)

**Total Marks :100**  
**Theory : 70**  
**Practical : 30**

### **OBJECTIVES**

1. To apply knowledge of Food and Nutrition in developing menus, food services, marketing procedures in food service institutions.
2. To manage budgets, personnel and sanitation in the institutions.
3. To develop skills in report writing and evaluation.

### **Contents:**

#### **1. Meal planning in Institutions.**

- a. Aims & Objectives
- b. Factors affecting meal planning in institutions
- c. Menu planning for different institutions at different income levels.

#### **2. Types of Food Service**

- a. Waiter service.
- b. Self service
- c. Hospital service
- d. Drive in service

#### **3. Organization of Food Services**

- a. Purpose
- b. Types
- c. Tools (Kitchen Planning Storage)

- d. Sanitation
4. Management of canteens, Hostels, Hospitals. Nursery Schools. Homes with paying guests and other establishments.
  5. Management. Concepts of management with special reference to institutional management referred to above Management of personnel, resources and material, Experience in portion control
  6. Field trips, visits to different types of food service units. Visits to different types of markets. Knowledge of market and wholesale prices.

### **Practical**

1. Practice in Meal Planning
  - Menus for one week may be planned for an average sized hostel. Nutritive value and price should be worked out for each individual.
  - One week's menus may be planned for a hospital. These should be based on the actual need. Hospital visits essential for this exercise.
  - Plan menu for college canteen. Also give list of snacks etc. which should be made available to students. Actual and sale prices may be calculated and nutritive value of food may be assessed.
  - Plan one weeks menu for the college nursery school. Actual sum available may be kept in view.
  - Work out one week's menus for a house with two paying guests, i.e. foreign students o f middle income level. Calculate cost and income to the household.
2. Management of Hostel and Cafeteria Food Service
  - Food Preparation & Service:
    1. Preparation of snacks for the college nursery section once a week.
    2. Managing college canteen twice a term. \*) (4times a year). A report of each experience along with the detail of accounts will be kept in the file.
    3. Preparing and serving at least 4 hostel meals including breakfast.
3. Developing standardized quantity recipes.
  1. Common recipes of meat.
  2. Common recipes of vegetables.
  3. Fresh vegetables pulses & legumes.
  4. Common cereal recipes.
  5. Common desserts.
4. Field Trips
  - Four to six trips to different types of institutions. (report on trips will be recorded in the file)
  - Officers & Government Hostels
  - College /School Hostels.
  - Bakeries.
  - Hospitals.
  - College University and other Cafeterias etc.

## Final Year BS Home Economics

### ART & DESIGN

Paper: 1 (i)

<b>Total Marks</b>	<b>100</b>
<b>Theory</b>	<b>60</b>
<b>Practical</b>	<b>40</b>

#### **OBJECTIVES:**

The student will be able to have knowledge about the outstanding artists of Pakistan and their concepts and contributions to words art.

#### **Theory: Art History**

1. Western Art
  - a. Early Christian Art, Architecture, Mosaic, Painting Sculpture
  - b. Byzantine Art, Architecture, Mosaic/painting sculpture
  - c. Medieval Art in Europe
  - d. Romanesque, Architecture, Sculpture, Painting (Mural & Manuscript)
2. Art and Artist in Pakistan:
  - a. Chughtai;
  - b. Zubadia Agha
  - c. ShakirAli
  - d. Sadiquain; e) Guljee
3. Batik:
  - a. History;
  - b. Procedure;
  - c. Various Effects

#### **Practical:**

1. Batik : 2 Batik Projects. **Illustrating effects of colour and use of different techniques**
2. Drawings: 3 drawings made in each medium of Caharcoal, watercolor, pen and ink, and pastels.
3. Design: One 3D project in Plaster of Paris
4. Portfolio of year's work

#### **Reference Books**

1. Janson, H.W. & Janson Anthony F. Thames & Hudson. History of Art.
2. Helen Harcourt Brac, Art through the Ages Gardner.
3. Diana Grange Books, Introduction to Drawing & Painting with Pastels Costance.
4. Simmons III, Seymons, Winer, Marc S.A. Prentice Hall. Inc., Drawing the Creative Process
5. Graham, Prentice Hall, Inc., form, Space 7 Vision, An Introduction to Drawing & Design Collics,

6. Joanifer, Watson. Guptill Publication, Batik Unlimited Givvs.
7. Contemporary painting in Pakistan Marcella Nesom Sirhand, Froez sons, (Pvt. Ltd.)
8. Printer of Paksitan S. Amjed Ali National Book Foundation

## **FUNDAMENTALS OF INTERIOR DESIGN**

**Paper I (ii)**

**Total Marks: 100**

**Theory: 60**

**Practical: 40**

### **OBJECTIVES:**

This is a basic program which will facilitate the students in their future studies of related art and in interior related careers.

### **Theory**

1. Elements and Principals of Art in relation to Interior Design  
Form follows function and variety in unity; balance, rhythm, emphasis, harmony, proportion and scale
2. Principles of House Planning: Size & Shape; Topography; Landscaping; Orientation
3. a. Types of house: Single story; One & a half story; Double story and Split level house  
b. Housing types: Row houses, Town houses, Semi detached house, and Singe family detached houses
4. Planning of the house: Storage space, Circulation, and Ventilation
- 5 Interior Elements  
Walls and Fireplaces: Walls create character, design of walls, wall construction and materials, wall finishes and surfaces, Fireplace designs.  
Windows and Doors: Types of windows, design and location, window treatments, types of doors, design of doors.  
Floors and Ceilings: Hard and resilient floors, ceiling height, shape, materials, colour and texture.  
Accessories: Wall pictures, home furnishings, and flower arrangements.

### **Practical**

**Design: Application of Elements and Principals of Design:**

1. Two exercises in each category. (i) Wall Paper (ii) Drapery (iii) Upholstery
2. Room planning of different shapes & sizes in different types of rooms. Square Rooms, Rectangular Rooms, L-Shaped Rooms, Drawing Rooms, Dinning Rooms & Kitchens, and Bed Rooms: (Master Bed Room, Nursery Bed Room, and Teenager's Bed Room)
3. Portfolio: Presented for final examination

## **Books Recommended**

1. Faulkner, Sarah and Ray: Inside Today's Home, Holt, Rinehart and Winston, Inc.
2. Feisner, Edith Anderson: Colour\_How to use Colour in Art and Design, Lawrence King Publishing, London.
3. Kilmer, W.O. and Kilmer, R. 2001. Construction Drawings and Details for Interiors. Basic Skills. Wiley.
4. Whitten, S. Elements of Interior Design and Decoration. J. B. Jippincott Comp. new York.
5. Graves, Milland, Colour Fundamentals. McGraw Hill Book Co. Inc. New York.
6. Islamic Art. Rice, Talbot.
7. The Art & architecture of Islam 1250 – 1800, Bloom, Jonathan M. Yale University Press, Pelican.

## **HUMAN RESOURCE MANGEMENT**

**Paper: I (iii)**

**Total: 100**

### **Contents:**

1. **The Development of Human Resources Management:** The concept of Human Resources Management; Early Stages in Development; Human Resources Management as a Profession.
2. **The Contemporary Environment Changes and Challenges:** Elements of an Organization's Environment; Changes That Challenge Managers of Human Resources.
3. Organizational Considerations in Managing Human Resources: The Organization as a System & organizational structure; Responsibility and Authority Within the Organization; The Human Resources Department in an Organization
4. Job Requirements:
  - a) Job Design
  - b) Job Analysis & Competency approach;
  - c) Job Description
5. Human Resource Planning and Requirement: Human Resource Planning. Determining Vacancies; Recruiting from within & outside the Organization; Preparing & publishing information. e) Processing & assessing application; Notifying the applicants; EEO/AA in Recruitment.
6. Analyzing the Qualifications of Job Candidates & selection of employees; Matching People and Jobs; Sources of Information About Job Candidates; Process & instruments of selection: Interview, & Tests.
7. Making Selection Decisions: Validation and the Selection Process; Reaching a Selection Decision; Legal Requirements That Shape Selection Policies
10. Training Employees: Definition: The foundation for effective practice;

- Training Programs & policy; Identifying training needs & objectives; Psychological Principles of Learning; Training managers & non-managerial Employees; Training providers, methods & location
11. Career Development: Phases of a Career Development Program; Career Development Program for Special Groups; Personal Career Development.
  12. Performance Appraisal: Purposes & uses of performance appraisal; Choosing appraisal criteria; Performance Evaluation Programs & Methods; Process & problems of performance appraisal
  13. Motivating Employees to Work: Motivation: Definition & techniques of motivation; Need-want-satisfaction chain; Maslow's hierarchy of needs; Herzberg's two-factor theory; Vroom's valiancy expectancy theory; Equity, & reinforcement theory; McClelland's needs theory; Job Enrichment & Job Satisfaction
  14. The Dynamic of Labor Relations: The Role of Labor Organizations; Comparison, Functions and Leadership of Labor Unions; Government Regulations of Labor Relations; Contemporary Challenges to Labor Organizations
  15. Safety and Health: Legal Requirements for Safety and Health; Creating a Safe Work Environment; The Management of Stress
  16. Auditing the Human Resources Management Program: The Human resource units; Approaches to the Human Resources Audit; Indicators for Evaluating The Work Environment; Utilizing Audit Findings

**RECOMMENDED BOOKS:**

1. Shaun Tyson & Alfred York, Essentials of HRM, 4<sup>th</sup> edition, Replika Press Pvt. Ltd., Delhi- India, 2001
2. William B. Werther & Keith Davis, Human Resource & Personnel, McGraw Hill, 1997
3. Wayene F Cascio, Managing Human Resource, 4<sup>th</sup> International Edition, 1996.
4. Bernardin & Russell, Human Resource Management, 2<sup>nd</sup> Edition, McGraw Hill
5. Robert E. Callahan & C. Patrick Fleenor, Managing Human Relations; Merrill Publishing Company, London, 1990.
6. Judith R. Gordon, Human Resource Management; Allyn & Bacon, Inc., 1988

# ORGANIZATIONAL BEHAVIOUR

Paper I (iv)

Total: 100

## Theory

1. Introduction: what is organizational behavior? Application to organizational behavior; Cognitive framework; Behaviorist, Social & Organizational framework
2. Perception: The nature and importance of perception; Sensation versus perception; The senses; Definition & Sub processes of perception; Perceptual Organization (Figure-Ground, Perceptual grouping, Perceptual constancy, Perceptual context, Perceptual defense, Social perception-- Characteristics of perceiver, Attribution, Stereotyping, The Halo Effect
3. Personality
  - a. The meaning of Personality: The self-concept, self-esteem and Self-efficiency
  - b. The development of personality: Adult life stages; Immaturity to maturity
  - c. Major determinants of personality: Biological, cultural & situational contributions
4. Motivation: Meaning; Primary, secondary and general motives
5. Group Dynamic: Nature and types of groups; Committee organization: Nature and function of committee; Positive and negative attributes of committee; Dynamics of informal groups: Norms and roles in informal groups; Informal managerial roles and organization structure
6. Interactive Behavior And Conflicts: Intro-individual conflicts; Interpersonal conflicts; Inter group behavior and conflict; Organizational conflict
7. Job Stress: Meaning and background; Causes of stress; Organizational, extra- organizational; group and individual stresses; Effects of job stress Physical, psychological and behavioral problems due to stress; Coping strategies; Individual and organizational strategies
8. Power and Politics: Meaning & distraction of power and authority; Classification of power; Political implication of power; Political perspective of power in organization; Political strategies for power acquisition

## Recommended Books:

1. Luthans Fred; Organizational Behavior. Singapore, McGraw Hill, Inc. 1992
2. Richard M. Hodgetts; Management Theory, Process & Practice; Harcourt Brace Jovanovich Publishers, 1985
3. Koontz, Harold; Management. Singapore, McGraw Hill.

# ENVIRONMENTAL MANAGEMENT

Paper I (V)

Total Marks: 100

## Objectives:

1. The main objectives of environmental management is to make students understand the importance of healthy environment and its impact on humanity.
2. The student will also learn about the aesthetic qualities of environment and they will be able to create products, services, environments and buildings that are sustainable and environment friendly.

## Contents:

### I. An Introduction to Environmental Management

Definition and scope; Relation of environment and management; Responsibilities of public, private and social sectors

### II. Population Growth and Urbanization

Man in his ecological settings; Growth in population and urbanization  
Population growth and its effect on environment; Ecocide and its effect on environment

### III. Environmental Degradation

Concept of technology and environment; Land pollution: causes and remedies; Air and water pollution: causes and remedies; Destruction of forest and its effects on environment; Waste Disposal

### IV. Environmental Aesthetics

Definition and scope; Aesthetic qualities of environment; Ways and means to work towards environmental aesthetics

### V. Environment & Management

Scope of management in environment; Health and environment  
Socio – Psychological effects of environment

## Reference Book

1. Hussain Mumtaz “ Environmental Degradation” Feroze Sons, (Pvt.) Ltd. 1998.
2. Abraham Chales “Man struggles for Shelter”
3. Lamp H.N. “The Changing Climate

# FUNDAMENTALS OF ARCHITECTURE & INTERIOR DESIGN

Paper I (vi)

Marks: 100

Theory: 70

Practical 30

## Objective:

1. To develop awareness among the students to work as interior designers in an effective and efficient manner to meet the demands of the market.
2. helping students in exploring architectural interior and exterior, furniture and furnishing and to invent new and compelling ways, to represent space, materials and light experienced in movement and time.

## Contents:

### I. Historical Background of Architecture and Design:

- a. Period Styles: Egyptian, Greek, Roman, Mesopotamian, Islamic
- b. Development of Western Furniture Styles.

### II. Design Organization – Advanced Study

Sources of Design; Significance of Design in space organization

### III. Role of Colour in Interiors: Definition; Theory of Colour & its application in Interiors.

### IV. Role of Lighting in Interiors: Characteristics of natural & artificial light; Effect of light on colour; Types of lighting.

**PRACTICAL:** Portfolio on materials, fabrics, furniture and furnishing materials.

## Reference Books

1. Sherill Whiton. Elements of Interior Design & Decoration
2. Kick Ligher Kick Luv. Residential Housing.
3. The Macmillan C. Art in Interior Design.
4. Dorothy Stepat Devan and Laura Szekely. Introduction to Interior Design
5. Evans Amanda, Harling Amanda, Design for living, Pavilion BooksLimited 1999 Great Britain.
6. Jairrazbhoy,R.A, Islamic Architecture, Freoze Sons, (Pvt.) Ltd. 2000 Pakistan.

## ADVANCED TEXTILE

Paper I – VII

**Total Marks: 100**

**Theory: 75**

**Practical: 25**

### **Objectives:**

1. To enable the students to Identify fibers by microscope and chemical methods.
2. Production and performance characteristics of natural and manmade fibers.
3. Importance of fabric designing and finishes.
4. Yarn manufacturing and production

### **Contents:**

1. **Fibre identification using technical methods:** Microscopic and Chemical
2. **Production and performance characteristics** of fibres both natural and man-made.
3. **Yarn classification and manufacturing:** Production of yarn; S and Z Twist; in relation to the appearance of the fabric; Blend varieties; Effect or varying blend components in fabrics available in the market; Novelty yarn:
4. **Fabrics construction:** Fabrics made without films and paper fabrics etc. Fabrics made from fibre felts; bounded fabrics, etc; Fabrics make from yarn Braiding, netting, lacing knitting and weaving.
5. **Fabrics Designing:** Processes by which colour and design are applied to fabric; Printing hand and machine methods; Dyeing in raw material yarn and fabric; Weaving as a means of giving pattern and design.
6. Fabric finishes in relation to appearance and end use. Pressing, shirking, napping, water proofing embossing, flame resistance, crease resistance.
7. Merchandizing: Study of marketing function and institution; Marketing policies and practices; Product development and promotion, pricing; Marketing research and government regulations of market behaviour. Latest developments in textiles.

### **PRACTICAL:**

- I. Hand knitting; ii. Fiber Analysis; and iii. Files

### **BOOKS RECOMMENDED**

1. Poter M.D.Fiber to fabric. (January 11954)GreggPub. Division, McGraw Hill 2<sup>nd</sup> Edition.
2. East European Textile and Clothing Directory (Magazine Subscription). Word Textile Publications Ltd.
3. Lewin M. Handbook of Fiber Science and Technology (August 1983) Marcel Dekker.

4. Boer J.D. Dyeing for Fibers and Fabrics (December 1987) Rev. Edition kangaroo Press.
5. Stout, Evelyn E. Introduction to Textiles (June 1970) John Wiley & Sons Inc.
6. Corbman B.P. Textiles: Fibers to Fabric (1985) McGraw Hill book Co. New York.
7. Gohl, E.P.G. And Vilensky, L.D. Textiles Science (1987) GBS. Publishers, India.
8. Smith, B. Fand Block, I. Textiles in Perspective (1982) Prentice Hall Inc. London.

### **DECORATIVE FABRICS (THEORY)**

**Paper: I (viii)**

**Total Marks: 100**

**Theory: 70**

**Report Writing: 30**

#### **Objectives:**

1. Importance of cultural significance of clothing.
2. To familiarize the students with the dress of different eras.
3. Diversity of dress and latest trends in the modern civilization.

#### **Contents:**

- I. **Introduction:** Origin of clothing; Cultural significance of dress; Symbolical significance of clothes; Social significance of dress
- II. **Ancient Dresses:** Egyptian period; Greek period; Roman period; French period; Dresses of sub-continent (Indian period, Dresses of Pakistan)
- III. **The Muslim Period:** Dresses during the Mughal period; Mughal interest in crafts, silk weaving industry, the use of wool and cotton in manufacturing process; Costumes in Kingdoms of the Muslim period; British period in India
- IV. **Modern Dress of Sub-continent:** Diversity of dress in modern era; Infiltration of Western influence; Latest trends in fashion; Reawakening of interest in sub-continent; Development of new colour schemes in clothes.
- V. **Selection of dress in contemporary** clothing practices of Pakistan
- VI. **Consumer Awareness** in selection of fabrics: Importance of consumer awareness; Factors influencing consumer satisfaction; Consumer demands and requirements.

#### **Text Books**

1. Jamila Brij Bhushan. The Costumes and Textiles of India, D. B. Tavaporewala Sons and Co. Private Ltd.
2. Abdullah Maududi, Purdoh and the Status of Women in Islam.
3. Yousaf Islahi, Qurani Talimat
4. Maulana M. Manzoor Naumani Maarof-ul-Hadith
5. Maulana M. Ashiq Illahi, Tohafa-e-Khawateen

## Reference Books

1. Ethel Lewis, Romance of Textiles N. 1953. Macmillan Company.
2. Lloyd Llewellyn – Jones, Women’s Dress in the ancient Greek World. May 15, 2002. Gerald Dockworth & Company.
3. Marry G. Houston, Ancient Egyptian, Mesopotamian & Persian Costume, December 10, 2002) Dover Publication.
4. Christine Hatt, Jane Tattersfield, Clothsof the Ancient World (Pre-history to 500Ad). January 12, 2001, Chryslis Books.
5. Marry G. Houston, Ancient. Greek, Roman & Byzantine Costume, August 5,2003, Dover Publication.
6. Alon wilkins, Romon Dress Accessories, July2003, Shire Books.
7. Aileen Ribiero, Fashion, the French Revolution (Costume and civilization) December 1988 Holmes & Meier Publishers.
8. Ann Bahar, Historic French Costumes Paper Doll Book, September 1991, Hobby House Press.

## DIETETICS

Paper I (ix)

**Total: 100**  
**Theory: 75**  
**Practical: 25**

### OBJECTIVES

1. To understand the importance of diet therapy.
2. To develop skills in planning and preparation of therapeutic diets using the food guides.
3. Education and counseling of patients and families.

**1. INTRODUCTION:** What is diet therapy; Principles of diet therapy; Recommended nutrient intakes; Food guides; Food Composition Table; Exchange lists

**2. ADAPTATION OF THE NORMAL DIET FOR TEXTURE**

**3. DIETARY MODIFICATIONS FOR CALORIES:**

- a. High calorie diet;
- b. Caloric restricted diet

**4. MODIFICATION OF THE DIET IN FEVERS:**

- a. Long duration
- b. Short duration

**5. DIET IN DEFICIENCY DISEASES:**

- a. Anemia
- b. Protein calorie Malnutrition

**6. DIETARY MODIFICATIONS IN DISEASES OF GASTROINTESTINAL TRACT:-**

- a. Constipation

- b. Diarrhea
  - c. Malabsorption syndrome
  - d. Gastritis.
  - e. Peptic Ulcer.
  - f. Hyperchlorhydria and Hypochlorhydria
- 7. Diet in disturbance of the liver, gall bladder and pancreas.  
highprotein, high carbohydrate, moderate fat diet and fat restricted diet.**
- 8. NUTRITION IN SURGICAL CONDITIONS.**
- a. Pre-operative diet
  - b. Post operative diet.
- 9. DIABETES MELLITUS AND DIETARY MODIFICATIONS**
- 10. DIETARY MODIFICATIONS IN CARDIOVASCULAR DISEASE;**
- a. Fat controlled diet.
  - b. Sodium restricted diet
- 11. DIET IN DISEASES OF THE KIDNEY**  
Controlled protein, potassium and sodium diet.

## **PRACTICALS**

Planning and preparation of diets for various pathological conditions

- 1. Liquid diets
- 2. Soft diets
- 3. High fiber diet
- 4. Low fiber diet
- 5. Bland Diet
- 6. High protein, high carbohydrate, moderate fat diet
- 7. Fat controlled diet
- 8. Sodium restricted diet
- 9. Controlled protein, potassium and sodium diet

## **BOOKS RECOMMENDED**

- 1. Krause, M. V. Mahan, L.K. Krauses, Food, Nutrition and Diet Therapy, Sytria Escott-Stump, 11<sup>th</sup> Edition.
- 2. Robinsons, C.H. and Lawler, M. R. Normal and Therapeutic Nutrition Mac Millan, Pub. Co. New York, 20<sup>th</sup> Ed. 1992.
- 3. Turner, D.Hand book of Diet Therapy, University of Chicago Press, Chicago, 9<sup>th</sup> Ed. 1996.
- 4. Robinsons, C.H. Basic Nutrition and diet Therapy, Mac Millan, Pub. Co. New York, 1992.
- 5. Williams, S.R. Essentials of Nutrition and Diet Therapy, Times Mirres Masby Pub. St. Louis, Latest Edition.
- 6. Norma Jean Grills, R.D. M.S. et. al, Manual of Nutrition and Diet. Therapy, Mac Millan, Publishing Company, Inc. New York.
- 7. Staci Nix (Editor) Williams Basic Nutrition and Diet therapy, Mosby-Year Book; 12<sup>th</sup> BK & Cr.Edition, 2004.

## **NUTRITION EDUCATION**

**Paper I (x)**

**Total: 100**  
**Theory: 75**  
**Practical: 25**

### **OBJECTIVES**

1. To understand the importance of nutrition education in solving nutritional problems.
2. To develop skills to carry out the various steps in nutrition education and counseling process.
3. To assess the food and nutrition scenario at national and international level.

### **Contents**

1. A brief study of social, economical, psychological and environmental factors affecting dietary habits.
2. Definition and objectives of nutrition education: Communication skills; Methods of communication; Validity of nutrition information
3. Understanding the Nutritional education and counseling process: Assessment; Analysis; Planning; Implementation; Evaluation; Documentation
4. Importance of nutrition education in community development: Role of Home Economist towards nutrition education of communities.
5. Role of national and international agencies in nutrition.
6. Importance of research in nutrition:
  - a. Brief study of research methodology
  - b. Basic types of research in Nutrition: experimental, case study, survey

### **PRACTICAL**

1. A presentation on any of the nutritional issues or dietary practices and providing nutrition education to overcome the problem.
2. Report writing based on presentation: Review of literature; Compilation; References

### **Recommended Books:**

1. "Educational Research" by L.R. Gray
2. "Fundamentals of Normal Nutrition" by Robinson
3. "Understanding Nutrition"
4. Gray, R.L. Educational Research, Competencies for analysis and application 5<sup>th</sup> Edition. Florida International University.
5. Whitney, N.E and Rolfes, R.S Understanding Nutrition 9<sup>th</sup> Edition. Wards World, Canada 2002
6. wardraw, M. G. and Kessel, M. Perspectives in Nutritio. 5<sup>th</sup> Edition. McGraw Hill 2002
7. Pattanaik, N. Nutrition Education ISBN 8176487651.
8. Zemel P, Houghton B. women as a Community with nutritional needs. In Wolinsky I, klismis – Taveantyzis (D) (Ed.) Nutretional Concern of Women. Boca Raton CRC Press, 1996.

9. Curry, Nutrition counseling and communication skills book, 1998, by Curry.

## **THEORIES OF CHILD DEVELOPMENT**

**Paper I (xi)**

**Total Marks:100**

**Theory: 70**

**Practical: 30**

### **Objectives:**

1. The students will develop an in depth understanding of child development
2. They will be able to analyze the contribution of the various factors affecting child development
3. Students will be able to apply various methods used to study child development
4. They will critically analyze the views of different theories
5. They will learn to implement the theories of child development

### **Theory:**

1. Definition of child development; Scope of child development  
History of child development
2. Methods of studying child development : Cross sectional method;  
Longitudinal method
3. Heredity & Environment: Interaction of Heredity & Environment  
Heredity Mechanism; Environment
4. Schools of Psychology
  - Psychoanalytical Theory (Freud)
  - Psychosocial Development (Erikson)
  - Cognitive Development & Learning (Piaget)
  - Trial & Error theory by Thorndike
  - Conditioning by Pavlov
  - Reinforcement by Skinner
  - Social Learning theory by Bandura

**Practical:** Observing children in nursery school

Planning a project for a particular developmental aspect area

### **Books Recommended:**

1. Decker, C.A: (1990), Children the early years, Goodheart-Willcox company, South, Holland.
2. Brek, L.E., (1994), Child development, 3<sup>rd</sup> ed. Allyn & Bacon. USA  
Paplia, D.E., & Olds S.W,(1987) A child's world 4<sup>th</sup> ed. Mac Graw-Hill, New York.
3. Hall, E., Perlmutter, M., Lamb, M. (1986) Child Psychology Today, Random House, USA.
4. Ryder, V. (1990), Parents and their Children, Goodheart-Will Cox, company, south Holland, Hetherinton, E.M., Parke, R.D., (1986), Child Psychology: A contemporary view point, 3<sup>rd</sup> Ed. Mac Graw Hill, New York.

## GERONTOLOGY

Paper 1 (x)

Marks 100

### **Objectives:**

Students should be able to

1. Identify ageing as a normal developmental process.
2. Describe biological, psychological, and social aspects of ageing with reference to Pakistani society
3. To demonstrate and compare problems of elderly people getting institutional care and living in their own homes.

### **Contents:**

1. **Introduction:** Gerontology and overview; Theories of Gerontology; Importance; Gerontology in Pakistan and throughout the world.
2. **Adulthood and Aging:** Biological changes; Cognitive functions; Personality development; Stages/adult development; Death, dying, grief.
3. **Aging: a multi-disciplinary Approach:** Biology of aging-physical examination, developmental aspects, health changes, and Nutrition; Psychology of aging—personality, perception, response/motivation; Social psychology of aging—social interaction, body language, and communication.
4. **Social analysis of Aging:** The family; Styles and lifestyles; Gender; Work, retirement and leisure; Rural versus Urban.
5. **Care of the Elderly:** Understanding and dealing with problems; Counseling of elderly; Health care; Institutional services and care.

## **ART APPRECIATION**

PAPER II a

Total Marks: 100

Theory: 100

### **Objectives**

1. It is vital for the students to develop an insight into the history of ancient civilizations and their architecture in order to promote the creative abilities of the students.
2. The student will be able to understand of the human mind and show communities with art, tradition and heritage to hold them together.
3. To make the student aware of the concept of people as a nation is through art and it's movements in civilizations.

### **Contents:**

- I. **The Renaissance**
- II. **Mannerism**
- III. **Baroque/Rococo**
- IV. **The Modern World**
  - a. Neoclassicism/Romanticism
  - b. Realism/Impressionism

- c. Post Impressionism
- d. Twentieth Century Painting
- V. Art in Pakistan**
  - a. Realism and Nationalism; b. Abstract Movement
  - c. Caligraphy
- VI. Muslim Art in Sub-Continent – 1100 – 1947 A.D**

### Reference Books

1. The History of Art-Bernard S. Myers and Trewin Coppelestone Viscount Books
2. A History of Modern Art-H.H. Arnason Thames and Hudson
3. World of Islam-Earrest J. Grube Paul Hamlyn, London.

## APPLIED INTERIOR DESIGN

**Paper II (b)**

**Total: 100**  
**Theory: 60**  
**Practical: 40**

### Objectives:

1. Developing problems – solving and design communication skills among students.
2. Application of creative and aesthetic potentials of individuals in residential and commercial interior.
3. Experimentation with some thing truly new and original and tosspot opportunities to play with varied colour schemes, textures, and surface patterns.

### Theory:

1. **DESIGN** – Design Inspiration; Sources of Inspiration; and Consumer Demands and Needs regarding interior design.
2. **CREATIVITY & DESIGN:** Creativity:- definition; Creativity & aesthetics Importance of creativity in design
3. **PSYCHOLOGY OF COLOUR:** Application of colour in interiors; Surface pattern & textures; Proportion and design
4. **APPLICATION OF DESIGN ELEMENTS:** Line, Shape, Space, Texture, Pattern, and Colour.
5. **APPLICATION OF DESIGN PRINCIPLES WITH ELEMENTS** Harmony; Balance; Proportion; Rhythm; and emphasis

### PRACTICAL

1. Treatment of colour & design
2. Treatment of texture & surface pattern
3. Creative design of accessories

### REFERENCE:

1. Dorothy Stepat. Introduction to Interior Design
2. Victoria Kloss Bell. The Art of Interior Design

3. The House and Home Book of Interior Design, McGraw Hill Book Company.
4. Scott Gillam Robert, Design fundamentals McGraw Hill Book Company Inc New York 1951.
5. Barty Philips “Fabrics and Wall paper, Design sources and inspiration”.

## **FUNDAMENTALS OF ACCOUNTING**

**Paper II-c**

**Total: 100**  
**Theory:**

1. **Accounting: The Language of Business**
  - a. Book keeping;
  - b. Accounting Mechanics;
  - c. Classes of Accounts
  - d. Rules for debt & credit
2. **Accounting Principles & Equations**
  - a. Define Accounting Principles;
  - b. Essentials features of Accounting Principles;
  - c. Accounting Concepts;
  - d. Accounting Equations
3. **Journal & Ledger**
  - a. Journal: Definition & characteristics of journal; Forms of journal; Rules for journalizing
  - b. Ledger: Definition & Features of Ledger; Form of Ledger; Method of posting.
4. **Trial Balance** Definition & Objectives of Trial Balance; How to prepare Trial Balance; Rules for balancing accounts
5. **Banking Transactions:** Definition & Functions of Bank; Receipt of Deposit. How to open bank account; Cheques, Bank Drafts, Hundies, Postal Orders; Method of Recording Banking Transactions
6. **Bills of Exchange:** Inland & Foreign Bills; Parties of Bill; Advantages & Functions of Bill of Exchange; Tenor & Usance; Kinds of acceptance; Promissory Notes; Receivable & Payable Bills; Drawing, Acceptance, Payment & Discounting of Bills; Endorsement, Dishonor, Renewal & Retiring of Bills.
7. **Cash Book:** Definition & kinds of Cash Book; Voucher & Form; Balancing Cash Book
8. **Final Accounts:** Trading Accounts: Definition, Forms, & Items of Trading Accounts; Profit & Loss Accounts ; Definition & Forms, Preparation & Items of Profit & Loss Accounts; Balance Sheet: Definition, Grouping & Marshalling; Object & Preparation of Balance Sheet; Classification of Assets, Liabilities, & Capital.
9. **Preparation of Annual Reports:** Preparing, Annual Reports, Adjusting Entries; Preparing Statements, and Work Sheet
- 10 **Depreciation:** Definition, Causes, Need, Depreciation, Depletion and Amortization, and Methods of providing Depreciation

## Books Recommended

1. M.A. Ghani Principles of Accounting
2. Baker, R.E, Lembke, V.C and King, T.E (1996) Advanced Financial Accounting (3rd Edition).New York: McGraw Hill
3. Meigs, R.F., Williams, J.R., Haka, S.F. and Bettner, M.S., (1999), Accounting:The Basis for Business Decisions (11th Edition), New York, Irwin McGraw-Hill
4. Mukherjee A. and Hanif M., (1995), Modern Accountancy, New Delhi, Tata McGraw-Hill Publishing Company Limited.
5. Shukla, MC and Grewal, T.S (1992). Advanced Accounts (12th Revised Edition). New Delhi. S.Chand and Company.

## ELEMENTARY CHILDHOOD EDUCATION

Paper: II-d

Total Marks: 100

Theory: 70

Practical: 30

### Objectives:

To enable students:

1. To describe child development and mechanism of learning at school age.
2. To demonstrate skill for teaching at elementary level.
3. To evaluate capabilities of children at elementary level.

### Contents:

1. **Introduction to Elementary Education:** Nature scope and current trends of Elementary Education; Different Approaches to Elementary Education; Developmental characteristics of Elementary Education; Developmental characteristics of Elementary school child; Linkage between Child Development and elementary Education
2. **Instructional Strategies:** Classroom management Skills; Time Management; Motivation; Organizing Learning Experiences
3. **Planning for effective teaching:** Definition, importance essentials and resource for Planning; Unit and Course Planning; Lesson Planning (The Daily Lesson Plan, Constructing a lesson Plan, Lesson Plan Formats)
4. **Preparing Instructional Objectives:** Instructional objectives as Learning Outcomes; Dimensions of Instructional Objectives; Selection of Instruction Objectives; Method of stating instructional objectives; Relationship of instructional objectives to evaluation process.
5. **Measurement and Evaluation in Teaching:** The role of Evaluation in teaching; The meaning of evaluation; The Principles of Evaluation; Types of Testing and Evaluation Procedures
6. **Teaching Children with Learning & Behaviour Problems:** Definition and Characteristics of Children with Behavior and Learning Problems; Dimensions of Learning Problems; Principles of Behavior Management; Prevention of Learning Problems; Principles of Academic Remediation; Curriculum of the Learning & Behaviour problem students

7. **Family and School Relationship:** Introduction; Effects of Family, School Linkages; Barriers to Family School Linkages; Principles of Family school Partnership; Parent Conference

### **PRACTICAL**

1. Plan and carry out five lesson plans (alongwith the supporting teaching aids)
2. Preparation of the file and viva
3. Planning and presentation of a lesson plan for the exam

### **RECOMMENDED BOOKS**

1. Developmental Psychology by Elizabeth Hurlock
2. Teaching in the Middle & secondary school by Joseph F. Callahan Leonard H. Clark
3. Psychology for teachers by David Fontana
4. A Teacher's World Psychology in the Classroom by Yelon Weinsten
5. Measurement and Evaluation in Teaching by Norman. E. Gronland
6. Teaching Children with Learning Problems Gerald Wallace and James M. Kauffman
7. Teaching Skills to Children with Learning and Behaviour Disorders by Thomas M. Stephen
8. Educational Psychology – A Contemporary Approach by Gary D. Borich and Martin L. Thmbari
9. Elementary Classroom Management by Weinsten. McGraw Hill Inc. 2001

## **TEXTILE MARKETING AND MERCHANDISING**

**Paper II-e**

**Total Marks: 100**  
**Theory: 60**  
**Report Writing:40**

### **Objectives:**

1. To make students to understand the Importance of marketing and merchandizing policies with special reference to textile industry of Pakistan.
2. Role of advertisement in promotion of textile merchandizing.
3. To understand the problems faced by the manufactures regarding consumers demand.

### **Contents:**

1. **Management:** Scope of management; Management hierarchy; Management aids; Management Organization
2. **Merchandizing:** Definition and importance of merchandizing; Concept of durability, style, attractiveness, comfort & general marketing.
3. **Problems** faced by the manufacturers to meet specifications of consumers and vice versa.

4. **Research and Development:** Scope of research and Development; Research requirements of a company; Research associations.
5. **Marketing:** Definition and scope; The societal marketing concepts; Functions and policies related to textile industry of Pakistan
6. Role of advertisements in promotion of textile merchandize.

### **BOOKS RECOMMENDED**

1. Harold, K. and Hein, R. 1990. Management. Mc-Graw Hill Book Co. Ltd.
2. Dorothy D. Prisco, Fashion Merchandise to information 1986, Willey Publisher.
3. Patrica Rath, Jacqueline Peterson, Phylis Greensley, Penny, Introduction to Fashion merchandising, January 2 , 1994, Thomson Delmer learning; 1 edition.

## **Family and Community Development.**

**Paper 1V**

**Marks: 100**  
**Theory: 70**  
**Practical: 30**

### **Objectives:**

To enable students

1. To clarify the concept of family as an institution and its relationship with the community.
2. To identify the issues related to the family.

### **Theory:**

1. **Introduction to sociology of the family:** Definition; Sociological approach to the study of family and community development; Family as a social institution; Community as a social institution; Review of latest research in the field.
2. **The family.** Meaning, definition, and explanation of family; Functions of family; Types of family; Family formation-marriage and selection; Kinship
3. **Related concepts of family:** Family breakdown, reconciliation; Family law and shariah; Change in family institution; Status of women
4. **Introduction to community:** Meaning, definition and explanation of community; Nature and scope of community development studies; types of communities in urban/rural areas; functions of community; Role of formal organizations in the communities; The nature and direction of social change as related to community
5. **Family and community relations:** General characteristics of Pakistani community; Social, cultural, and demographic features and variations in the community; Gender and community development; Role of family in the development of community.
6. **Community development in Pakistan:** Meaning and principles of community development; Methods of community development; Effective

utilization of community resources; Introduction to methods of social research in community development; Ways to promote community development programs

**Practical:** Project and written report.

## **INTRODUCTION TO RESEARCH METHODOLOGY**

**Paper V**

**Total Marks: 100**

**Theory: 75**

**Practical: 25**

**Theory:**

1. **The nature of research.** Basic and applied research; Stage in the development of research; Scientific methods of research; Kinds of research; Application of research in Home Economics.
2. **Planning the research project.** Purposes of scientific research in Home Economics; Purposes of specific research studies; Selection of the problem; Formulating and testing a hypothesis.
3. **Techniques of data collection and scaling:** Observation, interviewing, and questionnaire; Documentary analysis and other techniques; Scaling problems
4. **Writing the research project:** General rules for writing format and style; Revising and rewriting the report.
5. **Ethics in research.**
6. **Practical:** Developing synopsis for a research project.

## **Home Economics Education: Administration and Supervision**

**Paper: I**

**Total marks 100**

1. **EDUCATION:** Concepts and aims of education; Brief review of history and development of education--Early Muslim Education, British Education in the subcontinent; Brief review of Major Educational Policies of Pakistan
2. **ADMINISTRATION:** Administrative process--decision making, planning, coordinating, influencing evaluation; Roles and responsibilities of college administration staff selection, organizing work planning revision of curriculum, defining lines of authority, directing educational survey and studies, Encouraging profession growth. Working effectively with non-academic staff.
3. **HUMAN RELATIONS:** Significance of human relations in school administration; Communicational skills; Leadership; Techniques of effective contact and professional growth; Relationship of teachers to parents and the community in the school programme.
4. **SUPERVISION:** Concepts and nature of supervision; Aims and objectives of supervision; Bases of need for supervision (Social, psychological, Professional Philosophical etc.); Major functions of supervision (coordination, leadership, professional growth etc.); Planning for supervision to supervisory activities; Planning according to the nature

of the program; Knowledge of students, staff and community;  
Pedagogical skills; Evaluation of supervision; Major purposes of  
evaluation of supervision; Basic principles in evaluation of supervision;  
Types of evaluation in supervision

5. **ORGANIZATION OF DEPARTMENT OF HOME ECONOMICS:**

Planning and equipping the building or department; Managing the  
budget; Handling problems of purchasing, inventory and maintenance;  
Organizing and managing the home economics office; Planning  
guidance services for the welfare of all students.

**BOOKS RECOMMENDED:**

1. Miller: Success, Failure and Waste in Higher Education
2. Onenole: World Faiths in Education
3. Curle Adam: Planning for Education in Pakistan
4. Qureshi, I. II: Education in Pakistan
5. Neagley and Evans: Handbook of effective supervision in instruction  
prentice Hall Inc. New Jersaey
6. Education Commission Report 1960-61
7. National Education Policies
8. Boardman, Doughlass and Bonbt J. Democratic Supervision in  
Secondary School, New York, Hugatton Mifflin.
9. Hort, Pauf, R. and Raes, Donald, H. Principles of School Administration,  
New York, McGraw Hill.
10. Chamberlain, Leo M. and Leaslie W. Kindred. The Teacher and School  
Administration, New York, Prentice Hall, Inc.
11. Ghulam Saidain, Khawaja: The Educational Philosophy of Iqbal.
12. Kinbrough & Munnery
13. Campbell & Gregg. Administrative Behaviour in Education.
14. Anderson & Vaudke: Secondary School Administration
15. Iqbal, M. Education in Pakistan

**STATISTICS AND COMPUTER APPLICATION**

**Paper 11**

**Total Marks: 100**

**Theory: 70**

**Practical: 30**

**Theory**

1. **Nature of statistics:** Meaning, definitions, and characteristics of  
statistics; Importance and application of statistics; Scope and limitations;  
Diagram and graphs: a) one dimensional, simple, multiple and sub-  
divided bars; b) two dimensional, squares, circles, rectangles  
histograms.
2. **Descriptive statistics:** Classifications, tabulations, frequency  
distributions; Measure of central tendency, mean, medium, mode;  
Measures of dispersion, standard deviation, variance and co-efficient  
variation; Correlation theory.

3. **Sampling methods:** Objectives of sampling; Probability and non-probability sampling; Methods of selecting samples; Errors and methods of reducing sampling errors.
4. **Statistical tests and decisions.** T-tests: general features of t-distribution; testing significance between means; Chi-square test: General feature of chi-square, distribution, application; testing sample variance, goodness of fit test, association of attributes.

**Practical:** Using computer software for data analysis and testing  
Significance of results on a project- individual/group activity

## PHYSIOLOGICAL ASPECTS OF NUTRITION

<b>Paper 111 (a) Group A</b>	<b>Total Marks: 100</b>
	<b>Theory: 80</b>
	<b>Practical: 20</b>

1. **CELL PHYSIOLOGY:** Structure of the cell; Function of the points of cells
2. **COMPOSITION OF THE BODY:** Chemical composition of the body; Methods of assessment; Compositional changes with growth age
3. **ENZYMES – A BRIEF STUDY**  
Chemical nature and properties; Classification; The mechanism of enzyme reaction; Factors effecting enzyme activity
4. **DIGESTION AND ABSORPTION**  
Structure of the alimentary tract; Process of digestion; Digestive secretion; Mechanism of absorption; Malabsorption syndrome
5. **NUTRIENT EXCHANGE AND HOMEOSTATIC CONTROL**  
Mechanism of exchange; Renal-control. Water, Electrolyte Balance
6. **REVIEW OF BLOOD AND NUTRITIONAL ANEMIAS**  
Functions of blood; Composition of blood; Blood group; Nutritional anemia's
7. **LIVER ITS FUNCTIONS AND ROLE IN REGULATING METABOLISM**
8. **A BRIEF STUDY OF HORMONES**  
Mechanism of action of hormones; The hypothalamus; Hormones of anterior pituitary; Pancreatic hormones; Thyroid hormones; Parathyroid; Sex hormones
9. **IN BORN ERRORS OF METABOLISM. DISORDERS RELATED TO CARBOHYDRATE PROTEIN AND LIPID METABOLISM**

### PRACTICAL:

1. Blood Analysis-hemoglobin cholesterol sugar
2. Urine analysis-blood. Protein. Vitamins.
3. Assessment of nutritional status anthropometric. Dietary intake.

## COMMUNITY NUTRITION

Paper 111 (b) Group A

<b>Total Marks</b>	<b>100</b>
<b>Theory</b>	<b>75</b>
<b>Practical</b>	<b>25</b>

### **Objectives:**

1. To understand nutrition problems, their prevalence in vulnerable groups.
2. To enable the planning of nutrition education programme for institutions and community to prevent nutritional disorders.

### **Contents:**

- I. Primary Nutritional Diseases:** Protein energy malnutrition; Rickets and Osteomalacia; Scurvy; Beri-Beri; Xerophthalmia and Keratomalacia; Pellagra; Nutritional Anaemia.
- II. Special Problems and Nutrition of different groups:** Infancy; Young children; Pregnant and lactating women; Adolescent And elderly.
- III. Prevention of Nutritional Disorders**
  - a. Nutrition Education.
    - i. Planning of Nutrition education programmes; nutrition education in schools and professional institutions, education of the mothers and the community; impact of nutrition on learning.
  - b. Community sanitation
  - c. Food enrichment and supplementation

**Practical:** Year's work.

### **Reference Books:**

1. Davidson & Passmore. Human Nutrition and Dietetics
2. Jessie, Caraig and other. Community Nutrition
3. Sinclair and Howat. World Nutrition and Nutrition
4. United Nations Publications
5. Robert KL moving o the future Developing community based nutrition services. Washington DC Association of state and territorial public health nutrition deserters: 19996

# **FOOD TECHNOLOGY & MICROBIOLOGY**

**Paper 111 (c) Group A**

**Total Marks: 100**

**Food Technology: 50**

**Microbiology: 50**

## **OBJECTIVES:**

1. To understand the concept of food technology and its scope
2. To develop an understanding of food products, their composition and processing techniques.
3. To understand importance of food safety and the role of food microbiology in the prevention of food spoilage.

## **Part A Food Technology**

### **General**

1. Food technology & its scope in developed and under developed countries.
2. composition of food and effect of processing techniques in general, on food components.

### **Wheat and Rice Technology**

1. Composition of cereals
2. Suitability of wheat for chapati, bread, cake & biscuit making.
3. Effect of milling and extraction on quality of wheat & rice.
4. Enzymes present in wheat & their action on starch during processing.

### **Meat, poultry and fish technology.**

1. Composition of meat, poultry and fish.
2. Post-mortem changes
3. Inspection of fish.
4. Ideal storage & preservation of meat and fish.

### **Fruits & vegetable technology**

1. Composition of fruits & vegetables
2. Post-harvest changes in fruit & vegetables
3. Methods of preservation of fruits and vegetables

### **Dairy technology**

1. Composition of milk
2. Chemical changes in milk
3. Changes on heating and processing.

## **Part B Food Microbiology**

1. Microbiology – definition brief history and importance.
2. Classification of micro organism important in food e.g.
  - a. Bacteria
  - b. Mould
  - c. Yeast

- d. Their Morphological. Biochemical and physiological characters; reproduction growth phases and growth rate. Doubling time or generation time.
3. Control of micro-organisms
  - a. Physical conditions; (i) Dry heat (ii) moist heat, steaming pasteurization, sterilization (iii) membrane filters (iv) desiccation, (v) Osmosis and osmotic pressure (vi) radiation (vii) air filtration.
4. Control and contamination
  - a. Water microbiology
  - b. Milk microbiology
5. General Principles of microbiological spoilage
6. fermented foods:  
Yoghurt, Pickle, Cheese, Bread.

### Reference Books

1. Fundamental principles of Bacteriology by: A.J. Sales, McGraw0- Hill Book Co. Inc. New York, 1954
2. Frazier, W.C. Food Microbiology, McGraw – Hill Book Co. Inc. New York
3. Industrial Microbiology present and Dunn:
4. Microbiology by M.J. Pelosar Jr. & R.D-Ried, McGraw Hill book co Inc, New York.
5. A.H. Rose, Industrial Icrobiology, London,mButts Rwert An introduction to the biology of Micro Organisms Edward Arnold Publisher.

## TEXTILES CHEMISTRY

Paper – III (a) Group B

<b>Total Marks:</b>	<b>100</b>
<b>Theory:</b>	<b>75</b>
<b>Practical:</b>	<b>25</b>

### Objectives:

1. To acquire basic chemical knowledge of fibers.
2. Knowledge of pre-treatment dyeing, finishing procedure of textiles.
3. To equip the students with the latest technology to become good professionals.

## THEORY

### THE CHEMISTRY OF FIBERS

- I. **Textiles:** Addition Polymers; Condensation; Crystalline Structure of Polymers; General; Conditions for Crystallinity; Principles of packing of Polymer chain; Fine Structure; Orientation and crystallinity; Chain length and molecular slip; Effect of stretch on crystalline and amorphous regions; Properties due to crystalline and amorphous regions.
- II. **Chemistry of Cellulose:** Purification of Cellulose materials; Chemical constitution of cellulose e.g. Structures of the molecule and groups, degree of polymerization; Derivatives of Cellulose (Cellulose Esters, Cellulose Ethers, Reactivity of Hydroxyl groups); Hydrolysis of cellulose (Hydrocellulose, Rate of Attack, Determination of the degradation;

viscosity method, and group analysis); Oxidation of cellulose, Attack of cellulose by alkali.

- III. **Chemistry of Wool:** Occurrence; Histology; Bilateral Structure; Chemical composition; Chemical Reactions of wool ( with acids, with alkali, Treatment with water, Cross linkages of wool)
- IV. **Silk:** Occurrence, histology, chemical structure; Chemical reactions of silk, degradation of acids, alkalis, oxidation, other agents, cross linking.
- V. **Chemistry of Man made Fibers:** Production of fiber, Wet spinning, Dry spinning, Melt spinning.
- VI. **Wet Processing:** Pre-treatment; Dyeing; Finishing;

### **Practical:**

- 1. Designing of textile materials with enzymes.
- 2. Scouring of Textile materials by discontinuous & continuous processes.
- 3. Bleaching of textile materials with hypochlorite & Peroxide by discontinuous & continuous processes.
- 4. Cauterization of cotton material.
- 5. Optical brightening of textile materials.
- 6. Dyeing of textile materials by various methods using different types of dyestuffs.
- 7. Application of softeners, stiffening agents on Textile materials.
- 8. Determination of color fastness properties of dyed material to: Washing / Laundering; Rubbing; Light; Chlorinated Water; Perspiration
- 9. Chemical Analysis:
  - 1. Determining the strength of: Acids, Bases, Hydrogen peroxide, Hypochlorite, Common salt
  - 2. Determination of: Water hardness, TDS in water, pH of Water.

### **Reference Books**

- 1. Louis Atwell Olney. Textile Chemistry & Dyeing, January 1 , 1942) Plenograph Printed by Spaulding Moss Company; 8<sup>th</sup> Edition.
- 2. Reymond H. Peters. Textile Chemistry Impurities in Fibers, January 1967, LSEVIER Science Ltd.
- 3. C. Carr, Chemistry of the Textiles Industry May 31, 1995 Springer, 1 Edition.
- 4. S.V. Kulkorni, Textile Dyeing operations: chemistry Equipment, Procedures and Environmental. Aspects April 1986 Noyen Pubns Publication.
- 5. Arthur Courtney Hayes, Sone Aspect of Textile finishing: a comprehensive outline, designed for the use of students majoring in textile chemistry, January 1 , 1964, The Technical Press.
- 6. S.R. Karmakar – Chmical Technology the pre-treatment processes of textiles (Textiles Science and technology) November 1 . 1999, Elsevier Science.
- 7. David J. Watton, J. Philip Lorimer, Polymers, May 10,2001 Oxford University Press, USA.

8. Jand – Dee boer, Dyeing for fibers and Fabrics December 1987, Kongares Press, Revised Edition
9. Menachem Lewin, Handbook of Fiber Science and Technology, August 1983, Marcel Dekker Publisher.

## **ECONOMIC, SOCIAL AND PSYCHOLOGICAL ASPECTS OF CLOTHING AND TEXTILES**

**Paper III (b) Group B**

**Marks 100**

### **Objectives:**

1. To acquire basic knowledge of the social and economical changes in clothing
2. Cultural, symbolical and artistic perception of dress.
3. Latest developments of clothing industry in Pakistan.

### **Contents:**

A study of clothing behaviour the impact of clothing on the social and psychological security of the adolescent and adult.

- I. Interrelationship of Clothing and Culture:** Patterns of culture, Relation to the material culture; Folkways, mores and customs; Conformity and individuality in dress; Social change and fashion change.
- II. Clothing and Human Behaviour:** Clothes and the self-concept; Clothing symbolism; Clothes, Role and Status; Conformity and individuality in Dress; Social change and Fashion change.
- III. Aesthetic and Dress:** Artistic perception, Expression and Experience; Standards of taste and beauty; Culture, clothes and art.
- IV. Clothing and the Physical Self:** Clothing and Physical comfort; Clothing and Physical appearance.
- V. Clothing in the Economy:** Clothing consumption patterns; The Pakistan clothing industry; Textiles, clothing and the International Market.
- VI. Acquisition and use of Clothing:** Responsibility of the consumer; Making clothing decision.

### **Reference Books**

1. Hoebel. Anthropology: the study of Man 1966., McGraw Hill Book Co.
2. Susanne Kuchler, Clothing as material Culture, June 4, 2005 Berg publisher, Daniel Miller (Edition) USA.
3. Catherine Richardson, Clothing culture, 1350 – 1650 (The History of Retailing and Consumption, September 2004, Ashgate Publishing USA.

## EXPERIMENTAL TEXTILES

Paper III (c) Group B

**Total Marks: 100**

**Theory: 75**

**Practical: 25**

### **Objectives:**

1. To provide knowledge about objectives of textile testing.
2. Study the qualitative and quantitative fabric analysis.
3. Enabling students to acquire basic knowledge about the fiber, yarn and fabrics dimensions and properties.
4. To acquaint the students with the methods of testing of fabrics using various instruments.

### **Contents:**

- I. Introduction to testing**
- II The elements of statistics**
- III. The selection of sample for testing**
- IV. Moisture relation and testing:** The measurements of atmospheric condition; Regain Humidity relation of Textiles
- V. Fiber dimensions and quality**
- VI. Yarn dimensions**
- VII. Fiber Identification qualitative and qualitative analysis.**
- VIII. Fabric dimensions and properties:** Fabric thickness; Count of the cloth; Crimp of yarn in fabric; Air permeability; Fabric stiffness, handle and rape; Crease resistance and crease recovery; Serviceability, wear, and abrasion resistance; Flammability; Water and fabric relationships.
- IX. Tensile testing of Textiles:** Stress-strain mechanisms of textile fibers and fabrics.

**Practical:** Practical will be based on theory topics

### **Reference Books**

1. Booth. Principles of Textile Testing 1969. Chemical Publishing Inc. New York.
2. Chamot & Mason: Handbook of Chemical Microscopy 1958. Vol-I, John Wiley and Sons. Inc. New York.
3. AATCC: Technical Manual of the American Association of Textile Chemists and Colourists. 1969 Vol.-45

# **EARLY CHILDHOOD EDUCATION AND ADMINISTRATION**

**Paper 111 (a) Group C**

**Total Marks: 100**

**Theory: 70**

**Practical: 30**

1. Early childhood education (theoretical assumptions): Introduction to early childhood education—need and goals, key principles and beliefs; Brief history of childhood education; review of latest research.
2. Day care centers: Introduction to day care centers; Needs and goals; Conceptual considerations of day care centers; planning and providing services; parental environment; planning for health, safety, and nutrition; Schedule of a day care center.
3. Play group: needs and objectives; needs and objectives of Montessori Education; defining curriculum; materials; role of environment on the child; relationship between child and adult,
4. Nursery School and Kindergarten: Introduction and importance; curriculum planning; methodology and role of a teacher; schedule of a day; equipment and toys.
5. Planning for effective teaching: teaching to be related to objectives; developing skills in class room management; time management; managing, controlling, and disciplining children in class room; management of problem children.
6. Administrating early childhood programmes: understanding administrative functions; managing personnel; financing and budgeting; care of equipment and materials.
7. Evaluation and feedback: role of evaluation in early childhood programmes; types of evaluation and feedback; assessing, recording, and reporting child progress; parent teacher meetings.

## **Practicals:**

1. Helping the department in the management and administration of nursery school;
2. Arrangement of department functions;
3. Adapting and translating books for children;
4. Preparation of interesting educational games;
5. Lesson plans and curriculum development.

# **COMMUNICATION IN HUMAN AND FAMILY RELATIONS**

**PAPER 111 (b) Group C**

**Total Marks: 100**

**Theory: 75**

**Practical: 25**

## **Objectives:**

1. Application of communication processes in human and family development
2. Development and enrichment of family relationships through the life span
3. Enhancing and enriching personal and professional relationships through improved communication

## **Theory:**

1. **An Overview of Communication:** Definitions of components of communication; Types and functions of communication; Dimensions of communication patterns and variables; Communication and culture; Communication and technology; Ethics and responsibility in communication; Importance of communication in human and family development.
2. **The Process of Communication:** The communication process; Verbal and non-verbal communication; Perception and listening; Emotional messages and conversation messages; Ineffective communication; Improving communication skills.
3. **Interpersonal and Intrapersonal Communication:** Definition and functions; Stages of relationship development; Self disclosure within relationships; Conflict within relationships; Improving efforts to resolve conflicts; Building self-esteem and self concept.
4. **Framework for family communication:** Communication in different types of families; Basic family processes and communication; Communication and family subsystems; Communication and family stress: developmental issues; improving family communication.
5. **Human Communication and Problem Solving:** Creating a positive communication climate; Solving problems as a group; Dyadic and small-group communication; Types and variables of small-group process; Participating in small group discussions; The process of problem-solving; Public-speaking; Leadership.

## **PRACTICAL**

- a. Collecting, compiling, analysis, synthesis and reporting of events regarding communication problems
- b. Seminar presentation of report
- c. Preparation of journal

## **REFERENCE BOOKS**

1. Dunn and Goodnight (2003). Communication: Embracing Differences, New York: Allyn & Bacon-Longman

2. Galvin and Brommel (2000). Family communication Cohesion and Change, 6<sup>th</sup> ed. Allyn & Bacon-Longman
3. Deviot, Joseph A. (1999). Messages: Building Interpersonal Skills, 4<sup>th</sup> ed. New York: Allyn and Bacon
4. Knapp and Vangeteshi (2000). Interpersonal Communication and human Relationships. Texas: Allyn & Bacon-Longman
5. Noller, Patricia and Fitzpatrick (1992). Communication in Family Relationships. USA: Allyn & Bacon

## **EDUCATIONAL PSYCHOLOGY AND MEASUREMENT TECHNIQUES**

**Paper 111 (c) Group C**

**Total Marks: 100**

**Theory: 75**

**Practical: 25**

- I. Introduction:** Meaning of educational psychology; Research in educational psychology; Contribution of educational psychology
- II. Contribution of School of Psychology in Education:** Structuralism, Functionalism, Behaviorism, Psychoanalysis; Gestalt School of Psychology.
- III. Educational Implications of Developmental Theories:** Piaget, Erickson, Vygotsky, and Kohlberg.
- IV Theories of Learning:** Meaning of learning, Implication of learning for teachers, Types and Methods of learning, Classification of the theories, S-R theories without reinforcement; S-R theories with reinforcement; Cognitive field theory.
- V. Motivation and class room learning:** Definition and importance of motivation; Types/methods of motivations; Function of motivation
- VI. Intelligence and class room learning:** Definition and types of intelligence; Theories of Intelligence; Multifactor theory (Two factor theory, Guylford's theory); Measuring intelligence (Binet's intelligence scale, Weschler's intelligence scale).
- VII. Psychological testing in educational psychology:** Meaning and importance of psychological testing; Characteristics of psychological testing; Types of standardized test.

### **PRACTICALS**

- a. Learning to administer any two of the following
  - i. 16 PF
  - ii. S.P.M.
  - iii. Weschler
  - iv. TAT
- b. Collecting evidences through audio visual aids to confirm the theories
- c. Planning Curriculum for various grades

## REFERENCE BOOKS

1. Anita. E. Woolfolk. 1990. Educational Psychology, 4<sup>th</sup> Edition, Prentice Hall, U.K.
2. Berryman, J.C. Development Psychology and You. Londer Blackwell Publishers, 2<sup>nd</sup> Ed. 2003.
3. Starwberg, R.J. In Search of the Human Mind, 2<sup>nd</sup> Ed. McPack. 1998

## PAINTING & PRINTMAKING

**Paper III-a. Group D**

**Total Marks: 100**  
**Year's Work: 60**  
**Exam. Work: 40**

### **Objectives:**

1. To polish the creative potential of the students for the implementation of their skills in various crafts.
2. The importance of art education is many folds as it develops the ability to understand, teach and communicate through art in the student.

### **Contents:**

#### **I. Drawing and Painting**

- a. Candidate are required to produce four each in : Still Life, Landscape, and Figure.
- b. Using the given media: Water Colour, Geuche or Acrylic, Oils

#### **II. Printmaking**

Candidates are requested to produce two final works in each: Pen & Ink, Wood-cut, and Etching. There will be a practical exam of 3 hours for six days on one of the above media.

### **Reference Books**

1. Drawing – The creative process – Seymour sinumons III and mare S.A. Winer Prentice Hall.
2. Draw-How to master the art-Jeffery camp.

## **CERAMICS**

**Paper III-b. Group D**

**Total Marks: 100**  
**Theory: 50**  
**Year's work: 30**  
**Practical: 20**

- I. History of pottery and ceramics:** Early Islamic pottery from 7<sup>th</sup> C to 13<sup>th</sup> Century; Pottery in Meso Potamia, Egypt and Persia.
- II. Contemporary Ceramic of Pakistan.**
- III. Clay:** Composition of clay; Kinds of clays: Primary clay, Secondary clay, Stone ware clay, Porcelin (china ware), Red clay, and Fire clay.
- IV. Methods of preparing pottery:** Hand Building: Pinch, Coiling, and Slab; Throwing; Alternative methods: Mold making; Slip casting.
- V. Decoration:** Exploration of Design; Techniques of Decoration
- VI. Glazing:** Types of glazes; Application of glazes

## VII. Firing: Kilns (Types and operations); basic firing techniques.

### Practicals:

1. Pinch Method: To make a vase decoration pieces; To make a decorative panel (6"x12"); To give a sculpture form.
2. Slab method: To design a piece of (10"x12"); To design a garden piece by mix methods. (Slab & Coil).
3. Coil methods: To give a non objective shape through coils; To make a vase of given size 6"x8", 10"x12"; To make a decorative piece of given height 6"x8", 10"x12" by mix method of (coil & slab).
4. Wheel method: To make a cylinder; To make a wide dish; To make a piece by adding lid & handle.
5. Casting: To make four pieces in casting and decorate it with coil and blocks.

### Reference Books

1. Graham Flight. Introduction to ceramics. Playne Books, United Kingdom. 1989.
2. John B. Kenny. The complete book of pottery making. Chitton Book Co. Philadelphia, New York
3. Ceramics, Edited by sarach pear published in the united state by Exaalilur Books. 201 Park Avenue South New York, 100003 Marshal Cavandish Ltd.
4. Arthur Lane. Later Islamic pottery Persia Syria, Egypt, Turkey. Faber and Faber 3 Queen Square London Second Edition. 1971.

## ART EDUCATION

### Paper III-(c) Group D

<b>Total Marks:</b>	<b>100</b>
<b>Theory:</b>	<b>60</b>
<b>Year's work:</b>	<b>20</b>
<b>Practical Exam:</b>	<b>20</b>

- I. **Philosophy of Art:** Definition of Art; The meaning of Art for Education; The free expression in Art or play; Experience; Personality Development; Assimilation and projection.
- II. **The importance of Creativity what it really is and what its prospects are in Education:** Definition **and traits** of creativity; Importance of Art for creativity; Importance of creative activity in elementary education; Creativity as a goal of education.
- III. **Art in education:** The importance of art in education; The meaning of integration in art education; The meaning of art in the class room (The importance of creative products; The psychological importance of the products; Importance of materials and skills); The teacher's role in the class room; Evaluation of work; Teaching Methods in art; Displays and Art competitions
- IV. **The developmental stages in Art Education for children:** The beginning of self expression scrabbling stage 2-4 years; The preschematic stage: 4-7 years; The achievement of a form concept in

schematic stage 7-9 years; The age of drawing realism the gang age 9-12 years; The age of reasoning the pseudo naturalistic stage 12-14 years; The period of decision: 13 years and onwards.

### **Practical**

1. The students will learn and proficient in the use of various Art techniques processes media and materials in a variety of studio areas.
2. The students will do lesson planning through general and specific objectives in teaching Art experiences to students in public school situation at Elementary, primary and secondary and high school levels.
3. The student-teacher will observe the Art work of students at the school in order to understand the suitability of Art Techniques processes, media and materials and tools in relation to grade and age levels.
4. The students will demonstrate the ability to observe and evaluate the Art work.
5. 6 lessons planned and delivered by every students
6. Students would submit their lesson plans in portfolio.
7. There will be a written practical examination for 3 hours and practical examination of 3 hours for 6 days.

### **Reference Books**

1. Nathi Robinson. The 'Art in the class room.
2. Charles D. Gaiit Skill. Art Education during Adolescence.
3. Herbert Read. Education through Art.
4. Definition Freancesses. Art Education.
5. Art Cline Bell.
6. Beydone Lome. Your child and his Art.
7. John Dewey. Art as Experience.
8. Viktor Lowendfeld. Creative and Mental Growth.
9. Viktor S. Amice. Creative Teaching in Arts.
10. Victor Lowendeld. Nature of Creative Activity.
11. Thomas Manro. Art Education its philosophy and Psychology.
12. Herbert Read. The meaning of Art
13. Tower W.C.Co. Uline, Bonald, Art for Exceptional children
14. Journals of the National Art education Association
15. Chapman, Laura. Approaches to Art in Education.

## WEAVING

Paper 111 (d) Group D

Total Marks: 100

Theory: 50

Practical: 20-30

- I. **History of weaving:** The great centers in Italy: 13<sup>th</sup> century; Renaissance (Lucca, Florence, France, Venice; The Baroque and Rococo in France; English – 17<sup>th</sup> and 18<sup>th</sup> Century; American Weaves and Patterns; Indo-Pakistan 2500 B.C. – 20<sup>th</sup> Century.
- II. **Types of Loom:** Primitive loom; Draw loom; High and low warp loom; Horizontal and upright loom; Jacquard loom; Power loom; Computerized loom.

### **Practical:**

1. Plain weave; T will weave; Over short weave; Combination weaves; Lace weave; Tapestry weave; Non loom processes.

### **Year's Work**

1. Two woven fabrics length (4x3 yards)
  2. One fabric of over and short pattern (length 1x3 yards)
  3. One fabric of free-choice
  4. Portfolio of samples size 8"x10" or 10"x12": each woven sample should be accompanied by following information--Graphic of designs, Stages of design development
  5. One Tapestry designed and woven.
- Examination: There will be a practical exam of 3 hours for 6 days.

### **Books Recommended:**

1. Cox, D and Warrcu, B. Creative Hands John Wiley and Sons, New York 1999.
2. Gertrude, G.G. Advertised in Weaving, Thas A. Bennet C.Inc. Publishers Peoria, Illinois. 1959.
3. Berta, F. Designing and drafting for Hand Weavers A division of Macmillan Publishing Company Inc. New Your. Collier Macmillan Publishers, London 1979.

## **MARKETING MANAGEMENT**

Paper III-(a) Group E

Total Marks 100

### **Objectives:**

1. Defining market and the importance of management in modern economic activity, seeking out opportunities and turning them into profitable business ventures.
2. Teaching individual strategic planning marketing techniques, making right disciplines and using annalistically skills demanded by all business enterprises.
  - I. **Introduction:** Definition and scope; Marketing functions; Who perform the marketing functions; The societal marketing concepts

- II. Management and Market:** Definition and scope of management; Relationship of management and market; Strategic planning; meaning, importance and steps of strategic planning; Developing a target market strategy; Market segments with relation to wants in the relevant field.
- III. The product development and management:** What is a product? Product objective; An analysis of competition position; Trends and market
- IV. Finance and Product:** Planning and organizing finance; Micro-credit; Pricing – scope; Pricing objectives and strategy.
- V. Decision Making and Market Demand:** Meaning & importance; Decision under risk; Certainty & uncertainty

### **Reference Books**

1. Richard M. Hodgetts; 1985. Management theory Process and Practice. Harcourt Brace Javanovich Publishers.
2. Koteler Philip, Armstrong Garry. 1999. Principles of Marketing, New Jersey, Printers Hall Inc.

## **DESIGNING THE INTERIOR (PRACTICALS)**

**Paper III-(b) Group E**

**Total Marks: 100**

### **Objectives:**

Through exercise and perspective drawing, students are introduced to the basic methods, materials and techniques necessary for visual communication.

### **Contents:**

#### **I. Elementary Drafting.**

- a. Development and presentation of interiors (Residential Commercial) to express.
  - i. Colour and colour schemes
  - ii. Furniture Arrangement
  - iii. Furnishing materials
  - iv. Storage

#### **II. Observation reports on furnishing trends of selected interiors and survey of markets for furniture, furnishing and finishing materials.**

## **INTERIOR DESIGN PLANNING AND ORGANIZATION**

**Paper III-(c) Group E**

**Marks: 100**

**Theory: 75**

**Report: 25**

### **Objectives:**

1. To Enabling students to realize the importance of appropriate planning and designing and its impact on the psychology of individuals.
2. Making students learn and analyze the issues which are central in design management and understanding the significance of furniture, accessories and elements of interior design and their role in transforming space.
  - I. **Socio – Psychological Aspects of Interior Design & Planning:** Planning process; Interior space planning; Interior designer's problems; Contemporary architecture & interior design.
  - II. **Elements of Interior Design:** Floors & coverings; Walls & ceiling finishes; Doors, windows and their treatments.
  - III. **The Role of Accessories in Interiors:** Aesthetic aspect; Functional aspect
  - IV. **Furniture & Interior Design:** Space & shape; Design & style; Texture and pattern.
  - V. **Review Report.**

### **Reference Books**

1. Sherill Whitton. Elements of Interior Design and Decoration
2. Dorathy Stepat Devan Introduction to interior design.
3. IllustratedRoom: Rendering of 20<sup>th</sup> Century interior design.
4. Ball Kloss Victoria the art of Interior Design.

## **CONSUMER BEHAVIOR**

**Paper: III (1) Group F**

**Theory: 100**

### **Objectives**

1. To equip students with modern techniques of knowing consumer behavior
2. To create understanding of external environmental factors that affect consumer behavior
3. To import knowledge of internal psychological factors that influences the decision making of consumers.
4. To create awareness about how & why customers make choice regarding certain brand products or store

### **Theory:**

1. **The Diversity of Consumer Behavior.** Meaning and Importance of Consumer Behavior, Role of Consumer Research, Ethics in Marketing.
2. **Consumer Research:**History, Process and conduct of Consumer research.
3. **Market Segmentation.** Meaning.

- Bases for Market Segmentation;  
 Criteria for Effective Targeting of Market Segments;  
 Implementing Segmentation Strategies.
4. **The Consumer as an individual:**  
 Motivation: Definition, Dynamic Nature, Types of Needs.  
 Systems of Needs / Measurement of Motives, Motivational Research.
  5. **Personality and Consumer Behavior.**  
 Meaning of Personality; Theories of Personality;  
 Personality and Understanding Consumer Diversity; Self and self  
 Images.
  6. **Consumer Perception.**  
 Meaning and Dynamics of Perception; Consumer Imagery.
  7. **The Family:** Family Defined; Family Decision-Making.  
 The Family Life Cycle.
  8. **Personal Influence and the Opinion Leadership Process.**  
 i) Meaning, Dynamics and Measurement of the Opinion Leadership  
 Process; A Profile of the Opinion Leader; Frequency and Overlap and  
 the Situational Environment of Opinion Leadership; The Interpersonal  
 Flow of Communication; Opinion Leadership and the Firm's  
 Promotional Strategy.
  9. **Diffusion of Innovations:** The Processes of Diffusion and Adoption;  
 A Profile of the Consumer Innovator.
  10. **Consumer Decision-Making:** Decision Defined; Four Views of  
 Consumer Decision making; Model of Consumer Decision-Making;  
 Beyond the Decision: Using and possessing Relationship marketing.

**Books Recommended:**

1. Frank R K *Consumer Behavior and Managerial Decision-Making*,  
 (2002), 2<sup>nd</sup> ed New York, Prentice-Hall.
2. John C. M, Michael S. M *Consumer Behavior. A Framework.2001*  
 New-York, Prentice Hall
3. Leon G. S and Leslie L, *Consumer Behavior* 2000 7<sup>th</sup> Edition,  
 Prentice-Hall, New York.
4. Pankaj, Prahat, *Consumer Behavior and Consumption Patterns;1999*  
 Deep and Deep Publications, New Delhi.

## CONSUMER ECONOMICS

Paper: III (b) Group F

Total Marks 100

Theory : 70

Year's Work : 30

### Objectives:

The proposed subject aims:

- 1) To encompass various subject matter of consumption and production and its usefulness in economic analysis.
- 2) To help individual and families to explore various problems in consumption and production.
- 3) To gain an understanding of the economic decisions made by consumers and producers.
- 4) To enhance awareness of the influences of consumption patterns on supply and price of commodities.
- 5) To enable students to budget the family income in fashion of equilibrium in order to achieve highest satisfaction from expenditure over consumption.

### Theory

1. **Introduction: Definition** of Consumption Economics, Consumption Vs Production; Scope of Economics of Consumption.
2. **Basic Concepts:** Income, Real income Vs Nominal income, Personal income, Disposable personal income, Wants, Social want, Physiological wants, Price, Price level; Measurement of Price level, Index number; Markets- Perfect competition, Monopoly and Monopolistic competition; National income, GNP, NNP, GDP
3. **Utility Solution:** Definition of Utility, Average utility, Total utility and Marginal utility, Law of diminishing marginal utility, Definition, Assumptions, Utility Schedule, Limitations Law of qui-marginal utility, Definition, Assumption, Explanation, Limitations
4. **Indifference curve:** Subjective Vs Objective satisfaction, Indifference curve, Indifference map Properties of indifference curve
5. **Consumer equilibrium:** Budget line, Consumer equilibrium, Income consumption curve; Price consumption curve
6. **National income accounting:** Consumption function, Saving function, Investment, Two-sector economy; Three sector economy, Circular flow for three sector economy.
7. **Demand:** Definition of demand, Law of demand, Rise and fall in demand; Increase and decrease in demand, Exceptions to the law of demand.
8. **Factors of demand:** Factors effecting demand, income, taste preference variation; Elasticity of demand, price elasticity of demand, income elasticity of; Demand and Cross elasticity of demand, Measurement elasticity; Arc elasticity approach, point elasticity approach and expenditure approach.

9. **Role of demand in price formation:** Perfect competition; Role of demand in price formation under perfect competition; Monopoly; Role of demand in price formation under Monopoly; Oligopoly Role of demand in price formation under Oligopoly.
10. **Consumer information problems:** Non-price factors in choice decision; Advertising; Producers and Consumers information problems; Government and consumers information problems.

**Years work:**

The students will submit and present a Research Report at the end of the year.

**Books Recommended:**

1. ShawBellic and Cochrane, W.W, *Economics of Consumption* 2001, 2nd edition, McGraw Hill book Company, USA
2. Morgan J.W *Consumer's Economics*, (2000) 2nd edition, Prentice Hall, USA
3. Albin Francis, *Consumption Economics and Personal Money Management*; Prentice Hall, USA. (latest edition)

**FUNDAMENTALS OF MARKETING**

**Paper: III (c) Group F**

**Total Marks 100**

**Objectives:**

1. To create an understanding of basic principles of Marketing.
2. To enable students to know about methods of designing, and promoting their products or services.
3. To provide awareness regarding possible unprecedented challenges faced by marketer.
4. To develop an approach method in students that help in analyzing marketing environment.
5. To develop concepts for use in the solution of marketing opportunities and problems.
  1. **What is Marketing:** Definition of Marketing, Exchange relationship, Marketing Functions; Who performs the Marketing functions?
  2. **Marketing's Evolution:** The Production Era, The Sales Era, The Marketing Era.
  3. **The Marketing Concepts:** Defining the Marketing concepts, The societal Marketing concepts; Implementing the Marketing concepts
  4. **The Marketing Environment:** The Economic environment; The Competitive environment; The Technological environment; The Socio-cultural environment; The Political and Legal environment

5. **Marketing Research:** Information Management, Marketing Research Process.
6. **Marketing Segmentation:** Marketing matching strategies, The Mass-market strategy; Market segmentation strategy; Segmenting the consumer market (Geographic, Demographic, Psychographic, and Product related segmentation); Segmenting Organization; Segmenting buying centers within organization; Segmenting individuals within buying centers
7. **Targeted marketing:** Developing Targeted marketing strategy, Define the relevant market; Analyze characteristics and wants of potential customers; Identifying basis for segmenting the market, Describe market segments; Select market segments; Finalize Marketing Mix.
8. **The Product:** Define a product, The Product Life cycle, The adoption and diffusion process; The Product mix and Product line
9. **Product Development and Management:** Product Objectives and positioning; New product; New product development process, Brands, Packaging.
10. **Distribution:** Middlemen and distribution channels; Selecting the type of channel; Nature and importance of retailing and wholesaling
11. **Marketing Channels:** Define Marketing channels; Channels Structure; Influences on channel development; Channel planning.
12. **Promotion:** Communication process; Promotion mix; Factors influencing promotion mix; Objectives of promotion activities.
13. **Pricing:** Meaning and scope of price; Pricing objectives; Pricing strategies; New product pricing

#### **Books Recommended:**

1. Schoell F, William and Gultinan P, Joseph; *Marketing*, 1988 USA, Allyn and Bacon Inc.
2. Pride M, William and Ferrel O.C, *Marketing*, 1987 New Jersey, Houghton, Mifflin co,
3. Kotler Philip, Armstrong Garry, Saunders John and Wong Veronicy; *Principles of Marketing*, 1999 New Jersey, Printers Hall Inc.
4. Pillai R.S.N and Bagavathi; *Modern Marketing*, 1999 New Dehli, Chand and co.

**Advanced statistics course details as recommended by the concerned institutions.**

## MS Home Economics

### SCHEME OF STUDIES

Group	Paper	Title	Marks
<b>Compulsory</b>	Paper 1	Research methodology	100
	Paper 11	Statistics and Computer Application	100 (60/40)
<b>A (Food and Nutrition)</b>	Paper 111	Advanced Study of Nutrients	100( 80/20)
	Paper 1V	Applied Nutrition	100 (80/20)
<b>B ( Textiles &amp;Clothing)</b>	Paper V	Nutrition Health & Prevention	100
	Paper 111	Draping	100 (50/50)
<b>C (HDFS)</b>	Paper 1V	Textile Designing, Dying, & Printing	100 (50/50)
	Paper V	Industrial Management	100(60/40)
<b>D (Art &amp; Design)</b>	Paper V1	Fashion Designing	100(60/40)
	Paper 111	Interior Design	100 (50/50)
<b>E (Interior Design)</b>	Paper 1V	Architecture & Interior	100 (50/50)
	Paper V	Designing	100 (50/50)
<b>F ( Mngt. Studies)</b>	Paper 111	Interior Design: Planning & organization	100 (70/30)
	Paper V	Methods in Art Education	100 (50/50)
<b>F ( Mngt. Studies)</b>	Paper V1	Graphic Communication	100 (75/25)
	Paper V11	Fundamentals of Furniture & Furnishings	100
<b>F ( Mngt. Studies)</b>	Paper 111	Interior Design Projects	100 (70/30)
	Paper 111	Consumer Behaviour	100
<b>F ( Mngt. Studies)</b>	Paper 1V	Money Banking & Finance	100
	Paper V	Total Quality Management	100
<b>F ( Mngt. Studies)</b>	Paper 1V	Economics of Pakistan	100
	Paper V		100

## RECOMMENDATIONS

1. The Committee members strongly recommended the up gradation of existing colleges/departments of Home Economics and establishment of new Home economics Faculties in all the universities of Pakistan.
2. In-service training courses in all disciplines of Home Economics need to be organized by HEC for both Junior and Senior staff.
3. In-order to promote quality Research in Home Economics disciplines more funds need to be allocated for acquiring Research Journals on monthly basis in the libraries of all Home Economics Colleges.
4. Qualified Home Economics teachers should only be employed for teaching Home Economics subjects.
5. Heads of the Home Economics Institutes should be Home Economics specialists.
6. In view of the big demand for Home Economics more colleges should be opened. Simultaneously the departments of Home Economics in liberal arts colleges should be upgraded where facilities and staff exist.
7. Admissions should be on open merit and quota systems should be abolished. For admission criteria students should have studied science group or Home Economics and general Science at secondary level.
8. A minimum of three papers from each area of Home Economics alongwith supportive subjects will be offered to meet the requirements for the B.Sc. degree in Home Economics.
9. Periodically visits should be carried out by the evaluation teams, comprising Home Economics experts to maintain the required standards and facilities. The HEC should formulate these committee for quality assurance. These committee should be formulated at the National Level comprising of Members from all Institutions to over see the implementation of the recommended courses by HEC.
10. Minimum pass marks should be raised to 40% in individual papers and 45% in overall assessment.
11. The committee made a strong recommendation that at the government level there should be special scholarships for the Home Economics faculty for study abroad at the Master's and for Doctoral programme. There is a severe shortage of foreign educated faculty in this field and this is hampering the development of this important discipline in Pakistan.
12. All the Home Economics colleges should be affiliated with their respective universities for the six year integrated course to maintain desired standard of Education.

13. Meetings should be held more frequently. After every two years All Pakistan Home Economics Conference should be held to provide a forum for reading papers and exchange of ideas. The HEC should provide funding for holding these conferences. International conference of Home Economics in March 2007 is also proposed.
14. Funding should also be provided for preparing and publishing Journal of Home Economics for articles and research papers in the field of Home Economists approved by HEC.
15. Teachers should be encouraged to write books in English / Urdu in their respective fields.
16. More emphasis should be given to Practicals and learning should be directed towards the application of theory in practical fields.
17. The members felt that there should be more diversification of courses for specialization at the M.Sc. level. There should be governmental support and assistance at all levels to all Home Economics institutions for upgrading and starting of specialized master's programme.
18. Training of faculty is required in Research methods, Computer applications, fashion designing, community nutrition, nutrition education, institutional management, and marketing/small business management.
19. Funding to be made available
  - i. Importing books and Journals
  - ii. Equipment and Lab facilities
  - iii. Conducting workshops and foreign training.
20. Degree of Home Economics should be equated with other related disciplines and acceptance for Ph. D. degrees.
21. Job advertisements in the area of such as Health, Education, Interior, Art, Social work, Family welfare, early childhood education, text and fashion designing should include home economist.
22. All universities should be directed to create faculties of Home Economic to facilitate Ph. D. enrollment.  
**Evaluation of project should be realistic and should not exceed 80% marks.**
24. A second meeting may be held to develop the course details for MS Home Economics.