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No. HEC/CD/NCRC/HOME-ECO/2025/**7168**

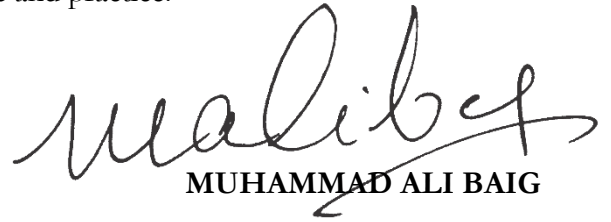
April 16, 2025

SUBJECT: REVISED CURRICULA FOR HOME ECONOMICS DEGREE PROGRAMS

The Higher Education Commission (HEC) of Pakistan, as mandated by its law, provides guidance to Higher Education Institutions (HEIs) on curricula for tertiary education levels in alignment with the National Qualifications Framework (NQF). To address evolving academic trends and market demands, HEC has revised the curricular standards for Home Economics degree programs at NQF levels 5, 6 and 7. These updated standards are intricately aligned with HEC's Undergraduate Education Policy V 1.1 (2023) and Graduate Education Policy (2023), ensuring coherence with national priorities and adherence to international benchmarks.

2. The revised curricula for Home Economics degree programs are hereby notified. Universities offering these programs are advised to align their Home Economics curricula with these updated standards as a minimum requirement. The respective departments must also develop course contents in accordance with the prescribed framework, ensuring that the programs address evolving scholarly, and professional needs to enhance employability and entrepreneurial potential of Home Economics graduates. Subsequently, the finalized course contents should be submitted electronically to this office at the earliest. An electronic copy of the revised curricula is available on HEC's official website.

3. With the support of universities in implementing these standards, HEC envisions a future where Home Economics graduates contribute meaningfully to community well-being, sustainable family life, and the broader social fabric through evidence-based knowledge and practice.


MUHAMMAD ALI BAIG

Vice Chancellors/Rectors/Heads

All Public/Private Sector Universities/DAIs

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CURRICULUM FOR

HOME ECONOMICS DEGREE PROGRAMS

Associate Degree | Bachelor of Science | Master of Science

2025

**Academics Division
Higher Education Commission, Islamabad
Government of Pakistan**

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PREFACE

The curriculum serves as a comprehensive blueprint for the teaching-learning process that students must navigate to achieve specific academic objectives. This encompasses clearly defined prior learning requirements, program objectives, scheme of studies, and course learning outcomes. As knowledge rapidly evolves and new fields emerge, it is crucial to continually develop and revise curricula to ensure they remain current, relevant, and impactful.

As mandated by its law through Clause 10-1 (a), (l), (s), and (v), the Higher Education Commission (HEC) of Pakistan has been developing and periodically updating curricula through its National Curriculum Revision Committees (NCRCs). These committees are generally composed of subject matter experts, researchers, and representatives from accreditation bodies, professional councils, and industry stakeholders. In response to the evolving needs, HEC has undertaken the task to develop robust standards for the curricula of degree programs in Home Economics at levels 5, 6 and 7 of the National Qualifications Framework. These standards are meticulously structured in accordance with the HEC's Undergraduate Education Policy V 1.1 (2023) and Graduate Education Policy (2023), ensuring alignment with both national priorities and international educational standards.

The degree programs in Home Economics are designed to equip students with interdisciplinary knowledge and applied skills in key domains such as nutrition and dietetics, human development and family studies, textile and apparel design, interior environment management, and household resource planning. These programs emphasize both scientific understanding and practical application, enabling graduates to respond effectively to emerging challenges in the field. The curricular standards, developed by subject experts from across the country, aim to strengthen the academic and professional relevance of Home Economics by promoting innovation, critical thinking, and socially responsive practice, and to prepare graduates for diverse career pathways in education, wellness and lifestyle industries, social services, development organizations, and entrepreneurial ventures.

With the support of universities in implementing these standards, HEC envisions a future where Home Economics graduates contribute meaningfully to community well-being, sustainable family life, and the broader social fabric through evidence-based knowledge and practice.

Dr. Amjad Hussain

Director General
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GUIDING PRINCIPLES

Minimum Standards

The curricular standards and guidelines prescribed in this document are mandatory at minimum level. Universities or the departments concerned may, however, set higher standards provided that the standards prescribed herein are not reduced or compromised.

Course Sequence, Titles & Credits

For Associate Degree (AD), Bachelor of Science (BS) and Master of Science (MS) in Home Economics, the sequence of courses prescribed in this document is logically arranged and is suggestive only. The department concerned may rearrange the sequence and alter the course titles and credit hours provided that the essence of the courses prescribed herein remains intact. The department concerned may also add more courses as and when required subject to the approval of the university's relevant statutory body.

Course Learning Outcomes

Course learning outcomes (CLOs) are the bare minimum standards of learning that students must achieve upon completing a specific course. While these standards must not be compromised, departments are encouraged to enhance the rigor of the CLOs by incorporating additional learning outcomes, provided these do not alter the essence of the prescribed standards. In this document, CLOs are developed for core / major courses (for AD, BS & MS) and whereas for interdisciplinary and elective courses, the concerned departments are required to develop their CLOs considering the course's advanced nature and relevance to the program. For General Education courses as prescribed in the HEC Undergraduate Education Policy V 1.1 including the courses of “Pakistan Studies”, “Understanding of Holy Quran I & II”, the departments may adopt the CLOs as prescribed in the HEC developed model courses.

Course Syllabus

This document serves as a comprehensive guideline delineating the CLOs for each course as prescribed for the AD, BS and MS in Home Economics as minimum standards. The department concerned is required to prepare, modify, and tailor the syllabus of each course, ensuring alignment with the stipulated learning outcomes and scholarly demands. It is in this regard imperative that the department concerned utilizes instructional, reference, and reading materials that it deems appropriate to effectively meet the CLOs.

General Education

For AD and BS in Home Economics, the courses for General Education component including the courses of “Pakistan Studies”, “Understanding of Holy Quran I & II” must mandatorily be offered with the same titles and credit hours as prescribed in the HEC Undergraduate Education Policy V 1.1., and subsequent notifications. The department concerned may adopt and follow the learning outcomes and study contents developed by HEC for these courses as available on its website. The requirement of General Education is not applicable to MS in Home Economics.

Requirement of Internship

Supervised internship of 3 credit hours in accordance with HEC Undergraduate Education Policy V.1.1. is a mandatory degree award requirement for BS. This requirement must be graded and supervised under a faculty member in collaboration with a supervisor in the field, protocols of which will be determined by the concerned department subject to approval of the same by the university's relevant statutory body.

Requirement of Capstone

It is a mandatory degree award requirement of 3 credit hours for BS in Home Economics. The capstone is a multifaceted body of work that serves as a culminating academic and intellectual experience for students. It must be supervised and graded by a faculty member as per the protocols prescribed by the department concerned. This requirement cannot be substituted with additional course work or internship.

Associate Degree

The eligibility criteria and the first-four semesters of the BS in Home Economics as prescribed in this document guide the admission requirement and the structure of AD in Home Economics, respectively. Field experience / internship is not a mandatory requirement for the AD in Home Economics.

Electives

- a) In accordance with the National Qualifications Framework, the department is required to offer at least 7 electives comprised of 21 credit hours i.e., minimum of 25% of the major i.e., Home Economics comprised of 84 credit hours, to meet the criteria of nomenclature with specialization. Where the department increases the range of major beyond 84, the number of electives will accordingly be adjusted.
- b) Where the electives are opted from the general pool, the degree will be awarded as BS in Home Economics in its generic form and without any specialization. Example: **Bachelor of Science in Home Economics**.
- c) Where the electives are opted from within a single specialization domain, the degree will be offered as Bachelor of Science in Home Economics (with name of specialization) in accordance with the National Qualifications Framework (2015). Example: **Bachelor of Science in Home Economics (Art & Design)**.
- d) Subject to approval of the relevant statutory body, the department may develop additional specializations other than those prescribed in this document. It should however be noted that offering of the degree program with specialization is prescribed in this document as an option only and **not** as a mandatory requirement or a binding on the offering department. In view of this, the department concerned may consider offering the degree program with specialization or not, in accordance with its available academic, human and infrastructural resources.

Equivalence of Qualifications

- a) All the graduates having degrees of BS in Home Economics with or without specialization will be considered at par in terms of their knowledge, skills and abilities acquired through the course of the degree program, for the purpose of employment and further education. Therefore, all graduates having BS in Home Economics with any specialization are considered equivalent to BS in Home Economics. However, where specific specialization is required by employment agencies such as Home Economics (Textile & Clothing), the same cannot be considered at par with any other specialization such as Home Economics (Food & Nutrition). The titles given above are only examples for clarification.
- b) Graduates having NQF level 6 degrees in any of the fields of Home Economics seeking equivalence with BS in Home Economics will be required to have completed at least 60 credit hours of Home Economics by meeting the following conditions:
 - I) Completion of courses of at least 54 credits within the field of Home Economics including:
 - 3 fundamental courses (9 credits) of Home Economics.

- 4 interdisciplinary courses (12 credits) of Home Economics.
 - 7 electives (21 credits) of Home Economics.
 - A minor (minimum 12 credits) of Home Economics.
- II) Completion of a 3-credit internship in the field of Home Economics.
- III) Completion of a 3-credit capstone in the field of Home Economics.
- c) Upon meeting the above requirements, the graduates having NQF level 6 degrees in any of the fields of Home Economics such as BS Food & Nutrition, BS Interior Design etc. will be granted equivalence to the BS Home Economics for employment and further education purposes.

Note: The references of BS Food & Nutrition and BS Interior Design are given only as examples for clarification.

Lab Requirements

Departments offering degree programs in Home Economics are required to adhere to the discipline / course relevant state-of-the-art lab and studio requirements as minimum standards. Departments are expected to enhance the lab standards as and when required and maintain / upgrade the same to ensure quality education in Home Economics.

Entry & Exit Provisions at Undergraduate Level

Pathway for Graduates with Associate Degree

- a) Candidates who have completed AD in Home Economics are allowed admission in the fifth semester of the BS in Home Economics with or without any deficiency course up to a maximum of 18 credit hours as determined by the concerned university / department. In case the deficiency courses are of more than 18 credit hours, the university concerned may decide not to offer admission in accordance with its screening, admission and merit calculation criteria approved by its statutory bodies.
- b) Candidates who have completed AD in any discipline other than but related to the field of Home Economics shall be required to complete deficiency courses up to a maximum 18 credit hours in a bridging semester as determined by the concerned university / department on case-to-case basis. Relevance of prior qualification in this regard may also be determined by the concerned university / department. In case the deficiency courses are or more than 18 credit hours, the university concerned may decide not to offer admission in accordance with its screening, admission and merit calculation criteria approved by its statutory bodies.
- c) The minimum eligibility for admission in the fifth semester in the above cases is 2.00 / 4.00 CGPA in the prior qualification i.e., AD. The university concerned may, however, set higher eligibility and admission criteria for admission in the fifth semester of BS in Home Economics.

Pathway for Graduates with Conventional BA / BSc / Equivalent Degree Programs

- a) Candidates having completed two-year conventional BA / BSc / equivalent degree programs are allowed admission in the fifth semester of BS in Home Economics in which case, such students shall be required to complete deficiency courses up to a maximum of 21 credit hours through a bridging semester as determined by the concerned university. In case the deficiency courses are of more than 21 credit hours, the university concerned may decide not offer admission, in accordance with its screening, admission and merit calculation criteria approved by its statutory bodies.
- b) The minimum eligibility for admission in the fifth semester in this case is 45% cumulative score in the prior qualification i.e., two-year conventional BA / BSc / equivalent degree

programs. The university concerned may, however, set higher eligibility and admission criteria for admission in the fifth semester of BS in Home Economics.

Exiting from Bachelor of Science in Home Economics with the Associate Degree

Students enrolled in BS in Home Economics are allowed to exit the program provided they have completed the requirements of the first-four semesters of the BS degree program as prescribed in this document, and subject to approval of the university's relevant statutory body.

BACHELOR OF SCIENCE (BS)

Program Description

The Bachelor of Science (BS) in Home Economics program is designed in line with the HEC Undergraduate Education Policy V 1.1, aiming to provide students with a foundational and interdisciplinary understanding of the essential domains that support family and household well-being. These include nutrition and health, clothing and textiles, interior design, child development, family studies, and home management. The curriculum emphasizes applied knowledge that is relevant to everyday life, particularly within the context of Pakistani households and communities. Through practical coursework, laboratory work, case-based learning, and community engagement, students gain hands-on experience to manage and improve home environments. The program focuses on nurturing personal development, caregiving roles, and household efficiency—skills that are deeply rooted in the socio-cultural fabric of Pakistan. Graduates having this degree will be well-prepared to contribute meaningfully to roles such as school educators, family counselors, nutrition facilitators, community development workers, or independent practitioners offering services in home-based and industrial settings.

Standard Nomenclature

The scheme of study prescribed for the four-year undergraduate degree in Home Economics is based on a total of 7 electives. Where these courses are opted from the general pool of electives, the degree will be titled **Bachelor of Science in Home Economics** in its generic form and without any specialization. Whereas, if all the electives are opted from within a single specialization domain, the degree will be titled Bachelor of Science in Home Economics with the name of specialization in parenthesis in accordance with the National Qualifications Framework (2015).

Program Learning Outcomes

By the completion of Bachelor of Science in Home Economics, the graduates will be able to:

- a) Demonstrate a comprehensive understanding of foundational and advanced home economics concepts, theories, and methodologies, encompassing various areas of the field of home economics to analyze and address the complexities of family dynamics, personal well-being, and sustainable living.
- b) Apply home economics theories and research methodologies to evaluate and address contemporary issues related to the field of Home Economics considering local, regional, and global perspectives on sustainability, social welfare, and cultural diversity.
- c) Communicate home economics knowledge and research findings effectively, with ethical considerations, to inform policy-making, contribute to community development, and foster interdisciplinary collaborations in academic, professional, and societal settings.

Eligibility & Admission Criteria

Higher Secondary School Certificate (involving 12 years of schooling) or an IBCC equivalent qualification in any group is the basic eligibility requirement for admission in the BS in Home Economics including any of its specializations, except when the degree has a specialization of “Food & Nutrition”. For BS in Home Economics with specialization of Food & Nutrition, the basic eligibility is the Higher Secondary School Certificate (involving 12 years of schooling) or an IBCC equivalent qualification in any group with the subject of Biology or General Biology. Further, the university concerned may set minimum eligibility scores and may conduct entry / admission test through its own testing body or an external testing services provider of repute as per the screening, admission and merit calculation criteria approved by its statutory bodies.

Program Structure

The Bachelor of Science in Home Economics is structured in accordance with the provisions of the HEC Undergraduate Education Policy V 1.1. and comprises of minimum **136** credit hours spread over 8 regular semesters. Universities may offer courses up to a maximum of 148 credit hours provided that the total number of credit hours are reasonably set to achieve the Program Learning Objectives (PLOs) without putting an undue burden on students.

Minimum Credit Hours (including all program related requirements)		136
General Education		34 credit hours (15 courses)
Major	a) Compulsory	63 credit hours (22 courses) Mandatory courses as reflected in the scheme of study, irrespective of the area of specialization (where applicable).
	b) Mandatory Electives	21 credit hours (7 courses) (to be opted from either general pool of electives or from a particular specialization)
	Total Major Requirement	84 credit hours (29 courses)
Interdisciplinary Courses		12 credit hours (4 courses)
Internship		3 credit hours
Capstone Project		3 credit hours
Program Duration		Minimum: 4 Years Maximum: 6 Years (further extendable to another year subject to approval of university's statutory body)
Semester Duration		16-18 weeks for regular semesters (1-2 weeks for examination) 8-9 weeks for summer semesters (1 week for examination)
Course Load (per semester)		15-18 credit hours for regular semesters Up-to 8 credit hours for summer semesters (for remedial / deficiency / failure / repeat courses only)
3 Credit Hours (Theory)		3 classes (1 hour each) OR 2 classes (1.5 hour each) OR 1 class (3 hours) per week throughout the semester
1 Credit Hour (Lab/equivalent)		Practical / lab / studio / field work of 1 credit hour requires 3 hours per week throughout the semester

The standard scheme of studies for the program of BS in Home Economics (irrespective of the area of specialization) is given as under:

SEMESTER I			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Introduction to Home Economics	3 (3-0)	Major
2	Interdisciplinary Course – I *	3	Interdisciplinary
3	Quantitative Reasoning – I **	3 (3-0)	General Education
4	Natural Science ***	3 (2-1)	General Education
5	Functional English **	3 (3-0)	General Education

6	Applications of Information & Communication Technologies (ICT) **	3 (2-1)	General Education
Total Credits Hours = 18			

SEMESTER II			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Fundamentals of Art & Design	3 (2-1)	Major
2	Fundamentals of Food & Nutrition	3 (3-0)	Major
3	Introduction to Clothing & Textiles	3 (2-1)	Major
4	Quantitative Reasoning – II **	3 (3-0)	General Education
5	Expository Writing **	3 (3-0)	General Education
6	Pakistan Studies **	2 (2-0)	General Education
7	Understanding of Holy Quran – I **	1 (0-1)	General Education
Total Credits Hours = 18			

SEMESTER III			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Home Economics Education, Administration & Supervision	3 (3-0)	Major
2	Home Management & Housing	3 (3-0)	Major
3	Life Span Development	3 (3-0)	Major
4	Fundamentals of Interior Design	3 (2-1)	Major
5	Arts & Humanities ****	2 (2-0)	General Education
6	Islamic Studies ** (Religious Edu / Ethics for non-Muslim students)	2 (2-0)	General Education
7	Ideology & Constitution of Pakistan **	2 (2-0)	General Education
Total Credit Hours = 18			

SEMESTER IV			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Personal & Family Finance	3 (3-0)	Major
2	Meal Management & Food Preservation	3 (2-1)	Major
3	Fundamentals of Fashion & Apparel	3 (2-1)	Major
4	Home Economics in Digital Age	2 (1-1)	Major
5	Social Science *****	2 (2-0)	General Education
6	Civics & Community Engagement **	2 (2-0)	General Education
7	Entrepreneurship **	2 (2-0)	General Education
8	Understanding of Holy Quran – II **	1 (0-1)	General Education
Total Credit Hours = 18			

SEMESTER V			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Family & Community Development	3 (3-0)	Major
2	Clothing & Consumer Education	3 (3-0)	Major
3	Applied Art & Design	3 (1-2)	Major
4	Data Analysis in Home Economics	2 (1-1)	Major
5	Artificial Intelligence in Home Economics	2 (1-1)	Major
6	Interdisciplinary Course – II *	3	Interdisciplinary
Total Credit Hours = 16			

SEMESTER VI			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Nutrition Health & Disease Prevention	3 (3-0)	Major
2	Research Methods in Home Economics	3 (3-0)	Major
3	Elective – I *****	3	Major
4	Elective – II *****	3	Major
5	Interdisciplinary Course – III *	3	Interdisciplinary
Total Credit Hours = 15			

SEMESTER VII			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Commercialization in Home Economics	3 (3-0)	Major
2	Sustainability in Home Economics	3 (3-0)	Major
3	Elective – III *****	3	Major
4	Elective – IV *****	3	Major
5	Interdisciplinary Course – IV *	3	Interdisciplinary
Total Credit Hours = 15			

SEMESTER VIII			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Global Perspectives on Home Economics	3 (3-0)	Major
2	Elective – V *****	3	Major
3	Elective – VI *****	3	Major
4	Elective – VII *****	3	Major
5	Capstone Project	3	Capstone
Total Credit Hours = 15			

* The university / concerned department may offer any 4 **interdisciplinary courses** from the recommended list provided in this document, or any other such course to enhance the interdisciplinary understanding of the students, keeping in view its available academic, human and infrastructural resources. **Credit combination** may be arranged in accordance with the nature of the course.

** HEC designed **model courses** for general education may be used by the university.

*** The university / concerned department may offer any course in the broader category of **“Natural Sciences”** which should have relevance to the purpose of the degree program.

**** The university / concerned department may offer any course in the broader category of **“Arts & Humanities”** including but not limited to a course of regional or international language such as Chinese, Arabic, French, Spanish etc. or any other course such as Philosophy, History etc.

***** The university / concerned department may offer any course in the broader category of **“Social Sciences”** including but not limited to a course of Sociology, Social Work, Anthropology, Psychology, Education etc.

***** Read in conjunction with guidance given on **“Standard Nomenclature”** in this document, the university / concerned department may offer any 7 advanced courses from either the general pool or from within one of the specializations as **electives** keeping in view its available academic, human and infrastructural resources. **Credit combination** may be arranged in accordance with the nature of the course.

List of Interdisciplinary Courses

Students may opt interdisciplinary courses from the following list where required in the scheme of studies for Bachelor of Science in Home Economics, from other departments to complement their holistic understanding of the major, provided that the same is allowed by the department concerned. The list provided here is a recommended one only and the department concerned may add more courses as and when needed.

- a) Introduction to Cultural Studies
- b) Introduction to Development Studies
- c) Introduction to Environmental Science
- d) Introduction to Geography
- e) Introduction to Media Studies
- f) Introduction to Philosophy
- g) Introduction to Psychology
- h) Introduction to Social Work
- i) Introduction to Sociology
- j) Principles of Management
- k) Public Policy & Administration
- l) Public Relations
- m) Small Business Management
- n) Smart Homes & Digital Technologies
- o) Sustainable Development
- p) Sustainable Development
- q) Technology & Society

Degree Award Requirements

The following minimum requirements are prescribed for the award of Bachelor of Science in Home Economics:

- a) All courses in the General Education category with titles and credit hours as prescribed in HEC Undergraduate Education Policy V 1.1. including the courses of “Pakistan Studies”, “Understanding of Holy Quran – I” and “Understanding of Holy Quran – II” must be completed.
- b) A minimum of **136** credit hours as prescribed in this document must be completed.
- c) A capstone of 3 credit hours must be completed in accordance with HEC Undergraduate Education Policy V 1.1. This requirement cannot be substituted with additional coursework or internship / field experience.
- d) A supervised internship of 3 credit hours must be completed in accordance with HEC Undergraduate Education Policy V 1.1. This requirement cannot be substituted with additional coursework, capstone or project work.
- e) CGPA must not be below 2.00/4.00 at the time of completion of the degree program. The university may, however, set a higher standard in this regard.
- f) The minimum duration to complete the degree is 8 regular semesters spread over 4 years whereas the maximum duration is 12 regular semesters spread over 6 years. The maximum duration may further be extended to 2 more semesters **(OR)** 1 year, in extraordinary circumstances subject to approval of the university’s relevant statutory body. Summer semester is not considered as a regular semester.

MAJOR SPECIALIZATIONS FOR BS

Major Specializations for BS Home Economics

The following are a few example specialization streams in case the BS in Home Economics is offered with specialization. Subject to approval of the relevant statutory body, the department may develop additional specializations other than those prescribed below. The department concerned may consider offering the degree program with specialization or otherwise, keeping in view availability of its academic, human and infrastructural resources.

Specialization 1: Art & Design

Below is the recommended list of courses within the given specialization. The department concerned may offer courses from the following list or any other course as elective(s) relevant to the given specialization, keeping in view its available academic, human and infrastructural resources:

- a) 3D Modeling & Rendering for Art & Design
- b) Art Appreciation
- c) Art Business & Marketing Strategies
- d) Art Education
- e) Art in Pakistan
- f) Calligraphy & Illumination in Art
- g) Ceramic Design
- h) Color Theory & Application
- i) Digital Art & Graphic Design
- j) Drawing & Painting
- k) Fabric Designing & Printing Techniques
- l) Furniture & Product Design Aesthetics
- m) Illustration
- n) Interior Styling & Décor
- o) Islamic Art & Architecture
- p) Leather Craft
- q) Mixed Media Art & Experimental Techniques
- r) Murals & Large-Scale Art Installations
- s) Painting Techniques
- t) Photography
- u) Print Making
- v) Restoration & Conservation of Artwork
- w) Sustainable Art & Eco-friendly Design
- x) Textile & Fiber Art
- y) Weaving Techniques & Design

Specialization 2: Emerging Technologies

Below is the recommended list of courses within the given specialization. The department concerned may offer courses from the following list or any other course as elective(s) relevant to the given specialization, keeping in view its available academic, human and infrastructural resources:

- a) 3D Printing for Interior & Product Design
- b) 3D Visualization & Rendering for Interior & Product Design
- c) Advanced Robotics in Home Assistance & Elderly Care

- d) AI-Powered Financial Management
- e) Artificial Intelligence in Home Management & Consumer Services
- f) Augmented & Virtual Reality in Fashion, Interior & Consumer Experience
- g) Big Data Analytics for Home Economics Research
- h) Biotechnology Innovations in Food & Nutrition
- i) Blockchain for Supply Chain Transparency in Textiles & Food
- j) Cybersecurity & Data Privacy for Home-Based Businesses
- k) Digital Fabrication & Smart Textiles
- l) E-Commerce & Digital Marketing for Home-Based Businesses
- m) Ethical & Social Implications of Emerging Technologies in Home Economics
- n) Food Safety & Quality Control through Emerging Technologies
- o) Green Energy Solutions for Sustainable Homes & Workspaces
- p) Human-Centered Design & UX/UI for Home & Lifestyle Applications
- q) Internet of Things (IoT) in Home Economics
- r) Mobile App Development for Home & Lifestyle Management
- s) Nanotechnology in Textiles & Consumer Products
- t) Smart Home Technologies & Automation
- u) Smart Packaging & Food Preservation Technologies
- v) Sustainable Technologies in Textile & Apparel Production
- w) Tech-Driven Consumer Behavior & Market Analysis
- x) Virtual Fitting Rooms & AI in Fashion Retail
- y) Wearable Technology in Health & Fashion

Specialization 3: Food & Nutrition

Below is the recommended list of courses within the given specialization. The department concerned may offer courses from the following list or any other course as elective(s) relevant to the given specialization, keeping in view its available academic, human and infrastructural resources:

- a) Advanced Food Preservation Technologies
- b) Clinical & Therapeutic Nutrition
- c) Community-Based Nutrition Interventions
- d) Culinary Nutrition & Gastronomy
- e) Diet Planning for Special Populations
- f) Drugs-Nutrition Interaction
- g) Emergency Nutrition
- h) Experimental Food
- i) Food Biotechnology & Genetic Modification
- j) Food Microbiology & Safety Regulations
- k) Food Product Development & Innovation
- l) Food Safety & Laws
- m) Food Toxicology & Risk Assessment
- n) Functional Foods & Nutraceuticals
- o) Global Trends in Nutrition & Dietetics
- p) Innovations in Nutritional Sciences
- q) Institutional Management & Catering
- r) Nutrient Metabolism & Interactions
- s) Nutrition Education & Awareness

- t) Nutrition Policies & Programs
- u) Nutritional Biochemistry
- v) Nutritional Epidemiology
- w) Physiological Aspects of Nutrition
- x) Sports & Performance Nutrition
- y) Sustainable Food Systems & Agricultural Practices

Specialization 4: Human Development & Family Studies

Below is the recommended list of courses within the given specialization. The department concerned may offer courses from the following list or any other course as elective(s) relevant to the given specialization, keeping in view its available academic, human and infrastructural resources:

- a) Child & Adolescent Counseling Techniques
- b) Child Protection Laws & Family Welfare Policies
- c) Child to Old Age Care Education & Development
- d) Cognitive & Emotional Development in Family
- e) Community Engagement & Social Work in Family Development
- f) Crisis Intervention in Families
- g) Domestic Violence & Family Abuse Interventions
- h) Early Childhood Education & Curriculum Development
- i) Exceptional Children
- j) Family Dynamics in Multicultural Societies
- k) Family Health & Wellness Promotion
- l) Family Stress Management
- m) Gender Roles & Identity Development
- n) Gerontology & Aging
- o) Global Family & Social Policy
- p) Guidance & Counselling
- q) Human & Family Ecology
- r) Human Behavior in Family Studies
- s) Infancy & Early Childhood Care
- t) Marriage & Family Therapy Techniques
- u) Mental Health Issues in Adolescents & Adults
- v) Occupational Well-being
- w) Parenting Styles
- x) Psychological Testing
- y) Theories of Human Development

Specialization 5: Interior & Home Management

Below is the recommended list of courses within the given specialization. The department concerned may offer courses from the following list or any other course as elective(s) relevant to the given specialization, keeping in view its available academic, human and infrastructural resources:

- a) 3D Software for Interior Design
- b) Adaptive Reuse & Restoration of Interiors
- c) Aesthetics & Style Trends in Interior Décor
- d) Color Psychology
- e) Cultural & Historical Influences in Interior Design

- f) Ergonomics
- g) Financial Planning for Residential & Commercial Projects
- h) Furniture Design Innovation
- i) Home Disaster Management & Emergency Planning
- j) Hospitality & Event Management
- k) Interior Architecture
- l) Investment Analysis & Portfolio Management
- m) Kitchen & Bath Design
- n) Landscaping
- o) Lighting Design & Energy Efficiency in Interiors
- p) Material & Models
- q) Professional Practices & Ethics
- r) Renovation & Home Improvement Strategies
- s) Retail & Commercial Space Design
- t) Smart Homes & Automation
- u) Soft Materials & Finishes
- v) Space Planning
- w) Sustainability in Home Management
- x) Sustainable Home Furnishing & Upcycling
- y) Sustainable Housing & Eco-Friendly Home Design

Specialization 6: Textile & Clothing

Below is the recommended list of courses within the given specialization. The department concerned may offer courses from the following list or any other course as elective(s) relevant to the given specialization, keeping in view its available academic, human and infrastructural resources:

- a) Advanced Textiles
- b) Art of Draping
- c) Cultural Textiles & Traditional Weaving Methods
- d) Digital Printing & CAD Applications
- e) Fabric Construction
- f) Fashion & Boutique Management
- g) Fashion Accessories Design & Production
- h) Fashion Illustration
- i) Fashion Merchandising & Retail Management
- j) Fashion Photography
- k) Fashion Trend Forecasting & Consumer Behavior
- l) Garment Construction & Pattern Making
- m) High-Performance Fabrics & Technical Textiles
- n) History of Costumes & Fashion
- o) Luxury Fashion & Haute Couture Techniques
- p) Natural Dyes & Eco-Printing
- q) Pricing Strategies in Apparel Business
- r) Smart & Wearable Textiles
- s) Supply Chain Management in Apparel Industry
- t) Sustainable & Ethical Fashion Practices
- u) Textile Dyeing & Printing

- v) Textile Sustainability & Circular Economy
- w) Textile Testing & Quality Assurance
- x) Textile Waste Management & Recycling Technologies
- y) Textiles Processing & Finishing

MASTER OF SCIENCE (MS)

Program Description

The Master of Science (MS) in Home Economics program is designed in accordance with the HEC Graduate Education Policy 2023 to provide students with advanced, interdisciplinary knowledge across key domains of Home Economics, including nutrition and health, clothing and textiles, interior design, family and child development, and home management. The program builds on foundational knowledge to foster critical thinking, applied research skills, and practical competencies relevant to household well-being, family life, and community development. Spanning three semesters, the curriculum offers a balanced combination of core and elective courses, along with a research thesis. Students engage in the study of contemporary issues such as sustainable living, digital integration in home environments, consumer behavior, and community welfare. The program emphasizes evidence-based approaches, experiential learning, and contextually relevant solutions tailored to the social and cultural fabric of Pakistan. Graduates will be equipped to serve in a variety of roles including educators, researchers, community development practitioners, and specialists in nutrition, family counseling, home-based enterprise, and housing solutions. They will also be prepared to pursue further studies or contribute to policy development and program implementation focused on improving family and community life in local and national contexts.

Nomenclature

To ensure uniformity, the standard nomenclature for all NQF level 7 qualifications in the field of Home Economics will either be without name of the specialization as **“Master of Science in Home Economics”** or with name of the specialization in the manner and format as under:

- “Master of Science in Home Economics (Art & Design)”
- “Master of Science in Home Economics (Food & Nutrition)”
- “Master of Science in Home Economics (Human Development & Family Studies)”
- “Master of Science in Home Economics (Interior & Home Management)”
- “Master of Science in Home Economics (Textile & Clothing)”

Note: The above specializations are given as examples only and the university concerned may offer NQF level 7 qualifications in Home Economics in any of the above or other specializations in the prescribed manner and format keeping in view its available academic, human and infrastructural resources and subject to provisions of the HEC Graduate Education Policy (2023).

Program Learning Outcomes

By the completion of Master of Science in Home Economics with or without any specialization, the graduates will be able to:

- a) Demonstrate advanced understanding of the major theories, concepts, and methodologies within Home Economics, integrating interdisciplinary perspectives to critically analyze and address complex issues related to family, home, and community well-being across diverse societal and cultural contexts.
- b) Apply advanced research methods and analytical tools to evaluate contemporary challenges in Home Economics, design innovative solutions, and contribute evidence-based interventions in areas around Home Economics.

- c) Conduct independent, original research in Home Economics, engaging with existing literature, employing rigorous methodologies, and generating new insights that advance knowledge in the field and inform practice in both academic and professional settings.
- d) Communicate research findings and professional expertise effectively, both orally and in writing, to academic, professional, and public audiences, demonstrating clarity, ethical considerations, and cultural sensitivity in addressing complex issues in Home Economics and related fields.

Eligibility & Admission Criteria

- a) An undergraduate degree (involving 16 years of education) in Home Economics or any of its fields / specializations is the basic eligibility requirement for admission to the Master of Science in Home Economics. In case the candidate has any deficiency, the university concerned may offer deficiency courses up to a maximum of 9 credit hours as it may determine on case-to-case basis and in accordance with HEC Graduate Education Policy (2023).
- b) In addition to the basic eligibility, the university concerned is further required to conduct a rigorous admission test as an eligibility condition for admission to the program, with a passing score of 50% **(OR)** accept the GRE / HAT General / equivalent tests, with a passing score of 50%. The university concerned may also set minimum eligibility scores (above 50%) as per the screening, admission and merit calculation criteria approved by its statutory bodies.

Program Structure

The standard structure of the degree program is as below:

Minimum Credit Hours		32
Course Work	a) Mandatory Subject Major	9 credit hours (3 courses)
	b) Subject Electives	15 credit hours (5 courses)
	c) Mandatory Quranic Courses	2 credit hours (2 courses)
	Total Coursework Requirement	26 credit hours
Research Thesis		6 credit hours
Program Duration		Minimum: 1.5 Years (3 regular semesters) Maximum: 4 Years (8 regular semesters) Note: In case a student is unable to secure an MS within the prescribed timeframe and claims for extension in duration, the university may constitute appropriate authority and determine the causes of delay. In the event of force majeure (i.e., delay on account of circumstance beyond the control of student), the university may grant an extension in the period of award of MS degree in accordance with the duration limiting factor(s) and shall also take corrective measures in case the delay is caused by process or administrative reasons.
Semester Duration		16-18 weeks for regular semesters (1-2 weeks for examination) 8-9 weeks for summer semesters (1 week for examination)

Course Load (per semester)	09-12 credit hours for regular semesters Up-to 8 credit hours for summer semesters (for remedial / deficiency / failure / repetition courses only)
3 Credit Hours (Theory)	3 classes (1 hour each) OR 2 classes (1.5 hour each) OR 1 class (3 hours) per week throughout the semester
1 Credit Hour (Lab/equivalent)	Practical / lab / studio / field work of 1 credit hour requires 3 hours per week throughout the semester

The standard scheme of studies for MS in Home Economics is given below:

SEMESTER I			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Theories & Trends in Home Economics *	3 (3-0)	Common Core
2	Advance Research Methods in Home Economics *	3 (3-0)	Common Core
3	Elective – I **	3	Elective
4	Elective – II **	3	Elective
Total Credit Hours = 12			

SEMESTER II			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Advanced Data Analysis in Home Economics *	3 (3-0)	Common Core
2	Elective – III **	3	Elective
3	Elective – IV **	3	Elective
4	Elective – V **	3	Elective
Total Credit Hours = 12			

SEMESTER III			
S.N.	COURSE	CREDIT HOURS	CATEGORY
1	Understanding of Holy Quran – I ***	1 (0-1)	General Education
2	Understanding of Holy Quran – II ***	1 (0-1)	General Education
3	Thesis ****	6	Research
Total Credit Hours = 8			

- * These are the **mandatory** courses for the program, irrespective of the area of specialization.
- ** The university / concerned department may offer any advanced course in the field of Home Economics as an **elective**, where required as per its available academic, human and infrastructural resources. **Credit combination** (reflecting balance of theory and lab / studio / field work) must be arranged in accordance with the nature of the course.
- *** These are prescribed for all NQF level 4-8 qualifications as mandated vide HEC letter **No. 10-01/2022/Coord(Acad)/HEC/235** dated March 28, 2025.
- **** **Research** work for thesis must be conducted by students individually in accordance with the university's policy as approved through its statutory bodies provided that the same is in accordance with the HEC Graduate Education Policy (2023).

Degree Award Requirements

The following minimum requirements are prescribed for award of MS in Home Economics:

- a) A minimum of 26 credit hours of course work including 9 credit hours for core courses, 15 credit hours for electives and 2 credit hours for Quranic courses as prescribed in this document must be completed.

- b) In addition to coursework, a research thesis of 6 credit hours must also be completed individually as partial fulfilment of the degree program. Requirement of research thesis cannot be substituted with additional course work.
- c) CGPA must not be below 2.50 / 4.00 at the time of completion of the degree program. The university may, however, set a higher standard in this regard.
- d) The minimum duration required to complete the degree is 3 regular semesters which may be extended up to a maximum of 8 regular semesters. Summer semester is not considered as a regular semester.

COURSE LEARNING OUTCOMES

AD, BS & MS

(Arranged in Alphabetical Order)

Advanced Data Analysis in Home Economics

By the end of this course, students will be able to:

- a) Apply advanced software applications and techniques to analyze and interpret qualitative and quantitative data in Home Economics research.
- b) Utilize appropriate software for data management, visualization, and hypothesis testing.
- c) Evaluate research findings critically to support evidence-based decision-making in Home Economics.
- d) Communicate data analysis effectively in academic and professional contexts.

Advanced Research Methods in Home Economics

By the end of this course, students will be able to:

- a) Apply qualitative, quantitative and mixed research methods to investigate contemporary issues and trends in Home Economics.
- b) Understand appropriate research designs, data collection techniques, and statistical tools for data analysis.
- c) Evaluate published research critically to identify gaps and propose innovative research solutions.
- d) Develop a comprehensive research proposal while adhering to ethical research practices and academic integrity.

Applied Art & Design

By the end of this course, students will be able to:

- a) Apply elements and principles of art and design.
- b) Explain artistic techniques to create aesthetically functional designs.
- c) Evaluate the role of design in enhancing everyday life and consumer experiences.

Artificial Intelligence in Home Economics

By the end of this course, students will be able to:

- a) Understand the basic concepts of Artificial Intelligence (AI) and its everyday applications.
- b) Identify how AI is being used in areas related to Home Economics, such as nutrition tracking, smart home management, and fashion forecasting.
- c) Reflect on the ethical and social impacts of AI on family life, consumer behavior, and household decision-making.

Clothing & Consumer Education

By the end of this course, students will be able to:

- a) Analyze consumer behavior in clothing selection and purchasing decisions.
- b) Understand textile properties and their impact on clothing choices.
- c) Apprehend ethical and sustainable practices in the fashion and textile industry.

Commercialization in Home Economics

By the end of this course, students will be able to:

- a) Examine the role of entrepreneurship in various Home Economics fields.
- b) Develop business models for home-based and commercial enterprises.
- c) Apply marketing strategies to promote home economics-related products and services.

Data Analysis in Home Economics

By the end of this course, students will be able to:

- a) Utilize statistical tools for analyzing data in Home Economics research.

- b) Interpret quantitative, qualitative and mixed methods data related to consumer trends and family studies.
- c) Apply data-driven decision-making in various fields of Home Economics.

Family & Community Development

By the end of this course, students will be able to:

- a) Analyze the social, psychological, and economic factors influencing family structures.
- b) Evaluate community development strategies for improving family well-being.
- c) Design and implement programs to enhance family and community resilience.

Fundamentals of Art & Design

By the end of this course, students will be able to:

- a) Understand elements and principles of art and design.
- b) Develop basic skills in color theory, composition, and visual aesthetics.
- c) Explain various mediums and techniques for creative expression.

Fundamentals of Fashion & Apparel

By the end of this course, students will be able to:

- a) Understand the historical evolution and trends in fashion.
- b) Identify key components of apparel construction and textile selection.
- c) Analyze the relationship between fashion, culture, and consumer preferences.

Fundamentals of Food & Nutrition

By the end of this course, students will be able to:

- a) Understand the basic principles of human nutrition and dietary needs.
- b) Assimilate the functions and sources of basic nutrients.
- c) Explain the impact of nutrition on health and well-being.

Fundamentals of Interior Design

By the end of this course, students will be able to:

- a) Understand the principles of spatial planning and interior aesthetics.
- b) Identify materials and design techniques for functional living spaces.
- c) Apply design concepts to improve residential and commercial interiors.

Global Perspectives on Home Economics

By the end of this course, students will be able to:

- a) Analyze global trends and challenges in home economics-related fields.
- b) Compare cross-cultural practices in various fields of Home Economics.
- c) Evaluate policies and programs that address sustainability and consumer welfare worldwide.

Home Economics Education, Administration & Supervision

By the end of this course, students will be able to:

- a) Understand the principles of curriculum design and teaching methodologies in Home Economics.
- b) Explain leadership and administrative strategies in educational and institutional settings.
- c) Analyze the impact of supervision and policy development on Home Economics education.

Home Economics in Digital Age

By the end of this course, students will be able to:

- a) Understand the role of digital technologies in transforming traditional practices of Home Economics.
- b) Explore the use of digital tools and platforms in areas like budgeting, meal planning, online shopping, and e-learning.
- c) Evaluate the benefits and challenges of living in a digitally connected environment, especially in the context of family and community well-being.

Home Management & Housing

By the end of this course, students will be able to:

- a) Understand financial, environmental, and social factors affecting home management.
- b) Apply budgeting and resource management strategies for efficient household operations.
- c) Evaluate sustainable housing solutions for diverse family needs.

Introduction to Clothing & Textiles

By the end of this course, students will be able to:

- a) Understand the classification, properties, and uses of textiles.
- b) Identify fundamental concepts in clothing construction and textile selection.
- c) Evaluate the impact of fabric quality on consumer choices and clothing durability.

Introduction to Home Economics

By the end of this course, students will be able to:

- a) Understand the interdisciplinary nature of Home Economics and its practical applications.
- b) Identify key areas of study, including nutrition, textiles, interior design, art & design and family studies.
- c) Explain the role of Home Economics in personal, family, and societal well-being.

Life Span Development

By the end of this course, students will be able to:

- a) Understand physical, cognitive, and emotional development across the human lifespan.
- b) Discuss the impact of familial and societal influences on human growth.
- c) Explain theories of development to real-life family and community settings.

Meal Management & Food Preservation

By the end of this course, students will be able to:

- a) Plan nutritionally balanced meals based on dietary needs and food availability.
- b) Understand various food preservation techniques to enhance food safety and longevity.
- c) Evaluate the impact of food processing on nutritional quality and sustainability.

Nutrition Health & Disease Prevention

By the end of this course, students will be able to:

- a) Identify the relationship between diet, health, and disease prevention.
- b) Develop dietary strategies to manage lifestyle-related health conditions.
- c) Analyze public health initiatives focused on nutrition and disease prevention.

Personal & Family Finance

By the end of this course, students will be able to:

- a) Apply financial planning principles to personal and household budgets.
- b) Understand savings, investments, and financial security for individuals and families.
- c) Evaluate strategies for managing debt, credit, and long-term financial planning.

Research Methods in Home Economics

By the end of this course, students will be able to:

- a) Understand research and its methods in Home Economics.
- b) Design research projects to investigate contemporary issues in various fields of Home Economics.
- c) Analyze and interpret research findings to inform evidence-based practices.

Sustainability in Home Economics

By the end of this course, students will be able to:

- a) Understand sustainable practices in various fields of Home Economics.
- b) Discuss environmental and social impacts of household consumption patterns.
- c) Evaluate strategies to promote sustainable living in personal and community settings.

Theories & Trends in Home Economics

By the end of this course, students will be able to:

- a) Explain foundational and emerging theories in Home Economics and their relevance to modern-day practices.
- b) Analyze historical developments and current trends shaping Home Economics in different cultural and economic contexts.
- c) Synthesize interdisciplinary approaches to advance the field of Home Economics and address societal needs.

FOR FEEDBACK & QUERIES

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