

SCHEME OF STUDIES FOR STUDENTS B. S. PART I - 1ST YEAR
FROM AUGUST 2014 (FOR SESSION 2014 - Onwards)
B.S. HOME ECONOMICS (6 YEAR DEGREE PROGRAMME)

Keeping in view the requirements of Higher Education Commission the courses of Home Economics have been re - designed to meet the international standards of sixteen years of education for a Bachelor's degree. The six year B.S Home Economics programme has two parts:

- B.S Part I 2 years duration
 B.S Part II 2 years duration (Exit with B. Sc. Degree)
 B.S Part II 2 years duration

The degree will be awarded after completing both Part I and Part II. The students can exit after completion of 4 years with a B.Sc. Degree and shall not be eligible to join B.S. Programme.

B.S. HOME ECONOMICS PART-I (1ST YEAR)

Paper	Code	Subject	Theory	Practical	Total	Credit hours	Page No.
I	HE001	English	100	-	100	04	8
II(a)	HE002	Urdu	100	-	100	04	9
II(b)	HE022	Pakistani Culture (Foreign Students only)	100	-	100	04	10
III	HE003	Chemistry	75	25	100	05	11
IV	HE008	Family & Community Development	70	30	100	05	12
V	HE004	Pakistan Studies	50	-	50	02	14
VI	HE005	Introduction to Home Economics	50	-	50	02	15
VII	HE009	Introduction to Art and Design	60	40	100	05	16
VIII (a)	HE011	Home Nursing OR	60	40	100	05	17
VIII (b)	HE012	Computer Science OR	70	30	100	05	19
VIII (c)	HE013	Music OR	40	60	100	05	21
VIII (d)	HE014	Tajveed	60	40	100	05	23
Total					700	32	

BS. HOME ECONOMICS PART I (1ST YEAR)

ENGLISH

Paper: I
HE001

Credit hours: 04
Total Marks: 100
Objective Marks: 20
Subjective (Essay) Marks: 80

Text Books

1. Intermediate English Book 1
Punjab Text Book Board Lahore
Edited by, Mrs. Shahida Rasul
2. Intermediate English Book III (Plays and Poetry)
Punjab Text Book Board Lahore (New Course Published in 2007j)
3. Functional English:
 - i. Punctuations
 - ii. Pairs of Words
 - iii. Letters OR
 - iv. Applications
 - v. Story Writing
 - vi. Translation : English into Urdu
 - vii. Correct Form of Verbs

Note: Paper Pattern, Question Type and the distribution of Marks will be according to the Lahore Board.

SCHEME OF STUDIES

BS. HOME ECONOMICS PART I (1ST YEAR)

URDU

Paper: II (a)
HE002

Credit hours: 04

Total Marks theory: 100

اردو

امتحان کے نمبروں کی تقسیم

کل نمبر: 100

حصہ نمبر: 44

حصہ نظم : 44

مضمون نویسی: 12

کتاب: سرمایہ اردو II

مرتبین: ڈاکٹر محمد خان اشرف، پروفیسر ایاز اصغر شاہین، محمد زبیر ساقی

ایڈیٹر: پروفیسر حفیظ صدیقی، پروفیسر افتخار الدین سہیل

سید سلمان ندوی، سرسید احمد خان، مولانا الطاف حسین حالی، حمید عسکری، پریم چند، غلام عباس، احمد نیک قاسمی، حاجہ مسرور
حصہ شری

اسد اللہ خان غالب، علامہ محمد اقبال، سید احمد شاہ بخاری (پطرس)، شیخ عقیل، ابن النبی، شیخ الہدیٰ، علامہ بنی ماری

میاں بشیر احمد، ڈاکٹر مولوی عبدالحق، مولانا محمد حسین آزاد، مولوی نذیر احمد، نسیم حجازی، مرزا ادیب۔

حصہ اظم: امیر مینائی، ماہر القادری، نظیر اکبر آبادی، میر انیس، مولانا ظفر علی خان، اختر شیرانی، حفیظ جالندھری، علامہ اقبال،

سید محمد جعفری، مرزا محمود سرحدی، دلاورنگار، مست توکلی

حصہ غزل: میر تقی میر، حیدر علی آتش، مرزا خان داغ، مومن خان مومن، حسرت موہانی، فیض احمد فیض، احمد ندیم قاسمی

الف: حصہ نمبر 44 نمبر

(1) تشریح اقتباسات (2) تنقیدی سوالات (3) مضامین کا خلاصہ

ب : نظم 44 نمبر

ب: حصہ نمبر 44 بر

(1) تشریح اشعار (2) تبصرہ (3) تنقیدی جائزہ (4) مرئزی خیال، نظموں کا خلاصہ

BS. HOME ECONOMICS PART I (1st YEAR)

PAKISTANI CULTURE

(For Foreign Students Only)

Paper: II(b)
HE022

Credit hours: 04
Total Marks: 100

1. Geography:

- i. Land: Physical Features, Rivers, Canals and Communications Gateways to Pakistan, Climate, Important Cities, Hill Stations.
- ii. People: Population Distribution(Rural and Urban), Racial Features, Religions, Dress and Customs.
- iii. Influence of Geography on Culture

2. Islamic Heritage

- i. Advent of Islam: The Holy Prophet and the Holy Quran
- ii. Islamic principles and ideology
- iii. Islam in the Sub-Continent: Contribution of Arabs, Turks, Afghans and Mughals in spread of Islamic Culture.
- iv. Culture: Definition , Islamic Culture its distinctive features.

3. Archeological Heritage of Pakistan

- | | | |
|-----------------|------------------------------|----------------|
| (i) Mohenjodaro | (ii) Taxila | (iii) Gandhara |
| (iv) Bhamboor | (v) Mainamati(East Pakistan) | (vi) Thatta |
| (vii) Multan | (viii) Lahore | (ix) Peshawar |

4. Making of Pakistan

(1857 – 1947) Political , Ideological and Socio – Economical background.

5. (i) National and Regional Languages, their impact on everyday Life
 - (ii) family Pattern in Pakistani Society.
6. Art and Crafts

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BS. HOME ECONOMICS PART I (1st YEAR)

CHEMISTRY (ORGANIC & INORGANIC)

Paper: III
HE003

Credit hours: 05
Total Marks: 100
Theory: 75
Practical: 25

- I. Introduction to fundamental concepts. Matter, physical and chemical changes. Energy changes in chemical reactions, Exothermic and Endothermic reactions.
Symbols, Formula, Valency and Chemical equation. Atomic Weight, Molecular Weight, Mole and radical. Elements, Compounds and Mixtures.
- II. Acids, Base and salts, their general characteristics.
- III. Elementary study of atomic structure and chemical bonds.
- IV. Carbohydrates.
 - a. Introduction
 - b. Classification
 - c. Structure Notes on Glucose
 - d. Fructose
 - e. Starch and Cellulose.
- V. Basic concept of organic chemistry, definition, Classification of organic compounds. Functional groups with their properties.
- VI. Elementary study of Nomenclature and Formula of Hydrocarbons, Alcohols Ether Carboxylic acid and esters.
- VII. Properties and uses of Alcohols, acid and Hydrocarbons
- VIII. Introduction of polymers and industrial importance with special reference to rayon paper. Nitrogen compounds.
- IX. Aromatic compounds. (Introduction)

Practical:

1. Qualitative analysis simple titration of acid & base titration.
2. Determination of %age of acetic acid in Vinegar.
3. Determination of NH₃ in household ammonia.
4. Potassium Permanganate, Oxalic acid, and ferrous sulphate. Silver nitrate titration, amount of chlorine in tap water.
5. Study of physical properties, melting point of compounds, boiling point of liquids and freezing point of ice and NaCl mixture and their applications.
6. Crystallization
7. Qualitative Analysis of Protein, Carbohydrates and Fats.

Recommended books:

1. Dr. Shaukat Ali. (2006). *Chemistry XI and XII*. Lahore: Rehman Book Center.
2. Raymond Chang. (1998). *Essential chemistry*. The Mc-Graw Hill Inc.

B.S. HOME ECONOMICS PART - I (1st YEAR)
FAMILY AND COMMUNITY DEVELOPMENT

Paper: IV
HE008

Credit hours: 05
Total Marks: 100
Theory: 70
Practical: 30

Objectives:

1. To understand the development the family and community as institutions from sociological perspective.
2. To get a comprehensive overview of the issues related to the family, especially in the context of social life network.
3. To highlight the importance of community and development programmes.
4. To motivate the students to participate in community based family intervention and support programmes.

I. Introduction to family & Community Development

II. The family

- a. Meaning, definition and explanation of family
- b. Functions of family
- c. Types of family
- d. Family formation – marriage and mate selection
- e. Kinship

III. Related concepts of family

- a. Family breakdown, reconciliation
- b. Family law and shariah
- c. Change in family institution
- d. Status of women

IV. Introduction to community

- a. Meaning, definition and explanation of community
- b. Types of communities in urban/rural areas
- c. Functions of community
- d. Role of formal organizations in the community

V. Family and community relations

- a. General characteristics of the Pakistani community
- b. Demographic feature of the community
- c. Gender and community development
- d. Role of family in the development of community

VI. Community development in Pakistan

- a. Meaning and principles of community development
- b. Methods of community development
- c. Effective utilization of community resources
- d. Social change as related to the community.

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Practical:

- Minor project of community development (to be carried out in the immediate community).
- Major project of community development (to be carried out in coordination with government and non-government organization).
- A written report of the above projects.

Recommended books:

1. Joyce, E. (2001). *School, family and community partnerships: Preparing educators and improving schools*.
2. Jacqueline, B., Ilan, B. K., Jill, E. K. & Margaret O'Brien. (2006). *Children and families in communities: Theory, research, policy and practice*. Wiley Child Protection & Policy Series.
3. Gary, P. G. & Anna, H. (2007). *Asset building and community development*.

SCHEME OF STUDIES

B.S HOME ECONOMICS PART I (1ST YEAR)

PAKISTAN STUDIES

Paper: V

HE004

Credit hours: 02

Total Marks: 50

- I. Condition of subcontinent before the advent of Islam
 - a). Religious conditions.
 - b). Political conditions.
 - c). Social conditions.
 - d). Economic conditions.
- II. Advent of Islam in subcontinent.
 - a). Invasion by Muhammad Bin Qasim.
 - b). Role of Muhammad Bin Qasim.
 - c). Review of different Muslim eras and their pros and cons.
- III. Effect of Islam on the culture and social aspects of Hindustan.
 - a). Role of the rulers and scholars in the spread of Islam.
 - b). National movements for rectification, educational efforts.
- IV. Beginning of political struggle.
 - a). Constitutional reforms and Muslims.
 - b). Separate electorate
 - c). Khilafat movement.
- V. Pakistan movement.
 - a). Problems of independence of India and Muslims.
 - b). Muslims as a National and Two Nation Theory.
 - c). Allama Iqbal's Allahabad address.
 - d). Sayings of Quaid-e-Azam regarding provincial independence.
- VI. Chaudry Rehmat Ali and Pakistan National Movement.
 - a). Elections of 1937 and attitude of Congress government.
 - b). Pakistan Resolution.
 - c). Elections of 1946 and transfer of power.
 - d). Radcliff Award.

SCHEME OF STUDIES

B.S. HOME ECONOMICS PART I (1ST YEAR)

INTRODUCTION TO HOME ECONOMICS

Paper: VI
HE005

Credit hours: 02
Total Marks: 50

- I. Concept of Home Economics
 - a. Definition of Home Economics
 - b. Philosophy of Home Economics
 - c. Nature of Home Economics
- II. History and development of Home Economics
 - a. Origin of Home Economics as a field of study.
 - b. Brief history of Home Economics in Pakistan
- III. Scope of Home Economics
 - a. Objectives of different areas of Home Economics
 - b. Scope of different areas of Home Economics
 - c. Integration of different field of study.
- IV. Roles and responsibilities of a Home Economist in the family and community

Recommended books:

1. Blankenship, L. M. (1997). *Home economics education*. Houghton Mifflin Company.
2. Hall, A. A. (1992). *Teaching home economics*. (3rd ed.). New York: John Wiley & Sons. Inc.
3. Tate, M.T. (1998). *Home Economics as a Profession*. McGraw Hill Book Company.

B.S HOME ECONOMICS PART I (1st YEAR)

INTRODUCTION TO ART AND DESIGN

Paper: VII
HE009

Credit hours: 05
Total Marks: 100
Theory: 60
Practical: 40

- I. Design:
 - a. Definition of Design
 - i. The designing process as a form of organization
 - ii. Factors involved in the making of a design
 - iii. The analysis of the making of a design.
 - b. Elements of Design
 - c. The Fundamental Principles of Art
 - d. Types of Design:
Structural and Decorative Design:
 - i. Definition
 - ii. Requirements of a good structural design
 - iii. Requirements of a good decorative design
 - iv. Evaluation & Appreciation of decorative & structural design
 - v. Character or decorative quality in design
- II. Brief History of Art:
 - a. Prehistoric Cave Art
 - i. Painting and sculpture
 - b. Mesopotamian
 - i. Architecture and sculpture

Practical:

1. Portfolio:
 - i. Two Practical exercises each based on all principles and elements of art.
 - ii. Mediums: poster paint and paper-cut and mixed media
 - ii. Study of color (color wheel, color schemes, value, intensity)
2. Poster:
 - i. Theme Selection
 - ii. Design Development
 - iii. Lettering
 - iv. Execution of design paper-cut and poster paints
3. Preparation of O portfolio for examination.

Recommended books:

1. Feisner, E. A. (2001). *Colour*. Fairchild Publication. Inc. U.K.
2. Graham, L. (2002). *Basics of design*. Canada: Delmar Thomson Learning.
3. Jonson, H.W., Jonson, F. A. (2001). *History of art*. (6th ed.). London: Thames & Hudson Ltd.
4. Kleiner, F. S., Mamiya, J. C. (2005). *Gardener's art through the ages*. (12th ed.). USA: Wadsworth/Thomson.

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B.S. HOME ECONOMICS PART I (1ST YEAR)

HOME NURSING

Paper: VIII(a)
HE011

Credit hours: 05
Total Marks: 100
Theory: 60
Practical: 40

I. INTRODUCTION TO THE BODY.

1. Cell and Tissues : Structure and function.
2. Body as a whole : Chief cavities and contents.

II SKELETON.

1. Bones: Structure and growth, types of bones.
2. Skull: Name and position of bones of cranium and face.
3. Teeth: Spinal column and Thares; spinal column as whole , general structure of vertebrate and brief description of different vertebrate.
4. Sternum and ribs.
5. Shoulder girdles and upper extremity.
6. Pelvic girdle and lower extremity.

III JOINTS AND MUSCLES.

1. Joints
2. General structure.
3. Varieties.
4. Chief joints of the body.
5. Muscles: general features of voluntary muscles.
6. Position and action of the chief muscles of the body.

IV BODY AND CIRCULATORY SYSTEM.

1. BLOOD:
 - a) Composition
 - b) Function .
 - c) Coagulation.
2. HEART.
 - a) Position.
 - b) Structure
 - c) Function.
3. BLOOD VESSELS:
 - a) Arteries.
 - b) Veins
 - c) Arterials and Capillaries including their structural differences.
4. Names and position of the chief blood vessels.
5. Circulation of blood: general, pulmonary and portal circulations. Pulses and blood pressure.
6. Lymphatic systems: lymph, lymphatic vessels and glands.

7. RESPIRATORY SYSTEM.

- a) Organs of Respiration: position structure and functions.
- b) Mechanism and process of respiration : chief muscles of respiration.
- c) Purpose of respiration.

Practical

1. Vital Signs.

- 1. Taking recording temperature.
- 2. Pulse, respiration and measuring blood pressure.
- 2. Bed Making with and without patient.
- 3. Lifting and turning patients.
- 4. Bathing in bed and the bathroom.
- 5. Care of pressure areas, causes, prevention and treatment of bed sores.
- 6. Care of mouth and teeth including those of helpless patient.
- 7. Care of hair; hair and washing and fine combing.
- 8. Serving meals and feeding a helpless patient.

9. First Aid.

- a) General principles of first Aid.
- b) First aid box.
- c) Shock.
- d) Fractures sprains and dislocations.
- e) Loss of consciousness: fainting fits and convulsions, drowning, choking and carbon monoxide gas.
- f) Artificial respiration: holger nelson, mouth to mouth.
- g) Bites and stings : snake bite, fog bite, bee bits.
- h) Poison: general principles of treatment.
- i) Burns and scales.
- j) Wounds and bruises.

10. Bandaging

- a) Dressing of the wound.
- b) Application of roller and triangle bndages- siple and reverse, spiral and figure of eight, spice of elbow,knee an heel bandage of hand, fingers and thumb, ascending shoulder spice, bandage of ear and eye.
- c) Triangular bandaging: slings.
- d) Use of simple splints.

Recommended books.

- 1. Muthu, V.K (2005). A short book public health.(1st Edition).
- 2. Miller, K Encyclopedia dictionary of medicine, nursing.
- 3. First aid CPR, and AED. (5TH Edition).
- 4. Ross and Wilson (206). Anatomy and physiology in health and illness.

SCHEME OF STUDIES

BS. HOME ECONOMICS PART I (1ST YEAR)

COMPUTER SCIENCE

Paper: VIII(b)
HE012

Credit hours: 05

Total Marks: 100

Theory: 70

Practical: 30

- I. Basic Concepts of IT.
 - a. What is computer?
 - b. Input and Output devices
 - c. Operating System vs. Computer Program
 - d. Basic Unit of Data Storage, Storage and Memory
 - e. System Software vs. Application Software
 - f. SDLC
 - g. Components of network
- II. Information Networks
 - a. The Technology of Workgroup Computing
 - b. The benefits of E-mail
 - c. What is the Internet and how it is useful?
 - d. Types of Networks (LAN , WAN)
 - e. Concepts, Models, Standard, Network topologies
- III. Application and Uses of Computers
 - a. Computer and the opportunities offered by their use
 - b. Type of systems encountered in everyday life, homes, business, industry and education.
 - c. Understand how computer can simplify work practice.
- IV. Operating System
 - a. What is an operating system?
 - b. Types of operating system.
 - c. Difference between command Line interface and Graphical user interface.
 - d. Objects of windows operating system.
 - e. Features of windows operating system.
- V. Word Processing
 - a. Introducing and starting GUI O. S
 - b. Main features of Micro Soft Word.
 - c. File and disk management.
 - d. Control Printing Jobs.
 - e. Paragraph, Page formatting etc.

VI. Internet And E. Mail

- a. What is internet?
- b. Benefits of internet.
- c. Benefits of limitation of E – mail.
- d. Browsing and searching on internet.
- e. Addressing scheme.

Practical:

1. Operating System
 - a) Introduction of GUI O.S
 - b) Starting to use GUI O.S
 - c) Task bar and start menu
 - d) Desktop Properties
 - e) Date and Time
 - f) Managing Files and Folders
 - g) Windows Explorer
 - h) Copying and Moving Files
2. Word Processing
 - a) How to use Word Processor
 - b) Menu bars
 - c) Paragraph
 - d) Page Formatting
 - e) Introduction to Tables and Columns
 - f) Drop cap, Bullets and numbering, borders etc.
 - g) Drawing Bar
 - h) Using Clipart
 - i) Printing
3. Introduction to Spread Sheet
 - a) What is Spread Sheet Software.
 - b) Spread Sheet interface
 - c) Using addition, subtraction, multiplication and division formulas
4. Internet Browsing and Using E-mail
 - a) Introduction to Browsing
 - b) Addresses, Links, and Downloading
 - c) Searching the internet
 - d) E-mail, and News Groups

Recommended books:

1. *Computer studies for class XI.* Punjab Textbook Board, Lahore

SCHEME OF STUDIES

BS. HOME ECONOMICS PART I (1ST YEAR)

MUSIC (EASTERN)

Paper: VIII (c)
HE013

Credit hours: 05
Total Marks: 100
Theory: 40
Practical: 60

- I. Four Thathas; Bilawal, Bhiarvin, Kalyan and Kafi and their description with relation to raags.
- II. Classification of Raags according to the number of notes:
 - a. Sampuran
 - b. Khaduv
 - c. Oduv.
- III. Meaning of Vadi, Samvadi and Vivadi, Notes in a Raag.
- IV. Familiarity with local or western Notations for writing notes.
- V. Types of Music:
 - a. Ghazal
 - b. Qawali
 - c. Folk
 - d. Classical
 - e. Film
 - f. National
 - g. Matrial & marshal
 - h. Dadra
- VI. Description – with principles of the Instruments:
 - a. Sitar
 - b. Dilruba
 - c. Voilin
 - d. Tabla
 - e. Flute
 - f. Piano
 - g. Claronte
 - h. Harmonium
 - i. Bainjo
 - j. Sarangi
- VII. a. Rhythm.
 - i. Matras,
 - ii. Sam

- b. Bols of the Taals
 - i. Dadra
 - ii. Kehrava
 - iii. Teental
 - iv. Jhaptal
 - v. Ektal on the table.

VIII. Short History of India Pakistan music with special reference to the contribution of Amir Khurso and prominent contemporary Musicians.

Practical:

1. Recognition of Kamal and Tivar notes.
2. Distinguish through Arohi and Avrohi the types of Ragas as given in Theory
3. Distinguish between the types of Music as given in Theory No. 5
4. Recognition of the instruments as given the Theory No. 6
5. Recognition and description of the Thynthm as given in Theory No. 7
6. Recognition of the following Ragas in any type of Music-vocal or Instrumental, Behag, Aiman, Bhairvi, Bagesri.
7. Singing National Anthem and singing three songs or playing three tunes on either Sitar or Voilin or Piano or Dilurba or Flute from any of Music.

Recommended books:

1. Basra, K.M. (2005). *Music in Pakistan*. The story of five decades. Pakistan.
2. Gilani, M., & Hyder, Q. (2003). *Ustad bade ghulam ali khan "Sabrang:" his life and music*. New Delhi: Harmon.
3. Lyer, P. (2004). *Music information retrieval*. New Delhi: Vishrabharti Publications. India.
4. Patnaik, P. (2005). *Encyclopedia of music*. New Delhi: Commonwealth.

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BS. HOME ECONOMICS PART I (1ST YEAR)

TAJVEED

Paper VIII (d)
HE014

نصاب تجوید القرآن (آپشنل)

Credit hours: 05

سال اول

تھیوری: 60

پریکٹیکل: 40

تھیوری:

- 1- علم التجوید کی تعریف اور اہمیت
- 2- لحن جلی اور خفی کا بیان
- 3- تلاوت قرآن کے آداب
- 4- مخارج کا بیان
- 5- حروف کی صفات کا بیان
- 6- لام اور راء کے قواعد
- 7- میم ساکن اور نون ساکن کے قواعد
- 8- میم مشددا اور نون مشددا کے قواعد
- 9- الف، واو اور یاء کے قواعد
- 10- ہمزہ کے قواعد
- 11- وقف کے قواعد
- 12- فوائد متفرقہ

پریکٹیکل:

- 1- سیرنا القرآن بالتجوید
- 2- نماز مع لفظی ترجمہ
- 3- عثمہ پارہ ناظرہ بالتجوید
- 4- عثمہ پارہ کی آخری دس (10) سورتوں (الفیل تا الناس) کا حفظ قرأت کے ساتھ

Prescribed Books مجوزہ کتابیں

- 1- جمال القرآن (مولانا اشرف علی تھانوی)
- 2- آسان تجوید (سلمیٰ کوکب)
- 3- عثمہ پارہ (مترجم حافظ نذر احمد)