

SCHEME OF STUDIES

B.S. HOME ECONOMICS PART-II (2ND YEAR)

Paper		Subject	Theory	Practical	Total	Credit hours	Page No.
I	HE201	English	100	-	100	04	62
II	HE202	Housing Home Furnishing & Residence Programme	60	40	100	05	63
III	HE204	Pak. Studies	50	--	50	02	64
IV	HE208	Psychology of Childhood & Adolescence	100	--	100	04	65
V	HE206	Advanced Nutrition	75	25	100	05	67
VI	HE207	Advanced Clothing	60	40	100	05	69
VII		Elective Group A (any one of following)					
	HE209	a. Applied Arts II	60	40	100	05	70
	HE210	b. Principles of Management	100	--	100	05	71
	HE217	c. Pattern Making	60	40	100	05	72
	HE227	d. Fashion Illustration	40	60	100	05	73
	HE216	e. Dietetics	75	25	100	05	76
	HE218	f. Programme in Early Childhood Education	70	30	100	05	77
	HE268	g. Management of Family Affairs	70	30	100	05	79
VIII		Elective Group B (any one of following)					
	HE228	a. Cultural Anthropology	70	30	100	05	81
	HE238	b. Abnormal Psychology	70	30	100	05	83
	HE205	c. Home Economics Education / Educational Psychology	100	--	100	05	85
	HE230	d. Economic Analysis	100	--	100	05	86
	HE240	e. Fundamentals of Architecture & Interior Design	70	30	100	05	87
	HE248	f. Human & Family Ecology	100	--	100	04	88
	HE258	g. Understanding of Special Children	70	30	100	05	90
	HE250	h. Economics II	100	--	100	05	91
	HE226	i. Experimental Food	75	25	100	05	92
	HE237	j. Economic, Social & Psychological Aspects of Clothing	60	40	100	05	94
Total					750	35	

Govt. College of Home Economics Gulberg, Lahore

B.S. HOME ECONOMICS PART II (2ND YEAR)

ENGLISH

Paper: I
HE201

Credit hours: 04
Total Marks: 100

I. Prose

A selection of Modern English Essays Edited by (20 Marks)
Professor Sajjad Sheikh

Delated Essays (i. Hosts and Guests ii. Bachelor's Dilemma)

Theory:

A New Anthology of English Verse (20 Marks)
Compiled & Edited by

Kaneez Aslam & Shoaib-Bin-Hasan

Poems No. 13 to 23

From Because I Could Not Stop for Death to

Images & Impressions

II. Plays:

A Selection of Short Stores & One Act Plays compiled and edited by
Dr. Nasim Riaz Butt. (20 Marks)

1. Something To Talk About

2. Smoke Screen

III. Functional English

1. Essay writing (20 Marks)

(The Old Man & The Sea is deleted)

One question on reference to the context (20 Marks)

(from essays, poems, plays)

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B.S. HOME ECONOMICS PART II (2ND YEAR)

HOUSING, HOME FURNISHING AND RESIDENCE PROGRAMME

Paper: II
HE202

Credit hours: 05

Total Marks: 100

Theory: 60

Practical: 40

(a) Residence: 30

(b) File: 10

Objectives:

1. To initiate students' competency in the field of interior design.
2. To create awareness about the physical, psychological aspects of housing.
3. To develop aesthetic sensitivity for interior designing.
4. To provide experimental learning in harmonious human relationships, tolerance and cooperation for efficient home management.

Syllabus

- I. Definition and importance of Housing
 - a. Review of housing needs in relation to Maslow's hierarchy of human needs.
 - b. A comparative analysis of housing conditions in Urban and Rural areas of Pakistan (building materials, life styles, type of structures, support and community facilities etc.)
- II. Primary Consideration for House Planning and Construction
 - a. Site selection and types of structure
 - b. Principles of house planning: Zoning, Circulation, Orientation and storage facilities
- III. Review of Building Materials
 - a. Structural building materials
 - b. Finishing and decorative building materials.
- IV. Major Elements of Interior Design
 - a. Walls and wall finishes
 - b. Floors and floor treatments
 - c. Doors
 - d. Windows and window treatment
- V. Principles of Home Furnishing
 - a. Furniture selection and arrangement
 - b. Role of accessories in interiors
 - c. Developing colour harmonies for interiors.

Practical:

- I. Residence Programme:

On-Campus, lived-in programme for developing home management skills in students through experiential learning in all fields of home economics.

- II. Portfolio of drawings for interior design:
 1. Furniture symbols and their use in house plans
 2. Appropriate furniture arrangement in interiors
 3. Presentation of colour schemes through colour plates

B.S. HOME ECONOMICS PART II (2ND YEAR)

PAK STUDIES

**Paper: III
HE204**

Credit hours: 02

Total Marks: 50

- I. **Stability of Pakistan**
 - a). Early difficulties and leadership of Quaid-e-Azam.
 - b). Nations sense of helpfulness and sacrifice
- II. **Steps for the Establishment of an Islamic State.**
 - a). Role of Quaid-e-Azam for the establishment of an Islamic society.
 - b). constitutional steps for the implementing sovereignty of God and system of governing in an Islamic society.
 - c). Objectives resolution, Constitution of 1956, 1962, 1973.
 - d). General Zia-ul-Haq's process of Islamisation.
 - e). Nizam-e-Mustafa movement.
 - f). National identity and ceremonies.
- III. **Geography of Pakistan.**
 - a). Geographical importance of Pakistan.
 - b). Natural resources, education, agriculture, industries, manpower.
- IV. **Social Development.**
 - a). Pakistan as a developing nation.
 - b). Per capita income.
 - c). Balance of trade.
 - d). Earning class.
 - e). Unjustified distribution of wealth.
 - f). Shortage of capital.
 - g). Lack of technology.
 - h). Restricted outreach of social welfare.
 - i). Resources and possibilities for economics development.
- V. **Culture and National Unity.**
 - a). Pakistani culture.
 - b). Different cultural time periods.
 - c). Cultural inheritance of Pakistan.
 - d). Symbols of national identity.
 - e). National development and social responsibilities.
 - f). Literacy, education and technology.
 - g). Public welfare, defense.
- VI. **Foreign Relations of Pakistan.**
 - a). Pakistan and super powers.
 - b). Pakistan and international community.
 - c). Pakistan and Muslim world.

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B.S. HOME ECONOMICS PART II (2ND YEAR)

PSYCHOLOGY OF CHILDHOOD AND ADOLESCENCE.

Paper: IV
HE208

Credit hours: 04

Total Marks: 100

Objectives:

1. To understand the basic human development in the context of family, school and society during the childhood and adolescent years.
2. Study the physical and psychological development of the child during the childhood and adolescent years.
3. To understand and realize the importance of transactional period from childhood to adolescence.
4. To understand the problems faced by children at school age and at adolescent level and guidance in family and group setting.

I. Childhood years (Six to Twelve years)

- a. Characteristics and development indicators of childhood
- b. Physical and psychological changes
- c. Common motor skills during childhood. Play interests and activities.
- d. Developmental needs of special children

II. Psycho-social development in childhood years

- a. Emotional behavior patterns. Coping with stress and fear during childhood.
- b. Development of social environment
- c. Development of new self.
- d. Establishing peer relationships. Competition and cooperation.
- e. Parental influence

III. Cognitive development in childhood years

- a. Period of concrete operations (Piaget's view)
- b. Language development
- c. Role of motivation in learning

IV. Adolescent years (twelve-to-eighteen years)

- a. Characteristics and development indicators of adolescence
- b. Puberty-physical and psychological impact
- c. Adolescent growth spurt-emotional storm and stress' age.
- d. Personality and social development; peer pressure in socialization
- e. Identity versus role-confusion (Erickson theory)

V. Cognitive and moral development in adolescence

- a. Establishing emotional maturity
- b. Establishing moral code and growing philosophy of life
- c. Cognitive development (Piaget's view)

VI. Behaviour problems at school and college level

- a. Classification of behavior problems
- b. School-related problems during childhood
- c. Adjustment problems and conflict during adolescence
- d. Guidance and counseling required by adolescents in relation to adjustment and school-related problems

Recommended books:

- 1. Lawrence, B. S. (1998)). Child and adolescent development.
- 2. Margaret, A. L. (1995). Adolescence.
- 3. Morgan, K. R. (1997). Introduction to psychology. (8th ed.)

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B.S. HOME ECONOMICS PART II (2ND YEAR)

ADVANCED NUTRITION

Paper: V
HE206

Credit hours: 05

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.
-
- I. Advanced study of nutrients carbohydrates, proteins, fats, vitamins & minerals
 - a. Chemical structure
 - b. Need and function
 - c. Effect of deficiency
 - d. Requirement and allowance
 - e. Food sources.
 - II. Study of digestion, absorption, and metabolism of various nutrients, and the interaction of nutrients in these processes.
 - III. Nutrition in life cycle
 - a. Pre and post natal
 - b. Infancy
 - c. Adolescence
 - d. Elderly
 - IV. Energy value of foods
 - a. Methods of determining energy (fuel) value of foods
 - b. Basal metabolic rate and factors affecting BMR and Total Energy Needs
 - V. A brief study of current food related health issues, obesity, role of fiber, saturated fats and heart disease, organic foods.
 - VI. Malnutrition:
 - a. A global problem
 - b. A brief study of malnutrition in Pakistan
 - c. Factors responsible for malnutrition in Pakistan
 - d. Measures for improvement

Practical:

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

Recommended books:

1. Brody, T. (2006). *Nutritional biochemistry*. (2nd ed.). India
2. Coulston. (2008). *Nutrition in prevention and treatment of diseases*. (2nd ed.)
3. Insel, P. (2006). *Discovering nutrition* (includes study guide) (2nd ed.).
4. Insel, P. (2007). *Nutrition*. (3rd ed.)
5. Whitmore, G. (2008). *Dictionary of biochemistry*.
6. Whitney, E.N., Rolfes, S.R. (2002). *Understanding nutrition*. Wheatley, USA.

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B.S. HOME ECONOMICS PART II (2ND YEAR)

ADVANCED CLOTHING

Paper: VI
HE207

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

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:

- I. Principles of pattern making
Pattern adoption for different types of figure.
- II. 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.
- III. Principles of fitting (Ease, Grain, Line Balance, Set).
- IV. Selection and handling of special fabrics
 - a. Sheer fabrics
 - b. Knit fabrics
 - c. Napped fabrics
- V. Standardization of sizes
- VI. Apparel quality Analysis
- VII. Ready to wear apparel analysis
- VIII. Current fashion trends in dress.

Practical:

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

Recommended books:

1. Erwin, M.D., Kinchen, L.A. (1999). *Clothing for moderns*. London: The McMillan Company, Collier McMillan Limited.
2. Erwin, B. *Practical dress design*. New York: The McMillan Co.
3. Giles R. *Dress making with special fabrics*. London: Mills and Bobs Limited.
4. Hillhouse, M.S., Mansfield, E.A. (1993). *Dress design*. (4th ed.). USA: Houghton Mifflin Co.
5. Strickland, Gertrude. (1994). *A tailoring manual*. (5th ed.). New York: The McMillan Co.
6. Tanus, H.N. (1991). *Designing your own dress pattern*. (5th ed.). Illinois Chas A. Bennet Co. Inc.,

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-A

APPLIED ARTS - II

Paper: VII (a)
HE209

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

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 Western art and its contribution in the world of art.

I. Art Appreciation

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. Leather Craft – Brief history
 - a. Types of leather
 - b. Techniques of leather decoration
 - c. Tanning of leather.
3. Block Printing
 - a. Brief history
 - b. Techniques

Practical:

- a. Design

Two exercises in paper cut – Geometric or abstract design sources
- b. Creative Weaving One project
 - a. Design development for weaving
 - b. Development of a working sketch
 - c. Selection of color & texture
 - d. Execution of design using at least three material and three techniques of weaving (Knotting, plain weave, twining)
- c. Block printing One project
 - a. Design development
 - b. Development of a two colour block
 - c. Development of a working sketch
 - d. Selection of color & materials
 - e. Execution of design depicting registration, and a combination of block printing techniques
- d. Drawings 3 in each medium
 - a. Charcoal
 - b. Pastels
 - c. Pencil
- e. Leather craft One sample made for portfolio
 - a. Development of design
 - b. Execution of design using three techniques of leather decoration
- f. Portfolio of years work

Recommended books:

1. Cormack, R. (2000). *Byzantine art. Oxford history of art.* Oxford University Press
2. Howarti, E. (1990). *Crash course in architecture.* London: Headline Book Publishing PCC.
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). *Gardner's art through the ages.* (12th ed.). Wadsworth/Thompson, USA.

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Elective Group-A

PRINCIPLES OF MANAGEMENT

Paper: VII (b)
HE210

Credit hours: 05
Total Marks theory: 100

Objectives:

1. To meet the dynamics of changing society through effective and efficient management.
2. Improvement of socio-economic level so that quality human resource is developed.
3. Development of skill, financial aid for business venture and strengthening market awareness.
4. Building confidence so that they are able to take hold decision and learn to take the responsibility of their decisions.

I. The Necessity of Management

- a. Scope of management
- b. The setting for modern management
- c. Scientific Management Movement
- d. Management & change

II. Patterns of Management Analysis

- a. The empirical Approach
- b. The Behaviour Approach
- c. The Operational Theory Approach
- d. The decision theory Approach

III. The Management Environment

- a. Internal Environment
- b. External Environment
- c. International Environment

IV. Functional Explanation for Management

- a. Planning for efficiency
- b. Organizing for stability
- c. Leadership for influencing people
- d. Motivation for self actualization
- e. Staffing for Human resource development
- f. Controlling for Effective result

V. Marketing Management

- a. Marketing Communications
- b. Consumer Behaviour & Advertisement
- c. Small scale business
- d. Micro-Credit.

Recommended books:

1. Bartol, T., Mathews and Martin, (2003). *Management: A pacific rim focus*. McGraw-Hill Australia Pte Limited.
2. David, F. R. (2003). *Strategic management concepts and cases*. (9th ed.). Pearson Education, Inc.
3. Hurst, K. D. (2005). *Strategy business*. Booz and Company Publishers.
4. Rothwell, W.J. (2001). *The strategic human resource leader*. Dawis-Black Publishers.

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Elective Group-A

PATTERN MAKING

Paper: VII (c)
HE217

Credit hours: 05
Total Marks: 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.

I. Introduction

- a. Measuring Techniques of the body
- b. Equipment for measuring
- c. Abbreviations and Symbols
- d. personal Measurement chart for:
 - i. Women
 - ii. Men
 - iii. Children

II. Drafting the body foundation

- a. The body foundation
- b. Equipment for drafting
- c. The body foundation pattern
- d. Using the body foundation

III. Bodice darts and bodices

- a. Darts, their shapes and positioning
- b. Bodices

IV. Sleeves

- a. Measurement chart for sleeve patterns.
- b. The sleeve foundation pattern
- c. Short sleeves
- d. Three quarter length sleeve
- e. Long sleeve
- f. Cuff

V. Crotch line garments

- a. Crotch line chart
- b. Basic Pajama trouser foundation block
- c. Foundation block for Panties
- d. Foundation block for trousers

VI. Styles involving bodice and sleeve

- a. Saddler shoulder
- b. Drop shoulder

VII. Figure differences

- a. Neck size
- b. Shoulder line position

Practical:

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

Recommended books:

1. Armstrong, H.J. (2005). *Patternmaking for Fashion Design* (4th ed.). Prentice Hall, USA.
2. Gross, L. (1991). *How to Draft Basic Patterns*. (4th ed.). Fairchild Books & Visuals USA.
3. Norma, R. H., Carolyn J. K. (1998). *Pattern making by the flat pattern method* (8th ed.). Prentice Hall. USA.
4. Rosen, S. (2003). *A comprehensive reference for fashions design*. Prentice Hall. USA.

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B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-A

FASHION ILLUSTRATION

Paper: VII (d)
HE227

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

COURSE OBJECTIVES

This course is designed to build students fashion drawing and illustration skills, using various rendering mediums. Students will learn how to find inspiration and build their design ideas. Students will learn techniques for illustrating design details to improve their fashion illustration skills. Learn how to draw the fashion figure, create 3D effect with shading and rendering the garments in colour. Students will also learn how to professionally layout a portfolio.

CONTENT:

- I. Introduction to Fashion Illustration
 - a. Fashion illustration
 - b. Drawing a fashion figure i.e. method, proportion, action line etc.
 - c. Materials and techniques in fashion drawing.
- II. Relationship of Fashion and Culture
 - a. Fashion and Eastern culture
 - b. Fashion and Western culture
- III. Fashion change and consumer acceptance
 - a. Fashion terminology
 - b. Fashion cycle
 - c. Consumer identification with fashion cycle
 - d. Fashion categories of women wear i.e. Clothing categories, Size range, Styling
- IV. Fashion resources
 - a. Fashion forecasting
 - b. Fashion services and resources
- V. International Fashion Centers
 - a. Global nature of the fashion
 - b. Some fashion center i.e. France, Italy and England etc.
- VI. Design development in fashion
 - a. Design development (Elements, principles, fabrics etc.)
 - b. Development of sample garment and line selection
- VII. Drawing the Garment
 - a. Garment details and its role
 - b. Fashion Accessories

VIII. Designing through source of inspiration

- a. Source of inspiration
- b. Development of designs i.e. design research, sketch book, story board etc.
- c. Displaying and presentation of designs.

PRACTICAL (Portfolio based on practical work)

1. Drawing a working sketch

- a. Drawing the basic figure using block method.
- b. Basic proportions
- c. Action line and balance line
- d. Gesture-the movement or action lines
- e. Fleshing of figure
- f. Three dimensional figure
- g. Grouping of figure
- h. Drawing fashion croquis
- i. Drawing face
- j. Drawing hairstyles
- k. Use of different mediums

2. Drawing garments, garment details and accessories

- a. Accessories the figure
- b. Necklines
- c. Collars
- d. Sleeves
- e. Sleeve length
- f. Placket and cuff openings
- g. Darts
- h. Gathers
- i. Bias cuts
- j. Yokes
- k. Gores
- l. Pleats or skirts
- m. Pant lengths
- n. Pants, trousers or lowers
- o. Tailored clothing

3. Application of elements and principles of design in dress designing

- a. Designing of four dresses based on elements and principles of design.

4. Dress designing based on different suggestions

- a. Developing design through line arrangements
- b. Studying the fabric
- c. Designing through dart manipulation
- d. Designing through a detail

5. Dress designing through source of inspiration

- a. Design research

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- b. Story boards
- c. Development of work sheets and presentation sheets of:
 - Two informal profile based eastern dresses
 - Two formal profile based western dresses
 - Two informal and two formal dresses based on creative designs
 -

REFERENCE BOOKS.

- Nancy, R (2005). "Nine Heads" a guide to drawing fashion published by nine heads Media.
- Ireland, P, J. (2005). Introduction to fashion design Batsford; illustrated edition.
- Slonne, E. (1977) Illustrating fashion published by Harper & Row
- Frings, G. S. (2003) Fashion : From concept to consumer. Prentice Hall.
- Estel , V. (2008) Essential Fashion Illustration, Colour + Medium. Rockport Publishers.
- Lafuente, M. (2005). Essential Fashion Illustration(Vol. 10) Rockport Publishers.
- Martin, D. (2008). The Big Book of Fashion Illustration. Batsford.

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Elective Group-A

DIETETICS

Paper: VII (e)
HE216

Credit hours: 05
Total Marks: 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 dietary guides.
3. Educate and counsel patients and families.
- I. Introduction
 - a. What is diet therapy
 - b. Principles of diet therapy
 - c. Dietary reference intake. (DRI)
 - d. Food guides
 - e. Food Composition Table
 - f. Exchange lists
- II. Adaptation of the Normal Diet for Texture
- III. Dietary Modifications for Calories
 - a. High calorie diet
 - b. Calorie restricted diet
- IV. Modification of the diet in fevers:
 - a. Long duration
 - b. Short duration
- V. Diet in Deficiency Diseases
 - a. Anemia
 - b. Protein calorie Malnutrition
- VI. Dietary Modifications in Diseases of Gastrointestinal Tract:-
 - a. Constipation
 - b. Diarrhea
 - c. Malabsorption syndrome
 - d. Gastritis
 - e. Peptic Ulcer
 - f. Hyperchlorhydria and Hypochlorhydria
- VII. Diet in disturbance of the liver, gall bladder and pancreas. Highprotein, high carbohydrate, moderate fat and fat restricted diet.
- VIII. Nutrition in surgical conditions.
 - a. Pre-operative diet
 - b. Post operative diet
- IX. Diabetes Mellitus and Dietary Modifications
- X. Dietary Modifications in Cardiovascular Diseases
 - a. Fat controlled diet
 - b. Sodium restricted diet
- XI. Diet in Diseases of the Kidney
Controlled protein, potassium, phosphorus and sodium diet.

Practical:

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, phosphorus and sodium diet

Recommended books:

1. Coulston. (2008). *Nutrition in prevention and treatment of disease*.
2. Krause, M. V., Mahan, L.K.K. (2006). *Food and diet therapy*. (12th ed.). Sylvia Escott-Stump.
3. Staci, N. W. (2004). *Basic nutrition and diet therapy*. New York: McMillan Publishing Company, Inc.
- Turner, D. (1996). *Hand book of diet therapy*. (9th ed.). Chicago University of Chicago Press.

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B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-A

PROGRAMMES IN EARLY CHILDHOOD EDUCATION

Paper: VII (f)
HE218

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

I. Introduction to Early Childhood Education.

- a). Brief history, goals and objectives of early childhood education
- b). Status of early childhood education in Pakistan and abroad

II. Montessori Education

- a. Needs and objectives of Montessori education
- b. Defining curriculum
- c. Materials
- d. Role of environment of a child
- e. Relationship of child and teacher

III. Nursery School Education

- a. Introduction to nursery school
- b. Curriculum planning
- c. Equipment and toys
- d. Methodology and role of a teacher
- e. Schedule of a day

IV. Kindergarten Education

- a. Philosophy and objectives of kindergarten education
- b. Defining curriculum
- c. Methodology and role of a teacher
- d. Schedule of a day

V. Day care centers

- a. Introduction to Day Care Centers
- b. Needs and goals of Day care Centers
- c. Conceptual consideration for day care centers.
- d. Planning and providing services in day care centers for infants and toddlers, pre – schoolers and school age children.
- e. Planning for health, safety and nutrition.
- f. Parental involvement in day care center.

VI. Planning and Organizing the Physical Setting in Early Childhood Centers

- a. Activity area and room organization
 - Indoor activity area
 - Outdoor activity area
- b. Health and safety factors

VII. Teacher's Role in Planning

- a. Competencies of a pre-school teacher
- b. Planning schedule
- c. Health and safety factors
- d. Assessing, recording and reporting children progress.

Practical:

- 1. Planning and presenting lessons for children in the following
 - (i) Pre – Academic skills
 - (ii) Science / General knowledge
 - (iii) Creative media art / music

OR

- 2. Developing materials for under privileged pre – school children

Recommended books:

- 1. Janet, G.M. (2007). *Diversity in Early Care and Education: Honoring Differences*
- 2. Edwar, M. (2006). *Early Childhood care and education: International perspectives.*
- 3. Marilyn, S., Betty B., Mary J. W. and Jesse L. (2005). *All about child care and early education: A comprehensive resource for child care professionals.*
- 4. Francis, W. (2002). *Introduction to early childhood education: A multidimensional approach to child-centered care and learning.*
- 5. Linda, S. E. (2003). *Essentials of child care and early education.*

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B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-A

MANAGEMENT OF FAMILY AFFAIRS

Paper: VII (g)
HE268

Credit hours: 05
Total Marks: 100
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.
- I. Home Management in operation
 - a. Definition, Women's role as Home Economist
 - b. Problems of Employed Home Maker and its Management
 - II. Management for and by the families
 - a. Definition and stages of family
 - b. Problems of & management by younger families
 - c. Problems of & management by elderly families
 - d. Problems confronted by spouses and its management
 - III. Critical analysis of Pakistani families
Values, Goals and Resources of families
 - IV. Work simplification
 - a. Definition
 - b. Techniques for studying work simplification
 - i. Process chart, Operation
 - ii. Pathway chart, Armchair methods
 - c. Work simplification to reduce fatigue
 - i. Definition of fatigue
 - ii. Forms:- Physiological/Physical and Psychological fatigue
 - d. Control of fatigue
 - V. Family and socio-cultural changes
 - b. Definition and causes of change.
 - c. Obvious changes in society
 - d. Factors causing changes in family
 - e. Managing change

VI. Families under stress

- a. Definition and sources of stress
- b. Family responses to stressful situation
Violence, Divorce, Illness, Abuse, Death

Practical:

1. Make a personal record of time-used for one week
2. Use work simplification study technique (process, operation and pathway chart) 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.

Recommended books:

1. Diana, C. (1984). *Family affairs*.
2. Gross, I. H., Crandall, E.W. and Knoll, (2001). *Management for modern families*. New York: Appleton Century Crofts.
3. Nickell, P., Rice, A.S. & Tucker, S.P. (1999). *Management in Family Living*. New York: John Wiley and Sons, Inc.

SCHEME OF STUDIES

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

CULTURAL ANTHROPOLOGY

Paper: VIII (a)
HE228

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

IX. INTRODUCTION:

- 1.1 What is Anthropology.
- 1.2 Main Sub-Division of Anthropology: Culture Anthropology , Archaeology, Biological Anthropology, Linguistic Anthropology.
- 1.3 What is Cultural Anthropology.
- 1.4 Cultural Anthropology and other social sciences.
- 1.5 Cultural Anthropology and Ethnography.
- 1.6 Related Evolutionary theories.

2. CULTURE: AN OVERVIEW

- 2.1 Definitions of Culture.
- 2.2 Culture and its types.
- 2.3 Properties/ characteristics of Culture.
- 2.4 Theories of Culture.
- 2.5 Religion and Culture.
- 2.6 Some aspects of Islamic Culture.

3. DISTINCTIVE ASPECT OF CULTURE

- 3.1 Elements of Culture:
 - 3.1.1 Norms and Sanctions.
 - 3.1.2 Beliefs and Values.
- 3.2 Symbols and Language.
- 3.3 Ethnocentrism and Cultural Relativism.
- 3.4 Cultural Variability/Diversity and Uniformity.
- 3.5 Related Aspects: Subcultures, Counter Cultures, Dominant Culture, Cultural Shocks, And Cultural Integration.

4. SOCIO-CULTURE DYNAMICS

- 4.1 Globalization: Cultural Globalization.
- 4.2 Cultural Change: Processes of Cultural Change.
 - 4.2.1 Diffusion and Innovation.
 - 4.2.2 Accommodation.
 - 4.2.3 Acculturation.
 - 4.2.4 Assimilation.
- 4.3 Social Chiming and Agencies of Social Change.
- 4.4 Social deviance and Crime.

5. CULTURE AND PERSONALITY

- 5.1 Culture learning through socialization.
- 5.2 Socialization and personality development.
- 5.3 Impact of culture on personality.

Reference :

Nanda and Warm's (2007) Cultural anthropology 9th Edition Thomson Wadsworth U.S.A.
Haviland, W.A (1996) Cultural anthropology 8th Edition Harcourt Brace College Publishers U.S.A.

SCHEME OF STUDIES

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

ABNORMAL PSYCHOLOGY

Paper: VIII (b)
HE238

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

Objectives:

1. To understand the development personality and to highlight the changes that occur during 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.

I. Personality

- a. Definition of personality
- b. The psychoanalytic perspective
- c. The trait perspective
- d. The Humanistic perspective
- e. The Social Cognitive Perspective

The different sources of Behavior - personality trait VS. Situational influence.

II. Social influence and Group behavior.

- a. Social influence - Social comparison; conformity; compliance
- b. Group Dynamics Group influence; individual performance/Group problem solving / Social roles.
- c. Leadership - characteristics / Behavior types of leadership effectiveness.
- d. Aggression and altruism; social learning and aggression; helping and altruism.

III. Adolescence.

- a. Definition of adolescence
- b. Storms and -stress in Adolescence
- c. Physical and psychological Changes
- d. Cognitive changes
- e. Development of identity

IV. Juvenile Delinquency

- a. Causes of Delinquency.
- b. Effects on family and society
- c. Controlling Delinquent behavior

V. 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
- iv. An integrated Model

VI. Psychological Disorders

- a. Models of Abnormal Behavior
- b. Neurosis
- c. Anxiety Disorder
- d. Somatoform disorders
- e. Dis-associative Disorders
- f. Affective Disorders
- g. Schizophrenia
- h. Personally Disorders: Antisocial Personality disorders

Therapy

- a) The psychological therapy
- b) The Biomedical therapy
- c) Preventing psychological Disorders

Recommended books:

1. Ann, M. K., Gerald, C. D., John, M. N., & Sheri, L. J. (2006). *Abnormal Psychology*.
2. David, H. B. & Durand, V. M. (2004). *Abnormal Psychology: An Integrative Approach*.
3. Gerow. (1996). *Essentials of Psychology*. (2nd ed.). USA: Harper Collins Inc.
4. James, N., Butcher, S. M., & Jill, M. H. (2006). *Abnormal Psychology*. (13th ed.)
5. James, N., Butcher, S. M., & Jill, M. H. (2007). *Abnormal Psychology: Core Concepts*.
6. Lefton, L. A. (1997). *Psychology*. (6th ed.). USA: Allyn and Bacon
7. Mgers, D. (1996). *Psychology*. USA: Worth Publine.
 8. Thomas, F. O., & Robert, E. E. (2006). *Abnormal Psychology*. (5th ed.)

SCHEME OF STUDIES

B.S HOME ECONOMICS PART II (2ND YEAR)

Elective Group B

HOME ECONOMICS EDUCATION/EDUCATIONAL PSYCHOLOGY

Paper: VIII (c)

HE205

Credit hours: 05

Total Marks: 100

- I. Understanding the significance of Home Economics
 - a. Importance of Home Economics Education
 - b. Importance of Home Economics Education in view of population growth and factors affecting family life.
- II. Study of Educational Psychology.
 - a. Meaning and scope of Educational Psychology
 - b. Aims and objectives of Educational Psychology.
 - c. Importance of Educational Psychology in classroom situation.
- III. Educational Psychology with special emphasis on process of learning
 - a. Theories, laws and principles of learning.
 - b. Transfer of training
 - c. Factors affecting efficiency in learning
 - d. Motivation in learning.
- IV. Guidance and Counselling
 - a. Meaning and purpose of Educational Guidance
 - b. Need for Educational Guidance
 - c. Principles of Educational Guidance
 - d. Types Of Guidance and their importance

Counselling:

 - a. Meaning and definition of Counselling
 - b. Significance of Counselling
 - c. Characteristics of Counselling and the counsellor
- V. Strategies and Method of Teaching
 - a. Inductive and deductive teaching
 - b. Application of different methods in teaching Home Economics
- VI. Evaluation in relation to teaching and learning.
 - a. Developing objectives of Evaluation
 - b. Methods of Evaluation
 - c. Characteristics of good Evaluation instrument
 - d. Self Evaluation

Recommended books:

1. Blankenship, L.M., Moerchen, D. B. (1997). *Home economics education*. Houghton Mifflin Company.
2. Coon, D. (2001). *Essential of psychology*. (6th ed.). West Publishing Company.
3. Linn, L. R., Gronhud, E. N. (1990). *Measurement and evaluation in teaching*. McMillan Publishing Company.
4. Jones, F.B. (1989). *Strategic teaching and learning*. North Central Regional Education Laboratory.
5. Shahid, S.M. (2006). *Education Part-II*. Lahore: Majeed Book Depot.
6. Smith, R., Hogen, R. (2001). *Personality: Theories and application*. West View, Press Oxford.
7. Waler, J.S. (1991). *Foundations of educational psychology*. Paul Publisher.

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

ECONOMIC ANALYSIS

Paper: VIII (d)

HE230

Credit hours: 05

Total Marks: 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.

I An introduction to economics

1. Definition & scope
2. Basic concepts
3. Factors of production
4. Decision making in Economics, what, how & for whom to produce

II Business behaviour

1. Economic market
2. Prices
3. Demand & supply
4. Role of public & private sector with emphasis on Pakistan.

III Financial Institutions

1. Money & Banking
2. Non-Bank financial institutions

IV Role of Government

1. Sources of Government revenue
2. Government expenditure

V Problems of economic growth & development

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.

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

Recommended books:

1. Jhingan. *Micro economics theory*. McGraw-Hill Co.
2. McIver, J. (2003). *Micro economics*. McGraw-Hill Co.
3. Shahid, H. A. (2007). *Micro economics*. Ilmi Kitab Khana.

SCHEME OF STUDIES

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

FUNDAMENTALS OF ARCHITECTURE AND INTERIOR DESIGN

Paper: VIII (e)
HE240

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

Objectives:

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 space, furniture and furnishings and to invent new and compelling ways, to represent space, materials and light experienced in movement and time.

I. Historical background of architecture and design.

- a. Period Styles
 - i. Egyptian
 - ii. Greek
 - iii. Roman
 - iv. Mesopotamian
 - v. Islamic
- b. Development of Western Furniture Styles.

II. Design organization – Advanced study

- a. Sources of Design
- b. Significance of Design in space organization

III. Role of colour in interiors

- a. Definition
- b. Theory of Colour & its application in Interiors

IV. Role of lighting in interiors

- a. Characteristics of natural & artificial light
- b. Effect of light on colour
- c. Types of lighting

Practical:

1. Portfolio on materials, fabrics, furniture and furnishing materials.

Recommended books:

1. Ball, V. K. (2002). *Opportunities in interior design and decorating careers*. McGraw Hill Company USA.
2. Botton, A.D. (2006). *The Architecture of happiness*. Pantheon Press.
3. Jairazbhoyk, R.A. (2002). *Islamic Architecture*. Lahore: Feroze sons (Pvt) Ltd.
4. Hasan, K. S. (2005). *Historical forts in Pakistan*. National Institute of Historical and Cultural Research Centre of Excellence Islamabad.
5. Felcher, E. F. (2007). *Modern architecture and design library*. Amazon Online Reader.
6. Meyers, V. (2006). *Designing with light*. Laurence King Publishers.

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

HUMAN AND FAMILY ECOLOGY

Paper: VIII (f)
HE248

Credit hours: 04
Total Marks: 100

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
 - b. Definition of human ecology
 - c. Historical perspective
 - d. Theories of human ecology
 - e. Its relationship to sustainable development
 - f. 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 culture.
 - 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

SCHEME OF STUDIES

- V. Populations and feedback systems
- Exponential population growth.
 - Positive and negative feedback
 - Population regulation
 - Social mechanisms for population regulation
 - Population explosion and quality of life.

Practical:

Develop and plan community awareness about prevalent family issues.

Recommended books:

1. Al-Quran and other Religious books
2. Berger. (1988). *The developing person through the life-span*. (2nd ed.). New York: Worth Publishers Inc.
3. Constitution of Pakistan
4. Marten, G.G. (2001). *Human ecology: Basis concepts for sustainable development*. Earthscan, USA.
5. Strickland and Hammer. (1988). *Human Ecological Studies*. (2nd ed.). Burgess International Group Inc. USA.
6. Urie, B. (2006). *The ecology of human development: Experiments by nature and design*.

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

UNDERSTANDING OF SPECIAL CHILDREN

Paper: VIII (g)
HE258

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

Objectives:

To enable student

1. To identify special children
2. To recognize different levels of disabilities.
3. To understand and categorize special children

I. Introduction to special children

- a. Definition of special children
- b. Classification of special children

II. Mental retardation

- a. Definition
- b. Classification of mental retardation

III. Physical disability

- a. Definition
- b. Classification

IV. Learning disability

- a. Definition
- b. Identification & recognition of different levels of disability.

V. Sensorial disability

- a. Definition
- b. Identification & recognition of different levels of Sensorial disability

VI. Gifted children

- a. Definition
- b. Some basic strategies for the intellectually superiors

Practical:

Documentary about any issue related to special children

Recommend books:

1. Levinson, A. (1995). *The mentally retarded child*. George Allen & Unwin Ltd.
2. Gruickshank, W.M. (1995). *Psychology of exceptional children and youth*. Staples Press Ltd.
3. Nilswroth, J. & Smith. (1998). *Retardation*. Mc Graw Hill Book Co. New York.
4. Kirman, B. (1995). *Mental handicap*. Grosby Lockword Staples.
5. Kirk, S.A., Gallagher, J.J., and Anastasiow, N.J. (2003). *Education exceptional children*. (10th Ed.). Ny: Houghton Mifflin.

SCHEME OF STUDIES

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

ECONOMICS II

Paper: VIII (h)
HE250

Credit hours: 05
Total Marks: 100

Objectives:

The subject matter aims:

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

PART - A

- I. 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.
- II. Money and Banking:
The nature of Money, Functions of money, Functions of Commercial and Central Banks.
- III. International trade and balance of payment:
Theory of comparative cost, the concept of balance of payment.
- IV. Public finance:
Taxation, Classification and principles (Cannons) of Taxation.

PART - B

- I. Foreign trade and commercial policy:
Pattern and regulation of Trade, Major Export and Imports, Characteristics of Trade, Reasons for adverse balance of payment and remedies.
- II. Transport and communication:
Importance and current Development of transport (Railways, Roads 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.

Recommended Books:

1. Mankiw. (2002-03). *Principles of Macro Economics*. Thomson.
2. Nasir, S. (2006). *Economics of Pakistan*. Lahore: Galaxy Books.
3. Shahid, H.A. (2007). *Micro Economics*. Lahore: Ilmi Kitab Khana.
4. Shahid, H.A. (2007). *Macro Economics*. Lahore: Ilmi Kitab Khana.

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

EXPERIMENTAL FOODS

**Paper: VIII (i)
HE226**

Credit hours: 05
Total Marks: 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.
- I. The experimental study of food science
 - a. Objectives
 - b. Methods of Control (time, temperature and method of cooking)
 - c. Objective and Subjective methods of evaluation
 - II. Experimental approach to food science
 - a. Definition and importance of food science
 - b. Importance of research studies
 - c. Selection of a problem
 - d. Selection of the judges
 - e. Presentation of food sample for evaluation
 - f. Methods of food evaluation
 - g. Compiling and writing of report
 - III. Importance of Colloidal Chemistry in Food Science
 - a. Characteristic of solutions and colloids
 - b. Sols, gels, crystallization, emulsions and foams
 - c. Factors that increase and decrease stability
 - d. Relation and importance of time and temperature in the preparation and cooking of foods.
 - IV. Structure of Food and Food Products
 1. Egg cookery
 - a. Composition & uses of egg
 - b. Identification of fresh and spoiled egg, preservation of egg, functional properties of egg as coagulant, leavening and emulsifying agent
 - c. Grading and storing of eggs
 2. Fats and Oils
 - a. Chemical composition of fats & oils
 - b. Physical and Chemical properties
 - c. Melting point
 - d. Smoking point
 - e. Acid and iodine value
 - f. Hydrogenation of oils Rancidity of oils and fats.
 - g. Storage of fats
 - h. Uses of fats and oils
 3. Sugar Cookery and Crystallization
 - a. Sugar products – non crystalline

SCHEME OF STUDIES

- b. Nature and Characteristics of Water and Sugar crystals
 - c. Factors affecting crystal formation crystal size and quality of products
 - d. Frozen deserts
 - e. Properties of sugar solubility
 - f. Effect of heat, acid and alkali
4. **Milk Cookery**
 - b. Composition and properties of milk, rennin, heat coagulation and cheese processing
 - c. Evaluation of nutritive value and cooking qualities of different milks.
 - d. Homogenized, condensed, evaporated and powdered milk frozen milk
 - e. Milk products and properties of butter, cream, yogurt and cheese.
5. **Meat Cookery**
 - a. Structure and composition of meat, Factors affecting composition of meat
 - b. Tenderness of meat-rigor mortis and its effects on the tenderness of meat
 - c. Effect of cooking on the nutritive value of meat
6. **Starch and Flour**
 - a. Sources of flour, wheat flour, types of flour, milling process
 - b. Composition of flour.
 - c. Factors affecting the baking quality of flour, gluten hydration capacity.
 - d. Leavening agents
 - e. Role of sugar, eggs and fat in baking.
7. **Vegetables and Fruits**
 - a. Classification and chemical composition of vegetables
 - a. Plant acids, pigments, sulfur compounds and cellulose
 - b. Browning reactions in fruits and vegetables and its preventive measures.
 - c. Palatability of vegetables and ways to preserve it
 - d. Nutritive value of vegetables
 - e. Effect of cooking on the nutritive value and measures to preserve it

Practical:

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

Recommended Books:

1. McWilliams, M.C. (2004). *Foods: Experimental perspective*. (5th ed.)
2. Wearer, C., Daniel, J., (2003). *The food chemistry laboratory: A manual of experimental foods, dietetics and food scientists*. (2nd ed.).

B.S. HOME ECONOMICS PART II (2ND YEAR)

Elective Group-B

ECONOMIC SOCIAL & PSYCHOLOGICAL ASPECTS OF CLOTHING

Paper: VIII (J)

HE237

Credit hours: 05

Total Marks: 100

Theory: 60

Practical: 40

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

Recommended books:

1. Catherine, R. (2004). *Clothing culture*. Ashgate Publishing USA.
2. Jackson, T. & Shaw, D. (2006). *The fashion handbook*. Routledge, London.
3. Hoebel. (1996). *Anthropology: the study of man*. McGraw Hill Book Co. USA.
4. Susanne, K. (2005). *Clothing as material Culture*. Berg Publisher, Daniel Miller USA.
5. RenBourn, E.T. (2004). *Physiology & hygiene of materials and clothing*. Wood Head Pub. Co., Cambridge, England.