

UNIVERSITY OF THE PUNJAB

NOTIFICATION

The Syndicate at its meeting held on 03-07-2025 has approved the recommendations of the Academic Council made at its meeting dated 03-06-2025 regarding approval of the Curriculum/Syllabi & Courses of Readings for ADP Home Economics, 2-Years Degree Program (Semester System) in the subject of Home Economics for Affiliated Colleges with effect from the Academic Session 2025-2026.

The Syllabi & Courses of Readings for ADP Home Economics 2-Years Degree Program is attached, vide Annexure 'A'.

**Admin. Block,
Quaid-i-Azam Campus,
Lahore.**

**Sd/-
Registrar**

No. D/5477 /Acad.

Dated: 21-08-2025

Copy of the above is forwarded to the following for information and further necessary action: -

1. Dean, Faculty of Life Sciences.
2. Principal, Govt. Queen Mary Graduate College, Lahore/
Convener, Board of Studies in Home Economics,
University of the Punjab, Lahore.
3. Principals of Affiliated Colleges (Concerned)
4. Controller of Examinations
5. Director, IT (for Uploading on website)
6. Additional Registrar (Affiliation)
7. Secretary to the Vice-Chancellor
8. Secretary to the Registrar
9. Assistant Registrar Statutes
10. Assistant Registrar Syndicate
11. Assistant Registrar Syllabus


Assistant Registrar (Academic)
for Registrar 

Program Curriculum

Associate Degree in Home Economics



Department of Home Economics
Govt. Queen Mary Graduate College, Lahore
University of the Punjab,
Lahore

Programme	Associate Degree in Home Economics				
Duration	2-Years	Semesters	4	Credit hours	67
Department	Home Economics Department				
Faculty	Behavioral and Social Sciences				
Department Introduction					
Home Economics is a field of study and a profession that draws from a range of disciplines to achieve optimal and sustainable living for individuals, families, and communities. The central focus of home economics education is the well-being of people. It is about becoming independent, connecting with others, and acting towards preferred futures that support individual and family well-being. Through home economics education, students become empowered, active, and informed members of society. The supporting subjects from natural and social sciences make the discipline of Home Economics an interdisciplinary and most modern field of study.					
Department Vision					
To foster versatile growth of students through diversified learning based on teaching and research excellence with view to groom them as empowered independent thinkers, professionals, entrepreneurs, researchers and compassionate individuals with a high sense of social responsibility, values, harmony and culture and norms of right conduct. Programs in Home Economics are introduced with the aim to foster creativity in students and to help them in dealing with the upcoming global challenges.					
Department Mission					
The mission of Home Economics Department is to prepare the students with the professional excellence in the fields of Home Economics through rigorous and adaptable academic program. It also helps students to become independent, connecting with others, and acting towards preferred futures that support individual and family well-being. Through Home Economics education, students become empowered, active, and informed members of society.					
Department Goals					
The goal of Home Economics Department are as follow: <ol style="list-style-type: none">1. Home Economics focuses on the acquisition of knowledge and the development of skills and attitudes that will enable students to take control of their own lives at present and in the future.2. To prepares students for life in a consumer-oriented society and provides a learning foundation for those seeking employment in a wide range of careers in the fields of food, nutrition and dietetics, textile apparel and fashion design, human development and family studies, art and design and interior and environmental design.3. Home Economics emphasizes the interdependent relationship that exists between individuals or families and their immediate and distant environments and promotes a sense of responsibility towards sustaining resources within those environments.					

Program Introduction
ADP in Home Economics is a Two year degree program (semester1-4) all core, fundamental and general courses will be taught and an Associate degree in Home Economics will be offered.
Program Objectives
<p>The comprehensive and intensive curriculum will,</p> <ol style="list-style-type: none"> 1. Help the students to manage personal, family and community resources for better living. 2. Improve their decision making skills. 3. Enable students to demonstrate knowledge in developing strategies to involve families and communities in young children's development and learning. 4. Develop students intrapersonal knowledge and interpersonal skills to contribute to building a society responsive to multicultural and global concerns. 5. To expose the students to the latest knowledge and technology to familiarize them with the advancement in the industrial sector and in other areas of development. 6. To empower students to start professional life.
Market Need/ Rationale of the Program
<p>The proposal for new program include a market survey to address the need for introducing the program which is as follows:</p> <ul style="list-style-type: none"> • Potential Students for the program: Students who want to serve as dieticians, clinical nutritionists and menu planner in institutions, fashion designers, textile designers, entrepreneurs, merchandiser, brand product developer, psychologists, school administrators, counselors, language therapists for special children, artists , interior designer, lighting designers, interior architects can opt this subject. • Potential Employers : Organizations in which students can work after completing their graduation are public and private food organizations, public and private fashion and Textiles Industries, teaching and training in different public & private institutes, Artist, interior designer or any brand product developer. Students can easily get jobs in their area of specialization as job market in this field is broad. • Academic Projections: National Universities in which Associate Degree Program in Home economics is offered are University of Home Economics, Lahore College for Women University, Superior university Lahore, GIFT University, University of Agriculture, University of Sargodha, University of Peshawar, Bahauddin Zakariya University whereas International universities offering this program include Institute of Home Economics, New Dehli, Texas Women University, North Dakota state University, Eastern Illinois University. • Faculty: Faculty duly qualified in areas of Home Economics i.e. Food, Nutrition and Dietetics, Textiles, Apparel and Fashion Design, Human Development and Family Studies, Art and Design, Interior and Environmental Design. • Physical Facilities: Well-equipped labs meeting the requirements of all five areas of specializations of Home Economics. Library must be equipped with 500 books related to all five disciplines of Home Economics.
Admission Eligibility Criteria

- a) Years of study completed : 12 Years
- b) Study Program/ Subject : Intermediate (All groups) OR A-level (minimum 3 main subjects, no subsidiary)
- c) Percentage: As per University of the Punjab admission policy
- d) Entry test: Not applicable.

Categorization of Courses as per HEC Recommendation and Difference

Semester	Courses	Category (Credit Hours)						
		General Courses	Major	Inter disciplinary	Field Experience / Internship	Capstone Project	Any other	Semester Load Credit Hours
1	10	10	8				0	18
2	9	9	6				1	16
3	9	8	9				0	17
4	10	5	12				1	18
PU	29	32	35				2	69
HEC Guidelines for ADP		32	30-42					60-72
Difference HEC & PU		--	--				--	--

S. #.	Course Code	Title of the Course	Credit Hours
1	NHPY-110	What is Science	3
	GENG-101	Functional English	3
	GCCE-101	Civics and Community Engagement	2
	GISL-101 / GETH-101	Islamic studies / Ethics (for Non Muslims)	2
	HEIH-101	Introduction to Home Economics	2
	HEAD-102	Introduction to Art and Design-I	2
	HEAD-102L	Introduction to Art and Design-I (Lab)	1
	HETF-103	Fundamentals of Textiles and Clothing	1
	HETF-103L	Fundamentals of Textiles and Clothing (Lab)	2
	HQ-001	Tarjuma-e-Quran	0
2	APED-111	Introduction to Health and Physical Education	2
	GQR-101	Quantitative Reasoning (I)	3
	GENT-101	Entrepreneurship	2

	GICP-101	Ideology and Constitution of Pakistan	2
	HEAD-104	Introduction to Art and Design-II	2
	HEAD-104L	Introduction to Art and Design-II (Lab)	1
	HETF-105	Advanced Clothing Techniques	1
	HETF-105L	Advanced Clothing Techniques (Lab)	2
	HQ-002	Tarjuma-e-Quran	1
3	GICT-201	Applications of Information and Communication Technologies	3
	GENG-201	Expository Writing	3
	GPST-201	Pakistan Studies	2
	HEHF-201	Lifespan Development	3
	HEIE-202	Home Management and Housing-I	2
	HEIE-202L	Home Management and Housing-I (Lab)	1
	HEFN-203	Fundamentals of Food and Nutrition	2
	HEFN-203L	Fundamentals of Food and Nutrition (Lab)	1
	HQ-003	Tarjuma-e-Quran	0
4	SAPY-211	Introduction to Psychology	2
	GQR-202	Quantitative Reasoning (II)	3
	HEFN-204	Meal Management	2
	HEFN-204L	Meal Management (Lab)	1
	HEHF-205	Family and Community Development	2
	HEHF-205L	Family and Community Development (Lab)	1
	HEIE-206	Home Management and Housing-II	2
	HEIE-206L	Home Management and Housing-II (Lab)	1
	HEDD-207L	Digital Design (Lab)	3
	HQ-004	Tarjuma-e-Quran	1
Total Credit Hours			69

Scheme of Studies / Semester-wise workload

#	Code	Course Title	Course Type	Prerequisite	Credit Hours		
Semester I							
1	NHPY-110	What is Science	General	F.A/F.Sc or Equivalent	3		
2	GENG-101	Functional English	General	--do--	3		
3	GCCE-101	Civics and Community Engagement	General	--do--	2		
4	GISL-101 / GETH-101	Islamic studies/ Ethics (for Non Muslims)	General	--do--	2		
5	HEIH-101	Introduction to Home Economics	Major	--do--	2		
6	HEAD-102	Introduction to Art	Major	--do--	2		

		and Design-I					
7	HEAD-102L	Introduction to Art and Design-I (Lab)	Major	--do--	1		
8	HETF-103	Fundamentals of Textiles and Clothing	Major	--do--	1		
9	HETF-103L	Fundamentals of Textiles and Clothing (Lab)	Major	--do--	2		
10	HQ-001	Tarjuma-e-Quran	Compulsory		0		
Total Credit Hours							18
Semester II							
1	APED-111	Introduction to Health and Physical Education	General		2		
2	GQR-101	Quantitative Reasoning (I)	General		3		
3	GENT-101	Entrepreneurship	General		2		
4	GICP-101	Ideology and Constitution of Pakistan	General		2		
5	HEAD-104	Introduction to Art and Design-II	Major	HEAD-102	2		
6	HEAD-104L	Introduction to Art and Design-II (Lab)	Major	HEAD-102L	1		
7	HETF-105	Advanced Clothing Techniques	Major	HETF-103	1		
8	HETF-105L	Advanced Clothing Techniques (Lab)	Major	HETF-103L	2		
9	HQ-002	Tarjuma-e-Quran	Compulsory		1		
Total Credit Hours							16
Semester III							
1	GICT-201	Applications of Information and Communication Technologies	General		3		
2	GENG-201	Expository Writing	General	GENG-101	3		
3	GPST-201	Pakistan Studies	General		2		
4	HEHF-201	Lifespan Development	Major		3		
5	HEIE-202	Home Management and Housing-I	Major		2		
6	HEIE-202L	Home Management and Housing-I (Lab)	Major		1		
7	HEFN-203	Fundamentals of Food and Nutrition	Major		2		
8	HEFN-203L	Fundamentals of Food and Nutrition (Lab)	Major		1		
9	HQ-003	Tarjuma-e-Quran	Compulsory		0		
Total Credit Hours							17

Semester IV							
1	SAPY-211	Introduction to Psychology	General		2		
2	GQR-202	Quantitative Reasoning (II)	General	GQR-101	3		
3	HEFN-204	Meal Management	Major	HEFN-203	2		
4	HEFN-204L	Meal Management (Lab)	Major	HEFN-203L	1		
5	HEHF-205	Family and Community Development	Major		2		
6	HEHF-205L	Family and Community Development (Lab)	Major		1		
7	HEIE-206	Home Management and Housing-II	Major	HEIE-202	2		
8	HEIE-206L	Home Management and Housing-II (Lab)	Major	HEIE-202L	1		
9	HEDD-207L	Digital Design (Lab)	Major		3		
10	HQ-004	Tarjuma-e-Quran	Compulsory		1		
Total Credit Hours							18

Research Thesis / Project /Internship
Not Applicable
Award of Degree
<p>Degree awarding criteria</p> <p>A minimum of 2 CGPA will be required for award of degree.</p> <p>After completion of two years i.e. 4 semesters student will be awarded Associate Degree in Home Economics and can take admission in B.S Home Economics (FYDP) 5th Semester.</p>
NOC from Professional Councils (if applicable)
Not Applicable
Faculty Strength

Degree		Area/Specialization			Total	
PhD		1. Dr. Fatima Hassan 2. Dr. Ayesha Saeed			2	
MS/MPhil		1. Ms. Khadija Sarwat 2. Ms. Iram Iftikhar 3. Ms. Sunia Malik 4. Ms. Sidra Maqbool 5. Ms. Fatima Nasir 6. Ms. Sameen Azhar 7. Ms. Tayyaba Hussain			7	
B.S/M.Sc		1. Ms. Shehzadi Zubaida 2. Ms. Fatima Irfan			2	
Total					11	
Present Student Teacher Ratio in the Department						
Total Faculty	11	Total Students	400	Ratio	1:36	
Course Outlines separately for each course.						

Scheme of Study / Semester-wise workload

[illegible]

Paper Code	NHPY-110	Cr. Hrs.	03
Paper Title	WHAT IS SCIENCE?		
Domain	Natural Sciences		

Course Introduction		
<p>◆ This course introduces various fields of natural science, how scientists operate within these fields, what methods they deploy to make new discoveries, and how they communicate the advances in their fields to the world.</p> <p>◆ The course starts with and an introduction to logic and the development of scientific approach. It discusses the modern use of the scientific method and the tools that scientists deploy to ensure that they produce authentic knowledge. Students are then introduced to the main branches of science including physics, chemistry and biology, their core underlying principles, major developments in these fields and their applications in modern life. Students will work on case studies to understand how scientists discover various workings of nature and check errors if these arise in their work.</p> <p>◆ Thefinalpartofthecoursefocussesontheskillstoseparatevalidsciencefrompseudoscience.Studentsare also exposed to the fundamentals of science communication and strategies to identify reliable bodies of knowledge.</p>		
Learning Outcomes		
<p>On the completion of the course, the students will be able to</p> <ol style="list-style-type: none">1. Clearly articulate he development of scientific thought through various parts of human history and compare it to the modern scientific method.2. Describe various branches of science, their underlying core ideas, and compare their applications.3. Using case studies and demonstrations, practice application of the scientific method in the natural sciences.4. Determine whether a given claim or belief is scientifically valid or not, and provide a clear rationale for doing so.		
Course Content		Assignments/Readings
Week1	Logic	Chalmers4 th ed,p.39-40
	Explanation: hypothetic deductive method	Carey4 th ed.,p.3-5,p.29-36
Week2	Observations, predictions and determinism	Carey,p.9-17,36-37
	Inductive reason	Chalmerschapter4
Week3	Objectivity and universality; using instruments	Careyp.9-17,p.69-71
	Aim of science: find testable and tested explanations, predictability	Chalmersch.5
Week4	Inquiry about natural world in antiquity	HECTMweek2
	Science in the medieval era: China, South Asia	HECTMweek3
Week5	Science in the Muslim middle east	HECTMweek3
	Science in the Medieval Europe	HECTMweek4
	Science in early Modern Europe	HECTMweek4

Week 6	Modern science: Science change and extended theories	Hawkings,chapter3 (first3pages)
Week7	Facts, models, laws and theories	Chalmers,p.1-5,-14, Gordonp.106- 110, Careyp.38-39, Hawkings, chapter 3(first3pages), Chalmers p.97-100
	Physics and its sub-branches	HECTMweek6
Week8	Classical Physics	HECTMweek7
	Modern Physics	HECTMweek8
Week9	Chemistry and its sub-branches	HECTMweek6
	Chemistry	HECTMweek9
Week10	Earth science-I	HECTMweek10
	Earth science-II	HECTMweek10
Week11	Biology and its sub branches	HECTMweek6
	Biology	HECTMweek11
Week12	Evolution	HECTMweek11
	Natural selection	HECTMweek11
Week13	Cells in biology	HECTMweek12
	Genes, DNA and RNA	HECTMweek12
Week14	Photosynthesis and Ecosystem	HECTMweek12
	Scales and levels in biology, levels of reality	HEC TM week 12 Chalmers,p.264-266
Week15	Fallacies in the name of science	HEC TM week13 Carey,chapter6
	Pseudo science	HEC TM week 14 Carey,p.123- 128
Week16	Science communication, Science journals	HECTMweek15
	Pure and applied science, use of science, role of values in science	Carey, p.5-7, Cartwright,p.162-166

Text books and Reading Material

1. Textbooks:

- i. “*What is This Thing Called Science?*” by A.F. Chalmers. Publisher: UQP. 4thed .2012.
- ii. “*A Beginner’s Guide to the Scientific Method*” by S. S. Carey, Wadsworth, 4thed. 2011.
- iii. HEC Teacher’s Manual (Natural Sciences) for “What is Science?”, 2021.

2. Suggested Readings

- i. “A Briefer History of Time” by S. Hawking and L. M lodinow, Bantam Books, 2005.
- ii. “The History and Philosophy of Social Science” by Gordon,S. Routledge,1991.
- iii. Philosophy of Social Science”, Cartwright, Nand Montuschi, E.(Ed.), Oxford University Press, 2014.

GENG-101: FUNCTIONAL ENGLISH

General Education Course

Credits:	03
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 3 Semesters
Type:	General Education
Fields:	All

DESCRIPTION

This course is designed to equip students with essential language skills for effective communication in diverse real-world scenarios. It focuses on developing proficiency in English language usage: word choices, grammar and sentence structure. In addition, the course will enable students to grasp nuanced messages and tailor their communication effectively through application of comprehension and analytical skills in listening and reading. Moreover, the course encompasses a range of practical communication aspects including professional writing, public speaking, and everyday conversation, ensuring that students are equipped for both academic and professional spheres. An integral part of the course is fostering a deeper understanding of the impact of language on diverse audiences. Students will learn to communicate inclusively and display a strong commitment to cultural awareness in their language use. Additionally, the course will enable them to navigate the globalized world with ease and efficacy, making a positive impact in their functional interactions.

COURSE LEARNING OUTCOMES

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

1. Apply enhanced English communication skills through effective use of word choices, grammar and sentence structure.
2. Comprehend a variety of literary / non-literary written and spoken texts in English.
3. Effectively express information, ideas and opinions in written and spoken English.
4. Recognize inter-cultural variations in the use of English language and to effectively adapt their communication style and content based on diverse cultural and social contexts.

SYLLABUS

1. Foundations of Functional English:

- Vocabulary building (contextual usage, synonyms, antonyms and idiomatic expressions)
- Communicative grammar (subject-verb-agreement, verb tenses, fragments, run-ons, modifiers, articles, word classes, etc.)
- Word formation (affixation, compounding, clipping, back formation, etc.)
- Sentence structure (simple, compound, complex and compound-complex)
- Sound production and pronunciation

2. Comprehension and Analysis:

- Understanding purpose, audience and context

- Contextual interpretation (tones, biases, stereotypes, assumptions, inferences, etc.)
- Reading strategies (skimming, scanning, SQ4R, critical reading, etc.)
- Active listening (overcoming listening barriers, focused listening, etc.)

3. Effective Communication:

- Principles of communication (clarity, coherence, conciseness, courteousness, correctness, etc.)
- Structuring documents (introduction, body, conclusion and formatting)
- Inclusivity in communication (gender-neutral language, stereotypes, cross-cultural communication, etc.)
- Public speaking (overcoming stage fright, voice modulation and body language)
- Presentation skills (organization content, visual aids and engaging the audience)
- Informal communication (small talk, networking and conversational skills)
- Professional writing (business e-mails, memos, reports, formal letters, etc.)

PRACTICAL REQUIREMENTS

As part of the overall learning requirements, students will also be exposed to relevant simulations, role-plays and real-life scenarios and will be required to apply skills acquired throughout the course in the form of a final project.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

1. “Understanding and Using English Grammar” by Betty Schramper Azar.
2. “English Grammar in Use” by Raymond Murphy.
3. “The Blue Book of Grammar and Punctuation” by Jane Straus.
4. “English for Specific Purposes: A Learning-Centered Approach” by Tom Hutchinson and Alan Waters.
5. “Cambridge English for Job-hunting” by Colm Downes.
6. “Practical English Usage” by Michael Swan.
7. “Reading Literature and Writing Argument” by Missy James and Alan P. Merickel.
8. “Improving Reading: Strategies, Resources, and Common Core Connections” by Jerry Johns and Susan Lenski.
9. “Comprehension: A Paradigm for Cognition” by Walter Kintsch.
10. “Communication Skills for Business Professionals” by J.P. Verma and Meenakshi Raman.

GCCE-101: CIVICS AND COMMUNITY ENGAGEMENT

General Education Course

Credits:	02
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	General Education
Fields:	All

DESCRIPTION

This course is designed to provide students with fundamental knowledge about civics, citizenship, and community engagement. Students will learn about the essentials of civil society, government, civic responsibilities, inclusivity, and effective ways to participate in shaping the society which will help them apply theoretical knowledge to the real-world situations to make a positive impact on their communities.

COURSE LEARNING OUTCOMES

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

1. Demonstrate fundamental understanding of civics, government, citizenship and civil society.
2. Understand the concept of community and recognize the significance of community engagement for individuals and groups.
3. Recognize the importance of diversity and inclusivity for societal harmony and peaceful coexistence.

SYLLABUS

1. Introduction to Civics and Citizenship:

- Definition of civics, citizenship, and civic engagement.
- Historical evolution of civic participation.
- Types of citizenship: active, participatory, digital, etc.
- The relationship between democracy and citizenship.

2. Civics and Citizenship

- Concepts of civics, citizenship, and civic engagement.
- Foundations of modern society and citizenship.
- Types of citizenship: active, participatory, digital, etc.

3. State, government and Civil Society

- Structure and functions of government in Pakistan.
- The relationship between democracy and civil society.
- Right to vote and importance of political participation and representation.

4. Right and Responsibilities

- Overview of fundamental rights and liberties of citizens under Constitution of Pakistan 1973.
- Civic responsibilities and duties.
- Ethical considerations in civic engagement (accountability, non-violence, peaceful dialogue, civility, etc.)

5. Community Engagement

- Concept, nature and characteristics of community.
- Community development and social cohesion.
- Approaches to effective community engagement.
- Case studies of successful community driven initiatives.

6. Advocacy and Activism

- Public discourse and public opinion.
- Role of advocacy in addressing social issues.
- Social action movements.

7. Digital Citizenship and Technology

- The use of digital platforms for civic engagement.
- Cyber ethics and responsible use of social media.
- Digital divides and responsible (access, usage, socioeconomic, geographic, etc.) and their impacts on citizenship.

8. Diversity, Inclusion and Social Justice:

- Understanding diversity in society (ethnic, cultural, economic, political etc.).
- Youth, women and minorities' engagement in social development.
- Addressing social inequalities and injustices in Pakistan.
- Promoting inclusive citizenship and equal rights for societal harmony and peaceful coexistence.

SUGGESTED PRACTICAL ACTIVITIES (OPTIONAL)

As part of the overall learning requirements, the course may have one or a combination of the following practical activities:

- 1.Community Storytelling:** Students can collect and share stories from community members. This could be done through oral histories, interviews, or multimedia presentations that capture the lived experiences and perspectives of diverse individuals.
- 2.Community Event Planning:** Students can organize a community event or workshop that addresses a specific issue or fosters community interaction. This could be a health fair, environmental cleanup, cultural festival, or educational workshop.
- 3.Service-Learning:** Students can collaborate with a local nonprofit organization or community group. They can actively contribute by volunteering their time and skills to address a particular community need, such as tutoring, mentoring, or supporting vulnerable populations.
- 4.Cultural Exchange Activities:** Students can organize a cultural exchange event that celebrates the diversity within the community. This could include food tastings, performances, and presentations that promote cross-cultural understanding.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

- 1.“Civics Today: citizenship, Economics, & You” by McGraw-Hill Education.
- 2.“Citizenship in Diverse Societies” by Will Kymlicka and Wayne Norman.
- 3.“Engaging Youth in Civic Life” by James Youniss and Peter Levine.
- 4.“Digital Citizenship in Action: Empowering Students to Engage in Online Communities: by Kristen Mattson.
- 5.“Globalization and Citizenship: In the Pursuit of a Cosmopolitan Education” by Graham Pike and David Selby.
- 6.“Community Engagement: Principles, Strategies, and Practices” by Becky J. Feldpausch and Susan M. Omilian.
- 7.Creating Social Change: A Blueprint for a Better World” by Matthew Clarke and Marie-Monique Steckel.

GISL-101: ISLAMIC STUDIES

General Education Course

Credits:	02
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	General Education
Fields:	

DESCRIPTION

This course is designed to provide students with a comprehensive overview of the fundamentals aspects of Islam, its benefits, practices, history and influence on society. It will further familiarize the students with a solid foundation in understanding Islam from an academic and cultural perspective. Through this course, students will have an enhanced understanding of Islam's multifaceted dimensions which will enable them to navigate complex discussions about Islam's historical and contemporary role, fostering empathy, respect, and informed dialogue.

COURSE LEARNING OUTCOMES

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

1. Demonstrate enhanced knowledge of Islamic foundational beliefs, practices, historical development, fundamental sources of Shari'ah, spiritual values and ethical principles.
2. Describe basic sources of Islamic law and their application in daily life.
3. Identify and discuss contemporary issues being faced by the Muslim world including social challenges, gender roles and interfaith interactions.

SYLLABUS

- د
ص
- 1 قرآن مجید
- 1- قرآن مجید: معنی و مفہوم، اہمیت و فضیلت، آداب و شرائط تلاوت
 - 2- وحی کا معنی و مفہوم، وحی کی اقسام
 - 3- قرآن مجید کی جمع و تدوین، حفاظت قرآن
 - 2- حبیبہ نبوی صلی اللہ علیہ وآلہ وسلم
 - 1- حبیبہ کا معنی و مفہوم، اقسام حبیبہ (قولی - فعلی - تقریری)
 - 2- ضرورت و اہمیت حبیبہ
 - 3- مطالعہ حبیبہ (ترجمہ 6 + تشریح 4 = 10 نمبر)
1. عَنْ عَبْدِ بْنِ أَخِي - اللَّهُ عَزَّ وَكَلَّ سَمِعْتُ رَسُولَ اللَّهِ ﷺ يَقُولُ: يَهْدِي الْإِسْلَامُ إِلَى الْوَسْطَى، وَفِي الْوَسْطَى مَوَانِي، فَمَنْ كَانَتْ هِجْرَتُهُ إِلَى اللَّهِ وَرَسُولِهِ فَهَاجَرَ إِلَى اللَّهِ وَرَسُولِهِ، وَمَنْ كَانَتْ هِجْرَتُهُ إِلَى دُنْيَا يَصْجِحُهَا، أَوْ لِمَا أَتَى وَجْهَهَا فَهَاجَرَ إِلَى مَا هَاجَرَ إِلَيْهِ (صحيح بخاری: 1)

2. عَنْ هِشَامِ بْنِ عَمْرٍو - اللَّهُ عَزَّ وَجَلَّ عَنْ النَّبِيِّ ﷺ قَالَ: «مَنْ تَعَلَّمَ الْقُرْآنَ وَعَلَّمَهُ» (صحيح البخاري: 502)
3. عَنْ مَالِكِ بْنِ سُلَيْمٍ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: تَرَكَتُ فِيكُمْ مَعْرُوفَيْنِ لَنْ تَقُولُوا أَمَانَةً كُتُمُهُمَا يَكْتَلِبُ اللَّهُ بِهِمَا رُسُلًا وَلَهُ (رواه مالك في الموطأ مرسلًا)
4. عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو - اللَّهُ عَزَّ وَجَلَّ مَا قَالَ: قَالَ رَسُولُ اللَّهِ ﷺ لَأَسْلَامُ عَلَى مَنْ شَهِدَ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ وَأَقَامَ الصَّلَاةَ وَآتَى الزَّكَاةَ وَآمَنَ بِمَا وَدَّعَ وَتَوَلَّى وَجْهَهُ لِلدِّينِ (صحيح مسلم: 113)
5. وَعَنِ الثَّعْلَبِيِّ بْنِ كَثِيرٍ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ تَرَى الْمُؤْمِنِينَ فِي تَرَاهُمْ وَتَوَادُّهُمْ وَتَعْلَفُهُمْ كَمَا تَلْعَلُ الْجَسَدَ إِذَا لَمْ يَكُنْ عَصَا وَتَأْخُذُ لَمَنَّهُ أَيْ لَمَنَّهُ أَيْ لَمَنَّهُ بِأَلْسِنَتِهِمْ وَتُحِبُّونَ (متفق عليه بخاري: 6011)
6. عَنْ عَبْدِ هَرِيرَةَ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: «أَتَأْتُونَ مَا الْفُلُ؟» قَالُوا: أَلَيْسَ فِيْنَا مَنْ لَا وَهْمَ لَهُ وَلَا مَتَاعَ فَقَالَ: بَلَى الْفُلُ مِنْ لَيْلٍ يَوْمَ الْقِيَامَةِ يَصِلُ لِقَائِهِمْ وَكَأَنَّهُمْ قَدْ بَقِيَ قَدْ شَهِدَ هَذَا وَقَدْ هَذَا أَكَلَّ مَا لَمْ يَأْكُلْهُ هَذَا وَرَبُّ هَذَا أَفِيْعٌ عَلَى هَذَا أَمِنْ حَسْبِ مَا يَمُوتُ قَبْلَ فُتُوتِ حَسْبِ مَا أَتَى قَبْلَ أَنْ يَهْبِي مَا عَلَيْهِ أُخِذَ مِنْ خَطِّ آيَاتِهِمْ فَطَمَحَتْ عَلَيْهِمْ طَمَحُ النَّارِ» (رواه مسلم، كتاب البر: 6579)
7. عَنْ عَبْدِ هَرِيرَةَ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ يَقُولُ لِللَّهِ: «أَعُوذُكَ مِنَ الْآرَتِجِ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ دُعَاءٍ لَا يُسْمَعُ وَمِنْ قَتْلٍ لَا يَنْفَعُ وَمِنْ نَفْسٍ لَا تَنْجُو» (رواه مسلم واحد سنن ابن ماجه: 250)
8. عَنْ أَبِي هُرَيْرَةَ - قَالَ رَسُولُ اللَّهِ ﷺ: «كَأَنَّهُمْ يَدْعُونَ إِلَيَّ وَهُمْ الْأَنْبِيَاءُ كُلُّ مَا هَلَكْتُ بِهِ خَلَقَهُ اللَّهُ وَلَوْ أَنَّهُ لَا يَكُنْ بَعْدِي وَهُوَ يَكُونُ بَعْدِي خَلَقَهُ فَيَكُونُ» (صحيح البخاري: 3455)
9. عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو - اللَّهُ عَزَّ وَجَلَّ مَا قَالَ: قَالَ رَسُولُ اللَّهِ ﷺ: «أَكَلْتُ رَجْعًا وَكَلَّمْتُ مَنْ يُؤْتِي عَنْ رِجْلَيْهِ فَلَا مَرَدَّ الْأَعْظَمُ الَّذِي عَلَى الْعَاسِ رَجْعٌ وَهُوَ مَنْ يُؤْتِي عَنْ رِجْلَيْهِ وَالْوَلِيُّ رَجْعٌ أَعْلَى أَهْلِ بَيْتِهِ وَهُوَ مَنْ يُؤْتِي عَنْ رِجْلَيْهِ وَالْبَرَاءَةُ رَجْعٌ عَلَى بَيْتِهِ وَرَجْعًا وَوَلَدَهُ» - مِنْهُ عَزَّ وَجَلَّ وَعَبْدُ الرَّجُلِ رَجْعٌ عَلَى مِلَّةٍ يَدْمُ وَهُوَ مَنْ يُؤْتِي عَنْهُ أَلَا هَكَذَا رَجْعٌ وَكَلَّمْتُ مَنْ يُؤْتِي عَنْ رِجْلَيْهِ» (ترمذي: 1705)
10. وَعَنِ الثَّعْلَبِيِّ بْنِ كَثِيرٍ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ تَرَى الْمُؤْمِنِينَ فِي تَرَاهُمْ وَتَوَادُّهُمْ وَتَعْلَفُهُمْ كَمَا تَلْعَلُ الْجَسَدَ إِذَا لَمْ يَكُنْ عَصَا وَتَأْخُذُ لَمَنَّهُ أَيْ لَمَنَّهُ بِأَلْسِنَتِهِمْ وَتُحِبُّونَ (بخاري: 6011)
11. عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: «كَسِبَ الْجَلَالَ فَرِيضَةً بَعْدَ الْفَرِيضَةِ» (شعب الإيمان بيهقي)
12. عَنْ أَبِي تَمِيمَةَ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: «الْحَاجُّ وَالْمُحَاجُّ لِيَاكُنَ مَعَ اللَّهِ» (جامع ترمذي: 1209)
13. عَنْ عَبْدِ هَرِيرَةَ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: «اجْتَبِوهَا السَّبِيحَ الْيُوقَلِي قَالُوا يَا رَسُولَ اللَّهِ وَمَا هِيَ؟» قَالَ: «تَكُونُ لَكَ يَا اللَّهُ الْمَحْرُوقَةُ وَتَكُونُ النَّفْسُ عَلَى حَقِّكَ اللَّهُ لَا يُلْغِي كُلُّ الرِّبَا وَكُلُّ مَلِكِ الْبَيْتِ وَالنَّفْسُ يَوْمَ الرَّحْمَةِ وَقَدْ أَلْمَسَتْكَ الْمُؤْمِنَاتُ الْغَائِلَاتُ» (متفق عليه)
14. ثَبِتَ عَنْ رَسُولِ اللَّهِ عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ أَنَّهُ قَالَ: لَا يَزِي الرِّزْقُ حِينَ يَزِي وَهُوَ مُؤْمِنٌ وَلَا يَسْرِقُ السَّارِقُ حِينَ يَسْرِقُ وَهُوَ مُؤْمِنٌ وَلَا يَشْرِبُ الْخَمْرَ حِينَ يَشْرِبُ وَهُوَ مُؤْمِنٌ وَلَا يَنْتَهَبُ نَهْيَةً ذَاتَ شَوْءٍ يَرْفَعُ السُّلْ إِلَى إِلَهِ فِيهَا أَبْصَارُهُمْ حِينَ يَنْتَهَبُهَا وَهُوَ مُؤْمِنٌ (صحيح البخاري: 6810)
15. عَنْ أَبِي تَمِيمَةَ وَابْنِ كَثِيرٍ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: «مَنْ رَأَى مِنْكُمْ مَنْزَكًا فَلْيَبْهَرْ فَإِنَّهُ قَدْ رَأَى» - يَمُوتُ فَيُؤْتَى بِهِ قَلْبُهُ يَمُوتُ فَيُؤْتَى بِهِ قَلْبُهُ وَذَلِكَ لِيَضَعُ الْأَمْرَ لِي (مسلم: 177)
16. عَنْ أَبِي تَمِيمَةَ - اللَّهُ عَزَّ وَجَلَّ قَالَ رَسُولُ اللَّهِ ﷺ: «يَوْمَ يَمُوتُ النَّفْسُ يَمُوتُ حَتَّى يَجُوبَ لَا حَيْمَ مَا يَجُوبُ لِيَتَّقِي» (مسلم: 170)

GETH--101: ETHICS (FOR NON-MUSLIMS)

General Education Course

Paper Code	GETH-101	Cr. Hrs.	02
Paper Title	ETHICS (FOR NON-MUSLIMS)		
Domain	General Education Course		

DESCRIPTION

This course offers a comprehensive understanding of ethics, various concepts, and the crucial role it plays in different aspects of human life. Students will begin by understanding the fundamental definition of ethics, examining both ancient and contemporary perspectives. The course will also discuss ethical teaching and values of different religions along with concept of Falah.

COURSE LEARNING OUTCOMES

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

1. Define ethics and distinguish between ancient and contemporary ethical concepts.
2. Analyze the importance of ethics in individual, familial, social, economic, and political contexts.
3. Compare and contrast the ethical teachings and values of major world religions.
4. Apply key ethical principles to real-life situations and demonstrate informed decision-making based on these principles.

SYLLABUS

1. Definition of Ethics
2. Different concepts of Ethics (Ancient and contemporary)
3. Types of Ethics
 - Good Ethics
 - Bad Ethics
4. Importance of Ethics in Human Life
 - Individual Life
 - Family Life
 - Social Life
 - Importance of Ethics in Economics Life
 - Importance of Ethics in Politics
5. Ethical Teachings and Values in Different Religions
 - Hinduism
 - Buddhism
 - Zoroastrianism
 - Christianity
 - Judaism
 - Sikhism
 - Islam

6. Ethical Values of the above Religions

- Truthfulness
- Trustworthiness
- Service to Humanity
- Tolerance, Endurance
- Respect for others
- Cooperation, Mutual Help, Selflessness
- Justice (Social Justice, Economic Justice)
- Equality

7. Concept of virtue and Evil in different religions.

8. Concept of “Falah” in Different Religions.

9. Attitude towards other Religions.

RECOMMENDED BOOKS

1. J. S. Mackeuzie, A Manual of Ethics.
2. Harold H. Titus, Ethics for Today.
3. B.A. Dar, Quranic Ethics.
4. Hameedullah, Dr. Introduction to Islam.
5. Ameer Ali Syed, The spirit of Islam.

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEIH-101	Credit Hours	2(2+0)
Course Title	INTRODUCTION TO HOME ECONOMICS				
Course Introduction					
This course will introduce students to the field of Home Economics, focusing on the acquisition of knowledge, skills, and professional attitudes essential for enhancing individual, family, and community well-being. It will provide students with a foundational understanding for careers in food and nutrition, clothing and textile design, hospitality, health and social services. It will equip them to make informed decisions as responsible consumers and effective household managers.					
Learning Outcomes					
On the completion of the course, the students will to:					
1. Appreciate the true nature of Home Economics as specialized subject.					
2. Acknowledge the historical developments in the field.					
3. Understand the scope of Home Economics as a profession.					
Course Contents					
Week 1	Nature of Home Economics: Aims, Objective of Home Economics				
Week 2	History of Home Economics: Yesterday, Today, Tomorrow				
Week 3	History of Home Economics: Yesterday, Today, Tomorrow				
Week 4	Home Economics in Pakistan				
Week 5	Different Colleges of Home Economics In Pakistan				
Week 6	Assignment & Presentation				
Week 7	Major Areas of Home Economics: Food & Nutrition, Textiles & Clothing, Human Development and Family Studies, Art & Design,				
Week 8	Mid Term				
Week 9	Home Economics as a profession				
Week 10	Scope of Home Economics as a profession				
Week 11	Method of teaching with special books recommended to Home Economics: Lecture, Demonstration, Laboratory				
Week 12	Method of teaching with special books recommended to Home Economics: Field trips, Role-Playing, Group Discussion				
Week 13	Role and Responsibilities of Home Economist: Towards family, Community and Profession.				
Week 14	Role and Responsibilities of Home Economist: Towards family, Community and Profession.				
Week 15	Revision				
Week 16	Final Term Assessment				
Text Books and Reading Materials					
Camilleri, A. (2023). The role of the Home Economics practical component in teaching and learning (Master's thesis, University of Malta).					
McAllister, I. L. Home Economics–Today and Tomorrow.					
Miller, C. L. (2015). Career mapping: Charting a course towards increasing student ownership in college and career planning (Doctoral dissertation).					
Pendergast, D., & Dewhurst, Y. (2012). Home economics and food literacy: An international investigation. International Journal of Home Economics.					
Renwick, K. (2015). Home economics as professional practice. International Journal of Home Economics, 8(2), 19-35.					

Teaching Learning Strategies
Lecture-based learning through lectures and presentations. Group learning through Group Assignment Individual learning- through Quizzes and Assessments

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEAD-102	Credit Hours	2(2+0)
Course Title	INTRODUCTION TO ART AND DESIGN-I				
Course Introduction					
This course will provide students with a broad perspective of the theories, techniques, and practices of the visual arts, design, crafts, and architecture and art history. The course encourages students to learn by doing, but primarily seeks to make learning productive and enjoyable. Students will develop a sound understanding of application of art and its importance in developing an awareness about design and different painting styles.					
Learning Outcomes					
On the completion of the course, the students will:					
1. Develop critical thinking in creating & composing design					
2. Appreciate Art of prehistoric times					
Course Contents					
Week 1	Definition & Concept of Art, Design in Art				
Week 2	Definition & Concept of Art, Design in Art				
Week 3	Elements of Design				
Week 4	Elements of Design				
Week 5	Elements of Design				
Week 6	The Fundamental principles of Design				
Week 7	The Fundamental principles of Design				
Week 8	Mid Term				
Week 9	The Designing process as a form of organization Factors involved in the making of a design				
Week 10	The Analysis of a design, Application to interior, clothing and painting				
Week 11	Art Appreciation: Cave Art				
Week 12	Art Appreciation: Cave Art				
Week 13	Indus valley Civilization				
Week 14	Indus valley Civilization				
Week 15	Revision				
Week 16	Final Term				
Text Books and Reading Materials					
Jacobs Joseph F, (2010) <i>Janson's History of Art: The Western Tradition</i> (8th Edition) MyArtsLab Series.					
Gardner H., (2008). <i>Gardner's Art through the Ages: A Global History</i> , Volume I & II (Gardner's Art through the Ages: A Concise History)					
I. Krumins. (2013). <i>An eye for Art</i> . DK Pub. USA					
Debra J. Dewitte, (2011) <i>Gate ways to Art: Understanding the Visual Arts</i> , Thames & Hudson, USA					
Davis. J, (2016). <i>Foundations of Design</i> . Tempe Digital LLC.					
Davis. J, (2015). <i>Foundations of Colour</i> . Tempe Digital LLC.					
Field, J. (2018). <i>An Illustrated Field Guide to the Elements and Principles of Art + Design</i> . Hot Iron Press.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations.					
Group Assignments and discussions.					
Individual learning through quiz and assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEAD-102L	Credit Hours	1(0+1)
Course Title	INTRODUCTION TO ART AND DESIGN-I (LAB)				
Course Introduction					
This course will provide students with a broad perspective of the theories, techniques, and practices of the visual arts, design, crafts, and architecture and art history. The course encourages students to learn by doing, but primarily seeks to make learning productive and enjoyable. Students will develop a sound understanding of application of art and its importance in developing an awareness about design and different painting styles.					
Learning Outcomes					
On the completion of the course, the students will:					
1. Develop critical thinking in creating & composing design					
2. Appreciate Art of prehistoric times					
Course Contents					
Week 1	Design Composition (mix media, Paper cut & application of color) using Elements of Design				
Week 2	Elements of Design				
Week 3	Color Application; Balance, Texture				
Week 4	Color Application; Balance, Texture				
Week 5	Mixed Media Techniques				
Week 6	Mixed Media Techniques				
Week 7	Paper Cutting & Craft Techniques				
Week 8	Mid Term				
Week 9	Textile Design Basics				
Week 10	Textile Design Basics				
Week 11	Surface Ornamentation Techniques				
Week 12	Surface Ornamentation Techniques				
Week 13	Portfolio Preparation & Final Project				
Week 14	Portfolio Preparation & Final Project				
Week 15	Signing of Portfolio				
Week 16	Final Term				
Text Books and Reading Materials					
Jacobs Joseph F, (2010) <i>Janson's History of Art: The Western Tradition</i> (8th Edition) MyArtsLab Series.					
Gardner H., (2008). <i>Gardner's Art through the Ages: A Global History</i> , Volume I & II (Gardner's Art through the Ages: A Concise History)					
I. Krumins. (2013). <i>An eye for Art</i> . DK Pub. USA					
Debra J. Dewitte, (2011) <i>Gate ways to Art: Understanding the Visual Arts</i> , Thames & Hudson, USA					
Davis. J, (2016). <i>Foundations of Design</i> . Tempe Digital LLC.					
Davis. J, (2015). <i>Foundations of Colour</i> . Tempe Digital LLC.					
Field, J. (2018). <i>An Illustrated Field Guide to the Elements and Principles of Art + Design</i> . Hot Iron Press.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations.					
Group Assignments and discussions.					
Individual learning through quiz and assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HETF-103	Credit Hours	1(1+0)
Course Title	FUNDAMENTALS OF TEXTILES AND CLOTHING				
Course Introduction					
The main objective of this course is to learn the basic techniques used in the construction of a complete garment, from a basic neckline to a complete garment. Learn about the application of textile fibers according to their properties.					
Learning Outcomes					
On the completion of the course, the students will: 1. Construct a complete garment 2. Handle common textile fabrics and understand its characteristics					
Course Contents					
Week 1	Textile Fiber: Introduction To Textile Fiber, Classification of Textile Fibers				
Week 2	Natural fibers: Characteristics of common natural fibers				
Week 3	Characteristics of common natural fibers				
Week 4	Characteristics of common Man-made fibers				
Week 5	Characteristics of common Synthetic fibers				
Week 6	Weaves and its three basic types				
Week 7	Personal Grooming: Definition and Importance, Grooming habits				
Week 8	Mid Term				
Week 9	Personality: Definition, Fashion personality types				
Week 10	Clothing suitable for different personalities				
Week 11	Clothing suitable for different personalities				
Week 12	Philosophy of clothing				
Week 13	Consumer Education: Consumer rights, Consumer responsibilities				
Week 14	Advertisements: Definition, Importance, Types				
Week 15	Labels: Definition, Importance, Types				
Week 16	Final Term				
Text Books and Reading Materials					
Berners,L. T., & Fischetti. M. (2008). Weaving the web. Woodhead publishing limited. Kadolph, S. J. (2011). Textiles. New Jersey: Prentice Hall. Shivanna B. (2022). How to Look Well Groomed and Polished. Pette B.(2008). The advertising concept book. Skinner, T., & Schuck, J.P. (2002). The Clothing Label Book. Schiffer Pub Limited. Howells, G., & Weatherill, S. (2017). Consumer Protection Law. WeberJ. (2008). Clothing: fashion, fabrics & construction. McGraw Hill international.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations. Group learning through Group presentations. Individual learning- through Quizzes and Assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HETF-103L	Credit Hours	2(0+2)
Course Title	FUNDAMENTALS OF TEXTILES AND CLOTHING (LAB)				
Course Introduction					
The main objective of this course is to learn the basic techniques to construct a complete garment, from a basic neckline to a complete garment. Learn about the application of textile fibers according to their properties.					
Learning Outcomes					
On the completion of the course, the students will:					
1. Construct a complete garment					
2. Handle common textile fabrics and understand its characteristics					
Course Contents					
Week 1	Introduction to sewing machines and its parts				
Week 2	Machine related problems and its solutions,				
Week 3	Sewing terms				
Week 4	Basic sewing procedures: Seam with reference to different fabrics Discussion on Project (Kurta and Churidar Pyjama)				
Week 5	Basic sewing procedures: Seam finishes with reference to different fabrics Measurements of Kurta and its calculations				
Week 6	Construction of necklines with shaped facings Drafting of Kurta				
Week 7	Construction of necklines with bias facings Cutting of Kurta on fabric				
Week 8	Mid Term				
Week 9	Stitching of Kurta				
Week 10	Finishing of Kurta				
Week 11	Attachment of buttons Measurements and Calculation of Churidar Pyjama				
Week 12	Attachment of zippers Marking of Churidar Pyjama				
Week 13	Attachment of snap fasteners Cutting of Churidar Pyjama				
Week 14	Stitching of Churidar Pyjama				
Week 15	Compilation of Portfolio (Basic Stitching Techniques and Weaves)				
Week 16	Final Term				
Text Books and Reading Materials					
Clifford L. B. (2013).The Sewing Machine Master Guide: From Basic to Expert					
Smith & Alison V. (2012). Dressmaking : The Complete Step-by-step Guide to Making Your Own Clothes					
Antonio D. (2023). Fashion Patternmaking Techniques Vol 1.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations.					
Group learning through Group presentations.					
Individual learning- through Quizzes and Assessments					

HQ-001: TARJUMA-E-QURAN

Compulsory Course

Credits:	00
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Type:	Compulsory
Fields:	All

SYLLABUS

The syllabus is available at the following URL:

<https://pu.edu.pk/document/merit/exam/HQ-001.pdf>.

Scheme of Study / Semester-wise workload

#	Code	Course Title	Course Type	Prerequisite	Credit Hours	
Semester II						
1	APED-111	Introduction to Health and Physical Education	General		2	
2	GQR-101	Quantitative Reasoning (I)	General		3	
3	GENT-101	Entrepreneurship	General		2	
4	GICP-101	Ideology and Constitution of Pakistan	General		2	
5	HEAD-104	Introduction to Art and Design-II	Major	HEAD-102	2	
6	HEAD-104L	Introduction to Art and Design-II (Lab)	Major	HEAD-102L	1	
7	HETF-105	Advanced Clothing Techniques	Major	HETF-103	1	
8	HETF-105L	Advanced Clothing Techniques (Lab)	Major	HETF-103L	2	
9	HQ-002	Tarjuma-e-Quran	Compulsory		1	
Total Credit Hours						16

Paper Code	APED-111	Cr. Hrs	02
Paper Title	INTRODUCTION TO HEALTH AND PHYSICAL EDUCATION		
Domain	Arts & Humanities		

Course Introduction		
This course introduces students to the fundamental concepts of health and physical education, focusing on the importance of physical activity for maintaining health and well-being. It covers basic principles, practices, and the role of physical education in the educational system.		
Learning Outcomes		
<p>On the completion of the course, the students will:</p> <ol style="list-style-type: none"> 1. Understand the role and importance of health and physical education in promoting overall well-being. 2. Learn basic concepts and principles of physical fitness and wellness. 3. Develop knowledge about the structure and function of the human body in relation to physical activity. 4. Identify and analyze health-related fitness components. 5. Promote positive attitudes towards physical activity and healthy lifestyles. 		
Course Content		Assignments/Readings
Week 1-2	Introduction to Health and Physical Education <ul style="list-style-type: none"> • Definition and scope of health and physical education • Historical perspectives • Current trends and issues in health and physical education 	From Books and Class Lectures
Week 3-4	Principles of Physical Fitness <ul style="list-style-type: none"> • Components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition) • Benefits of physical fitness 	From Books and Class Lectures
Week 5-6	Health and Wellness <ul style="list-style-type: none"> • Concepts of health and wellness • Determinants of health • Lifestyle diseases and prevention 	From Books and Class Lectures
Week 7-8	Human Body Systems <ul style="list-style-type: none"> • Overview of human anatomy and physiology • Structure and function of the musculoskeletal system • Structure and function of the cardiovascular and respiratory systems 	From Books and Class Lectures

Week 9-10	Exercise and Physical Activity <ul style="list-style-type: none"> • Types of physical activities and their benefits • Designing a personal fitness program • Safety and injury prevention 	From Books and Class Lectures
Week 11-12	Nutrition and Health <ul style="list-style-type: none"> • Basic nutrition principles • Role of nutrition in physical performance and health • Hydration and dietary guidelines for active individuals 	From Books and Class Lectures
Week 13-14	Mental Health and Stress Management <ul style="list-style-type: none"> • Relationship between physical activity and mental health • Strategies for managing stress through physical activity • Promoting mental well-being through lifestyle choices 	From Books and Class Lectures
Week 15	Health Education Strategies <ul style="list-style-type: none"> • Principles of Effective Health Education • Designing health education programs • Communication strategies in health promotion 	From Books and Class Lectures
Week 16	Review and Final Assessment <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	From Books and Class Lectures
Textbooks and Reading Material		
Textbooks <ul style="list-style-type: none"> • Anspaugh, D., Hamrick, M., & Rosato, F. (2011). <i>Wellness: Concepts and Applications</i>. McGraw-Hill. • Baechle, T. R., & Earle, R. W. (2015). <i>Essentials of Strength Training and Conditioning</i>. Human Kinetics. • Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). <i>Physical Activity and Health</i>. Human Kinetics. • Corbin, C. B., & Welk, G. J. (2018). <i>Concepts of Physical Fitness: Active Lifestyles for Wellness</i> (17th ed.). McGraw-Hill Education. • Hausenblas, H. A., & Tiffany, C. M. (2016). <i>Exercise Psychology: Physical Activity and Mental Health</i>. Routledge. • Hoeger, W. W. K., & Hoeger, S. A. (2016). <i>Fitness & Wellness</i>. Cengage Learning. • Hoeger, W. W. K., & Hoeger, S. A. (2018). <i>Lifetime Physical Fitness and Wellness: A Personalized Program</i> (15th ed.). Cengage Learning. • Powers, S. K., & Dodd, S. L. (2019). <i>Total Fitness and Wellness</i> (8th ed.). Pearson. 		

GQR-101: QUANTITATIVE REASONING (I)
General Education Course

Credits:	03
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	Mandatory
Fields:	

DESCRIPTION

Quantitative Reasoning (I) is an introductory-level undergraduate course that focuses on the fundamentals related to the quantitative concepts and analysis. The course is designed to familiarize students with the basic concepts of mathematics and statistics and to develop students' abilities to analyze and interpret quantitative information. Through a combination of theoretical concepts and practical exercises, this course will also enable students cultivate their quantitative literacy and problem-solving skills while effectively expanding their academic horizon and breadth of knowledge of their specific major / field of study.

COURSE LEARNING OUTCOMES

By the end of this course, students shall have:

- Fundamental numerical literacy to enable them work with numbers, understand their meaning and present data accurately;
- Understanding of fundamental mathematical and statistical concepts;
- Basic ability to interpret data presented in various formats including but not limited to tables, graphs, charts, and equations etc.

SYLLABUS

1. Numerical Literacy

- Number system and basic arithmetic operations;
- Units and their conversions, area, perimeter and volume;
- Rates, ratios, proportions and percentages;
- Types and sources of data;
- Measurement scales;
- Tabular and graphical presentation of data;
- Quantitative reasoning exercises using number knowledge.

2. Fundamental Mathematical Concepts

- Basics of geometry (lines, angles, circles, polygons etc.);
- Sets and their operations;
- Relations, functions, and their graphs;
- Exponents, factoring and simplifying algebraic expressions;
- Algebraic and graphical solutions of linear and quadratic equations and inequalities;
- Quantitative reasoning exercises using fundamental mathematical concepts.

3. Fundamental Statistical Concepts

- Population and sample; Graphical presentation of data
- Summarizing data; Measures of central tendency, dispersion and their applications;
- Rules of counting (multiplicative, permutation and combination);
- Basic concept of probability; Applications of a priori and relative frequency approach
- Quantitative reasoning exercises using fundamental statistical concepts

SUGGESTED INSTRUCTIONAL / READING MATERIALS

1. “Quantitative Reasoning: Tools for Today’s Informed Citizen” by Bernard L. Madison, Lynn and Arthur Steen.
2. “Quantitative Reasoning for the Information Age” by Bernard L. Madison and David M. Bressud.
3. “Fundamentals of Mathematics” by Wade Ellis.
4. Quantitative Reasoning: Thinking in Numbers” by Eric Zaslow.
5. “Thinking Clearly with Data: A Guide to Quantitative Reasoning and Analysis” by Ehtan Bueno de Mesquita and Anthony Fowler.
6. “Using and Understanding Mathematics: A Quantitative Reasoning Approach” by Bennett,
7. J. O., Briggs, W.L., & Badalamenti, A.
8. “Discrete Mathematics and its Applications” by Kenneth H. Rosen.
9. “Statistics for Technology: A Course in Applied Statistics” by Chatfield, C.
10. “Statistics: Unlocking the Power of Data” by Robin H. Lock, Patti Frazer Lock, Kari Lock Morgan, and Eric F. Lock.

GENT-101: ENTREPRENEURSHIP

General Education Course

Credits:	02
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	Mandatory
Fields:	All

DESCRIPTION

This course is designed to promote entrepreneurial spirit and outlook among students, encouraging them to think critically, identify opportunities, and transform their ideas into successful ventures. It aims at imparting them with the requisite knowledge; skills and abilities, enabling them seize the identified opportunities for initiating of business (including requirements for registration and incorporation with regulators such as SECP and others), market research, opportunity identification, business planning, financial literacy for managing finances and securing funding, marketing and sales, team building and innovation, overall, the course is geared towards personal growth and professional development for pursuing innovative ideas, availing opportunities and initiating start-ups.

COURSE LEARNING OUTCOMES

By the end of this course, students shall have:

1. Knowledge of fundamental entrepreneurial concepts, skills and process;
2. Understanding of different personal, social and financial aspects associated with entrepreneurial activities;
3. Basic understanding of regulatory requirements to set up an enterprise in Pakistan, with special emphasis on exports;
4. Ability to apply knowledge, skills and abilities acquired in the course to develop a feasible business plan for implementation.

SYLLABUS

1. Introduction to Entrepreneurship

- Definition and concept of entrepreneurship;
- Why to become an entrepreneur?
- Entrepreneurial process;
- Role of entrepreneurship in economic development.

2. Entrepreneurial Skills;

- Characteristics and qualities of successful entrepreneurs (including stories of successes and failures):
- Areas of essential entrepreneurial skills and abilities such as creative and critical thinking innovation and risk taking.

3. Opportunity Recognition and Idea Generation:

- Opportunity identification, evaluation and exploitation;
- Innovative ideas generation techniques for entrepreneurial ventures.

4. Marketing and sales

- Four P's of Marketing;
- Developing a marketing strategy;
- Branding.

5. Financial Literacy:

- Basic concepts of income, savings and investments;
- Basic concepts of assets, liabilities and equity;
- Basic concepts of revenue and expenses;
- Overview of cash-flows;
- Overview of banking products including Islamic modes of financing;
- Sources of funding for startups (angel financing, debt financing, equity financing etc.)

6. Team Building for Startups:

- Characteristics and features of effective teams
- Team building and effective leadership for startups.

7. Regulatory Requirements to Establish Enterprises in Pakistan:

- Types of enterprises (e.g., sole proprietorship; partnership; private limited companies etc.);
- Intellectual property rights and protection;
- Regulatory requirements to register an enterprise in Pakistan, with special emphasis on exports firms;
- Taxation and financial reporting obligation.

PRACTICAL REQUIREMENTS

As part of the overall learning requirements, students shall be tasked with creating and presenting a comprehensive business plan at the end of the course for a hypothetical or real business idea. This practical exercise shall allow them to apply the knowledge, skills and abilities acquired in the course to develop a feasible business plan and where possible explore the possibility of implementing the plan with support and assistance from established businesspersons and entrepreneurs.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

1. "Entrepreneurship: Successfully Launching New Ventures" by Bruce R. Barringers and R. Duance Ireland.
2. "Entrepreneurship: Theory, Process, and Practice" by Donald F. Kuratko.
3. "New Venture Creation: Entrepreneurship for the 21st Century" by Jeffry A. Timmons, Stephen Spinelli Jr., and Rob Adams.
4. "Entrepreneurship: A Real-World Approach" by Rhonda Abrans.
5. "The Lean Startup: How Today's Entrepreneurs use Continuous Innovation to Create Radically Successful Businesses" by Eric Ries.
6. "Effectual Entrepreneurship" by Stuart Read, Saras Sarasvathy, Nick Dew, Robert Wiltbank, and Anne-Valeric Ohlsson.

GICP-101: IDEOLOGY AND CONSTITUTION OF PAKISTAN

General Education Course

Credits:	02
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	General Education
Fields:	All

DESCRIPTION

This course is designed to provide students with a fundamental exploration of the ideology and the constitution of Pakistan. The course focuses on the underlying principles, beliefs, and aspirations that have been instrumental in shaping the creation and development of Pakistan as a sovereign state. Moreover, the course will enable students to understand the core provisions of the Constitution of the Islamic Republic of Pakistan concerning the fundamental rights and responsibilities of Pakistan citizens to enable them function in a socially responsible manner.

COURSE LEARNING OUTCOMES

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

1. Demonstrate enhanced knowledge of the basis of the ideology of Pakistan with special reference to the contributions of the founding father of Pakistan.
2. Demonstrate fundamental knowledge about the Constitution of Pakistan 1973 and its evolution with special reference to state structure.
3. Explain about the guiding principles on rights and responsibilities of Pakistan citizens as enshrined in the Constitution of Pakistan 1973.

SYLLABUS

1. Introduction to the Ideology of Pakistan:

- Definition and significance of ideology.
- Historical contest of the creation of Pakistan (with emphasis on socio-political religious and cultural dynamics of British India between 1857 till 1947).
- Contributions of founding fathers of Pakistan of Pakistan in the freedom movement including but not limited to Allama Muhammad Iqbal, Muhammad Ali Jinnah., etc.
- Contributions of women and students in the freedom movement for separate homeland for Muslims of British India.

2. Two-Nation Theory:

- Evolution of the Two-Nation Theory (Urdu-Hindi controversy, Partition of Bengal, Simla Deputation 1906, Allama Iqbal's Presidential Address 1930, Congress Ministries 1937 Lahore Resolution 1940).

3. Introduction to the Constitution of Pakistan:

- Definition and importance of a constitution.
- Ideological factors that shaped the Constitution(s) of Pakistan (Objectives Resolution 1949).

4. Constitution and State Structure:

- Structure of Government (executive, legislature, and judiciary).
 - Distribution of powers between federal and provincial governments.
 - 18th Amendment and its impact on federalism.
- 5. Fundamental Right, Principles of Policy and Responsibilities:**
- Overview of fundamental rights guaranteed to citizens by the Constitution of Pakistan 1973 (Articles 8-28).
 - Overview of Principles of Policy (Articles 29-40).
 - Responsibilities of the Pakistan citizens (Article 5).
- 6. Constitutional Amendments:**
- Procedures for amending the Constitution.
 - Notable Constitutional amendments and their implications

SUGGESTED INSTRUCTIONAL / READING MATERIAL

1. "The Idea of Pakistan" by Stephen P. Cohen.
2. "Ideology of Pakistan" by Javed Iqbal.
3. "The Struggle for Pakistan" by I.H. Qureshi.
4. "Pakistan the Formative Phase" by Khalid Bin Sayeed.
5. "Pakistan: Political Roots and Development" by Safdar Mahmood.
6. "Ideology of Pakistan" by Sharif-ul-Mujahid.
7. "The Struggle for Pakistan: A Muslim Homeland and Global Politics" by Ayesha Jala.
8. "Jinnah, Pakistan and Islamic Identity: The Search for Saladin" by Akbar S. Ahmed.
9. "The Making of Pakistan: A Study in Nationalism" by K.K. Aziz.
10. "Pakistan: A New History" by Lan Talbot.
11. "Pakistan in the Twentieth Century: A Political History" by Lawrence Ziring.
12. "The Constitution of Pakistan 1973". Original.
13. "Constitutional and Political Development of Pakistan" by Hamid Khan.
14. "The Parliament of Pakistan" by Mahboob Hussain.
15. "Constitutional Development in Pakistan" by G.W. Choudhury.
16. "Constitution-Making in Pakistan: The Dynamics of Political Order" by G.W. Choudhury.

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEAD-104	Credit Hours	2(2+0)
Course Title	INTRODUCTION TO ART AND DESIGN-II				
Course Introduction					
This course will provide students with a broad perspective of the theories, techniques, and practices of the visual arts, design, crafts, and architecture and art history. The course encourages students to learn by doing, but primarily seeks to make learning productive and enjoyable. Students will develop a sound understanding of application of art and its importance in developing an awareness about design and different painting styles.					
Learning Outcomes					
On the completion of the course, the students will:					
1. Understand about the nature & role of art in everyday life					
2. Correspond with the nature of design, painting & other forms of visual arts.					
Course Contents					
Week 1	Definition & Concept of Design In Art				
Week 2	Types of Design: Structural and Decorative				
Week 3	Types of Design: Structural and Decorative				
Week 4	Requirements of a good structural design				
Week 5	Requirements of a good decorative design				
Week 6	Evaluation & Appreciation of Structural and Decorative design				
Week 7	Character and Decorative Quality in design Structural and decorative designing interior/architecture, in Furniture and in dress				
Week 8	Mid Term				
Week 9	Appreciation of Art: Mesopotamian Art				
Week 10	Mesopotamian Art				
Week 11	Mesopotamian Art				
Week 12	Egyptian Art				
Week 13	Egyptian Art				
Week 14	Egyptian Art				
Week 15	Revision				
Week 16	Final Term				
Text Books and Reading Materials					
Jacobs Joseph F, (2010) <i>Janson's History of Art: The Western Tradition</i> (8th Edition) MyArtsLab Series. Gardner H., (2008). <i>Gardner's Art through the Ages: A Global History</i> , Volume I & II (Gardner's Art through the Ages: A Concise History) I. Krumins. (2013). <i>An eye for Art</i> . DK Pub. USA Debra J. Dewitte, (2011) <i>Gate ways to Art: Understanding the Visual Arts</i> , Thames & Hudson, USA Davis. J, (2016). <i>Foundations of Design</i> . Tempe Digital LLC. Davis. J, (2015). <i>Foundations of Colour</i> . Tempe Digital LLC. Field, J. (2018). <i>An Illustrated Field Guide to the Elements and Principles of Art + Design</i> . Hot Iron Press. Party, N (2019). <i>Still life & Paintings</i> . New York: Karma Books Pearce, S. (2013). <i>Drawing Still Life</i> . Walter Foster Publishing Inc.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations. Group Assignments and discussions. Individual learning through quiz and assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEAD-104L	Credit Hours	1(0+1)
Course Title	INTRODUCTION TO ART AND DESIGN-II (LAB)				
Course Introduction					
This course will provide students with a broad perspective of the theories, techniques, and practices of the visual arts, design, crafts, and architecture and art history. The course encourages students to learn by doing, but primarily seeks to make learning productive and enjoyable. Students will develop a sound understanding of application of art and its importance in developing an awareness about design and different painting styles.					
Learning Outcomes					
On the completion of the course, the students will:					
1. Understand about the nature & role of art in everyday life					
2. Correspond with the nature of design, painting & other forms of visual arts.					
Course Contents					
Week 1	Study of Color (Color Wheel, Color Schemes, Value & intensity).				
Week 2	Study of Color (Color Wheel, Color Schemes, Value & intensity).				
Week 3	Study of Color (Color Wheel, Color Schemes, Value & intensity).				
Week 4	Study of Color (Color Wheel, Color Schemes, Value & intensity).				
Week 5	Basics of Drawing(2 D, 3D)				
Week 6	Basics of Drawing(2 D, 3D)				
Week 7	Basics of Drawing(2 D, 3D)				
Week 8	Mid Term				
Week 9	Basics of Drawing(2 D, 3D)				
Week 10	Poster: Theme Selection				
Week 11	Poster: Design Development				
Week 12	Poster: Design Development				
Week 13	Poster: Lettering				
Week 14	Poster: Complete				
Week 15	Signing of Portfolio				
Week 16	Final Term				
Text Books and Reading Materials					
Jacobs Joseph F, (2010) <i>Janson's History of Art: The Western Tradition</i> (8th Edition) MyArtsLab Series. Gardner H., (2008). <i>Gardner's Art through the Ages: A Global History</i> , Volume I & II (Gardner's Art through the Ages: A Concise History) I. Krumins. (2013). <i>An eye for Art</i> . DK Pub. USA Debra J. Dewitte, (2011) <i>Gate ways to Art: Understanding the Visual Arts</i> , Thames & Hudson, USA Davis. J, (2016). <i>Foundations of Design</i> . Tempe Digital LLC. Davis. J, (2015). <i>Foundations of Colour</i> . Tempe Digital LLC. Field, J. (2018). <i>An Illustrated Field Guide to the Elements and Principles of Art + Design</i> . Hot Iron Press. Party, N (2019). <i>Still life & Paintings</i> . New York: Karma Books Pearce, S. (2013). <i>Drawing Still Life</i> . Walter Foster Publishing Inc.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations. Group Assignments and discussions. Individual learning through quiz and assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HETF-105	Credit Hours	1(1+0)
Course Title	ADVANCED CLOTHING TECHNIQUES				
Course Introduction					
In this course student will learn the advanced techniques to construct the garments of varied styles. They will apply different garment design details using fabrics with different textures, drape and cuts					
Learning Outcomes					
On the completion of the course, the students will: 1. To handle special fabrics used in apparel regarding their cutting and stitching. 2. To enable the students to understand different garment details, their types and constructions.					
Course Contents					
Week 1	Patternmaking essentials: tools & its function, pattern paper, Terms related to pattern making				
Week 2	Five standards to good fit: Ease, Line, Grain, Set, Balance. Causes of poor fit				
Week 3	Standardization of sizes: Introduction to standardization of sizes, Grading of sizes				
Week 4	Methods of Pattern Alteration and Principles of Pattern making				
Week 5	Collars: Collars general principles of construction Flat, standing, collar with lapels, cut in one with the garment				
Week 6	Selection and handling of special fabrics: Silk				
Week 7	Selection and handling of special fabrics: Napped fabrics				
Week 8	Mid Term				
Week 9	Yokes with varied shapes (fullness and without fullness)				
Week 10	Gathers, Tucks, Pleats				
Week 11	Gores, Flare				
Week 12	Selection and handling of special fabrics: Sheer fabrics				
Week 13	Selection and handling of special fabrics: Net and lace, Pile fabrics				
Week 14	Selection and handling of special fabrics: Knit fabrics				
Week 15	Revision				
Week 16	Final Term				
Text Books and Reading Materials					
Davies, K., & Barr, T. (2015). Yokes. Kate Davies Designs Ltd Erwin. M. D. Practical dress design: principles of fitting and pattern making. MacMillan Aldrich, W. (2015). Metric Pattern Cutting for Women’s Wear. John Wiley & Sons, Hoboken Giles, R. P. Dressmaking with special fabrics. Mills & Boon Limited Joseph-Armstrong, H. (2014). Pattern making for fashion design (5th ed.). Pearson Education. Mathews, J. L. (2018). Pattern Design: Fundamentals: Construction and Pattern Drafting for Fashion Design. Fairbanks Publishing LLC.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations. Group learning through Group presentations. Individual learning- through Quizzes and Assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HETF-105L	Credit Hours	2(0+2)
Course Title	ADVANCED CLOTHING TECHNIQUES (LAB)				
Course Introduction					
In this course student will learn the advanced techniques to construct the garments of varied styles. They will apply different garment design details using fabrics with different textures, drape and cuts					
Learning Outcomes					
On the completion of the course, the students will: 1. To handle special fabrics used in apparel regarding their cutting and stitching. 2. To enable the students to understand different garment details, their types and constructions.					
Course Contents					
Week 1	Tools and equipment for making patterns				
Week 2	Measurements of individual figure Construction of Basic Blocks (bodice, sleeve)				
Week 3	Construction of Basic Blocks (skirt, trouser) Grading of sizes				
Week 4	Application of Pattern Alteration on Basic Blocks Introduction to construction of night pajama suit with yoke and collar				
Week 5	Drafting of Pattern of night pajama suit with yoke and collar				
Week 6	Cutting of night pajama suit with yoke and collar				
Week 7	Stitching of night pajama suit with yoke and collar				
Week 8	Mid Term				
Week 9	Introduction to Material and Construction of Pattern for Blouse Application on Basic Blocks of Yokes with varied shapes				
Week 10	Cutting of Blouse Application on Basic Blocks of Gathers, Tucks, Pleats				
Week 11	Stitching of Blouse Application on Basic Blocks of Gores, Flare				
Week 12	Foundation pattern of Types of sleeves Introduction to Construction of lower with special cut (pleat, gores, gathers)				
Week 13	Pattern of lower garment with special cut				
Week 14	Cutting of lower garment with special cut				
Week 15	Stitching of lower garment with special cut				
Week 16	Final Term				
Text Books and Reading Materials					
Davies, K., & Barr, T. (2015). Yokes. Kate Davies Designs Ltd Erwin. M. D. Practical dress design: principles of fitting and pattern making. MacMillan Aldrich, W. (2015). Metric Pattern Cutting for Women’s Wear. John Wiley & Sons, Hoboken Giles, R. P. Dressmaking with special fabrics. Mills & Boon Limited Joseph-Armstrong, H. (2014). Pattern making for fashion design (5th ed.). Pearson Education. Mathews, J. L. (2018). Pattern Design: Fundamentals: Construction and Pattern Drafting for Fashion Design. Fairbanks Publishing LLC.					
Teaching Learning Strategies					

Lecture-based learning through lectures and presentations.
Group learning through Group presentations.
Individual learning- through Quizzes and Assessments

HQ-002: TARJUMA-E-QURAN

Compulsory **Course**

Credits:	01
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Type:	Compulsory
Fields:	All

SYLLABUS

The syllabus is available at the following URL:

<https://pu.edu.pk/document/merit/exam/HQ-002.pdf>

#	Code	Course Title	Course Type	Prerequisite	Credit Hours		
Semester III							
1	GICT-201	Applications of Information and Communication Technologies	General		3		
2	GENG-201	Expository Writing	General	GENG-101	3		
3	GPST-201	Pakistan Studies	General		2		
4	HEHF-201	Lifespan Development	Major		3		
5	HEIE-202	Home Management and Housing-I	Major		2		
6	HEIE-202L	Home Management and Housing-I (Lab)	Major		1		
7	HEFN-203	Fundamentals of Food and Nutrition	Major		2		
8	HEFN-203L	Fundamentals of Food and Nutrition (Lab)	Major		1		
9	HQ-003	Tarjuma-e-Quran	Compulsory		0		
Total Credit Hours							17

GICT-201: APPLICATIONS OF INFORMATION AND COMMUNICATION
TECHNOLOGIES

General Education Course

Credits:	03 (Class Credits: 02; Lab Credits: 01)
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	General Education
Fields:	All

DESCRIPTION

This course is designed to provide students with an exploration of the practical applications of Information and Communication Technologies (ICT) and software tools in various domains. Students will gain hands-on experience with a range of software applications, learning how to leverage ICT to solve daily life problems, enhance productivity and innovate in different fields. Through individual and interactive exercises and discussions, students will develop proficiency in utilizing software for communication, creativity, and more.

COURSE LEARNING OUTCOMES

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

- 1.Explain the fundamental concepts, components, and scope of information and communication Technologies (ICT)
- 2.Identify uses of various ICT platforms and tools for different purposes.
- 3.Apply ICT platforms and tools for different purposes to address basic needs in different domains of daily, academic, and professional life.
- 4.Understand and ethical and legal considerations in use of ICT platforms and tools.

SYLLABUS

1. Introduction to Information and Communication Technologies:

- Components of Information and Communication Technologies (basic of hardware, software, ICT platforms, networks, local and cloud data storage etc.)
- Scope of Information and Communication Technologies (use of ICT in education, business, governance, healthcare, digital media and entertainment, etc.)
- Emerging technologies and future trends.

2. Basic ICT Productivity Tools:

- Effective use of popular search engines (e.g., Google, Bing, etc.) to explore World Wide Web.
- Formal communication tools and etiquettes (Gmail, Microsoft Outlook, etc.)
- Microsoft Office Suites (Word, Excel, PowerPoint).
- Google Workspace (Google Docs, Sheets, Slides).
- Dropbox (cloud storage and file sharing), Google Drive (Cloud storage with Google Docs integration) and Microsoft OneDrive (Cloud storage with Microsoft

integration).

- Evernote (Note-taking and organization applications) and OneNote (Microsoft's digital notebook for capturing and organizing ideas).
- Video conferencing (Google Meet, Microsoft Teams, Zoom, etc.).
- Social media applications (LinkedIn, Facebook, Instagram, etc.).

3. ICT in Education

- Working with learning management systems (Moodle, Canvas, Google Classrooms, etc.).
- Sources of online education courses (Coursera, edX, Udemy, Khan Academy, etc.).
- Interactive multimedia and virtual classrooms.

4. ICT in Health and Well-being:

- Health and fitness tracking devices and applications (Google Fit, Samsung Health, Apple Health, Xiami Mi Band, Runkeeper, etc.).
- Telemedicine and online health consultations (OLADOC, Sehat Kahani, Marham, etc.).

5. ICT in Personal Finance and Shopping:

- Online banking and financial management tools (JazzCash, Easypaisa, Zong PayMax, ILink and MNET, Keenu Wallet, etc.)

6. Digital Citizenship and Online Etiquette:

- Digital identity and online reputation.
- Netiquette and respectful online communication.
- Cyberbullying and online harassment.

7. Ethical Considerations in Use of ICT Platforms and Tools:

- Intellectual property and copyright issues.
- Ensuring originality in content creation by avoiding plagiarism and unauthorized use of information sources.
- Content accuracy and integrity (ensuring that the content shared through ICT platforms is free from misinformation, fake news, and manipulation).

PRACTICAL REQUIREMENTS

As part of the overall learning requirements, the course will include:

- 1.Guided tutorials and exercises to ensure that students are proficient in commonly used software applications such as word processing software (e.g., Microsoft Word), presentation software, (e.g., Microsoft PowerPoint), spreadsheet software (e.g., Microsoft Excel) among such other tools. Students may be assigned practical tasks that require them to create documents, presentations, and spreadsheets etc.
- 2.Assigning of tasks that involve creating, managing, and organizing files and folders on both local and cloud storage systems. Students will practice file naming conventions, creating directories, and using cloud storage solutions (e.g., Google Drive, OneDrive).
- 3.The use of online learning management systems (LMS) where students can access course materials, submit assignments, participate in discussion forums, and take quizzes or tests. This will provide students with the practical experience with online platforms commonly used in education and the workplace.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

- 1.“Discovering Computers” by Vermaat, Shaffer, and Freund.
- 2.“GO! With Microsoft Office” Series by Gaskin, Vargas, and McLellan.
- 3.“Exploring Microsoft Office” Series by Grauer and Poatsy.
- 4.“Computing Essentials” by Morley and Parker.
- 5.“Technology in Action” by Evans, Martin and Poatsy.

GENG-201: EXPOSITORY WRITING

General Education Course

Credits:	03
Pre-Requisite:	Functional English
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	2 – 4 Semesters
Type:	General Education
Fields:	

DESCRIPTION

Expository Writing is a sequential undergraduate course aimed at refining writing skills in various contexts. Building upon the foundation of the pre-requisite course, Functional English, this course will enhance students' abilities of producing clear, concise and coherent written texts in English. The course will also enable students to dissect intricate ideas, to amalgamate information and to express their views and opinions through well-organized essays. The students will further be able to refine their analytical skills to substantiate their viewpoints using credible sources while adhering to established ethical writing norms. Additionally, the course will highlight the significance of critical thinking enabling students to produce original and engaging written texts.

COURSE LEARNING OUTCOMES

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

1. Understand the essential of the writing process integrating pre-writing, drafting, editing and proof reading to produce well-structured essays.
2. Demonstrate mastery of diverse expository types to address different purposes and audiences.
3. Uphold ethical practices to maintain originality in expository writing.

SYLLABUS

1. Introduction to Expository Writing:

- Understanding expository writing (definition, types, purpose and applications)
- Characteristics of effective expository writing (clarity, coherence and organization)
- Introduction to paragraph writing

2. The Writing Process:

- Pre-writing techniques (brainstorming, free-writing, mind-mapping, listing, questioning and outlining etc.)
- Drafting (three stage process of drafting techniques)
- Revising and editing (ensuring correct grammar, clarity, coherence, conciseness etc.)
- Proof reading (fine-tuning of the draft)
- Peer review and feedback (providing and receiving critique)

3. Essay Organization and Structure:

- Introduction and hook (engaging readers and introducing the topic)
- Thesis statement (crafting a clear and focused central idea)
- Body Paragraphs (topic sentences, supporting evidence and transitional devices)
- Conclusion (types of concluding paragraphs and leaving an impact)
- Ensuring cohesion and coherence (creating seamless connections between paragraphs)

4. Different Types of Expository Writing:

- Description
- Illustration
- Classification
- Cause and effect (exploring causal relationships and outcomes)
- Process analysis (explaining step-by-step procedures)
- Comparative analysis (analyzing similarities and differences)

5. Writing for Specific Purposes and Audiences:

- Different types of purposes (to inform, to analyze, to persuade, to entertain etc.)
- Writing for academic audiences (formality, objectivity, and academic conventions)
- Writing for public audiences (engaging, informative and persuasive language)
- Different tones and styles for specific purposes and audiences

6. Ethical Considerations:

- Ensuring original writing (finding credible sources, evaluating information etc.)
- Proper citation and referencing (APA, MLA, or other citation styles)
- Integrating quotes and evidences (quoting, paraphrasing, and summarizing)
- Avoiding plagiarism (ethical considerations and best practices)

PRACTICAL APPLICATIONS AND CAPSTONE PROJECT

As part of the overall learning requirements, students will be required to build a writing portfolio having a variety of expository texts and present the same at the end of the course showcasing proficiency in expository writing.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

1. “The St. Martin’s Guide to Writing” by rise B. Axelrod and Charles R. Cooper.
2. “They Say / I Say: The Moves That Matter in Academic Writing” by Gerald Graff and Cathy Birkenstein.
3. “Writing Analytically” by David Rosenwasser and Jill Stephen.
4. “Style: Lessons in Clarity and Grace” by Joseph M. Williams and Joseph Bizup.
5. “The Elements of Style” by William Strunk Jr. and E.B. White.
6. “Good Reasons with Contemporary Arguments” by Lester Faigley and Jack Selzer.
7. “Writing to Learn; How to Write – and Think – Clearly About Any Subject at All” by William Zinsser.
8. “The Norton Field Guide to Writing” by Richard Bullock, Maureen Daly Goggin, and Francine Weinberg.
9. “The Art of Styling Sentences” by Ann Longknife and K.D. Sullivan.
10. “Writing Today” by Richard Jonson-Sheehan and Charles Paine.

GPST-201: Pakistan Studies
General Education Course

Credits: 02
Pre-Requisite: Nil
Offering: Undergraduate Degrees (including Associate Degrees)
Type: General Education
Fields: All

SYLLABUS

The syllabus is available at the following URL:
https://pu.edu.pk/home/bos2_pro/273/164

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEHF-201	Credit Hours	3(3+0)
Course Title	LIFESPAN DEVELOPMENT				
Course Introduction					
This course will introduce students to the field of lifespan development, focusing on the physical, cognitive, social, and emotional changes that occur from infancy through old age. It will equip students with the ability to analyse and apply key theories and concepts of human development, understand the complexity of individual development within diverse contexts and changing environments, and examine the implications of developmental processes for families, relationships, and communities					
Learning Outcomes					
At the end of the course, the students will be able to:					
1. Understand and work effectively with a diversity of individuals and communities.					
2. Conduct cutting-edge, programmatic research in various domains of human development.					
3. Apply, and synthesize developmental concepts in a variety of situations.					
4. Create an enabling environment for people to enjoy long, healthy and creative lives.					
Course Contents					
Week 1	Introduction: Lifespan perspective, Periods of development, Research methods for studying				
Week 2	Developmental changes, Overview of developmental theories				
Week 3	Discussion or Display board Display board (prepare display for physical presentation, any introductory topic)				
Week 4	Problems of newborn and maternal postpartum concerns				
Week 5	Problems of newborn and maternal postpartum concerns Case study (research based, as an educational Aid for each problem)				
Week 6	Infancy and Toddlerhood: Physical and motor development, Cognitive development, Socio-emotional development in infancy, Nutrition and global considerations				
Week 7	Nutrition and global considerations				
Week 8	Childhood: Physical and motor development, Cognitive development, Personality development; Mid Term Assessment				
Week 9	Parenting styles, Sibling relationships, Children and the media, Child abuse, Bullying				
Week 10	Adolescence and Early Adulthood: Physical development, Cognitive development, Socio-emotional Development, Discussion				
Week 11	Moral development; (Gender and identity in early adulthood, Career choice and professional development) Family adjustments: Marriage and Parenthood				
Week 12	Middle and Late Adulthood: Challenges of adulthood, Midlife Crisis; (Occupational and family adjustments), Religion and spirituality, Work, retirement and leisure				
Week 13	Death and Dying: Developmental perceptions of death and death anxiety, Presentation				
Week 14	Death and Dying: Curative, palliative and hospice care, Coping with loss and grief				
Week 15	Revision				
Week 16	Final Assessment				
Text Books and Reading Materials					
Berk, Laura E. (2013). Exploring lifespan development (3nd ed.). New York: Allyn& Bacon.					
Broderick & Blewitt (2014). The life span: Human development for helping professionals (4 th ed.). New York, NY: Pearson					
Crain, W. (2011). Theories of development (6th ed.). Boston: Prentice Hall.					
Kail, R. V. (2013). Human development (6th ed.). Australia: Wadsworth.					
Moshman, D. (2011). Adolescent rationality and development (3rd ed.). New York NY:Psychology Press.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations. Group Assignments and discussions. Individual learning through Discussion or Display board and assessments					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEIE-202	Credit Hours	2(2+0)
Course Title	HOME MANAGEMENT AND HOUSING-I				
Course Introduction					
The syllabus for this course emphasizes various key objectives such as understanding management principles in family and work situations, utilizing time, energy, and resources effectively for individual and community benefit, comprehending the concept of family and its relationship with the community, demonstrating awareness of community resources, understanding wise money management, consumerism concepts, intelligent decision-making regarding shelter for the family, safety consciousness applications, maximizing benefits from goods and services, and acquiring basic job market skills					
Learning Outcomes					
After studying this course, students should be able to:					
1. Evaluate housing decisions in relation to available resources and options.					
2. Demonstrate the issues related to living environment of individuals and families throughout the life cycle					
3. Analyze the significance of home for individuals and families.					
Course Contents					
Week 1	Management, Definition and its importance, process, Motivation and decision Making				
Week 2	Relationship to Home management, Family life cycle its size and composition				
Week 3	Resources, Definition, types, scarcity				
Week 4	Inter relationship of resources, Management of specific resources				
Week 5	Management of Time and Energy				
Week 6	Concept of Management Applied to Time and Energy, Guides to Time Management and Time Planning				
Week 7	Ways of Controlling Energy and Fatigue, Work Simplification in Relation to task management Community needs assessment.				
Week 8	Mid Term Assessment				
Week 9	Kitchen and storage, Type of kitchen				
Week 10	Types of kitchen				
Week 11	Principles of storage				
Week 12	Importance of Functional storage				
Week 13	Practical reports				
Week 14	Practical reports				
Week 15	Revision				
Week 16	Final Assessment				
Text Books and Reading Materials					
Beerbohm, M. & Imao, D. (2020). Home management: meaning, concept and needs (1st ed).					
Garrison, C. L. Modern household equipment. Prentice Hall College					
Luque, J.P., Ikromov, N., & Noseworthy ,W.B. -(2019). Affordable housing development (1st ed).					
Nissen, L.; Faulkner, R. & Faulker, S. Inside todays home.Ted Buchholz.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations.					
Group learning through group assignments and discussion.					
Individual learning- through Designing, planning and evaluation of Floor plans and kitchen					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEIE-202L	Credit Hours	1(0+1)
Course Title	HOME MANAGEMENT AND HOUSING-I (LAB)				
Course Introduction					
The syllabus for this course emphasizes various key objectives such as understanding management principles in family and work situations, utilizing time, energy, and resources effectively for individual and community benefit, comprehending the concept of family and its relationship with the community, demonstrating awareness of community resources, understanding wise money management, consumerism concepts, intelligent decision-making regarding shelter for the family, safety consciousness applications, maximizing benefits from goods and services, and acquiring basic job market skills					
Learning Outcomes					
After studying this course, students should be able to:					
1. Evaluate housing decisions in relation to available resources and options.					
2. Demonstrate the issues related to living environment of individuals and families throughout the life cycle					
3. Analyze the significance of home for individuals and families.					
Course Contents					
Week 1	Management, Definition and its importance, process.				
Week 2	Family life cycle its size and composition				
Week 3	Resources, Definition, types, scarcity				
Week 4	Inter relationship of resources, Management of specific resources				
Week 5	Management of Time and Energy				
Week 6	Guides to Time Management and Time Planning				
Week 7	Community needs assessment.				
Week 8	Mid Term Assessment				
Week 9	Kitchen and storage				
Week 10	Type of kitchen				
Week 11	Type of kitchen				
Week 12	Importance of Functional storage				
Week 13	Principles of storage				
Week 14	Principles of storage				
Week 15	Revision				
Week 16	Final Assessment				
Text Books and Reading Materials					
Beerbohm, M. & Imao, D. (2020). Home management: meaning, concept and needs (1st ed).					
Garrison,C.L. Modern household equipment. Prentice Hall College					
Luque, J.P., Ikromov, N., & Noseworthy ,W.B. -(2019). Affordable housing development (1st ed).					
Nissen, L.; Faulkner, R. & Faulker, S. Inside todays home.Ted Buchholz.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations.					
Group learning through group assignments and discussion.					
Individual learning- through Designing, planning and evaluation of Floor plans and kitchen					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEFN-203	Credit Hours	2(2+0)
Course Title	FUNDAMENTALS OF FOOD AND NUTRITION				
Course Introduction					
This subject will equip students with basic nutrition concepts, including the role of nutrients in the body and the foods sources of those nutrients. They will learn to identify factors which influence food choice, and how they influence nutritional status. Students will also learn to apply the concepts to the planning and preparation of meals.					
Learning Outcomes					
After completing this course students will be able to: 1. Develop an understanding of basic terms in food, nutrition and dietetic. 2. Understand the role of various nutrients and their importance in planning and preparing balanced diet.					
Course Contents					
Week 1	Introduction to Nutrition; definition of food; nutrition, dietetics and relevant terms: health, nutrients, nutritional status, and malnutrition. Functions of foods: physiological, psychological and social.				
Week 2	Signs of good and poor nutrition.				
Week 3	Carbohydrates - classification, functions, food sources, deficiencies				
Week 4	Proteins - types, food sources, deficiencies				
Week 5	Lipids, fats, cholesterol and obesity				
Week 6	Vitamins and fibers				
Week 7	Minerals - macro & micro, functions, sources, deficiencies				
Week 8	Mid Term				
Week 9	Balanced Diet - principles and components				
Week 10	Food Guide Pyramid, DRIS				
Week 11	Nutrient conservation-storage & cooking methods				
Week 12	Food habits and culture				
Week 13	Food fads and fallacies				
Week 14	Principles of diet therapy and fitness				
Week 15	Revision				
Week 16	Final Assessment				
Text Books and Reading Materials					
Geissler, C. A., & Powers, H. J. (2010). <i>Human nutrition</i> (12th ed.). Churchill Livingstone. Mudambi, Sumati, R. and Rajagopal, M.V. (2013). Fundamentals of Food, Nutrition, and diet therapy. New Age International. Srilakshmi, B. (2023). <i>Food science</i> (8th ed., Multi- Colour Edition). New Age International Publishers Whitney, E. N., & Rolfes, S. R. (2022). <i>Understanding nutrition</i> (16th ed.). Cengage Learning					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations. Group learning through group assignments discussion and laboratory work. Individual learning through practical work and application of theory principles.					

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	Associate Degree in Home Economics	Course Code	HEFN-203L	Credit Hours	1(0+1)
Course Title	FUNDAMENTALS OF FOOD AND NUTRITION (LAB)				
Course Introduction					
This subject will equip students with basic nutrition concepts, including the role of nutrients in the body and the foods sources of those nutrients. They will learn to identify factors which influence food choice, and how they influence nutritional status. Students will also learn to apply the concepts to the planning and preparation of meals.					
Learning Outcomes					
After completing this course students will be able to: 1. Develop an understanding of basic terms in food, nutrition and dietetic. 2. Understand the role of various nutrients and their importance in planning and preparing balanced diet.					
Course Contents					
Week 1	Introduction to practical side of Food and Nutrition, Orientation to File Work				
Week 2	Basic practical terms, definitions and skills				
Week 3	Basic practical terms, definitions and skills				
Week 4	Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods.				
Week 5	Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods.				
Week 6	Nutrition Care Process, Methods of Dietary Intake, Recording Food Intake				
Week 7	Nutrition Care Process, Methods of Dietary Intake, Recording Food Intake				
Week 8	Mid Term				
Week 9	Introduction to Dietary Composition of Various Foods, Food Composition Table, Concept of Serving Size of Different Food Groups				
Week 10	Introduction to Dietary Composition of Various Foods, Food Composition Table, Concept of Serving Size of Different Food Groups				
Week 11	Introduction to Menu Planning, Rules of Menu Planning, Introduction to Meal Preparation				
Week 12	Introduction to Menu Planning, Rules of Menu Planning, Introduction to Meal Preparation				
Week 13	Effect of preparation and cooking on color, texture and palatability of different food groups				
Week 14	Effect of preparation and cooking on color, texture and palatability of different food groups				
Week 15	File signing				
Week 16	Final Term				
Text Books and Reading Materials					
Geissler, C. A., & Powers, H. J. (2010). <i>Human nutrition</i> (12th ed.). Churchill Livingstone.					
Mudambi, Sumati, R. and Rajagopal, M.V. (2013).Fundamentals of Food, Nutrition, and diet therapy. New Age International.					
Srilakshmi, B. (2023). <i>Food science</i> (8th ed., Multi- Colour Edition). New Age International Publishers					
Whitney, E. N., & Rolfes, S. R. (2022). <i>Understanding nutrition</i> (16th ed.). Cengage Learning					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations.					
Group learning through group assignments discussion and laboratory work.					
Individual learning through practical work and application of theory principles.					

HQ-003: TARJUMA-E-QURAN

Compulsory Course

Credits:	00
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Type:	Compulsory
Fields:	All

SYLLABUS

The syllabus is available at the following URL:

<https://pu.edu.pk/document/merit/exam/HQ-003.pdf>

Scheme of Study / Semester-wise workload

#	Code	Course Title	Course Type	Prerequisite	Credit Hours	
Semester IV						
1	SAPY-211	Introduction to Psychology	General		2	
2	GQR-202	Quantitative Reasoning (II)	General	GQR-101	3	
3	HEFN-204	Meal Management	Major	HEFN-203	2	
4	HEFN-204L	Meal Management (Lab)	Major	HEFN-203L	1	
5	HEHF-205	Family and Community Development	Major		2	
6	HEHF-205L	Family and Community Development (Lab)	Major		1	
7	HEIE-206	Home Management and Housing-II	Major	HEIE-202	2	
8	HEIE-206L	Home Management and Housing-II (Lab)	Major	HEIE-202L	1	
9	HEDD-207L	Digital Design (Lab)	Major		3	
10	HQ-004	Tarjuma-e-Quran	Compulsory		1	
Total Credit Hours					18	

Paper Code	SAPY-211	Cr. Hrs	02
Paper Title	INTRODUCTION TO PSYCHOLOGY		
Domain	Social Sciences		

Course Objectives

The main aim is to familiarize students with history, main concepts, methods, and theoretical frameworks in psychology. The course will help students appreciate the human nature and its related concepts, thereby will gain insight into human behavior and human relationships.

Course Outcome

After successful completion of this course the students will be able to:

- Have a grasp over basic concepts and theoretical perspectives explaining human behavior. They will be able to appreciate the complexity of human behavior and relationships.
- They will be able to understand Psychology as science and empirical methods used for understanding different aspects of human behavior.

Course Contents

- **Understanding Psychology**
 - i. Psychology: Scientific perspective
 - ii. Historical perspective
 - iii. Schools of psychology
 - iv. Methods of psychology
 - v. Ethical issues
 - vi. Fields of psychology and their application
- **Biological Basis of Behaviour**
 - i. Neuron and its function
 - ii. Central nervous system
 - iii. Peripheral nervous system
 - iv. Endocrine system
- **Sensation and Perception**
 - i. Senses: Vision, audition, smell, taste and kinesthetic
 - ii. Introduction to perception
 - iii. Gestalt principles
 - iv. Binocular and monocular cues
 - v. Illusions and extra sensory perception
- **Learning**
 - i. Definition of learning
 - ii. Types of learning: Classical and operant conditioning
 - iii. Punishment and its effects
 - iv. Latent and observational learning

- **Memory**
 - i. Definition and types of memory
 - ii. Processes and techniques of improving memory
 - iii. Forgetting: Nature and causes
- **Cognition and Language**
 - i. Concept of cognition
 - ii. Problem solving
 - iii. Judgment and decision making
 - iv. Language development
 - v. Language and cognition
 - vi. Language and culture
- **Intelligence and Creativity**
 - i. Concept of intelligence
 - ii. Theories of intelligence
 - iii. Assessment of intelligence
 - iv. Mental retardation
 - v. Concept of creativity and its stages
- **Motivation and Emotion**
 - i. Introduction to motivation
 - ii. Factors affecting motivation
 - iii. Introduction to emotions
 - iv. Types of emotions
 - v. Physiology and emotion
 - vi. Theories of emotion
- **Personality**
 - i. Defining personality
 - ii. Theories of personality
 - iii. Personality assessment
- **Social Thinking and Social Influence**
 - i. Social facilitation
 - ii. Attribution theory
 - iii. Crowd behavior
 - iv. Conformity, Obedience
 - v. Helping behavior

- **Teaching - Learning Strategies**

Semester Work will include Assignments, Quizzes, Presentation, Class Projects, Class participation.

The goal through Sessional work would be to inculcate (learning goal of) acquisition of factual information/ subject matter/ course content, Application of knowledge and enhancing the synthesizing and generalization capacity of the students.

- **Assignments-Types and Number with Calendar**

Sr. No.	Semester Weeks	Suggested Topics
1	3 rd Week	Comparison of different schools of psychology
2	6 th Week	Difference between types of learning

3	9 th Week	Comparison of different theories of intelligence
4	12 th Week	Theories of emotions and their differences and similarities
5	15 th Week	Comparison of different theories of personality

• **Assessment and Evaluation: As per University Rules**

Sr. No.	Elements	Weightage	Details
1	Midterm Assessment	35%	It takes place at the mid-point of the semester.
2	Formative Assessment	25%	It is continuous assessment. It includes: classroom participation, attendance, assignments and presentations, homework, attitude and behavior, hands-on-activities, short tests, quizzes etc.
3	Final Assessment	40%	It takes place at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.

Recommended Books

- Atkinson R. C., & Smith, E. E. (2000). *Introduction to psychology* (13th ed.). NY: Harcourt Brace College Publishers.
- Coon, D., & Mitterer, J. (2008). *Introduction to psychology: Gateways to mind and behavior* (12th ed.). USA: Wadsworth Cengage Learning.
- Fernald, L. D., & Fernald, P.S (2005). *Introduction to psychology*. USA; WMC Brown Publishers.
- Fredrickson, B., Nolen-Hoeksema, S., Loftus, G., & Wagenaar, W. (2009). *Atkinson & Hilgard's introduction to psychology* (15th ed.). USA: Wadsworth.
- Glassman, W.E. (2000). *Approaches to psychology*. Open University Press.
- Hayes, N. (2000). *Foundation of psychology* (3rd ed.). UK: Thomson Learning.
- Kalat, J. W. (2010). *Introduction to psychology*. USA: Cengage Learning, Inc.
- Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). UK: McGraw-Hill Companies, Inc.
- Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc.
- Myers, D. G. (2011). *Psychology* (10th ed.). USA: Wadsworth Publishers.
- Ormord, J. E. (1995). *Educational psychology: Developing learners*. USA: Prentice Hall, Inc.
- Rathus, S. (2011). *Psychology: Concepts and connections* (10th ed.). USA: Wadsworth Cengage Learning.

GQR-202: QUANTITATIVE REASONING (II)

General Education Course

Credits:	03
Pre-Requisite:	Quantitative Reasoning (I)
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	2 – 4 Semesters
Type:	Mandatory
Fields:	

DESCRIPTION

Quantitative Reasoning (II) is a sequential undergraduate course that focuses on logical reasoning supported with mathematical and statistical concepts and modeling / analysis techniques to equip students with analytical skills and critical thinking abilities necessary to navigate the complexities of the modern world. The course is designed to familiarize students with the quantitative concepts and techniques required to interpret and analyze numerical data and to inculcate an ability in students the logical reasoning to construct and evaluate arguments, identifying fallacies, think systematically. Keeping the pre-requisite course of Quantitative Reasoning (I) as its base, this course will enable students further their quantitative, logical and critical reasoning abilities to complement their specific major / field of study.

COURSE LEARNING OUTCOMES

By the end of this course, students shall have:

1. Understanding of logic and logical reasoning;
2. Understanding of basic quantitative modeling and analyses;
3. Logical reasoning skills and abilities to apply them to solve quantitative problems and evaluate arguments;
4. Ability to critically evaluate quantitative information to make evidence based decisions through appropriate computational tools.

SYLLABUS

1. Logic, Logical and Critical Reasoning

- Introduction and importance of logic;
- Inductive, deductive and adductive approaches of reasoning;
- Propositions, arguments (valid; invalid), logical connectives, truth tables and propositional equivalences;
- Logical fallacies;
- Venn Diagrams;
- Predicates and quantifiers;
- Quantitative reasoning exercises using logical reasoning concepts and techniques.

2. Mathematical Modeling and Analyses;

- Introduction to deterministic models;
- Use of linear functions for modeling in real-world situations;

- Modeling with the system of linear equations and their solutions;
- Elementary introduction to derivatives in mathematical modeling;
- Linear and exponential growth and decay models;
- Quantitative reasoning exercises using mathematical modeling.

2. **Statistical Modeling and Analyses**

- Introduction to probability models; Basic concept of Normal distribution and Binomial distribution with simple applications
- Bivariate analysis, scatter plots; Pearson correlation; Simple linear regression
- Concept of statistical Inference in decision making; Chi-square test of association
- Quantitative Reasoning exercises using statistical modeling.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

1. “Using and Understanding Mathematics: A Quantitative Reasoning Approach” by Bennett, J. O., Briggs, W. L., & Badalmenti, A.
2. “Discrete Mathematics and its Applications” by Kenneth H. Rosen.
3. “Discrete Mathematics with Applications” by Susanna S. Epp.
4. “Applied Mathematics for Business, Economics and Social Sciences” by Frank S Budnick.
5. “Elementary Statistics: A Step by Step Approach” by Allan Bluman.
6. “Introductory Statistical Modeling” by Prem S. Mann.
7. “Applied Statistical Modeling” by Salvatore Babones.
8. “Barrons SAT” by Sharvon Weiner Green, M.A and Ira K. Wolf.

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
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Programme	Associate Degree in Home Economics	Course Code	HEFN- 204	Credit Hours	2(2+0)
Course Title	MEAL MANAGEMENT				
Course Introduction					
This course deals with the principles of planning, procurement, preparation, storage and service of nutritious and adequate meals for the family, and for special occasions, emphasis on economy, sanitation, nutrition, and aesthetics. Laboratory experience will include application of the above principles.					
Learning Outcomes					
After completing this course students will be able to: 1. Develop skills to plan appropriate meals matching the nutritional needs of the family using available resources. 2. To develop an understanding of market condition and important factors in selection of various food products. 3. To create awareness about selection, care and use of table appointments in different table settings and service of meals.					
Course Contents					
Week 1	Introduction to Meal Planning, Importance of meal planning				
Week 2	Goals for meal planning, Principles of meal planning				
Week 3	Selection of various foods in relation to season and market conditions				
Week 4	Selection of table appointments.				
Week 5	Use and care of table appointments.				
Week 6	Study of different types of table settings				
Week 7	Group Discussion on assignments				
Week 8	Mid Term				
Week 9	Table manners and etiquettes				
Week 10	Types of Services				
Week 11	Table manners and etiquettes, continued				
Week 12	Types of Services				
Week 13	Types of Services				
Week 14	Presentations				
Week 15	Presentations				
Week 16	Final Assessment				
Text Books and Reading Materials					
Brown, A. C. (2019). Understanding food: Principles and preparation (6th ed.). Cengage Learning. Kinder, F., & Green, N. R. (2022). Meal Management (2nd ed.; includes DVD). 3G E Learning. McWilliams, M. (2009). Fundamentals of Meal Management (5th ed.). Pearson Prentice Hall. Whitney, E. N., & Rolfes, S. R. (2022). Understanding nutrition (16th ed.). Cengage Learning					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations. Group learning through group assignments and discussion and performing practicals related to meal management and food preservation. Individual learning- through planning and evaluation meal.					

Govt. Queen Mary Graduate College, Lahore
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Programme	Associate Degree in Home Economics	Course Code	HEFN-204L	Credit Hours	1(0+1)
Course Title	MEAL MANAGEMENT (LAB)				
Course Introduction					
This course deals with the principles of planning, procurement, preparation, storage and service of nutritious and adequate meals for the family, and for special occasions, emphasis on economy, sanitation, nutrition, and aesthetics. Laboratory experience will include application of the above principles.					
Learning Outcomes					
After completing this course students will be able to: 1. Develop skills to plan appropriate meals matching the nutritional needs of the family using available resources. 2. To develop an understanding of market condition and important factors in selection of various food products. 3. To create awareness about selection, care and use of table appointments in different table settings and service of meals.					
Course Contents					
Week 1	Keeping a record of market prices (retail & wholesale)				
Week 2	Keeping a record of market prices (retail & wholesale)				
Week 3	Comparison of weight, volume and effect of cooking on color, taste and texture of different foods.				
Week 4	Comparison of weight, volume and effect of cooking on color, taste and texture of different foods.				
Week 5	Use and care of table appointments.				
Week 6	Planning, preparation and service of meals				
Week 7	Group Discussion on assignments				
Week 8	Mid Term				
Week 9	Planning, preparation and service of meals				
Week 10	Planning, preparation and service of meals for different occasions at different income levels.				
Week 11	Planning, preparation and service of meals for different occasions at different income levels.				
Week 12	Planning, preparation and service of meals for different occasions at different income levels.				
Week 13	Food cost, quality and other marketing regulations				
Week 14	File checking				
Week 15	Final file signing				
Week 16	Final Assessment				
Text Books and Reading Materials					
Brown, A. C. (2019). Understanding food: Principles and preparation (6th ed.). Cengage Learning. Kinder, F., & Green, N. R. (2022). Meal Management (2nd ed.; includes DVD). 3G E Learning. McWilliams, M. (2009). Fundamentals of Meal Management (5th ed.). Pearson Prentice Hall. Whitney, E. N., & Rolfes, S. R. (2022). Understanding nutrition (16th ed.). Cengage Learning					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations. Group learning through group assignments and discussion and performing practicals related to meal management and food preservation. Individual learning- through planning and evaluation meal.					

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Programme	Associate Degree in Home Economics	Course Code	HEHF-205	Credit Hours	2(2+0)
Course Title	FAMILY AND COMMUNITY DEVELOPMENT				
Course Introduction					
Students will be able to understand the individual and family development dynamics within families, and interaction between the families and larger social context. They will be able to gain the thorough understanding of community development combined with the practical work					
Learning Outcomes					
Students will be able to: 1. Recognize the individual & family dynamics including inter-family interaction as well as the larger social context. 2. Demonstrate understanding of community development and practical skills necessary to work effectively in development work. 3. Gain expertise in independent and team-based family and community research.					
Course Contents					
Week 1	Introduction to Sociology of the Family and community: Family and community as social institutions				
Week 2	Family and community as social institutions				
Week 3	The Family: Functions and types of family, Change in family institution Group Discussion, with logical arguments pros and cons				
Week 4	The Family: Functions and types of family, Change in family institution				
Week 5	Community: Functions and Types of communities in urban/rural areas, social change Activity and report (Part I)				
Week 6	Community: Functions and Types of communities in urban/rural areas, social change				
Week 7	Community: Functions and Types of communities in urban/rural areas, social change				
Week 8	Mid Term Assessment				
Week 9	Community Development: Meaning and principles, Methods and types of community dev.				
Week 10	Community Development: Meaning and principles, Methods and types of community dev., Report and activity (Part II)				
Week 11	Community Development: Meaning and principles, Methods and types of community dev.				
Week 12	Review of latest research in family and community development				
Week 13	Review of latest research in family and community development, Report and activity (Part III)				
Week 14	Review of latest research in family and community development				
Week 15	Review of latest research in family and community development				
Week 16	Final Assessment				
Text Books and Reading Materials					
Widmer, J. (Ed.). (2016). Supporting Family and Community Investments in Young Children Globally: Summary of a Joint Workshop by the National Academies of Sciences, Engineering, and Medicine and the Ethiopian Academy of Sciences. National Academies Press. Rubin and Rubin (2007). Community Organizing and Development. 4th Edition. Allyn & Bacon. Brown, J. B. (2007) Building Powerful Community Organizations: A Personal Guide To Creating Groups That Can Solve Problems and Change the World. Allyn & Bacon. Phillips and Pittman (2009). An Introduction to Community Development. Routledge.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations. Group Assignments and discussions. Individual learning through Discussion or Display board and assessments					

Govt. Queen Mary Graduate College, Lahore
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Programme	Associate Degree in Home Economics	Course Code	HEHF-205L	Credit Hours	1(0+1)
Course Title	FAMILY AND COMMUNITY DEVELOPMENT (LAB)				
Course Introduction					
Students will be able to understand the individual and family development dynamics within families, and interaction between the families and larger social context. They will be able to gain the thorough understanding of community development combined with the practical work					
Learning Outcomes					
Students will be able to:					
1. Recognize the individual & family dynamics including inter-family interaction as well as the larger social context.					
2. Demonstrate understanding of community development and practical skills necessary to work effectively in development work.					
3. Gain expertise in independent and team-based family and community research.					
Course Contents					
Week 1	Minor project of community development (to be carried out in the immediate community).				
Week 2	Minor project of community development (to be carried out in the immediate community).				
Week 3	Class discussion on final projects				
Week 4	Minor project of community development (to be carried out in the immediate community).				
Week 5	Minor project of community development (to be carried out in the immediate community).				
Week 6	Major project of community development (to be carried out in coordination with government and non-government organization).				
Week 7	Major project of community development (contd.).				
Week 8	Mid Term Assessment				
Week 9	Major project of community development (to be carried out in coordination with government and non-government organization).				
Week 10	Major project of community development (contd.).				
Week 11	A detailed written report of the above projects.				
Week 12	A detailed written report of the above projects.				
Week 13	A detailed written report of the above projects.				
Week 14	Class discussion on final projects				
Week 15	Class discussion on final projects				
Week 16	Final Assessment				
Text Books and Reading Materials					
Widmer, J. (Ed.). (2016). Supporting Family and Community Investments in Young Children Globally: Summary of a Joint Workshop by the National Academies of Sciences, Engineering, and Medicine and the Ethiopian Academy of Sciences. National Academies Press.					
Rubin and Rubin (2007). Community Organizing and Development. 4th Edition. Allyn & Bacon.					
Brown, J. B. (2007) Building Powerful Community Organizations: A Personal Guide To Creating Groups That Can Solve Problems and Change the World. Allyn & Bacon.					
Phillips and Pittman (2009). An Introduction to Community Development. Routledge.					
Teaching Learning Strategies					
Lecture- based learning through lectures and presentations.					
Group Assignments and discussions.					
Individual learning through Discussion or Display board and assessments					

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Programme	Associate Degree in Home Economics	Course Code	HEIE-206	Credit Hours	(2+0)
Course Title	HOME MANAGEMENT AND HOUSING-II				
Course Introduction					
The course provides a comprehensive understanding of various aspects related to family resource management, home management, and design. It covers theoretical and practical elements such as planning, organizing, controlling, and evaluating resources available to families. Additionally, it emphasizes the importance of wise money management, consumerism concepts, decision-making regarding shelter for the family, safety consciousness applications, and maximizing benefits from goods and services					
Learning Outcomes					
After studying this course, students should be able to:					
1. Understand current housing concern and factors in rural and urban areas.					
2. Understand and evaluate different construction materials.					
3. Critically analyze furnishing, accessories and household equipment and appliances.					
Course Contents					
Week 1	Introduction to Housing: Definition and importance of housing, review of housing needs.				
Week 2	Review of Housing Conditions in Pakistan: Urban areas, rural areas.				
Week 3	Presentation of Rural and Urban areas				
Week 4	Review of Building Materials: Woods, Masonry, concrete, metal, glass, plastic				
Week 5	Presentation and on building materials				
Week 6	Planning of the House: Primary considerations, principle of the house planning				
Week 7	Furniture, Furnishings and Accessories, Selection, care, arrangement				
Week 8	Midterm assessment				
Week 9	Assignment on accessories				
Week 10	Utensils, Equipment				
Week 11	Discussion on furniture trends, Assignment market trends				
Week 12	Electrical Appliances: Selection, Care maintenance				
Week 13	Presentation				
Week 14	Project planning for residence				
Week 15	Project execution or report writing				
Week 16	Final Term Assessment				
Textbooks and Reading Materials					
Beerbohm. M. & Imao, D. (2020). Home Management: Meaning, concept and needs (1st ed).					
Garrison, C.L. Modern household equipment. Prentice Hall College. Div.					
Luque. J. P., Ikromov. N., & Noseworthy, W. B. (2019). Affordable housing development (1st ed).					
Nissen, L.; Faulkner, R. & Faulker, S. Inside todays home. Ted Buchholz.					
Ruiz, F. P. (2005). Building an affordable house: A smart guide to high-value, low cost construction. Taunton.					
Salant, K. (2001). The brand-new house book: everything you need to know about planning, designing, and building a custom, semi-custom, or production-built house. Three Rivers Press.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations.					
Group learning through group assignments and discussion.					

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Programme	Associate Degree in Home Economics	Course Code	HEIE-206L	Credit Hours	1(0+1)
Course Title	HOME MANAGEMENT AND HOUSING-II (LAB)				
Course Introduction					
The course provides a comprehensive understanding of various aspects related to family resource management, home management, and design. It covers theoretical and practical elements such as planning, organizing, controlling, and evaluating resources available to families. Additionally, it emphasizes the importance of wise money management, consumerism concepts, decision-making regarding shelter for the family, safety consciousness applications, and maximizing benefits from goods and services					
Learning Outcomes					
After studying this course, students should be able to:					
1. Understand current housing concern and factors in rural and urban areas.					
2. Understand and evaluate different construction materials.					
3. Critically analyze furnishing, accessories and household equipment and appliances.					
Course Contents					
Week 1	Definition and importance of housing				
Week 2	Review of Housing Conditions in Pakistan:				
Week 3	Review of Housing Conditions in Pakistan:				
Week 4	Review of Building Materials: Woods, Masonry, concrete, metal, glass, plastic				
Week 5	Review of Building Materials: Woods, Masonry, concrete, metal, glass, plastic				
Week 6	Difference between Furniture, Furnishings and Accessories				
Week 7	Furniture, Furnishings and Accessories Selection, care, arrangement				
Week 8	Mid-term assessment				
Week 9	Furniture, Furnishings and Accessories Selection, care, arrangement				
Week 10	Accessories , Selection, care, arrangement				
Week 11	Assignment furniture trends				
Week 12	Assignment furniture trends				
Week 13	Project planning for residence				
Week 14	Project planning for residence				
Week 15	Project planning for residence				
Week 16	Final Term Assessment				
Textbooks and Reading Materials					
Beerbohm. M. & Imao, D. (2020). Home Management: Meaning, concept and needs (1st ed).					
Garrison, C.L. Modern household equipment. Prentice Hall College. Div.					
Luque. J. P., Ikromov. N., & Noseworthy, W. B. (2019). Affordable housing development (1st ed).					
Nissen, L.; Faulkner, R. & Faulker, S. Inside todays home. Ted Buchholz.					
Ruiz, F. P. (2005). Building an affordable house: A smart guide to high-value, low cost construction. Taunton.					
Salant, K. (2001). The brand-new house book: everything you need to know about planning, designing, and building a custom, semi-custom, or production-built house. Three Rivers Press.					
Teaching Learning Strategies					
Lecture-based learning through lectures and presentations.					
Group learning through group assignments and discussion.					
Individual learning- through Assignments and individual presentations					

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Programme	Associate Degree in Home Economics	Course Code	HEDD-207L	Credit Hours	3(0+3)
Course Title	DIGITAL DESIGN (LAB)				
Course Introduction					
Digital design is a broad term for all that goes into creating different digital products. It encompasses graphic design, user interface, user experience, and occasionally real-world products that have digital components. The purpose of a Digital Designer is to create digital assets for multimedia and graphics projects, including websites, mobile apps, advertising, animation, emails, social media, video games, and interactive displays.					
Learning Outcomes					
On the completion of the course, the students will:					
1. To develop further knowledge of design process building on the previous understanding of design elements and principles by means of digital medium.					
2. To gain understanding of digital design process through inclusion of two software solutions i.e. Adobe Illustrator.					
Course Contents					
Week 1	GETTING TO KNOW THE WORK AREA • Control panel • Working with panels • Tool panel • Saving your work • Using multiple artboards • Customizing your workspace Practice/ Assignment				
Week 2	SELECTING AND ALIGNING • Selection Tool v. Direct Selection Tool • Magic Wand • Grouping objects • Aligning objects Practice/ Assignment				
Week 3	BASIC SHAPES • Basic Shape Tools • Stroke and Fill • Line segments • Joining paths • Modifying basic shapes				
Week 4	PATHFINDER • Shape Modes v. Pathfinders • Shape builder Practice/ Assignment				
Week 5	TRANSFORMING OBJECTS • Scaling objects • Reflecting objects • Distorting objects • Shearing objects • Making multiple transformations				
Week 6	DRAWING WITH THE PEN TOOL/PENCIL TOOL • Creating straight lines • Creating curved paths • Curves and corner anchor points • Selecting and manipulating curves Practice/ Assignment				
Week 7	DRAWING WITH THE PEN TOOL/PENCIL TOOL • Pencil tool • Changing pencil tool options • Smooth tool • Variable-width strokes • Drawing tablet Revision, Practice/ Assignment				
Week 8	Mid Term				
Week 9	USING COLOR • CMYK v. RGB • Color panel • Color guide • Appearance panel • Creating and saving custom colors Practice/ Assignment				
Week 10	USING COLOR • CMYK v. RGB • Swatch libraries • Spot colors • Live paint • Kuler color panel				
Week 11	TYPE • Importing text files • Using columns • Threading Text • Character Panel • Character Styles • Paragraph Panel • Type on a path • Outlining typePractice/ Assignment				
Week 12	LAYERS • Creating layers • Moving layers • Locking layers • Viewing layers • Merging layers • Isolation mode				

Week 13	GRADIENTS AND BLENDS • Linear vs. Radial Gradients • Using the Gradient Panel • Changing colors of gradient • Changing direction of gradient • Transparency and gradients • Gradient Tool • Blending objects • Specified Steps vs. Smooth Color • Modifying blends Practice/ Assignment
Week 14	WORKING WITH SYMBOLS • Symbol libraries • Creating symbols • Editing symbols • Applying a symbols instance • Breaking link to symbol • Symbol sprayer tool BRUSHES • Brush libraries • Creating own brushes • Pattern brushes • Bristle Brush Practice/ Assignment
Week 15	Compilation of Portfolio
Week 16	Final Assessment
Text Books and Reading Materials	
Heller, Steven. , & Anderson, Gail (2016). <i>The Graphic Design Idea Book</i> . Laurence King Publishing. Woods, B. (2022). <i>Adobe Illustrator: Classroom in a Book (2022 release)</i> . Pearson Education, Limited.	
Teaching Learning Strategies	
Lecture- based learning through class demonstrations. Group Assignments and discussions. Individual learning through assignments.	

HQ-004: TARJUMA-E-QURAN

Compulsory Course

Credits:	01
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Type:	Compulsory
Fields:	All

SYLLABUS

The syllabus is available at the following URL:

<https://pu.edu.pk/document/merit/exam/HQ-004.pdf>