

OUTLINES OF HOME ECONOMICS PRACTICALS

(Maintain a record of the Practical in a file)

SECTION-I

1. Time and motion study – preparing time plans
2. Emphasis on method of work simplification:
Experiment of at least 4 activities from different aspects of life e.g.
 - i. Laying of tables
 - ii. Polishing, furniture, brass or silver
 - iii. Dish-washing
 - iv. Cleaning and dusting
3. Making budgets for different income levels
4. Making a pair of cushion cover, 16" sq in Patch work, using left over fabrics pieces
5. Material for one year work, making an arrangement using dried branches/shells/ wood/ fabric/or plant material
6. Flower arrangement – fresh (Keep a record and all the practicals in a file)

SECTION-II

7. Drafting of the following garments:
Basic bodies block and adapt it to the design of your own choice
8. Stitching of two garments:
 - i. Qameez
 - ii. Kurta
9. Embroidry any one of the following
 - a. 6 chair backs
 - b. 2 cushions
 - c. 2 trolley cover + 1 teacosy + 6 napkins
 - d. 1 tray cover + 1 teacosy + 6 napkins
10. Clothing file
 - a. Drafting of garments, samples of 15 basics embroidery stitches, use of illustration to depict basic colour schemes and accessories
 - b. Basic seam finishes
11. Weighing and measuring techniques of food items
12. Prepare selected foods involving basic principles of cookery of various food groups:
cooking practicals:
 - a. Egg cookery i.e. boiled, fried, poached
 - b. Milk cookery, sheer khurma, firni, custards (stirred, steam baked)
 - c. Meat cookery, dry and moist cookery (Shami kabab, korma, chicken pulao/ vegetable pulao)
 - d. Vegetables salads:
 - i. Tossed salad
 - ii. Arranged salad with cooking
 - iii. Fruit, salad (Gelatin Mould)
Bhujias – Spinach Potatoes
 - e. Cereals:
 - i. Daal (dry and soupy)
 - ii. Chapati, ParathaPreparation of at least 3 of the following:
 - f. Snacks:
 - i. Nan Khatai
 - ii. Sandwiches
 - iii. DoughnutsBeverages, Tea, Lassi, Lemonade
 - g. Plan a day's menu for your family

FINE ARTS PRACTICAL

Total Marks: 110

DAY 1

Commercial Designing:

1. Repeat pattern/ Greeting Card (Marks:18 Time allowed: 3 hours)
2. Poster designing / Figure Composition (Marks:18 Time allowed: 3 hours)
3. Exhibition work of **TWO** years (Marks:38)

Detail of exhibition of work (minimum number of works):

- a) Colour wheel (1)
- b) Gradation Chart (1)
- c) Repeat Designs (20)
- d) Printing/ Stamping (2)
- e) Repeat Designs (15)
- f) Posters (04)
- g) Book jackets (02)
- h) Nature Studies (02)
- i) Still lifes (04)
- j) Life Drawing (06)
- k) Figure composition (03)
- l) Landscapes (02)

DAY 2

Drawing Painting:

1. Still Life: (Marks: 18 Time allowed: 3 hours)
Medium – Water Colours
2. Life Drawing: (Marks: 18 Time allowed: 3 hours)
Medium: Pencil/ Charcoal/Pastels

LIBRARY SCIENCE PRACTICALS

HSSC

SECTION-I (First Day)

1. Compilation of bibliography on any assigned topic, (Minimum 50 centuries)
2. Classification (100 books)
3. Practical work in College Library (Six periods of 45 minutes per week)

SECTION-II (Second Day)

1. Cataloguing (100 books)
2. Indexing of periodicals and newspapers
3. Searching of reference queries (50 items)
4. Practical work in the college library (6 periods of 45 minutes per week)

GEOGRAPHY PRACTICALS

HSSC

SECTION-I

1. Introduction

- Maps, its essentials and types (with the help of Atlas in the lab)
- Finding location on a globe, latitude and longitude
- Longitude and time (calculation on the globe in lab)
- Representation of direction
- Methods of finding directions

2. Scales and their construction

- Scale and its types
- Methods of showing scale on a map and conversion
- Construction of Plain Scale
- Use of Scale: measurement of distance on the map between points

3. Representation of Relief

- Methods of showing relief on a map; contours form line, hachures, hill shading and layer tinting
- Identification of rocks

SECTION-II

4. Map Projection

- Basic concept of map projection
- Types of projection, characteristics and uses
- Identification of projection on atlas maps

5. Statistical Diagrams

- Line graph
- Bar Graph
- Pie-graph

6. Distribution Maps

- Shading Method
- Dot Method

7. Map Reading

- Topographical sheets, marginal information, identification of natural and cultural features

Note: The students are required to use sketches, maps and diagrams to illustrate the Geography of an area. They are also required to do exercises of drawing outline map of Pakistan and its provinces and general map reading; however the Globe, physical and political maps of the World, Asia, South Asia and Pakistan should be available in the classrooms.

ESSENTIALS FOR PRACTICAL

The following instruments and materials are essential for doing practical. These should be provided to schools/students, whatever possible.

Good pair of compass fitted with both pencil and pen points. The pencil points should be kept thin and
Pencils-H and HB

Dividers, Erasers and ruler.

Drawing pen and Drawing Box
Ink and Graph Paper

Protector and Ruling Pen, Coloured Crayons
or Paint Box.

HEALTH AND PHYSICAL EDUCATION PRACTICALS

HSSC

1. Educational Gymnastics: Exercise for legs, arms, dorsal, heaving
2. Agilities:
 - a. Boys: Forward-roll, Backward-roll, dive-roll
 - b. Girls: Forward-roll, Backward-roll, dive-roll
3. Fundamental skill of:
 - a. Boys: Football & Volleyball
 - b. Girls: Netball & Volleyball
4. Fundamental skills of athletics:
 - a. Boys: Shot put; Hos step & Jump; 4x100 meters relay
 - b. Girls: Shot put; Hos step & Jump; 4x100 meters relay
5. Educational Gymnastics: Head and back exercise; Lateral exercises, Abdominal exercises, Balance exercise
6. Agilities: For boys and girls: head standing and hand standing
7. Fundamental skills in games:
 - a. Boys: Hockey and Basketball
 - b. Girls: Badminton and Table Tennis
8. Fundamental skills in Athletics:
 - a. Boys: Javelin Throw, High Jump & 400 meters race
 - b. Girls: Javelin Throw, High Jump & 400 meters race

PSYCHOLOGY PRACTICALS

HSSC

1. Blind Spot
2. Muller-type-Illusion
3. Effect of Suggestion on Perception
4. After Image
5. Retroactive Inhibition
6. Problem solving
7. Measurement of Memory by Recall Methods
8. T.A.T.
9. Practical Journal & Viva Voce
10. STATISTICS
 - i. Tabulation of Data
 - ii. Graphic Presentation of Data
 - a. Frequency Histogram
 - b. Frequency Polygon
 - c. Frequency Curve
 - iii. Measures of Central Tendency of groups X, Un-Grouped Data
 - a. Arithmetic Mean
 - b. Median
 - c. Mode
11. FIELD WORK
 - i. Measurement of Attitude/Opinion
 - ii. Data Collection
 - iii. Report Writing

JOURNAL & VIVA VOCE

STATISTICS PRACTICALS

HSSC

SECTION-I

1. Presentation of data, measure of location and dispersion.
2. Index Number.
3. Simple regression and correlation.
4. Analysis of time series.

SECTION-II

1. Probability, discrete and continuous probability distribution.
2. Binomial, hypergeometric and normal distribution.
3. Statistical inference, association.
4. Orientation of computers.