



Curriculum for Life Skills

(Relating to Adult Literacy)

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**Punjab Curriculum and Textbook Board
Government of the Punjab**



*Literacy & Non Formal Basic Education Department,
Govt. of the Punjab*

Life Skills Curriculum is a suggestive curriculum for Adult Literacy learners.

This will be implemented with collaboration of other concerned departments of the Government of the Punjab by utilizing their execution mechanisms. This should be subject to availability of resources and administrative arrangements.

Topics included here in can be increased, decreased and otherwise as per actual situation.

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**Strand: Islamic Education and Teaching****Standard:** The learners will understand basic teachings of Islam and demonstrate them.

Benchmark 1: Understand and acquire the knowledge of the basic teachings of Islam.	
SLOs	Contents
1. Understands the six fundamental beliefs of Islam.	Beliefs (Tauheed, Rassalat, Aakhert, Farishton, Alhaami Kitabon, taqdeer per emaan)
2. Understand and practice the five Arkan e Islam.	Arkan e Islam (Allah aur Rasool per per emaan (Kalma e tauheed) , Namaz, Zakat, Roza, Hajj
3. Memorize Aayt ul Kursi, 4 Quls and Namaz.	Aayt ul Kursi, 4 Quls and Namaz
4. Understands translation of 10 Ahadees about pillars of Islam and moral values.	10 selected Ahadees
5. Demonstrate in sequence the steps of ablution, Ghusal and prayers.	Importance of ablution, Ghusal in Ibaadat
6. Tell about Hijri calendar and recall fall of important Islamic events.	Hijri Calendar and fall of important Islamaic events (Eid Milad, Eid ul fittar, Eid ul Izha, Lailatu qadar, Roze,).
Benchmark 2: Develop his / her personality/character on the basis of Islamic teachings and principles	
1. Understand basic Muamlaat (honesty, truthfulness, Adal, Ehsan, respect, back biting, theft etc.)	Basic Muamlaat (honesty, truthfulness, Adal, Ehsan, respect, back biting, theft etc.).
2. Narrate important aspects (like justice and equality, honesty, truthfulness, Adal, Ehsan) of the personality of the Holy Prophet (ﷺ)	Important aspects of the personality of the Holy Prophet (ﷺ) (like justice and equality, honesty, truthfulness, Adal, Ehsan).
3. Understand and perform roles and duties as member of family and society.	Roles and duties as member of family and society.
4. Show sense of love for good and hate for sin.	Some prominent sins (Gunah e Kabeera) and virtues (Sachai, Tolerance, Haqooq ul Abaad, Haqooq Ullah).
Benchmark 3: Render selfless services for the welfare of society and humanity at large.	
1. Understand importance of living together.	Living together
2. Identify the role of individuals in society in the light of teaching of Islam.	



<ol style="list-style-type: none"> 3. Understands rewards of selfless services in this world and world here after. 4. Name the common selfless services at various levels, situations in community. 	<p>Selfless services</p> <p>List of rewards of selfless services</p>
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Strand: Values and Ethics

Standard: The learners will understand and practice ethical and moral qualities like tolerance, justice and equality, dutifulness, discipline, perseverance, courtesy, appreciation and positive attitude towards living together.

<p>Benchmark 1: Understand the need and importance of moral values, ethics and positive attitude.</p>	
<ol style="list-style-type: none"> 1. Understand moral values and ethics 2. Understand the importance of justice, equality, honesty, truthfulness, Ehsan, sacrifice, politeness and respect. 3. Understand merits and demerits of discipline and dutifulness in everyday life. 4. Appreciate and practice different ethical values and positive attitudes in everyday life especially towards disadvantage group of society. 5. Show honesty and trustworthiness in business/work and everyday dealings. 	<p>Important moral values and ethics (tolerance, justice and equality, dutifulness, discipline, perseverance, courtesy, appreciation and positive attitude towards living and working together)</p> <p>Discipline and dutifulness</p>
<p>Benchmark 2: Contribute towards the well-being of community by displaying positive attitudes.</p>	
<ol style="list-style-type: none"> 1. Understand the importance of individuals and their role in the different aspects of community welfare. 2. Participate in different events of the community 3. Participate in different welfare and development activities in the community (Imdad e Baahmi) 4. Replicate and scale up successful 	<p>Importance of individual and their role in community.</p> <p>Mention different events of community</p> <p>Welfare and developmental activities</p>



<p>stories of self-help basis programmes.</p> <p>5. Describe the contribution of famous personalities for the betterment of humanity.</p>	<p>Contribution of famous personality for service of humanity</p>
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Strand: Rights and Responsibility

Standard: The learners will identify rights, duties and responsibilities of self and others.

<p>Benchmark 1: Grasp and internalize the concepts of rights and duties as something being reciprocal in nature.</p>	
<ol style="list-style-type: none"> 1. Understand the concept of rights and duties. 2. List the important rights and responsibility. 3. State the importance of rights of people 4. Understand the role and duties of self and others. 	<p>Concept of rights and duties</p> <p>Importance and rights and responsibilities</p>
<p>Benchmark 2: Understand their rights and obligations towards family members as well as society and develop a positive attitude towards them.</p>	
<ol style="list-style-type: none"> 1. Understand rights and obligations of other family members. 2. Understand rights and obligations of neighbors, different segments of community and society. 	<p>Rights and obligations of family members</p> <p>Rights and obligations of neighbors, community and society</p>
<p>Benchmark 3: Demonstrate tolerance, regard and respect towards members of society belonging to other religions / sects / languages.</p>	
<ol style="list-style-type: none"> 1. Understand the concept and importance of equality of all human being in the light of last sermon of Holy Prophet (ﷺ) 2. Understand the importance of tolerance, regards and respect towards members of other religions, sects, casts and languages 3. Develop a sense of tolerance, regards and respect towards members of other religions, sects, casts and languages. 	<p>Concept of equality of human beings in the light of last sermon of Holy Prophet (ﷺ).</p> <p>Importance of tolerance, regards and respect towards members of other religions, sects, casts and languages in harmonizing the society.</p>

Strand: Health and Nutrition



Standard: The learners will understand the importance of personal health, hygiene and diets for a healthy life.

Benchmark 1: Understand the need and importance of health and cleanliness , the symptoms, causes and prevention of common diseases	
1. Understands concept of good health.	Concept of good health
2. Understand the importance of cleanliness for maintaining good health	Importance of cleanliness
3. Understand the concept of Personal, family and community hygiene and practice in daily life	Personal, family and community hygiene Common disease their symptoms, protection and prevention
4. Name and describe the common diseases; their causes, symptoms, transmission, prevention, control and treatment	
5. Use first aid techniques after accident and poisoning.	First aid
6. Use available health facilities	Health facilities
Benchmark 2: Be aware of needs and requirements of balanced diet for different age groups.	
1. Understand the concept of food; food path and nutrition.	Food, food path and Nutrition
2. Define balance diet and its component	Balance diet
3. Understand food hygiene its importance and handling practices for good health	Food hygiene
4. Understands types of food for different age groups	Types of food
5. Understands feeding and eating habits in Islamic perspective.	Feeding and eating in Islamic perspective
6. Describe different sources, importance and uses of water	Sources, importance and uses of water
7. Understand the importance of clean drinking water	
8. Describe methods to make water safe and clean.	Methods for cleaning water
9. Identify water related diseases.	Un clean water diseases



Benchmark 3: Be aware of aftereffects stress and emotional tension and know how to reduce and cope with them.	
1. Define stress and emotional tension.	Stress emotional tension and its aftereffects. Techniques of reduce stress and emotional tension (Deep breezing, Simple physical exercise, Smiling, Talk with someone else, contentment, etc.).
2. Identify stress and tension in common situations.	
3. Understand how to reduce and cope with stress and emotional tension through deep breezing , Simple physical exercise, Smiling, Talk with someone else, Contentment.	

Strand: Home Management

Standard: The learners will understand and demonstrate different aspects of home management

Benchmark 1: Understand the importance of home management within family resources.	
1. Define family resources (human, time, energy, income).	Different aspects of home management (Home budgeting , Maintain the family unit Tarbeet -e –aulad, Management and optimal use of available resources, Home safety)
2. Understand concept of different aspects of home management.	
3. Understands roles of different family members in home management (Home budgeting, maintain the family unit, Tarbeet e aulad, Management and optimal use of available resources, Home safety).	
4. Understand and demonstrate the management of human, time, energy and financial resources for home management.	
5. Understand home budgeting and savings.	
Benchmark 3: Understand the requirements of good home and roles and responsibilities of each family member to improve home condition.	
1. Understand the basic requirement of good home.	Requirements of a good home.
2. Understand how to maintain and improve.	Roles and responsibilities of family members to improve home condition.
3. Identify roles and responsibilities of each family member in maintenance to improve home condition.	
4. Keep and maintain record of family events.	Record keeping of family events.



Strand: Mother and Childcare

Standard: The learners will understand the importance of mother and childcare, its benefits and demonstrate them.

Benchmark: Understand the concept of mother and child care its importance and benefits.	
1. Understand concept of mother care, its importance and benefits	Child and mother care, its importance
2. Understand the concept of child care and its importance	
3. Demonstrate mother and child care in their everyday life.	Responsibilities of parenthood in child care
4. Understand and feel the responsibilities of parenthood in child care.	

Strand: Access to basic facilities/linkages

Standard 1: The learners will be aware about the types of services/facilities in their locality and procedure to approach these. .

Benchmark: Awareness about different services/ facilities available in their locality and procedure to approach these.	
1. Identify different types of services and facilities.	Types of services/ facilities (Medical, immunization, education, Union Council, NADRA, Birth registration, death certificate, ID cards, passport, voter registration, Nikah Nama, mother and child care, scholarships, small business, small loans, skills, community development. Municipal services etc.)
2. Locate different types of services/facilities and their functions.	
3. Understand the rights of access to basic services/facilities.	Location of services
4. Understand the procedure to approach basic services/facilities.	Rights and procedures to approach



Strand: Disaster Management

Standard: The learners will be aware of various types of disasters, precautionary measures, methods of prevention and post disaster management and rehabilitation

Benchmark 1: Learners are aware of different kinds of disasters and calamities, and how to minimize damages

1. Understand the meaning of disaster and name forms of major disasters.	Meaning and nature of disaster
2. Narrate possible types of disasters that can occur in their local area	Forms of major disaster (Earthquake, fire, flood, land sliding, hurricanes and storms, epidemics, war, bomb blast)
4. Demonstrate necessary preparation for different types of disaster	Disaster Preparedness
4. Demonstrate places and route to evacuate	Places and route to evacuate
5. Locate emergency telephone numbers.	Information sources about disaster
6. Identify the information sources during the disaster (e.g. radio, TV, local government office etc.)	
7. Know the safe meeting places in case of disaster	Location of safe places in case of disaster (i. a place near the home in case of a fire, ii. a place outside the neighborhood in case cannot return home after a disaster).

Benchmark 2: Knowledge of necessary skills and competencies for survival of self, family members and others during and after disaster

1. Know and demonstrate necessary skills and competencies during and after disaster.	Necessary skills and competencies for survival of self and family members. <ul style="list-style-type: none"> • Turning of the water, gas electricity connections disaster as a precautionary measure at the time of switches • Use of protective dress and sturdy shoes • Locking of house
2. Understand how to perform during the disaster	Essential skills and behavior during disaster (Stay low to the ground when escaping from a fire, Never open doors that are hot, Find another way out.).
3. Understand the importance and demonstrate confidence, courage, patience and steadfastness to bear the losses in everyday life and create a spirit of cures, help, concern and sacrifices for others.	Importance of confidence, courage, patience and steadfastness to bear the losses in everyday life and create a spirit of cures, help, concern and sacrifices for others.



Strand: Daily Use Technologies

Standard: The learners will understand the role and use of every day basic technology in overall improvement in quality of their lives by solving of everyday life problems.

<ol style="list-style-type: none">1. Understand the nature and importance of basic technology in everyday life.2. Describe the kinds of technology3. Understand the role of ICT in making life easy4. Understand the role, importance and use of technology in everyday life 5. Describe and apply the general instructions for the maintenance of the household devices/gadgets.	<p>Kinds and nature of technology</p> <p>Role of ICT in our life</p> <ul style="list-style-type: none">• Easy and effective ways of doing things• Better and quick access to information• Improve quality of life• Saving of resources and time <p>Some important technologies and their use</p> <ul style="list-style-type: none">• Digital watches and tips for use• Radio and TV and tips for their use• DVD player and recorder and tips for it use• Telephone (Mobile, landline, wireless, cordless, etc.)and tips for there uses• Calculator, basic computer tips for there uses• ATM machine and tips for its uses• Elevator and tips for its uses• Thermometer, blood pressure and sugar test operates and tips for their uses. <p>Common home appliances (Washing machine, Electric Iron, Micro wave oven, refrigerator, electric milk blowing machine, juicer, blender, chopper, etc.)</p> <p>General instructions for the maintenance of the household devices.</p>
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