



STUDY GUIDE

PROGRAMS	BDS & MBBS
COURSE TITLE	PAKISTAN STUDIES
TARGET STUDENTS	2nd year BDS & MBBS 2026
CREDIT HOURS	2
INTRODUCTION	<p>This course on Pakistan Studies provides a background on the Pakistan Movement and the political development after its inception. It also covers the salient features of Pakistan such as its land, economy, human development, and domestic, international, and current affairs.</p> <p>This course has been designed so that Bachelor level students can appreciate the significance of the creation of Pakistan and its role in the world. The course of Pakistan Studies clearly links with what the students have studied in high school and proves a relatively greater depth to the topics studied earlier.</p> <p>Health care providers in Pakistan must be motivated to serve the nation with dedication and zeal. Knowledge about Pakistan's past and current issues will help them release the importance of the country and will provide them with the impetus to serve Pakistan better.</p>
OUTCOMES	By the end of the course, JSMU students will be able to discuss the events that led to the creation of Pakistan, her geo-political significance and political structure
COURSE OBJECTIVES	By the end of the course, 1 st year students will be able to:
	<p>A. HISTORICAL PERSPECTIVE</p> <p>i. People & Land</p> <p>a. Describe the geographical Features of Pakistan, its location, features of the land and important landmarks</p> <p>b. Name the countries neighboring Pakistan</p> <p>c. Discuss the significance of prehistoric civilizations of the subcontinent, i.e., Mehrgarh, Indus Valley Civilization (Mohenjo-Daro & Harappa), and Gandhara.</p> <p>d. Discuss the historical contacts made by Indians with traders,</p>



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	<p>travelers and conquerors from the Middle East, Persia, Central Asia.</p> <p>e. State relevant example of foreign assimilations into mainstream India</p> <p>f. Discuss the reasons that brought them to the Subcontinent.</p> <p>g. State relevant examples of cultural & religious assimilations as witnessed in the art, literature and political/ religious movements.</p>
	<p>ii. Ideological Rationale for the creation of Pakistan</p> <p>a. Explain the contributions made to the Pakistan Movement by the following: Sir Syed Ahmed Khan, Sir Allama Muhammad Iqbal, and Quaid-e-Azam Muhammad Ali Jinnah.</p>
	<p>iii. Factors leading to Muslim separatism</p> <p>· Describe the factors that led to Muslim separation</p>
	<p>B. GOVERNMENT AND POLITICS IN PAKISTAN</p> <p>i. Political and Constitutional Phases:</p> <p>a. Describe the main events and their effects on development of Pakistan during the following time periods:</p> <ul style="list-style-type: none">· From 1947-58· From 1958-71· From 1971-77· From 1978 - 88· From 1988-99· From 1999 onwards
	<p>C. CONTEMPORARY PAKISTAN</p> <p>i. Economic Institutions & Issues</p> <p>a. Explain the structure of Pakistan's economy (Agriculture, Industry, Services sector and Trade).</p> <p>b. Discuss the agriculture sector in Pakistan</p> <p>c. Discuss the process of Industrialization in Pakistan</p> <p>d. Explain the growth of the services sector in Pakistan (IT, Telecommunication, Trade and Banking industry).</p>



	<ul style="list-style-type: none">e. Discuss contemporary issues related to Pakistan's economyf. Explain the concept of 'Balance of Payment (BoP) crisis'g. Describe the role of foreign remittance transfersh. Describe the economic developments in Pakistan such as Roshan Digital Account, Financial Inclusion etc.i. Define 'Budget deficit'j. Discuss the of external factors such as Foreign aid, Foreign debt, IMF and World Bank in economic progressk. Describe the existing Taxation structure of Pakistan and implications for the poor.
	<ul style="list-style-type: none">ii. Society and social structure<ul style="list-style-type: none">a. Discuss the following issues related to Pakistan's society and social structure:<ul style="list-style-type: none">i. Literacy in Pakistanii. Population growth, composition, related issues and reforms.iii. Population distribution and implications for resource distribution and geopolitics.iv. Poverty trends and related reforms.v. Wealth concentration and regional inequalityvi. Rural-Urban migration and related issues.vii. Issues of gender equality and developmentsviii. Class, Caste and Tribal system in Pakistan
	<ul style="list-style-type: none">iii. Ethnicity<ul style="list-style-type: none">a. Explain the ethnic structure of Pakistanb. Discuss Interprovincial conflicts, Intra provincial conflicts of ethnicity in Pakistan,



	<p>c. Discuss the inclusive and exclusive trends based on Ethnicity and their implications on Pakistan</p>
	<p>iv. Foreign policy of Pakistan and Challenges</p> <p>a. Foreign policy of Pakistan (Aims and objectives)</p> <p>b. Pakistan and World powers (Russia, United States and China), Pakistan's relations with SAARC states, Middle East countries and Europe, Emerging Power centers and Pakistan.</p> <p>c. Overview of demographic, social, economic, global and political challenges and resolutions.</p>
READING SOURCES	<p>Kazimi, M.R (2007). <i>Pakistan Studies</i>. Oxford University Press</p> <p>Khan. H., <i>Constitutional and Political History of Pakistan</i>, 2019, Oxford University Press, Karachi.</p> <p>Wynbrandt, J., <i>A Brief History of Pakistan</i>, 2009.</p> <p>Cohen, S. Philip, <i>The Idea of Pakistan</i>, 2004, Brookings Institution Press.</p> <p>Long, Roger. D., <i>A History of Pakistan</i>, 2015, Oxford University Press, Karachi.</p> <p>Zaheer, Hassan, <i>The Separation of East Pakistan</i>, 1994, Oxford University Press, Karachi.</p> <p>Ziring, Lawrence, <i>Pakistan in the Twentieth Century- A Political History</i>, 1997, Oxford University Press, Karachi.</p>
INTERNAL ASSESSMENT	<p>20% marks from internal assessment will be added to the final marks. The assessment tools and frequency are to be decided by the individual institutions.</p>
ANNUAL EXAMINATION	<p>Annual examination will be based on MCQs only. Students will have to pass this examination any time before graduation. The first attempt must, however, be in the second professional examinations for MBBS and BDS.</p>
COURSE EVALUATION	<p>This course will be evaluated as per JSMU & HEC policies</p>