

CSS COMPETITIVE EXAMINATION

Optional Subjects — Complete Suggested Readings

Easy Scoring Subjects | All Books & Resources from Official FPSC Syllabus (CE-2016)

Subjects Covered in This Document

Subject	Group	Marks	Books
Gender Studies	Group V • 1 Paper	100	17
Sociology	Group VII • 1 Paper	100	16
Psychology	Group VII • 1 Paper	100	16
Criminology	Group VI • 1 Paper	100	15
Journalism & Mass Communication	Group VII • 1 Paper	100	20
History of Pakistan & India	Group IV • 1 Paper	100	11
Islamic History & Culture	Group IV • 1 Paper	100	28
Environmental Science	Group V • 1 Paper	100	17

Gender Studies

Group V • 1 Paper

100 Marks

Why easy to score: Easiest optional in CSS. Syllabus is short, current-events friendly, and no calculations whatsoever. Case studies of Malala and Mukhtaran Mai can be answered from newspaper reading alone.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	Theories of Women Studies	Eds., Bowles, Gloria & Renate D. Klein
2	Feminist Thoughts	Tong, Rosemarie
3	Gender, USA (2013)	Harriet Bradley
4	Reversed Realities	Kabeer, Naila
5	Gender Planning and Development	Moser, Caroline
6	Women of Pakistan: Two Steps Forward, One Step Back (1987)	Mumtaz, Khawar & Shaheed, Farida
7	Feminism and its Relevance in South Asia	Saeed K, Nighat & Bahsin, Kamla

8	Electoral Politics: Making Quotas Work For Women (2011)	<i>Hoodfar, Homa & Tajali, Mona</i>
9	The Gender Face of Asian Politics (2009)	<i>Ayaz, Aazar & Fleschenberg, Andrea</i>
10	Performance Assessment of Women Parliamentarians in Pakistan (2002)	<i>Bari, Farzana</i>
11	Base Line Report: Women's Participation in Political and Public Life (1999)	<i>Zia, Shahla & Bari, Farzana</i>
12	Freedom from Violence (1992)	<i>Schuler, Margarte</i>
13	Human Rights Commission of Pakistan Report (Annual)	<i>HRCP</i>
14	The Social Construction of Gender	<i>Lorber, Judith</i>
15	Locating the Self: Perspectives on Women and Multiple Identities (1998)	<i>Khan, N.S. et al. (ed.)</i>
16	Women's Law in Legal Education and Practice in Pakistan (1997)	<i>Shaheed, F. & Mehdi, R. (ed.)</i>
17	The State of Women Studies in Pakistan (Journal of Asian Women Studies)	<i>Bari, Farzana</i>

Sociology

Group VII • 1 Paper

100 Marks

Why easy to score: Massive overlap with Pakistan Affairs (compulsory). Topics like feudalism, poverty, social problems and urbanisation in Pakistan are directly covered. One good intro textbook + Pakistani Society by Akbar Ahmad covers almost the entire paper.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	Sociology: A Down to Earth Approach	<i>James M. Henslin</i>
2	Pakistani Society	<i>Akbar Ahmad, S.</i>
3	Sociology, 10th edition (2004)	<i>John J. Macionis</i>
4	Master of Sociological Thought	<i>Lewis A. Coser</i>
5	Contemporary Sociological Theories	<i>Pitrim Sorokin</i>
6	Sociological Theory (1988)	<i>Ritzer, Georg</i>
7	Poverty Curtains	<i>Dr. Mehboob-ul-Haq</i>
8	Feudal System in Pakistan	<i>Nawab Haider Naqvi</i>
9	Social Change and History	<i>Robert Nisbet</i>
10	The Sociology of Rural Life	<i>Lynn Smith, T.</i>

11	Methods of Social Research	Baily
12	Sociology: Social Structure and Social Conflict (1989)	Kerbo, Harold R.
13	Sociology: An Introduction to the Science of Society	Koening, Samuel
14	Marriage and The Family (1961)	Lee, Alfred Mclung & Lee, Elizabeth Briant
15	An Introduction to the History of Sociology (1966)	Barnes, H.E. (Ed.)
16	Research Methodology (Revised Ed.)	Neuman, Lawrence

Psychology

Group VII • 1 Paper

100 Marks

Why easy to score: One standard intro textbook (Hilgard's Atkinson or Myers) covers the full paper. Topics are logical and intuitive — learning, memory, personality, mental health. No mathematics at all. The forensic and industrial sections overlap with Criminology.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	Introduction to Psychology (Hilgard's)	Atkinson, R.C. & Fredrickson, B.
2	Psychology	Myers, D.G.
3	Introduction to Psychology: Gateways to Mind and Behavior	Coon, D. & Mitterer, J.
4	Introduction to Psychology	Kalat, J.W.
5	Life Span Development	Santrock, J.W.
6	Abnormal Psychology	Kring, A.M.
7	Development Across the Life Span	Feldman, R.
8	Social Psychology	Baron, R.A.
9	Introduction to Forensic Psychology	Bartol, C.R.
10	Forensic Psychology	Fulero, S.M. & Wrightsman
11	Foundation of Physiological Psychology	Carlson, N.R.
12	Applied Industrial / Organizational Psychology	Aamodt, M.
13	Organizational Psychology	Singh, P.
14	Foundation of Psychology	Hayes, N.
15	Psychology: Concepts and Connections	Rathus, S.
16	Introduction to Psychology	Fernald, L.D. & Fernald, P.S.

Criminology

Group VI • 1 Paper

100 Marks

Why easy to score: Paper is divided into 4 sections of exactly 25 marks each — very easy to plan your preparation. Modern topics like terrorism, cyber crime, NAB, FIA are things you already follow in the news. Strong overlap with Psychology (criminal behaviour theories).

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	Theoretical Criminology	<i>George B. Vold, Thomas J. Bernard & Jeffrey B. Snipes</i>
2	Modern Criminology: Crime, Criminal Behavior and its Control	<i>Hagan, J.</i>
3	New Perspectives in Criminology	<i>Conklin, J.E.</i>
4	Crime Prevention: Theory and Practice	<i>Stephen, S.</i>
5	Juvenile Delinquency: Theory, Practice, and Law	<i>Seigel, L.J.</i>
6	Juvenile Delinquency: An Integrated Approach	<i>James, B.</i>
7	Crime, Justice and Society: An Introduction to Criminology	<i>Ronald, J.B., Marvin, D.F. & Patricia, S.</i>
8	Criminal Interrogation and Confessions	<i>Fred, E.I., John, E.R., Joseph, P.B. & Brian, C.J.</i>
9	Security Studies: An Introduction	<i>Paul, D.W.</i>

Suggested Websites

Organisation	URL
International Society of Criminology (ICS)	www.isc-sic.org
American Society of Criminology (ASC)	www.asc41.com
British Society of Criminology (BSC)	www.britsoccrim.org
European Society of Criminology (ESC)	www.esc-eurocrim.org
International Police Executive Symposium (IPES)	www.ipes.info
Campbell Library	www.campbellcollaboration.org/library.php

Journalism & Mass Communication

100 Marks

Why easy to score: If you follow Pakistani media, you already know more than half the syllabus. PEMRA, press freedom, social media, 24/7 TV culture, Pakistani media history — all tied directly to Current Affairs (compulsory). No technical skills required.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	McQuail's Mass Communication Theory, 4th ed. (Sage, 2000)	Denis McQuail
2	Communication Theories: Origins, Methods and Uses in the Mass Media, 5th ed.	Werner J. Severin & James W. Tankard Jr.
3	Diffusion of Innovations, 5th ed. (Free Press, 2003)	Rogers, Everett M.
4	News Media and Journalism in Pakistan (LAP Lambert, 2011)	Khan, Altaf
5	News Media and Journalism in Pakistan and Germany (2003)	Khan, Altaf
6	Communication Models for the Study of Mass Communication, 2nd ed.	McQuail, Dennis & Windhal, Swen
7	Broadcast Regulations: the German Example (FES 1993)	Metzger, Herbert
8	Ethics in Journalism: A Reader on Their Perception in the Third World (FES 1999)	Kunczik, Michael (Ed.)
9	Handbook of International and Intercultural Communication, 2nd ed.	Gudykunst & Mody, Sage (2001)
10	Applying Communication Theory for Professional Life: An Introduction, 2nd ed.	London: Sage
11	Media Impact	Wadsworth / Thompson Learning, Belmont, CA
12	Media Now: Communication Media in the Information Age	Wadsworth / Thompson Learning
13	Participatory Development	Hasan, Arif (Oxford, 2010)
14	Report and Recommendations of the Media Commission (2013)	FES, Islamabad
15	Reporting the Frontier: Media Capacity Building for Peace in Pakistan's Tribal Areas	Khan, Altaf (VDM Verlag, 2011)
16	Journalism – Principles and Practices	Vistaar Publications (2006)
17	The Handbook of New Media	London: Sage
18	Controversies in Contemporary Advertising	Newbury Park: Sage Publications
19	Public Relations: Writing & Media Techniques	Harper Collins College Publishers, NY
20	Model Freedom of Information Act (2001)	Consumer Rights Protection Commission of Pakistan

History of Pakistan & India

Group IV • 1 Paper

100 Marks

Why easy to score: Enormous overlap with Pakistan Affairs (compulsory paper). If you prepare Pakistan Affairs thoroughly, you are already 70% done for this subject. Purely narrative — no calculations, no complex theories. Pakistani students have natural familiarity with the content.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	A Brief History of Pakistan	Wynbrandt, James
2	The Charismatic Leader: Jinnah and the Creation of Pakistan (2007)	Hayat, Sikandar
3	The Culture of Power and Governance of Pakistan 1947-2008 (2011)	Ilhan Niaz
4	India's Struggle for Independence (1989)	Chandre, Bipin
5	Constitutional Development in Pakistan (1959)	Chaudhary, G.W.
6	Political Parties in Pakistan: 1947-1958 (1986)	Afzal, M. Rafique
7	Government & Politics in Pakistan (1970)	Ahmad, Mushtaq
8	Party Politics in Pakistan: 1947-58 (1976)	Aziz, K.K.
9	Nationalism and Communal Politics in India (1991)	Hassan, Mushirul
10	Wavell and the Days of the Raj: Britain's Penultimate Viceroy in India (2011)	Chawla, Muhammad Iqbal
11	Muslim Civilization of Indo-Pakistan	Ikram, Shaikh Muhammad

Islamic History & Culture

Group IV • 1 Paper

100 Marks

Why easy to score: Two separate parts of 50 marks each. Pakistani students have significant background from school Islamic Studies. Narrative-based writing — no calculations or complex analysis. Topics on Sufism, Ottoman Empire and Islamic art are interesting and memorable.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
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1	The Spirit of Islam	<i>Ali, S. Ameer</i>
2	Discovering Islam: Making Sense of Muslim History and Society	<i>Ahmad, Akbar</i>
3	Classical Islam: A History 600-1258	<i>Von Grunebaum, G.E.</i>
4	A History of Medieval Islam	<i>Saunders, J.J.</i>
5	Sirat un Nabi, Vol. I & II	<i>Nomani, Shibli</i>
6	Al-Farooq	<i>Nomani, Shibli</i>
7	History of Islam	<i>Najeebabadi, Akbar Shah</i>
8	Islam: Ideology and Leading Issues	<i>Ali, Anwar</i>
9	The Preaching of Islam: A History of the Propagation of the Muslim Faith	<i>Arnold, T.W.</i>
10	The History of Philosophy in Islam	<i>De Boer, T.J.</i>
11	The History of Islamic Peoples	<i>Brockelmann, Carl (ed.)</i>
12	The Cambridge History of Islam	<i>Holts, P.M., Lewis, Bernard & Ann Lambton</i>
13	Islam Resurgent: The Islamic World Today	<i>Irving, T.B.</i>
14	Islam: From the Prophet Mohammad to the Capture of Constantinople	<i>Lewis, Bernard</i>
15	Introduction to Islamic Civilization	<i>Savory, R.M. (ed.)</i>
16	A History of Muslim Philosophy	<i>Sharif, M.M.</i>
17	Studies on the Civilization of Islam	<i>Gibb, Hamilton A.R.</i>
18	Islamic History: A New Interpretation AD 750-1055	<i>Shaban, M.A.</i>
19	The Abbasid Revolution	<i>Shaban, M.A.</i>
20	Spanish Islam	<i>Dozy, R.</i>
21	Studies in Islamic History	<i>Siddiqi, Amir Hasan</i>
22	Muslim Thought: Its Origin and Achievements	<i>Nadvi, Muhammad Hanif</i>
23	The Cultural Atlas of Islam	<i>Isma'il Raji al-Faruqi & Lois Lamya' al-Faruqi</i>
24	Islamic Art & Architecture	<i>Kuhnel, E.</i>
25	Siddiq-e-Akbar	<i>Akbarabadi, Saeed Ahmad</i>
26	Khilafat-o-Malokiat	<i>Syed Abul Aala Maudoodi</i>
27	Rasol-e-Akram ki Siasi Zindagi	<i>Hamidullah, Dr. Muhammad</i>
28	Daira Ma'arif e Islamia (relevant articles)	<i>University of Punjab</i>

Why easy to score: Climate change, pollution, and sustainable development are covered in every newspaper daily. Sections on global summits (Rio, Kyoto, Paris, COP) directly overlap with Current Affairs. Pakistan environmental laws give a local edge. No complex calculations.

Suggested Books & Readings (from Official FPSC Syllabus)

#	Title	Author
1	Environmental Science: Earth as a Living Planet, 9th ed. (2014)	<i>Botkin, D. & Keller, E.</i>
2	Environmental Science: Working with Earth	<i>Miller, T.G.</i>
3	Environmental Science: A Study of Interrelationship	<i>Enger, E.D. & Smith, B.F.</i>
4	Environmental Economics in Theory and Practice	<i>Hanley, N., Shorgen, J. & White, B.</i>
5	Industrial Safety Health and Environmental Management	<i>Jain, R.K. & Rao, S.S.</i>
6	Environmental Geology: Facing the Challenges of Our Changing Earth	<i>Erickson, J.</i>
7	Environmental Geology	<i>Keller, A. Edward</i>
8	Earth Science	<i>Tarbuck, J. Edward & Lutgens, K. Friederick</i>
9	Basics of Forestry and Applied Sciences, Concepts and Theory	<i>Masood, A.A. Qureshi</i>
10	Disaster Management: A Disaster Manager's Handbook	<i>Carter, N.W.</i>
11	Disasters and Development	<i>Cuny, F.C.</i>
12	Disaster Management: Warning Response and Community Relocation	<i>Perry, R.W. & Mushkatel, A.H.</i>
13	Energy: Crisis or Opportunity, An Introduction to Energy Studies	<i>Schumacher, Diana</i>
14	Environmental Health: Ecological Perspective	<i>Hilgenkamp, Kathryn</i>
15	Environmental Geology	<i>Montgomery, Carla W.</i>
16	Official Website — Government of Pakistan Environment	www.environment.gov.pk
17	Official Website — UN Environment Programme (UNEP)	www.unep.org

All readings sourced from the official FPSC Revised Syllabi for CSS Competitive Examination (CE-2016 and onwards)