

**DOW UNIVERSITY OF HEALTH SCIENCES**

**SCHOOL OF PUBLIC HEALTH**



**BACHELOR OF SCIENCE IN PUBLIC HEALTH (BSPH)**

**PROSPECTUS (session 2023-2024)**



## Message by the Vice Chancellor

Prof. Dr. Mohammed Saeed Quraishy  
Vice Chancellor  
Dow University of Health Sciences

It gives me joy to write this message for the prospectus of the Dow University of Health Sciences (DUHS), Karachi. The DUHS was established in 2004, with just three constituent colleges, and today we are a university with over 30 constituent and affiliated institutions and the most comprehensive health system in Pakistan.

This year, I am also proud to announce that Dow University of Health Sciences, Karachi has continued to enhance the vision of this University by striving to be the pre-eminent academic institution committed to changing and saving lives. This is a credit to the faculty of DUHS, and their commitment to enhance the learning experience offered to our students that we have achieved progress and prosperity globally, particularly within Asia.

This is also the year we are celebrating our 75<sup>th</sup> anniversary of the founding of Dow Medical College, a symbol of scholarship and service to the community that has evolved into DUHS, with expanded program offerings, such as in the field of allied health and biomedical sciences, such as pharmacy, physical therapy, medical technology, biotechnology, nursing, public health, business administration, and course in radiology technology, nutritional sciences, midwifery, and optometry.

Furthermore, our symbol of academic excellence is fortified by our adoption of the latest technology, and affordable state of the art healthcare offered, which informs the delivery of quality patient care at Dow University Hospital and our many affiliated healthcare centres and research and diagnostic laboratories. We stand committed to providing and creating state-of-the-art infrastructures that fosters innovation, research and is evolving to meet the needs of the future, along with providing superior healthcare services.

Today, we are striving to play a pivotal role in the early diagnosis and treatment of Covid-19 and in the future, I also stand committed to make Dow University of Health Sciences an empowered institution offering the best of the medical knowledge and quality health services.

I am confident that the doctors and health professionals of this institution will go on to contribute to this nation and serve globally with sincerity and ethics, in order to restore faith and humanity to the delivery of healthcare.

Good luck to the incoming freshman!

### **Vision - DUHS**

To be a pre-eminent academic institution committed to changing and saving lives.

### **Mission -DUHS**

Providing outstanding patient centered education, training and clinical care informed by cutting edge research and innovation generating and disseminating new knowledge.



### **Message by the Principal (SPH)**

Prof. Kashif Shafique  
Principal School of Public Health  
Director ORIC

As Principal of the School of Public Health (SPH), I envision the School as a part of a vital strategy to invest in advancing public health knowledge through education, research and service. Our mission is to offer academic programs and carry out community based research to help empower students as public health professionals, who can perform well both within academia and other public health institutions.

Since March 2013, the program has grown both in quality and quantity. We have grown from the founding public health Master's program into a fully-fledged School with various specialty tracks, rounding out in a comprehensive and interdisciplinary set of specializations in the discipline of public health education. Today, SPH's strength is qualified and relevant Ph.D. and MPhil/Master-trained faculty, in both the undergraduate and postgraduate programs offered.

The research at the institute encompasses a broad range of public health issues, including adolescent health, violence prevention, obesity, substance abuse, maternal and child health, communicable and non-communicable diseases. Our faculty is committed to high-quality teaching and student mentoring. They are leaders in their ability to carry out research and translate research into community action.

I invite you to learn more about the public health degree programs offered at School of Public Health (SPH). At the SPH, you will receive a challenging and rewarding education that will hopefully embark you on a career path that will make a difference in the field of Public Health.

### **OUR MISSION (The School of Public Health)**

**To produce public health professionals who shall be self-directed long-life learners employing an evidence-based decision-making approach. The SPH aims at developing public health professionals who shall assume leadership positions in academia, health-related institutions, international donor agencies, and research institutions.**

### **OUR VISION (The School of Public Health)**

**To become the center of excellence in Pakistan and the region for education, research, and service in the field of public health.**

## Introduction to Bachelor of Science in Public Health (BSPH)

Public Health primarily focuses on disease prevention and health promotion through organized community efforts to improve the physical, social and mental health and well-being of people across local, regional, national and international fronts. The Public Health professionals use research-based evidence to inform practices and local and national level policies to reduce health inequalities and health risks, thus contributing to the improvement in the global health and socio-economic indicators.

Public Health plays a pivotal role in controlling and reducing communicable and non-communicable diseases by promoting healthy habits and practices that may include physical activity, proper nutrition, sanitation, environment protection, improving health-seeking behaviours, and safer workplace policies. Public Health professionals design, implement and evaluate health promotion and disease prevention programs for general and vulnerable populations, taking into consideration the physical, social, psychological and economic factors that influence their well-being.

In Pakistan, there is a huge burden of chronic and infectious diseases, injuries, disasters, emergencies and pollution hazards. For instance, one in four people is living with diabetes and 33% of adults above 45 years are identified as hypertensive. Every year, almost three million children do not receive the entire course of the most readily available vaccines, leaving them vulnerable to life-threatening diseases. Moreover, Pakistan is vulnerable to various risks arising from several natural and man-made disasters. This has resulted in a double burden of disease primarily due to scarcity of resources, sub-optimal health-seeking behaviours, rapid population growth, poor literacy rates and crumbling socio-economic systems. Emerging infections and preventable diseases contribute to this burden and require well-designed and integrated Public Health programs, with effective disease surveillance and response systems. It is therefore imperative to include Public Health in the current undergraduate academic curricula to develop professionals with critical thinking and analytical skills, for addressing these challenges at all levels of care.

## **Program Title**

Bachelor of Science in Public Health (BSPH)

## **Scope of the BSPH Program**

The proposed BSPH program at SPH, DUHS will enable candidates to acquire positions in the entry-level workforce where they will contribute in generating evidence-based practices, providing health promotion and education, advocating a healthy lifestyle, and prescribing community-tailored interventions.

## **Program Objectives**

BSPH program aims to:

1. Offer an undergraduate curriculum of international standards that supports the development of core and cross-cutting competencies in public health, providing a foundation for advanced degree programs in public health
2. Prepare the future cadre of professionals to contribute to the public health scientific evidence base, by creating opportunities for integration and practical application of the learned competencies through a range of educational, research and service activities
3. Promote engagement of undergraduate students in developing collaborative partnerships with communities and national and international agencies, for the development and implementation of effective public health policies and practices

## **Core competencies**

The goal is to produce public health professionals who can demonstrate analytical and critical thinking, identify social determinants of health, and apply fundamental concepts of epidemiology, health care system, and health policy principles, as well as scientific reasoning, effective communication, technology use, cultural competencies, and sound understanding of bioethics. Furthermore, this course prepares candidates for the Master of Science in Public Health (MSPH) and PhD Public Health programs, which are currently being offered at the School of Public Health (SPH), DUHS. Thus upon completion of BSPH, the candidate will be able to:



1. perform as a competent public health workforce
2. inculcate the significance of community health over individual health
3. understand and apply the basic concepts and approaches to population health
4. aspire to excellence in public health promotion, education, and practices
5. stimulate the understanding of the importance and need of integrating socio-cultural determinants into the public health
6. plan, develop and administer public health programs and policies
7. advocate healthy lifestyles and alternative health promotion approaches
8. instil the importance of an evidence-based approach to address public health challenges through basic and applied research
9. proceed towards an advanced degree program in public health

### **Career Opportunities**

This bachelor's program emphasizes evidence-based approaches to program assessment, planning, implementation and evaluation and is designed to prepare candidates for a variety of careers in a wide range of industries at both national and international levels, including but not limited to provincial and federal health departments, hospitals and medical facilities, local and international non-profit organizations, research and academic institutes and so forth.

### **Facilities available at SPH**

- Master and PhD faculty members from various backgrounds
- Guest Lecture Series and Seminars
- Dedicated Digital Library/ Computer Lab with a capacity to accommodate 40 students
- Auditorium/Seminar Room
- Food Science Laboratory custom-built for Food and Nutritional sciences

- Clinical Science Lab equipment
- Office of Student Affairs (OSA) which deals with the student related queries and provide their solution

**Eligibility for admission to BSPH program at the DUHS:**

- 60% or above marks in FSc (Pre-medical), A-levels (or equivalent) exams will be eligible to sit for the BSPH entry test.
- Those scoring the highest on the entry test will be offered admission to the BSPH program.

**No. of seats for BSPH program: 30**

**Fee structure of BSPH for the session 2023-2024:**

<b>Fee type</b>	<b>Amount</b>
Admission fee (One- off)	45,000/-
Tuition fee (per semester)	74,547/-
These amounts are excluding govt. taxes. Additional costs may incur for document verification, enrollment, transportation, RFID, and examination.	

**Rules for the payment of fee:**

Pay order of one year tuition fee (of the respective category) will have to be paid within one month after the start of 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> year. In case the fee is not submitted during the given specified time, late payment charges will be charged as follows:

- First month after lapse of 1<sup>st</sup> month.....2.5% of tuition fee
- Second month.....5.0% of tuition fee
- Third month.....7.5% of tuition fee
- Fourth month.....10.0% of tuition fee

Fee of all categories may be increased by 10% every year.

**AFTER FOUR MONTHS OF NON-PAYMENT, THE SEAT IS LIABLE TO BE CANCELLED AND STUDENT WILL NOT BE ALLOWED TO APPEAR IN ANY EXAMINATION**

Fee deposited is refundable as per the Refund Policy of the DUHS.

Taxes will be applied as per the FBR rules.

Hostel and transport fee will be valid till the last exam of the academic year.

Amount stated in the fee vouchers are excluded of all bank charges.

The fee structure may be revised by the University at any time during the course of the study, due to the unavoidable circumstances.

## Curriculum of the Bachelor of Science in Public Health

### Scheme of Studies

**Structure of the Program:** The normal duration of Bachelor of Science in Public Health (BSPH) programme is four (04) years. Each academic year will comprise two semesters and each semester will be of 16 weeks. Final examination will be conducted at the end of each semester.

#### **BSPH- Semester distribution**

Compulsory subject: 09

General courses (chosen from other departments): 07

Discipline specific foundation courses: 10

Major courses (including research project and field experience): 14

Total courses: 40

Semester duration: 16 weeks

### Semester I

S. No	Course code	Course title	Credits	Category
1	ENG-300	English I (Functional English)	3	Compulsory (Expository writing)
2	BN 101	Pakistan studies	3	Compulsory (civilizational knowledge)
3	BN 307	Introduction to Social Sciences	3	General course
4	BSPH 303	Biology and ecology (including entomology and parasitology)	3	General course
5	BSPH 305	Basic computer skills/ICT	3	Compulsory
<b>Total credits</b>			<b>15</b>	

### Semester II

S. No	Course code	Course title	Credits	Category
6	BN 102	Islamiat	3	Compulsory (civilizational knowledge)
7	BN 310	Introduction to Philosophy	3	General course
8	ENG 301	English II (Communicational Skills)	3	Compulsory (expository writing)
9	BSPH 306	Personal hygiene	3	General Course
10	BSPH 304	Medical Anthropology	3	General course
11	BN 304	Microbiology	3	Major course
<b>Total credits</b>			<b>18</b>	

### Semester III

S. No	Course code	Course title	Credits	Category
12	ENG 302	English III (technical writing)	3	Compulsory (expository writing)
13	BSPH 401	Concept of health and disease	3	Discipline sp. foundation
14	BSPH 403	Primary Health Care	3	Discipline sp. Foundation
15	BSPH 405	Population Dynamics	3	General course
16	BSPH 407	Development/ Behavioural Psychology	3	General course
17	BN 409	Mathematics	3	Compulsory (quantitative reasoning)
<b>Total credits</b>			<b>18</b>	

### Semester IV

S. No	Course code	Course title	Credits	Category
18	BSPH 402	International Health (instead of English IV)	3	Compulsory
19	BN 606	Introduction to Epidemiology	3	Discipline sp. foundation
20	BSPH 410	Reproductive Health	3	Discipline sp. Foundation
21	BN 505	Introductory Statistics	3	Compulsory (quantitative reasoning)
22	BN 408	Introduction to Research	3	Major course
<b>Total credits</b>			<b>15</b>	

### Semester V

S. No	Course code	Course title	Credits	Category
23	BSPH 501	Mental Health	3	Discipline sp. Foundation
24	BSPH 408	Health promotion, advocacy and social mobilization	3	Discipline sp. foundation
25	BSPH 505	Community pediatrics	3	Discipline sp. Foundation
26	BSPH 406	Basic Biostatistics	3	Discipline sp. foundation
27	BSPH 509	Fundamental of infectious diseases	3	Major course
<b>Total credits</b>			<b>15</b>	

### Semester VI

S. No	Course code	Course title	Credits	Category
28	BSPH 502	Communicable disease epidemiology	3	Major course
29	BSPH 504	Non communicable disease epidemiology	3	Major course
30	BN 507	Principles of Health Management	3	Major course
31	BSPH 508	Applied epidemiology	3	Major course
32	BSPH 601	District health management	3	Major course
33	BN 410	Health economics	3	Major course
<b>Total credits</b>			<b>18</b>	

### Semester VII

S. No	Course code	Course title	Credits	Category
34	BSPH 603	Health professional education	3	Major course
35	BSPH 605	Disaster management	3	Major course
36	BN 607	Policy and Program in Public Health	3	Major course
37	BN 609	Introduction to Environmental Health	3	Discipline sp. Foundation
38	BN 605	Nutritional Problems in Developing Countries	3	Discipline sp. Foundation
<b>Total credits</b>			<b>15</b>	

### Semester VIII

S. No	Course code	Course title	Credits	Category
39	BSPH 602	Research project	3	Research
40	BSPH 608	Public Health field experience/internship	12	Internship
<b>Total credits</b>			<b>15</b>	

**Total program credits: 129**

### Assessment method:

The curriculum of BSPH has been designed for the semester system of examination. The courses will be evaluated by internal assessment and final exam based on following distribution:

- Internal evaluation: 30%
- Final exams: 70% (Best choice questions and Short Answer Questions)

\*For Public Health internship, 70% marks will be reserved for attendance, internship performance and internship portfolio, while 30% marks will be reserved for the final evaluation (presentation and viva)

\*\*The research project will be evaluated by the School of Public Health, through project defense

*Further details on evaluation and examination will be described for the individual courses as part of the syllabus.*

### For further information, please contact:

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