



Dow University of Health Sciences

**BS-PUBLIC
HEALTH (BSPH) | SESSION
2024-25**

SCHOOL OF
PUBLIC HEALTH

PROSPECTUS
School of Public Health



MESSAGE FROM THE VICE CHANCELLOR

Prof. Mohammed Saeed Quraishy

Vice Chancellor

As the Vice Chancellor of Dow University of Health Sciences, it is my pleasure to welcome you to one of Pakistan's leading medical universities. Since its inception in 2004 with just three constituent colleges, DUHS has grown into a thriving academic institution with over 30 constituent and affiliated institutions, now recognized as one of Pakistan's most comprehensive health systems.

This year, I am particularly proud to announce DUHS's continued progress toward our vision of being a preeminent academic institution dedicated to transforming lives through education, healthcare, and innovation. Our global accomplishments, especially within Asia, are a testament to the hard work of our dedicated faculty, who are committed to enhancing the learning experience and expanding our impact.

Founded as Dow Medical College in 1945, our university has a longstanding tradition of scholarship and service to the community. Today, DUHS offers a broad range of programs, from allied health and biomedical sciences to fields such as pharmacy, physical therapy, medical technology, biotechnology, nursing, public health, business administration, radiology technology, psychology, nutritional sciences, midwifery, and optometry.

Our commitment to academic excellence is reflected in our adoption of cutting-edge technology and the affordable, state-of-the-art healthcare provided by Dow University Hospital and our affiliated healthcare centers, research facilities, and diagnostic labs. We are dedicated to building an infrastructure that promotes innovation and research, preparing us to meet the needs of the future while delivering high-quality healthcare services.

To the incoming freshmen, I am confident that your journey at DUHS will prepare you to contribute with dedication, integrity, and compassion—upholding the highest standards of healthcare, both nationally and globally.

Good luck to each of you as you embark on this rewarding path!



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.



VISION STATEMENT DUHS

*To Be a Pre-Eminent Academic Institution
Committed to Changing and Saving Lives*

MISSION STATEMENT DUHS

*Providing Outstanding Patient Centered Education,
Training and Clinical Care Informed by Cutting Edge
Research and Innovation Generating and
Disseminating New Knowledge*



Introduction of the School of Public Health (SPH)

School of Public Health (SPH) was founded in the year 2012. School of Public Health researchers, academics and graduates are expected to play a vital role in shaping the future of healthcare in Pakistan. The SPH's academic activities involves not only the basic public health disciplines of biostatistics and epidemiology, but also includes social sciences, health policy and management, and nutritional sciences, an area underserved within Pakistan where SPH is a pioneering School to offer such a program, with qualified faculty. Public health in Pakistan is a need for the country where issues related to social and behavioral sciences, basic nutrition, policy issues, human resource management of healthcare professionals and health communication have been highly neglected in the past. Considering the high prevalence of diseases in our community, it was imperative to develop the human resource in the country, which is well trained to tackle public health challenges. Therefore, in the present scenario of emerging health problems in our country and keeping in mind the need of a high class training institute, the Dow University of Health Sciences (DUHS) has taken this initiative and established the first public sector institute of Public Health in the province of Sindh, which deals with all these public health challenges by training the human resource required for Pakistan to address these challenges and cater to the healthcare needs of our population.

To address the challenges of healthcare landscape of our country, our research encompasses a broad range of public health issues, including but not limited to adolescent health, violence prevention, substance abuse, maternal and child health, nutrition and healthy living, and communicable and non-communicable diseases. The School has published a substantial number of research publications concerning global and public health issues in peer-reviewed journals and has won competitive funding grants from prestigious agencies, including Higher Education Commission (HEC) Pakistan, the World Health Organization (WHO),



Mission Statement (SPH)

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.



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:


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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

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- 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:

- HSSC Pre-Medical or equivalent examination (e.g. A-Level, 12th grade etc) duly certified by IBCC with minimum 60% marks.
- Candidate's PRC & Domicile of Sindh

No. of seats for BSPH program: 30 each year

Fee Structure of BS-Public Health

Session 2024-25

Fee Type	Fee Amount
Admission Fee	45,000
Tuition Fee	132,000
Transportation Fee (Optional)	43,000
Documentation Verification Fee (Once Only)	2,500
Library Fee (Yearly)	10,000
Student Activity Charges (Yearly)	10,000
Total with Transport	242,500
Total without Transport	199,500

RULES FOR THE PAYMENT OF FEE

1. Fees of succeeding years (2nd Year to Final Year) are to be paid within ONE MONTH of issuance of fee vouchers or within the due date provided.
2. In case the fee for succeeding year (2nd Year to Final Year) is not submitted during the given specified time, late payment charges will be charged as follows:

First Month (After Lapse of First Month)	2.5%
Second Month	5%
Third Month	7.5%
Fourth Month	10%

After four months of non-payment, the seat is liable to be cancelled and student will not be allowed to appear in any examination

3. Fee of all categories shall be increased by 10% every year.
4. Fee deposited is refundable as per the Refund Policy guidelines of the DUHS.
5. Taxes will be applied as per the FBR and Government rules.
6. Hostel and Transport fee will be valid till the December of every year.
7. Amounts stated in the fee vouchers are excluded of all Bank charges.
8. The Fee Structure may be revised by the university at any time during the course of the study, due to unavoidable circumstances.
9. Associated fees will be charged as per fee structure.

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

General Education Courses: 12 (30 credit hours)

Interdisciplinary/ allied courses: 04 (12 credit hours)

Major courses : 25 (75 credit hours)

Field experience/internship : 1 course (3 credit hours)

Capstone project: 1 course (3 credit hours)

Total courses: 43

Total credit hours: 123

Semester duration: 16 weeks

Semester I

S. No	Course code	Course title	Credits	Category
1	ENG-300	English I	3	General education (Functional English)
2	BN 101	Pakistan studies	2	General education (Ideology and constitution of Pakistan)
3	BN 307	Introduction to Social Sciences	2	General education (social sciences)
4	BSPH 303	Biology and ecology (including entomology and parasitology)	2+1	General education (natural sciences)
5	BSPH 305	Basic computer skills/ICT	2+1	General education (Application of ICT)
6	BN 102/ PHE 101	Islamiat /ethics	2	General education (Islamic studies)
Total credits			15	

Semester II

S. No	Course code	Course title	Credits	Category
7	BN 310	Introduction to Philosophy	2	General education (Arts and humanities)
8	ENG 301	English II	3	General education (expository writing)
9	BN 409	Analytical skills/Mathematics	3	General education (quantitative reasoning)
10	BSPH 306	Personal Hygiene	3	Major course
11	BSPH 408	Health promotion, advocacy and social mobilisation	2	General education (civics and community engagement)
12	BN 505	Introductory statistics	3	General education (quantitative reasoning)
Total credits			16	

Semester III

S. No	Course code	Course title	Credits	Category
13	BN 507	Principles of Health Management	2	General education (entrepreneurship)
14	BN 304	Microbiology	3	interdisciplinary
15	BSPH 403	Primary Health Care	3	Major course
16	BSPH 405	Population Dynamics	3	Major course
17	BN 410	Health economics	3	interdisciplinary
18	BSPH 510	Health marketing	3	interdisciplinary
Total credits			17	

Semester IV

S. No	Course code	Course title	Credits	Category
19	BSPH 402	International Health	3	Major course
20	BN 606	Introduction to Epidemiology	3	Major course

21	BSPH 304	Medical Anthropology	3	Major course
22	BN 408	Introduction to Research	3	Major course
23	BSPH 401	Concept of Health and Disease	3	Major course
Total credits			15	

Semester V

S. No	Course code	Course title	Credits	Category
24	BN 413	Community Nutrition	3	Interdisciplinary
25	BSPH 505	Community pediatrics	3	Major course
26	BSPH 406	Basic Biostatistics	3	Major course
27	BSPH 509	Fundamental of infectious diseases	3	Major course
28	BSPH 410	Reproductive Health	3	Major course
Total credits			15	

Semester VI

S. No	Course code	Course title	Credits	Category
29	BSPH 502	Communicable disease epidemiology	3	Major course
30	BSPH 504	Non communicable disease epidemiology	3	Major course
31	BSPH 508	Applied epidemiology	3	Major course
32	BSPH 601	District health management	3	Major course
33	BSPH 501	Mental Health	3	Major course
Total credits			15	

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	Major course
38	BN 605	Nutritional Problems in Developing Countries	3	Major course
Total credits			15	

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	3	Internship
41	BSPH 611	Food Safety	3	Major course
42	BSPH 610	Adolescents and sexual health	3	Major course
43	BSPH 612	Addiction and social rehabilitation	3	Major course
Total credits			15	

Total program credits: 123

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.



Number of Students enrolled till July 2024: 59

Faculty – School of Public Health (DUHS)

Dr. Kashif Shafique

Professor & Principal, School of Public Health (DUHS)
Director, Office of Research, Innovation & Commercialization (DUHS)
PhD, MPH (UK), MBBS

Dr. Mohammad Zafar Iqbal Hydrie

Professor, School of Public Health (DUHS)
Post Doc (Canada), PhD (Norway), MPhil, MBBS

Dr. Nilofer Fatimi Safdar

Associate Professor, Nutritional Sciences
PhD, MS, (USA) M.Sc., RDN.

Dr. M. Tahir Rizwan Khan

Assistant Professor
Qualification: MPhil, MSBE, MBBS

Dr. Sumaira Nasim

Assistant Professor
Qualification: PhD, (UK), MPH (Australia) M.Sc.

Dr. Habiba Shah

Assistant Professor
PhD, M.Sc.

Dr. Abdur Rasheed

Associate Professor
Qualification: PhD, MPhil, M.Sc.

Dr. Owais Raza

Assistant Professor
PhD (Iran), MBBS

Dr. Mansoor Ahmed



Assistant Professor
PhD (South Korea), MBBS

Dr. Maria Atif
Assistant Professor
Ph.D. (Australia), MPH, MBBS

Nida Jawed
Senior Lecturer
MSPH, MSc. RDN

Tahreem Hussain
Senior Lecturer
Mphil (Food and Nutrition), RD

Dr. Waqas Ahmed Farooqui
Associate Professor
PhD (Statistics)


Mehreen Amer
Lecturer
MSPH , MSc, RD

Sukaina Shabbir
Lecturer
MSPH, MSc (Food & Nutrition), RDN

Nadia Shah
Lecturer Health Economics
Mphil., MSc.

Sidra Mashkooor
Lecturer
M.Sc., RD

Sarah Almas Ghouri



Lecturer
BS (Nutrition), RD

Tooba Zaidi

Lecturer
MSPH, MSc, RDN

Syeda Mehreen Zaidi

Lecturer
BS (Nutrition), PGD (Dietetics), RD

Sidra Zaheer

Lecturer
PhD, M.Sc.,

Dr. Hira Fatima Waseem

Lecturer
PhD. M.Sc.

Shabana A. Siddiqui

Lecturer
M.Phil, MSc.

For further information, please contact:

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