



**Dow University of
Health Sciences**

BS-PSCHOLOGY
SESSION : 2025-26

PROSPECTUS

**Dr. A. Q. Khan Institute
of Behavioral Sciences**



MESSAGE BY THE VICE CHANCELLOR

PROF. DR. NAZLI HOSSAIN

Vice Chancellor
Dow University of Health Sciences

It is a great honor for me, as the Vice Chancellor of Dow University of Health Sciences (DUHS), to welcome you to one of Pakistan's most distinguished institutions of medical and health sciences education.

Since its establishment in 2004, DUHS has evolved from three constituent colleges into a dynamic and comprehensive university system encompassing over fifty constituent and affiliated institutions. Rooted in the proud legacy of Dow Medical College, founded in 1945, DUHS continues to uphold a tradition of excellence, service, and innovation in healthcare education.

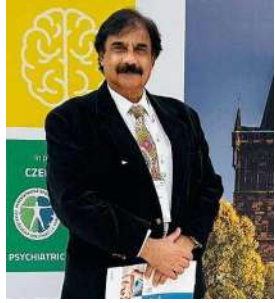
Our allied health programs including Pharmacy, Medical Technology, Nursing, Physical Therapy, Biotechnology, Nutrition, Public Health, Radiology Technology, Psychology, and many more, play a vital role in shaping the future of healthcare. These programs are central to our mission of producing competent, compassionate, and skilled professionals who contribute to the well-being of communities locally and globally.

As we move forward, DUHS is committed to further strengthening its academic and research ecosystem through modern technologies, state-of-the-art healthcare facilities, and a culture of innovation. With the support of our dedicated faculty and the enthusiasm of our students, we are poised to advance toward new milestones in education, research, and patient care.

To our incoming students, I extend my heartfelt congratulations on joining this vibrant academic community. Your journey at DUHS will equip you with the knowledge, skills, and values needed to make meaningful contributions to healthcare in Pakistan and beyond.

I welcome you to DUHS, a university where tradition meets innovation and where every student is empowered to make a difference.

Good luck to each of you as you embark on this fulfilling path



MESSAGE BY THE EXECUTIVE DIRECTOR

Brig. Shoaib Ahmed S.I(M) Rtd.
Executive Director
Dr.A.Q Khan Center (IBS)
Dow University of Health Sciences

I am delighted to introduce Bachelor of Science in Psychology program, which is launched in 2023. Dow University of Health Sciences has always been committed to nurturing curious minds and providing quality education. With the introduction of the BS Psychology program, we are taking another step towards our mission of shaping future leaders in the field of psychology.

This program has been carefully designed to equip students with comprehensive knowledge and practical skills required to understand human behavior, mental processes, and the complexities of interpersonal relationships. The curriculum encompasses various areas of psychology, including developmental psychology, abnormal psychology, cognitive psychology, social psychology, and many more.

Students will explore various aspects of psychology, including theory, research, and application. Our program recognizes the importance of experiential learning and offers internships, fieldwork, and research projects to apply knowledge in real-world situations. These experiences will improve students skills. Further I will help them to expand their professional network, and prepare them to tackle the challenges of the ever-evolving field of psychology.

Additionally, our faculty members are esteemed professionals and experts in their respective fields, dedicated to ensuring an engaging and intellectually stimulating learning experience for all our students

We believe that a well-rounded education extends beyond the classroom. Thus, the program will also provide opportunities for personal and professional development through workshops, seminars, and guest lectures by renowned psychologists and industry experts.

I invite you to explore this prospectus in detail and consider joining our BS Psychology program at Institute of Behavioral Sciences (IBS). We are excited to embark on this journey with you and facilitate your growth in the dynamic and ever-relevant field of psychology.

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

DUHS VISION

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

DUHS MISSION

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

OVERVIEW

For about two decades the Institute of Behavioral Sciences is contributing its share in serving the ailing humanity by offering consultation for patients with psychiatric illnesses and substance use-disorders, under the supervision of well-known, qualified and experienced professionals of psychiatry, psychology and occupational therapy.

The Institute is an integral part of Dow University of Health Sciences as Department of Psychiatry DIMC, DUHS. Currently, IBS plays an active role in the education of Post Graduate students in Psychiatry for FCPS, operating under the DUHS umbrella. Additionally, MBBS and FCPS/MCPS students visits IBS for their clinical rotation in Psychiatry. Moreover, students from various universities specializing in Pharmacy, Psychology, Occupational Therapy, Social Work, and Nursing come to IBS for their professional internships in their respective domains.

In a recent development, Institute of Behavioral Sciences (IBS), Dow University of Health Sciences (DUHS) has introduced a new undergraduate program known as the BS Psychology program.

In response to the dire need for mental health practitioners in Pakistan, IBS has taken the initiative to introduce a Bachelor of Science in Psychology program. With the increasing prevalence of mental health issues and the limited availability of qualified professionals in the field, it has become crucial to equip individuals with the knowledge and skills necessary to address these challenges. Through our program, we aim to produce highly competent graduates who can contribute to the mental well-being of individuals and communities in Pakistan. By bridging the gap in mental health services, we strive to create a positive impact on the overall health and quality of life of our society.

OBJECTIVES:

Program Objectives

BS Psychology program aims to:

1. Develop a comprehensive understanding of fundamental theories, principles, and concepts in psychology.
2. Enable students to integrate interdisciplinary knowledge and skills with the psychological concepts.
3. Acquire practical skills, including psychological assessment and evaluation, as well as administering and interpreting psychometric tests.
4. Foster ethical and professional behavior in both the practice and research of psychology by adhering to established guidelines and standards.

Program Outcomes:

By the end of the program students will be able to

1. Explain human behavior and mental processes through the frameworks of various psychological theories and perspectives in personal and professional settings.
2. Integrate psychological principles with knowledge and skills from allied disciplines to create practical solutions for real-world challenges.
3. Apply practical skills to administer and interpret psychometric tests and psychological assessments effectively.
4. **Evaluate** and **design** practices and research methodologies that adhere to ethical guidelines and professional standards, ensuring their work positively impacts society.

CAREER PROSPECTS/OPPORTUNITIES

The scope of psychology in Pakistan is being progressively valued with time. It is an interdisciplinary subject because it shares its boundary with more than a few other subjects such as social sciences, life sciences, and artificial intelligence. Needless to say, that as a line of work, the field of psychology has no bounds. There are many different options available to **BS-Psychology** degree holders, depending on focus and interests.

- Psychologist
- Psychotherapist
- Social Worker
- Counselor
- Educational Psychologist
- Human Resource Manager
- Academia
- Research roles
- Media roles
- Sports Industry

RECOGNITION BY THE GOVERNING BODIES/COUNCILS

DUHS offers HEC approved program.

ELEGIBILITY CRITERIA

- **HSSC (Arts/Science/Commerce/Home Economics) or equivalent examination (e.g. A-Level, 12th grade etc) duly certified by IBCC with minimum 60% marks.**
- **Candidate's PRC & Domicile of Sindh**

FEE STRUCTURE

Session 2025-26

Fee Type	Amount in PKR
Admission Fee – (at the time of admission)	PKR 45,000/-
Tuition Fee – (per annum)	PKR 172,560/-
Student Activity Charges – (per annum)	PKR 10,000/-
Library Fee Charges – (per annum)	PKR 10,000/-
Documents Verification Charges – (at the time of admission)	PKR 2,500/-
Without Transport	PKR 240,060/-
Transport Fee – (Optional) – (per annum)	PKR 43,000/-
With Transport	PKR 283,060/-

- **Above amounts are excluding govt. taxes. Taxes apply as per Govt. & FBR rules.**

– RULES FOR THE PAYMENT OF FEE –

Fee for 2nd, 3rd & 4th year tuition fee (of the respective categories) will have to be paid within the specified time.

Late fee for succeeding years will be charged if fee is not paid within the provided deadline as per rates below:

- First month after lapse of first month 2.5 %of tuition fee
- Second month 5.0% of tuition fee
- Third month 7%of tuition fee
- Fourth month 10%..... of tuition fee

Fee of all categories will 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 guidelines of the DUHS.
- Taxes will be applied as per the FBR/SBR rules.
- Hostel and Transport fee will charge as per calendar year (i.e., Jan. to Dec.).
- Amounts 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 unavoidable circumstances.

All BS Program students are required to submit an **undertaking** affirming that they will not waste their allotted seat.

If a student withdraws from the program or fails to join after securing admission, a **SEAT WASTAGE PENALTY EQUIVALENT TO ONE YEAR'S TUITION FEE** shall be imposed.

CURRICULUM

Bachelors of Science in Psychology - Program Curriculum

Semester 1

Course Codes	Course Title	Credit Hours	Type of Courses
ENG311	English-I (Functional)	3	Gen. Ed.
PST312	Pakistan Studies	2	Gen. Ed.
MATH313	Mathematics	3	Gen. Ed. (Quantitative reasoning)
BPSY314	Introduction of Management	3	Interdisciplinary
BPSY315	Philosophy	2	Gen. Ed. (Arts & Humanities.)
BPSY316	Introduction to Psychology	3	Major
Total		16	

Semester 2

Course Codes	Course Title	Credit Hours	Type of Courses
ENG321	English-II (Expository Writing/Presentation Skills)	3	Gen. Ed.
ISL322	Islamic Studies/Ethics	2	Gen. Ed.
COM323	Introduction to Computers	3	Gen. Ed. (ICT)
BPSY324	Applied areas of Psychology	2	Major
BPSY402	Schools and Perspectives of Psychology	3	Major
BPSY326	Marketing	3	Interdisciplinary
Total		16	

Semester 3

Course Codes	Course Title	Credit Hours	Type of Courses
STAT431	Introduction to Statistics	3	Gen. Ed. (Quantitative reasoning)
BPSY442	Legal Literacy: Introduction to law	3	Interdisciplinary
BIO433	Fundamentals of Biology	3	Gen. Ed. (Natural Sciences)
ENT430	Entrepreneurship	2	Gen. Ed.
BPSY435	Sociology	2	Gen. Ed. (Social Sciences)
BPSY436	Experimental Psychology	3	Major
	Total	16	

Semester 4

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY441	Anthropology	3	Interdisciplinary
BPSY400	Lab Experiment	2	Major
BPSY500	Developmental Psychology	3	Major
BPSY434	Social work	2	Gen.Ed. (Civics and Community Engagement)
BPSY401	Biological Basis of Behavior	3	Major
BPSY432	Cognitive Psychology	3	Major
Total		16	

Semester 5

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY403	Mental health and Psycho-pathology	3	Major
BPSY443	Theories of Personality-I	3	Major
BPSY404	Psychological Assessment	3	Major
BPSY405	Psychological Assessment Practical	1	Major
BPSY501	Research Methods - I	3	Major
BPSY502	Statistics in Psychology	3	Major
Total		16	

Semester 6

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY503	Research Methods-II	3	Major
BPSY406	Theories of Personality-II	3	Major
BPSY504	Group research	1	Major
BPSY505	Data Analysis using SPSS	3	Major
BPSY407	Social Psychology	3	Major
BPSY408	Ethics in Psychology	3	Major
Total		16	

Semester 7

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY506	Health Psychology	3	Major
BPSY507	Gender Psychology	3	Major
BPSY508	Cross Cultural Psychology	3	Major

BPSY601	Clinical Psychology	3	Electives
BPSY602	Industrial Psychology	3	Electives
BPSY409	Active Citizenship/Voluntary work/ Community work	Mandatory 1	Major
BPSY509	Research project	2	Major
Total		18	

Semester 8

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY510	Positive Psychology	3	Major
BPSY511	Peace Psychology	3	Major
BPSY603	Educational Psychology	3	Electives
BPSY604	Internships in clinical, industrial and education psychology	3	Electives
BPSY512	Capstone Project	3	Major
	Total	15	
Total credit hours of 8 semesters		129	

Summary of course

Type of Courses	Credit Hours
General Education Subjects	30
Allied/Interdisciplinary courses	12
Major	75
Electives	12
Total Credit Hours	129
Duration of Degree Program	4 years
Number of Semester	8
Course Load per Semester	14-18
Number of Courses per Semester	5-7

ASSESSMENT METHODS

- The curriculum has been designed for the semester system of examination.
- 70% of the final exam to be based on BCQs/SAQs and 30% on internal evaluation + viva.

FACILITIES AND SALIENT FEATURES OF THE INSTITUTE

- Lecture hall, with a capacity of more than 50 students
- Digital Library-DIMC & IBS
- Library Facilities –DIMC & IBS
- Auditorium with a capacity of more than 50 seats
- GYM-DIMC
- Student Counseling services
- Workshops and Training sessions
- IBS also provide supervised internship opportunities to gain field experience.

INSTITUTE OF BEHVAIORAL SCIENCES FACULTY

Brig. Shoaib Ahmed S.I(M) Rtd.

Executive Director IBS and In-charge
BS Psychology Program
MBBS, DPM, FCPS, Lead Auditor
EMDR expert.

Dr.Wajeha Zainab

Assistant Professor and Program Director
BS Psychology Program
PhD (Clinical Psychology)

Dr. Nida Anwar

Assistant Professor
PhD (Clinical Psychology)

Ms. Rutaba Khan

Senior Lecturer
MPhil (Clinical Psychology)

Ms. Suha Hussain

Senior Lecturer
MS (Clinical Psychology)

Ms.Komal Hayat

Senior Lecturer
MS (Clinical Psychology)

Ms. Gul Butt

Student Coordinator
MS (Clinical Psychology)

Research Activities

Research is an integral part of the BS Psychology program at the Institute of Behavioral Sciences, Dow University of Health Sciences. Students are trained to think critically, design and conduct research, and analyze real-world psychological issues through empirical studies. They engage in hands-on research activities such as poster presentations and workshops organized by faculty to enhance their skills, along with faculty-led initiatives that prepare them for evidence-based practice and advanced academic pursuits.



Societies / Co-curricular activities

Here, our students are not just learners, they are active contributors to a growing and supportive community. Each year, a mental health camp is organized by the students under the supervision of faculty members. In addition, multiple visits are planned annually to serve the community.





