



Dow University of Health Sciences

**BS IN PUBLIC
HEALTH (BSPH)**

**SESSION
2025-26**



PROSPECTUS

School of Public Health

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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!

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.



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.

Introduction of the School of Public Health (SPH), Dow University of Health Sciences

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.

Academics

5 Degrees and Programs Offered

- Ph.D. Program in Public Health

- Master's in public health – MPH
- Masters of Science in Biostatistics and Epidemiology (MSBE)
- Bachelors of Science in Nutrition & Food Sciences
- Bachelors of Science in 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:

- 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

Fee Structure

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Fee Type	BS-PUBLIC HEALTH
Admission Fee – (at the time of admission)	PKR 45,000/-
Tuition Fee – (per annum)	PKR 132,000/-
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 199,500/-
Transport Fee – (Optional) – (per annum)	PKR 43,000/-
With Transport	PKR 242,500/-

- 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 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.

Research Activities:

In addition to their teaching, our faculty is engaged in a wide range of research activities related to the health of populations. Research in the School is supported by grants and awards from various national and international organizations, including the World Health Organization (WHO) Expanded Program on Immunization (EPI) and local NGOs. As part of ongoing research activities, we have also developed collaborative partnerships with academic and research organizations.

Co-curricular activities/societies

Students and faculty at the School adopt a community-based participatory research approach to ensure greater relevance to population health and to enhance implementation, effectiveness, reach, sustainability, and dissemination. The goal of this approach is to strengthen the capacity of our community partners through awareness sessions on key areas of public health, including mental health, prediabetes, school health programs on road safety and injury prevention, and food and nutrition security.

The School also organizes medical camps, seminars, nutrition assessments, and behaviour change communication sessions for disease prevention and health promotion. Alongside these activities, our students actively participate in various sports such as chess, badminton, cricket, and handball. They are also active members of the Literary Society of DUHS, contributing to academic, cultural, and creative enrichment.

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. 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

PhD, MPhil, M.Sc.

Dr. Mansoor Ahmed

Associate 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

Lecturer

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

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Sarah Almas Ghouri

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BS (Nutrition), RD

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Syeda Mehreen Zaidi

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BS (Nutrition), PGD (Dietetics), RD

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Dr. Hira Fatima Waseem

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