Dow University of Health Sciences

BS-PSYCHOLOGY

SESSION : 2026-27

UNDERSTAND
the Human Mind and Behavior

EXPLORE
Research, Assessment and Interventions

BUILD
A Better Future Through Psychological Science





Empowering Minds
Enriching Lives

PROSPECTUS

Dr. A. Q. Khan Institute of Behavioral Sciences

Email:
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Website:
www.duhs.edu.pk

QUAID'S
Message To Youth



"**Pakistan** is proud of her youth, particularly the students who have always been in the forefront in the hour of trial and need. You are the nation's leaders of tomorrow and you must fully equip yourself by discipline, education and training for the arduous task lying ahead of you. You should realize the magnitude of your responsibility and be ready to bear it" **(Jinnah, 1947).**



(Lahore, 31 st October, 1947)



VICE CHANCELLOR'S *Message*

It is a great honor for me, as the Vice Chancellor of Dow University of Health Sciences (DUHS), to welcome you to an institution that has been at the forefront of medical and health sciences education in Pakistan.

Since its establishment in 2004, DUHS has grown from three constituent colleges into a comprehensive university system comprising twenty constituent and forty-two affiliated institutions. Building upon the distinguished legacy of Dow Medical College, established in 1945, the University continues to uphold its commitment to academic excellence, professional integrity, research, innovation, and service to humanity.

The Allied Health Sciences programs at DUHS represent an essential component of modern healthcare. Through disciplines such as Pharmacy, Physical Therapy, Optometry, Medical Technology, Biotechnology, Nursing, Human Nutrition, Public Health, Radiology, Psychology, and other specialized fields, DUHS provides students with opportunities to develop the knowledge, technical expertise, and professional values required to meet the evolving needs of the healthcare sector. These programs prepare graduates to become competent, compassionate, and responsible healthcare professionals who can contribute meaningfully to patient care and community well-being.

At DUHS, we remain committed to creating an academic environment that encourages learning, discovery, collaboration, and innovation. Recognizing the growing importance of Artificial Intelligence (AI) in modern healthcare, the University is progressively integrating AI into its academic and educational framework, enabling students to become familiar with emerging technologies from the early stages of their academic journey. As healthcare continues to evolve through advances in science and technology, DUHS is dedicated to strengthening its educational and research infrastructure, expanding opportunities for interdisciplinary learning, and providing students with exposure to modern healthcare practices and state-of-the-art facilities.

I warmly welcome you to Dow University of Health Sciences, where a proud tradition of excellence meets a vision for the future, and where you will be inspired and empowered to make a meaningful difference in healthcare.

I wish you every success as you begin this important and rewarding journey.

PROF. DR. NAZLI HOSSAIN
VICE CHANCELLOR
Dow University of Health Sciences

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.

BS PSYCHOLOGY

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

Psychology is a dynamic and interdisciplinary discipline that integrates knowledge from the biological sciences, social sciences, health sciences, education, neuroscience, and emerging fields such as artificial intelligence. In Pakistan, the demand for psychological knowledge and services is steadily increasing across healthcare, education, industry, research, and community settings. A BS Psychology degree provides graduates with a strong foundation in understanding human behavior, research methods, and psychological principles, preparing them for diverse career pathways. Depending on their area of interest and, where applicable, further specialization or postgraduate training, graduates may pursue careers in counseling, education, human resource management, research, academia, healthcare, community and NGO sectors, media and communication, sports psychology, organizational consulting, and other interdisciplinary fields.

RECOGNITION BY THE GOVERNING BODIES/COUNCILS

DUHS offers HEC approved program.

Eligibility 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 Province

FEE STRUCTURE – BS PSYCHOLOGY– Session 2026-27

DR. A. Q. KHAN INSTITUTE OF BEHAVIORAL SCIENCES

Fee Type	Amount in PKR
Admission Fee – (at the time of admission)	PKR 45,000/-
Tuition Fee – (per annum)	PKR 193,116/-
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 260,616/-**
Transport Fee – (Optional**) – (**per annum**)**	PKR 50,000/-
With Transport	**PKR 310,616/-**

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

– RULES FOR THE PAYMENT OF FEE –

The fee for each subsequent year of the respective category will have to be paid within one month of the commencement of 2nd, 3rd ,4th, Final Year.

If Payment is made after the due date, a late fee charge of 5% will be levied on the total 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 Professional Year & 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 AS PER COMPLETE PROGRAM TUTION FEE** shall be imposed.

CURRICULUM

Bachelors of Science in Psychology - Program Curriculum

Semester 1

Course Codes	Course Title	Credit Hours	Type of Courses
ENG311	Functional English	3	Gen. Ed.
COM323	Applications of ICT	3 (2-1)	Gen. Ed.
BIO433	Fundamentals of Biology	3 (2-1)	Gen. Ed. (Natural Sciences)
QR301	Quantitative Reasoning-I	3	Gen. Ed.
BPSY402	Schools and Perspectives of Psychology	3	Major
BPSY316	Introduction to Psychology	3	Major
Total		18	

Semester 2

Course Codes	Course Title	Credit Hours	Type of Courses
ENG321	Expository Writing.	3	Gen. Ed.
BPSY436	Experimental Psychology	3 (2-1)	Major
BPSY443	Theories of Personality	3	Major
QR302	Quantitative Reasoning II	3	Gen. Ed.
PST312	Pakistan Studies	2	Gen. Ed
BPSY326	Behavioral Neuroscience	3	Major
Total		17	

Semester 3

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY315	Philosophy	2	Gen. Ed. (Arts & Humanities.)
ISL322	Islamic Studies/Ethics	2	Gen. Ed.
ICP313	Ideology & Constitutions of Pakistan.	2	Gen. Ed.
BPSY408	Ethics in Psychology	3	Major
BPSY432	Cognitive Psychology	3	Major
BPSY602	Industrial & Organizational Psychology	3	Major
QUR410	Feham e Quran-I Comparative Ethics-I (for non Muslims)	1	Gen. Ed.
	Total	16	

Semester 4

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY404	Psychological Assessment	4 (3-1)	Major
BPSY403	Mental health and Psycho-Pathology	3	Major
BPSY441	Environmental Psychology	3	Major
BPSY435	Sociology	2	Gen. Ed. (Social Sciences)
ENT430	Entrepreneurship	2	Gen. Ed.
CCE434	Civics and Community Engagement	2	Gen. Ed.
QUR420	Fehm-e-Quran-II Comparative Ethics-II (for non Muslims)	1	Gen. Ed.
Total		17	

Semester 5

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY508	Social Psychology	3	Major
BPSY513	Health and Behavioral Sciences	3	Interdisciplinary
BPSY514	Educational Psychology	3	Major
BPSY601	Clinical Psychology	3 (2-1)	Major
BPSY516	Research Methods and Academic Writing	3	Interdisciplinary
BPSY500	Developmental Psychology	3	Major
	Total	18	

Semester 6

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY510	Positive Psychology	3	Major
BPSY515	Counseling Psychology	3 (2-1)	Major
XXX	Elective I	3	Major
XXX	Elective II	3	Major
BPSY505	Statistics and Data Analysis	3 (2-1)	Interdisciplinary
	Sports Psychology	3	Major
	Total	18	

Semester 7

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY517	Forensic Psychology	3	Major
XXX	Elective III	3	Major
XXX	Elective IV	3	Major
BPSY442	Cross Cultural Psychology	3	Major
BPSY507	Gender Psychology	3	Major
BPSY604	Internship	3	Major
Total		18	

Semester 8

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY518	Psychology and Emerging Technologies	3	Major
XXX	Elective V	3	Major
XXX	Elective VI	3	Major
XXX	Elective VII	3	Major
BPSY407	Introduction to law and human rights	3	Interdisciplinary
BPSY512	Capstone Project	3	Capstone
	Total	18	
Total credit hours of 8 semesters		140	

Summary of Course

Type of Courses	Credit Hours
Total Credit Hours	**140**
General Education Subjects (15 courses)	34
Allied/Interdisciplinary courses (4 courses)	12
Major (30 courses)	87
Internship	3
Capstone	3
Duration of Degree Program	4 years
Number of Semester	8
Course Load per Semester	15-18
Number of Courses per Semester	5-7

	Electives (Select One Domain)		
1-	**Clinical Psychology**		
	I	CP101	Ethical Issues in Clinical Practice
	II	CP102	Adult Psychopathology
	III	CP103	Child Psychopathology
	IV	CP104	Clinical Assessment & Diagnosis
	V	CP105	Crisis Intervention & Management
	VI	CP106	Psychological Interventions & Therapies
	VII	CP107	Psychopharmacology and Neurosciences
2-	**Educational Psychology**		
	I.	EP201	Learning Theories & Instruction
	II.	EP202	Teacher–Student Relationships & Classroom Management
	III.	EP203	Guidance & Counseling in Educational Settings
	IV.	EP204	Inclusive Education & Diversity
	V.	EP205	Psychological Assessment in Education
	VI.	EP206	Behavior Interventions in Education
	VII.	EP207	Special Needs Advocacy
3-	**Industrial Psychology**		
	I	IP301	Organizational Behavior & Work Motivation
	II	IP302	Leadership in Organizations
	III	IP303	Conflict Management in Organization
	IV	IP304	Human Resource Management
	V	IP305	Assessment and Counseling in Organization
	VI	IP306	Consumer Psychology and Behavior
	VII	IP307	Marketing Psychology

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.

NUMBER OF STUDENTS STUDYING TILL DATE

The BS Psychology program received official approval during the syndicate meeting held in September 2022. This approval served as a significant milestone, as it indicated that the program had gained recognition and support from the statutory body of DUHS.

Following the approval, the first batch of 30 students were officially opened, with the academic year set to commence in May 2023. This marked the beginning of an exciting chapter for those aspiring to pursue a degree in psychology at DUHS.

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

At Institute of Behavioral Sciences 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.








LECTURE HALL NO. 03
LECTURE HALL NO. 03
ANTI DRUG PLEDGE


Mental Health Day '24
WORLD MENTAL HEALTH DAY
Psychmediaclub







Visit to Indus Hospital



(Sample of Affidavit should be on Rs. 100 stamp paper)

AFFIDAVIT

I, _____ S/o, D/o, am offered admission in BS Psychology Program at Dr. A. Q. Khan Institute of Behavioral Sciences, Dow University of Health Sciences Karachi, hereby undertake that:

1. All my documents statement and particulars are true to the best of my knowledge. In case these are found false/ incorrect, I will be liable to refusal of my admission in "BS Psychology Program" by the university and if admitted would be liable to expelled from institute at any time during the course undertake that I will not get admission in any other college / university of Pakistan during this 04 years period.
2. I also hereby undertake that I have been informed about the fee structure for program and duly accepted by me. I will submit the prescribed fee within due dates and will not ask for any concession/waiver/relief in fee till the completion of the program.
3. I also undertake that after my final selection/provisional admission in BS Psychology program, I shall complete the program of five years. However, if I leave the seat before completion of program, I shall be liable to pay the penalty fee as per university rules and regulations for wasting the precious seat, else I will not be entitled to issuance any certificate/ document from the institution.
4. I also undertake that I hold PRC & domicile of Sindh Province only. In case of my domicile is found fake, my admission will be cancelled with immediate effect.
5. I also undertake that I will abide by all the rules and regulations of the university. If I fail to observe the discipline of university at any time during the program, the disciplinary action could be taken by the university authorities.

In case of violation of any of the above said rules / regulations, the DUHS has the full right to cancel my admission and will have no legal bindings upon DUHS.

_____
Candidate Signature
Candidate Name_____
CNIC No.:_____

Witness 01:
Name:_____
Signature:_____
CNIC No.:_____

Witness 02:
Name:_____
Signature:_____
CNIC No.:_____