Dow University of Health Sciences

Excellence in Education | Innovation in Healthcare | Commitment to Society

BS Human Nutrition & Dietetics

SESSION 2026-27



- **Quality** Education
- **Research &** Innovation
- **Professional** Excellence
- **Better Health** for All



PROSPECTUS

School of Public Health

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



PRINCIPAL

Message

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.

Prof. Kashif Shafique
Principal School of Public Health
Director ORIC

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.

SCHOOL OF PUBLIC HEALTH
DOW UNIVERSITY OF HEALTH SCIENCES

1) Overview of the college/institute including mission & vision

Inception of School of Public Health:

Public health in Pakistan is a need of the country where areas such as issues related to social and behavioral sciences, basic nutrition, policy issues, human resource management and health communication are highly neglected in the past. Considering the high prevalence of diseases in our community, it was imperative to develop the human resources in the country which is well trained to tackle all these 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 taken this initiative and established the first public sector institute of Public Health in the province which deals with all these public health challenges by training the human resource for Pakistan and cater to the healthcare needs.

Introducing our School:

School of Public Health (SPH) was founded in the year 2012. School of Public Health researchers, academics and graduates are expected to play vital role in shaping the future of healthcare in Pakistan. The SPH's academic activity involves not only the basic public health disciplines of biostatistics and epidemiology, but also includes social sciences, health policy and management, and nutritional sciences. Today, we have enrolled over 300 students and we have expanded our academic opportunities. We established our PhD program in Public Health and have initiated the first ever Undergraduate program in Public Health Nutrition. The main programs of the SPH include Masters of Public Health, Masters in Science in

Biostatistics and Epidemiology, and four years BS Human Nutrition & Dietetics and BS Public Health. Our public health programs are developed and taught by leading academics and practitioners addressing the major public health challenges facing communities now and into the future.

To address the challenges of health care landscape of our community, our research 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. The institute has been successful in producing over 100 research publications concerning global and public health issues in peer review journals in last 3 years. In addition to this the institute has been successful in receiving different national and international research grant on many large projects including Higher Education Commission (HEC), World Food Program, World Health Organization (WHO), Research and Training in Tropical Diseases (TDR) etc.

INSTITUTE VISION & MISSION:

Vision of 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.

Mission of 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.

ACADEMICS

5 Degree 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 Human Nutrition & Dietetics
- Bachelors of Science in (Public Health)

BS HUMAN NUTRITION & DIETETICS

PREAMBLE:

International ranking based on health indicators places Pakistan at the lowest rungs of the ladder with persistently high mortality. The two most important contributing factors are related to low socio-economic status and poor nutritional status. Pakistan is faced with a major problem of malnutrition at all stages of life and its relationship with the disease process. Awareness about the importance of nutrition among our general public and even among health care providers is not enough to promote healthy eating habits to promote good nutrition. The challenges facing food and nutrition professionals today range from problems of undernutrition, food insecurity, and nutritional deficiencies to those of obesity and chronic diseases. Keeping all these factors in mind the School of Public Health at Dow University of Health Sciences offers a degree in BS Human Nutrition & Dietetics to train graduates with proper and recent knowledge of nutrition and its application in daily life.

GOAL:

To provide students with a didactic program that covers the breadth of knowledge in nutrition, from molecules to organisms, populations and food chemistry; provides research opportunities; and offers practical experiences in industries and training in public health nutrition, clinical dietetics, and food science.

2) OBJECTIVES:

- To enable the graduate to apply fundamentals of human nutrition, clinical dietetics, food science and public health nutrition concepts effectively and efficiently.
- To equip students with effective counseling, practical field experience, and communication skills to implement successfully in the clinical, food science, and public health settings.
- To provide students with a professional learning experience that instills a sense of professional ethics in their discipline.
- To equip students with research and analytical reasoning skills to conduct food and nutrition research
- An explicit goal of the program is to connect the core knowledge with real-life situations that is community-based, industry-based, and or clinical-based nutritional management
- To impart effective leadership and efficient management qualities by providing opportunities to present and take lead on relevant projects.

DEGREE PROGRAM:

A four-year program called **BS Human Nutrition & Dietetics** focuses primarily on the various aspects of nutrition & food science in a clinical, public health, and food industry environment. This comprehensive interdisciplinary program will blend basic sciences with food, nutrition, and human health. This program is going to offer Major courses for all three domains of Nutrition including: Clinical Dietetic, Public Health Nutrition & Food Sciences.

3) CAREER OPPORTUNITIES:

Nutrition is now a well-recognized health science that has gained recent momentum nationally, regionally and internationally. For Pakistan it is still in the developing stage, more so for Sind region. Graduates of this program will be in great demand in public health sector, NGOs, health care institutions, food industry, pharmaceutical companies, health organizations, hospitals & clinics, schools, academia, research institutes or can pursue further studies in nutrition or any other health related fields.

ELIGIBILITY CRITERIA

Eligibility	• HSSC Pre-Medical or 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
• **Entrance Test:**	• Structure Best Choice Questions (BCQs)

Number of seats: 35

FEE STRUCTURE – BS HUMAN NUTRITION & DIETETICS – Session 2026-27

SCHOOL OF PUBLIC HEALTH - SPH

Fee Type	Amount in PKR
Admission Fee – (at the time of admission)	PKR 45,000/-
Tuition Fee – (per annum)	PKR 194,159/-
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 261,659/-**
Transport Fee – **(**Optional**) – (**per annum**)**	PKR 50,000/-
With Transport	**PKR 311,659/-**

- 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.

4) Recognition by Governing Bodies/ Councils

BS Human Nutrition & Dietetics program is recognized by AHC & HEC

For further information, please contact, Administration, School of Public Health,
Phone no: 021-99261441, Ext: 2641, 2649
Email: sph@duhs.edu.pk or visit our website: www.sph.duhs.edu.pk

5) Curriculum

Bs Human Nutrition & Dietetics

Program Description

A four-year degree program, called BS Human Nutrition & Dietetics, focusing primarily on the various aspects of food and nutrition in a clinical, public health environment and food industry. This will be a comprehensive interdisciplinary program that will blend basic sciences with food, nutrition and human health.

Program Curriculum

Year I Semester I

Course Codes	Course Title	Credits	Category
BN409	Analytical Skills / Mathematics	3	Quantitative Reasoning
BN303	Fundamentals of Human Nutrition and Dietetics	3	Major Course
BN403	Introduction to Food Science and Technology	3	Major Course
BSPH309	Life Sciences Biology I/ Human Anatomy	3	Allied/Interdisciplinary
BSPH 305	Basic computer skills/ICT	3	Application of information & Communication Technologies (ICT)
ENG300	English I (Functional English)	3	Functional English, Expository writing
	Total Credits	**18**	

Year I Semester II

Course Codes	Course Title	Credits	Category
BN306	Macro & Micronutrients	3	Major Course
BN307	Introduction to Social Sciences	2	Social Sciences
BN505	Introductory Statistics	3	Quantitative Reasoning
ENG301	English II (Communicational Skills)	3	Expository Writing
BN304	Food Microbiology & Biotechnology	3	Major Course
BN302	Biochemistry	3 (2+1)	Natural Sciences
BN103	Fehm ul Quran I	1	Fehm-e-Quran – I (for Muslim Students)
	Total Credits	**18**	

Year II Semester III

Course Codes	Course Title	Credits	Category
BN102/PHE101	Islamic Studies/Ethics	2	Islamic Studies
BN101	Pak Studies	2	Pak Studies
BN105	Fehm ul Quran II	1	Fehm-e-Quran – I (for Muslim Students)
BN627	Functional Foods & Nutraceuticals	2	Major Course
BN506	Food Safety & Quality Management	3	Major Course
BN310	Introduction to Philosophy	2	Arts & Humanities
BSPH311	Life Sciences Biology II/General Pathology	3 (2+1)	Allied
	Total Credits	**15**	

Year II Semester IV

Course Codes	Course Title	Credits	Category
BN404	Nutrition through Lifecycle	3	Major Course
BN104	Ideology and Constitution of Pakistan	2	Ideology and Constitution of Pakistan
BSPH408	Health promotion, advocacy, and social mobilization	2	(Civics and community engagement)
BN606	Basic/Nutritional Epidemiology	3	Major Course
BN410	Health Economics	3 (2+1)	Allied
BN507	Principles of Health Management	2	Entrepreneurship
BN305	Human Physiology	3 (2-1)	Allied
	Total Credits	**18**	

Year III Semester V

Course Codes	Course Title	Credits	
BN516	Analytical Techniques in Food and Nutrition	03(1+2)	Major Course
BN506	Food Service Management	2 (1+1)	Major Course
BN414	Meal Planning & Management	3 (2+1)	Major Course
BN503	Nutritional Assessment	3 (2+1)	Major Course
BN515	Dietetics I	3 (2+1)	Major Course
BN413	Community & Public Health Nutrition	3	Major Course
	Total Credits	**17**	

Year III Semester VI

Course Codes	Course Title	Credits	
BN518	Food & Drug Laws and Regulations	2	Major Course
BN408	Research Methods in Food and Nutrition	2 (1+1)	Major Course
BN520	Dietetics II	3 (2+1)	Major Course
BN526	Supervised Practicum-I	3 (0+3)	Major Course
BN522 or BN524	Elective-I Nutrition Metabolism & Endocrinology or Nutritional Psychology	3 (3+0)	Major Course
BSPH605 or BSPH505	Elective-II Nutrition in Emergencies/Disaster Management or Early Childhood Development/ community Paediatrics	3	Major Course
	Total Credits	**16**	

Year IV Semester VII

Course Codes	Course Title	Credits	
BN627	AI in Food and Nutrition	2	Major Course
BN629	Food Product Development	3 (1+2)	Major Course
BN631	Nutrition Education & Counseling	3 (2+1)	Major Course
BN633	Supervised Practicum-II	3 (0+3)	Major Course
BN635or BN637	Elective-III Maternal & Child Nutrition or Dietary Diversity & Food Security	3	Major Course
BN639 or BN641	Elective-IV*** Diet Therapy for Individuals with Special Needs or Preventive Nutrition	3 (2+1)	Major Course
	Total Credits	**17**	
Course Codes	**Course Title**	**Credits**	
Year IV Semester VIII			
BN607	Food and Nutrition Policies	3	Major Course
BN628	Fundamentals of Food Systems	3	Major Course
BN630	Food and Nutrition Certifications	3	Major Course
BN632 or BN634	Elective-V Nutrition in Inborn Errors of Metabolism Or Nutrition Practices in Critical Care	3	Major Course
BN636 or BN638	Elective-VI Sports Nutrition & Exercise Or Nutrition Behavior Change Communication	3	Major Course
BN618	Capstone project	3	
BN610	Internship	3	
	Total Credits	**21**	

COURSE REQUIREMENTS	
Criteria	**Duration of time**
Total numbers of Credit hours	140
Duration	4 years (8 semesters)
Semester duration	Total 16 weeks (14 weeks for teaching, & 2 weeks of exams)
Semesters	8
Credit Load per Semester	15-21
Number of courses per semester	5-6

Semester wise Credit Hours Distribution			
YEAR	**SEMESTER-1**	**SEMESTER-2**	**Total**
1	18	18	36
2	15	18	33
3	17	16	33
4	17	21	38
TOTAL			**140**

6) Assessment Methods- Semester system

For Physical Classes Semester Session:

- The curriculum has been designed for the semester system of examination. 70% final Exam based on BCQs/SAQs and 30% internal evaluation. Further details on evaluation & examination will be described for individual courses as part of the syllabus.
- For the final (8th Semester) evaluation and examination will be conducted by the SPH through internal & external examiners. The detail of the grading criteria is submitted to the examination department as a separate document.

For Hybrid/Virtual Classes Semester Session:

- The curriculum has been designed for the semester system of examination. 40% final Exam based on BCQs/SAQs and 60% internal evaluation. Further details on evaluation & examination will be described for individual courses as part of the syllabus.

• For the final (8th Semester) evaluation and examination will be conducted by the SPH
through internal & external examiners. The detail of the grading criteria is submitted to the examination department as a separate document.

7) Number of Students Graduated and Studying

BS Nutrition Program			
Batch No	**Year**	**Number of Students Studying**	**Number of students graduated**
I	2015	23	23
II	2017	71	70
III	2018	29	29
IV	2019	29	29
V	2020	35	35
VI	2021	50	50
VII	2022	35	enrolled
VIII	2023	34	enrolled
IX	2024	35	enrolled
X	2025	35	enrolled

8) Facilities

- Food Science Laboratory
- Food Preparation Laboratory
- Clinical Science Lab equipments
- Five Lecture halls, each with a capacity of 30 students
- Digital Library/ Computer Lab with a capacity to accommodate 40 students
- Chemistry/ Bio chemistry Laboratory at DIMC
- Library Facilities -SPH
- Auditorium with a capacity of 70 seats
- Training Facilities
    - SPH provide its students with number of internship opportunities to gain the field experience

9) Faculty

Faculty List- BS Nutrition & Food Sciences School of Public Health, DUHS			
S.No.	**Name**	**Designation**	**Email**
1.	Prof.. Kashif Shafique	Professor & Principal	k.shafique@duhs.edu.pk
2.	Dr. Sumaira Naseem	Assistant Professor	sumaira.nasim@duhs.edu.pk
3.	Ms. Tahreem Hussain	Senior Lecturer, Program Director MSPH Nutrition	tahreem.hussain@duhs.edu.pk
4.	Ms. Nida Jawed	Sr. Lecturer & Program Director BS-Nutrition	nida.jawed@duhs.edu.pk
5.	Dr Samra Abid Malik	Lecturer & Program Director BSPH	samra.malik@duhs.edu.pk
6.	Dr. Habiba Shah	Assistant Professor	habiba.shah@duhs.edu.pk
7.	Ms. Nadia Shah	Senior Lecturer	nadia.shah@duhs.edu.pk
8.	Ms. Saba Mughul	Senior Lecturer	saba.mughal@duhs.edu.pk
9.	Ms. Mehreen Amer	Lecturer	mehreen.amer@duhs.edu.pk
10.	Ms. Mehreen Zaidi	Lecturer	mehreen.zaidi@duhs.edu.pk
11.	Ms. Sidra Sirajuddin	Lecturer	sidra.sirajuddin@duhs.edu.pk
12.	Ms. Sukaina Shabbir	Lecturer	sukaina.shabbir@duhs.edu.pk
13.	Ms. Tooba Zaidi	Lecturer	tooba.zaidi@duhs.edu.pk
14.	Ms. Huda Zaki	Lecturer	huda.zaki@duhs.edu.pk
15.	Dr Summaiya Waseem	Lecturer	summaiya.waseem@duhs.edu.pk

10) 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 numerous national and international organizations, including the following:

- UNICEF
- World Health Organization

 The Conservation, Food and Health Foundation
 National Research Program for Universities (NRPU) By Higher Education Commission of Pakistan
 Health Research Institute (HRI). National Institutes of Health, Ministry of National Health Services, Regulations and Coordination. Government of Pakistan
 Pharmaceutical Industry

Also, as a part of continuous research activities, we have developed collaborative partnerships with different academic and research organizations.

11) Co- curricular activities/societies

Students and faculty at School use a community based participatory research approach to enhance the relevance to population health and the likelihood of implementation, effectiveness, reach, sustainability, and dissemination. The goal of the community based participatory research is to build the capacity of our community partners by providing participants with our awareness sessions on various areas of public health including mental health prediabetes, school health program on road safety, preventing road traffic injuries, food and nutrition security. The school also arranged medical camps, seminars, nutrition assessments, behavior change communications for prevention of disease and promotion of health. Other than this our students also participate in different sports activities like indoor games, for example chess, and outdoor activities like badminton, cricket and handball.

Contact Us:

School of Public Health, Dow University of Health Sciences, Ojha Campus, Suparco Road, Gulzar e Hijri, Scheme 33, Karachi

Tel: 021-99261441, 2641-2649417

Email: sph@duhs.edu.

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

AFFIDAVIT

I, _____ S/o, D/o, am offered admission in BS Human Nutrition and Dietetics Program at School of Public Health, 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 Human Nutrition and Dietetics 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 Human Nutrition and Dietetics 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.:_____