Dow University of Health Sciences

Excellence in Education • Innovation in Healthcare • Commitment to Society

BS PUBLIC HEALTH (BSPH)

SESSION 2026-27

COMMUNITY FOCUSED
Improving community health and wellbeing

EVIDENCE BASED
Data driven approaches for better outcomes

PREVENTION FIRST
Promoting health and preventing disease

GLOBAL PERSPECTIVE
Preparing leaders for a healthier world



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.

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.

5 Degrees and Programs Offered

- Ph.D. Program in Public Health
- Master of Public Health (MPH)
- Masters of Science in Biostatistics and Epidemiology (MSBE)
- Bachelors of Science in Human Nutrition & Dietetics (BSHND)
- Bachelors of Science in Public Health (BSPH)

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 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 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 Province

No. of seats for BSPH program: 30

FEE STRUCTURE – BS PUBLIC HEALTH– 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 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 50,000/-
With Transport	**PKR 249,500/-**

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

– RULES FOR THE PAYMENT OF FEE –

– 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.

Hostel and transport fee will be valid till the last exam of the academic year.

Amount 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 the unavoidable circumstances.

RECOGNITION BY THE GOVERNING BODIES:

BS Public Health program is recognized by AHC & HEC

Curriculum of the Bachelor of Science in Public Health

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: 93

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:

1. Rotary International
2. UNICEF
3. World Health Organization
4. The Conservation, Food and Health Foundation
5. National Research Program for Universities (NRPU) By Higher Education Commission of Pakistan
6. Health Research Institute (HRI). National Institutes of Health, Ministry of National Health Services, Regulations and Coordination. Government of Pakistan

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

Co- curricular activities/societies

Students and faculty at the School of Public Health actively engage in community-based learning through internships, fieldwork, and partnerships with healthcare institutions and NGOs. Students participate in health camps, WASH activities, awareness sessions in hospitals, schools, and community centers, and develop Information, Education, and Communication (IEC) materials to promote disease prevention and healthy lifestyles. They also contribute to nutrition assessments and behavior change communication initiatives. Beyond academics, students actively participate in debate and literary societies, volunteer activities, and indoor and outdoor sports such as chess, badminton, cricket, and handball, fostering leadership, teamwork, communication, and overall well-being while preparing them to address real-world public health challenges.

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

PhD, MPhil, MSBE, MBBS

Dr. Sumaira Nasim

Assistant Professor

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

Assistant Professor

PhD (South Korea), MBBS

Nida Jawed

Senior Lecturer

Program Director-BS Nutrition

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.

Dr. Syed Omair Adil

Assistant Professor,

PhD (Public Health Epidemiology)

Sidra Mashkoor

Lecturer

M.Sc., 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.

Dr. Samra Abid Malik

Senior Lecturer,

Program Director BS-Public Health

MBBS, MPH

Dr. Summaiya Waseem

Lecturer

MBBS, MPH

Huda Zaki

Lecturer

BSPM&R, MPH

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

AFFIDAVIT

I, _____ S/o, D/o, am offered admission in BS Public Health 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 Public Health 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 Public Health program, I shall complete the program of four 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.:_____

For further information, please contact:

School of Public Health (SPH),
Dow University of Health Sciences (Ojha Campus),
University Road, Near SUPARCO Chowk, Karachi,
Phone # (021) 34690821-3
Website: www.duhs.edu.pk
E-mail: sph@duhs.edu.pk