

DOW UNIVERSITY OF HEALTH SCIENCES

SCHOOL OF PUBLIC HEALTH



BACHELOR OF SCIENCE IN PUBLIC HEALTH (BSPH)

PROSPECTUS (Session 2023-2024)

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Message by the Vice Chancellor

Prof. Dr. Mohammed Saeed Quraishy
Vice Chancellor
Dow University of Health Sciences

It gives me joy to write this message for the prospectus of the Dow University of Health Sciences, Karachi. DUHS was established in 2004, with just three constituent colleges, and today we are a university with over 30 constituent and affiliated institutions and the most comprehensive health system in Pakistan.

This year, I am also proud to announce that Dow University of Health Sciences, Karachi has continued to enhance the vision of this University by striving to be the pre-eminent academic institution committed to changing and saving lives. This is a credit to the faculty of DUHS, and their commitment to enhance the learning experience offered to our students that we have achieved progress and prosperity globally, particularly within Asia.

This is also the year we are celebrating our 75th anniversary of the founding of Dow Medical College, a symbol of scholarship and service to the community that has evolved into DUHS, with expanded program offerings, such as in the field of allied health and biomedical sciences, such as pharmacy, physical therapy, medical technology, biotechnology, nursing, public health, business administration, and course in radiology technology, nutritional sciences, midwifery, and optometry.

Furthermore, our symbol of academic excellence is fortified by our adoption of the latest technology, and affordable state of the art healthcare offered, which informs the delivery of quality patient care at Dow University Hospital and our many affiliated healthcare centres and research and diagnostic laboratories. We stand committed to providing and creating state-of-the-art infrastructures that fosters innovation, research and is evolving to meet the needs of the future, along with providing superior healthcare services.

Today, we are striving to play a pivotal role in the early diagnosis and treatment of Covid-19 and in the future, I also stand committed to make Dow University of Health Sciences an

empowered institution offering the best of the medical knowledge and quality health services.

I am confident that the doctors and health professionals of this institution will go on to contribute to this nation and serve globally with sincerity and ethics, in order to restore faith and humanity to the delivery of healthcare.

Good luck to the incoming freshman!

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.



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.

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 criteria 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 of BS Public Health

| FEE TYPE | BS PUBLIC HEALTH |
|---|------------------|
| Admission Fee (Once only) | 45,000 |
| Tuition Fee (Yearly) | 132,000 |
| Document Verification Charges (Once only) | 2,500 |
| Student Activity Fee (Yearly) | 10,000 |
| Library Charges (Yearly) | 10,000 |
| Total | 199,500 |

- Transport Fee (Optional) Rs. 36,000/- per year.

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 %7.5.....of tuition fee
- Fourth month%10of 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 rules.
- Hostel and Transport fee will be valid till December, 2024.
- 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.

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

Compulsory subject: 09

General courses (chosen from other departments): 07

Discipline specific foundation courses: 10

Major courses (including research project and field experience): 14

Total courses: 40

Semester duration: 16 weeks

Semester I

| S. No | Course code | Course title | Credits | Category |
|----------------------|-------------|---|-----------|---------------------------------------|
| 1 | ENG-300 | English I (Functional English) | 3 | Compulsory (Expository writing) |
| 2 | BN 101 | Pakistan studies | 3 | Compulsory (civilizational knowledge) |
| 3 | BN 307 | Introduction to Social Sciences | 3 | General course |
| 4 | BSPH 303 | Biology and ecology (including entomology and parasitology) | 3 | General course |
| 5 | BSPH 305 | Basic computer skills/ICT | 3 | Compulsory |
| Total credits | | | 15 | |

Semester II

| S. No | Course code | Course title | Credits | Category |
|----------------------|-------------|-------------------------------------|-----------|---------------------------------------|
| 6 | BN 102 | Islamiat | 3 | Compulsory (civilizational knowledge) |
| 7 | BN 310 | Introduction to Philosophy | 3 | General course |
| 8 | ENG 301 | English II (Communicational Skills) | 3 | Compulsory (expository writing) |
| 9 | BSPH 306 | Personal hygiene | 3 | General Course |
| 10 | BSPH 304 | Medical Anthropology | 3 | General course |
| 11 | BN 304 | Microbiology | 3 | Major course |
| Total credits | | | 18 | |

Semester III

| S. No | Course code | Course title | Credits | Category |
|----------------------|-------------|-------------------------------------|-----------|-------------------------------------|
| 12 | ENG 302 | English III (technical writing) | 3 | Compulsory (expository writing) |
| 13 | BSPH 401 | Concept of health and disease | 3 | Discipline sp. foundation |
| 14 | BSPH 403 | Primary Health Care | 3 | Discipline sp. Foundation |
| 15 | BSPH 405 | Population Dynamics | 3 | General course |
| 16 | BSPH 407 | Development/ Behavioural Psychology | 3 | General course |
| 17 | BN 409 | Mathematics | 3 | Compulsory (quantitative reasoning) |
| Total credits | | | 18 | |

Semester IV

| S. No | Course code | Course title | Credits | Category |
|----------------------|-------------|--|-----------|-------------------------------------|
| 18 | BSPH 402 | International Health (instead of English IV) | 3 | Compulsory |
| 19 | BN 606 | Introduction to Epidemiology | 3 | Discipline sp. foundation |
| 20 | BSPH 410 | Reproductive Health | 3 | Discipline sp. Foundation |
| 21 | BN 505 | Introductory Statistics | 3 | Compulsory (quantitative reasoning) |
| 22 | BN 408 | Introduction to Research | 3 | Major course |
| Total credits | | | 15 | |

Semester V

| S. No | Course code | Course title | Credits | Category |
|----------------------|-------------|--|-----------|---------------------------|
| 23 | BSPH 501 | Mental Health | 3 | Discipline sp. Foundation |
| 24 | BSPH 408 | Health promotion, advocacy and social mobilization | 3 | Discipline sp. foundation |
| 25 | BSPH 505 | Community pediatrics | 3 | Discipline sp. Foundation |
| 26 | BSPH 406 | Basic Biostatistics | 3 | Discipline sp. foundation |
| 27 | BSPH 509 | Fundamental of infectious diseases | 3 | Major course |
| Total credits | | | 15 | |

Semester VI

| S. No | Course code | Course title | Credits | Category |
|----------------------|-------------|---------------------------------------|-----------|--------------|
| 28 | BSPH 502 | Communicable disease epidemiology | 3 | Major course |
| 29 | BSPH 504 | Non communicable disease epidemiology | 3 | Major course |
| 30 | BN 507 | Principles of Health Management | 3 | Major course |
| 31 | BSPH 508 | Applied epidemiology | 3 | Major course |
| 32 | BSPH 601 | District health management | 3 | Major course |
| 33 | BN 410 | Health economics | 3 | Major course |
| Total credits | | | 18 | |

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 | Discipline sp. Foundation |
| 38 | BN 605 | Nutritional Problems in Developing Countries | 3 | Discipline sp. Foundation |
| 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 | 12 | Internship |
| Total credits | | | 15 | |

Total program credits: 129

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 studying till August 2023: 30

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. Nilofer Fatimi Safdar

Associate Professor, Nutritional Sciences
PhD, MS, (USA) M.Sc., RDN.

Dr. M. Tahir Rizwan Khan

Assistant Professor
Qualification: MPhil, MSBE, MBBS

Dr. Sumaira Nasim

Assistant Professor
Qualification: PhD, (UK), MPH (Australia) M.Sc.

Dr. Shahkamal Hashmi

Assistant Professor
Qualification: Ph.D, MPH, MS, MBBS

Dr. Habiba Shah

Assistant Professor
PhD, M.Sc.

Dr. Abdur Rasheed

Assistant Professor
Qualification: PhD, MPhil, M.Sc.

Dr. Owais Raza

Assistant Professor

PhD (Iran), MBBS

Dr. Mansoor Ahmed

Assistant 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 Mashkoor

Lecturer
M.Sc., RD

Sarah Almas Ghouri

Lecturer
BS (Nutrition), 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.

Shabana A. Siddiqui

Lecturer
M.Phil, MSc.

For further information, please contact:

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