



**Dow University of
Health Sciences**

**BSN Generic | SESSION
Post RN BSN | 2024-25**

PROSPECTUS

Dow Institute of Nursing
and Midwifery (DION&M)

MESSAGE BY THE VICE CHANCELLOR



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

As the Vice Chancellor of Dow University of Health Sciences, it is my pleasure to welcome you to one of Pakistan's leading medical universities. Since its inception in 2004 with just three constituent colleges, DUHS has grown into a thriving academic institution with over 30 constituent and affiliated institutions, now recognized as one of Pakistan's most comprehensive health systems.

This year, I am particularly proud to announce DUHS's continued progress toward our vision of being a preeminent academic institution dedicated to transforming lives through education, healthcare, and innovation. Our global accomplishments, especially within Asia, are a testament to the hard work of our dedicated faculty, who are committed to enhancing the learning experience and expanding our impact.

Founded as Dow Medical College in 1945, our university has a longstanding tradition of scholarship and service to the community. Today, DUHS offers a broad range of programs, from allied health and biomedical sciences to fields such as pharmacy, physical therapy, medical technology, biotechnology, nursing, public health, business administration, radiology technology, psychology, nutritional sciences, midwifery, and optometry.

Our commitment to academic excellence is reflected in our adoption of cutting-edge technology and the affordable, state-of-the-art healthcare provided by Dow University Hospital and our affiliated healthcare centers, research facilities, and diagnostic labs. We are dedicated to building an infrastructure that promotes innovation and research, preparing us to meet the needs of the future while delivering high-quality healthcare services.

To the incoming freshmen, I am confident that your journey at DUHS will prepare you to contribute with dedication, integrity, and compassion—upholding the highest standards of healthcare, both nationally and globally.

Good luck to each of you as you embark on this rewarding path!



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*



1. Overview of the Institute

Dow Institute of Nursing and Midwifery, part of Dow University of Health Sciences (DUHS), was established in 2006. The institute's founding task force, chaired by the Vice Chancellor and comprising nursing professionals and senior educators from both public and private sectors, played a crucial role in its planning and establishment. The primary objective of the institute is to produce high-quality healthcare professionals through its various programs, including the Bachelor of Nursing (BSN Generic), Post RN BSN, Post RN BSM, and Masters in Nursing.

The institute of nursing is located within the Ojha sub-campus of DUHS, the Dow Institute of Nursing and Midwifery boasts a well-constructed building and a conducive environment for teaching and learning. The foundation stone for the institute was laid on June 3, 2006, with Prof. Atta Ur Rehman, Advisor to the Federal Government and Chairman of the Higher Education Commission (HEC), serving as the Chief Guest at the ceremony. The project, supported by the HEC, was completed in two years with the aim of addressing the acute shortage of skilled nurses in the country by providing quality education and practical nursing skills.

2. Objectives of the Institute

- Produce highly skilled nurses and midwives through Bachelors, Masters, and PhD programs.
- Improve quality care at healthcare facilities by addressing the acute shortage of qualified and skilled nurses in the country.
- Enhance the standard of nursing education nationwide.
- Foster faculty development and establish collaborations with national and international universities.
- Promote research in nursing through training, grants, and collaborations with national and international research institutes.

3. Career Prospects

Clinical Nursing

Hospitals and Clinics: Graduates can work in various departments such as emergency, surgery, pediatrics, and maternity wards.

Specialized Care: Opportunities in specialized areas like oncology, cardiology, and intensive care units.

Community Health Nursing

Public Health Programs: Involvement in vaccination drives, maternal and child health programs, and disease prevention initiatives.

Rural Health Services: Providing healthcare services in rural and underserved areas.

Nursing Education

Teaching: Positions as instructors or lecturers in nursing schools and colleges.

Training and Development: Roles in training new nurses and providing continuing education for practicing nurses.

Nursing Administration

Hospital Management: Positions in hospital administration, managing nursing staff, and overseeing patient care services.

Healthcare Policy: Roles in developing and implementing healthcare policies and standards.

Advanced Practice Nursing

Nurse Practitioners: Providing primary and specialized care, often with greater autonomy.

Nurse Anesthetists: Specializing in anesthesia care for surgical procedures.

Research and Development

Clinical Research: Involvement in medical research projects and clinical trials.

Healthcare Innovation: Developing new healthcare solutions and improving nursing practices.

International Opportunities

Global Health Organizations: Working with organizations like the World Health Organization (WHO) and non-governmental organizations (NGOs).

Employment Abroad: Opportunities to work in countries with high demand for nursing professionals.

Private Sector and Corporate Nursing

Occupational Health: Providing healthcare services within corporate environments.

Private Clinics: Roles in private healthcare facilities offering specialized care.

4. Recognition by Governing Bodies/Councils

The Dow Institute of Nursing and Midwifery Dow University of Health Sciences recognized by Pakistan Nursing Council on September 22, 2007. All programs, which are offered at Dow Institute of Nursing and Midwifery, are recognized /accredited by Pakistan Nursing Council (PNC) and Higher Education Commission (HEC), Pakistan. Institute of Nursing, DUHS is envisioned to promote nursing education in Pakistan, preparing the leaders in nursing, and producing a sufficient number of highly skilled and trained nursing professionals who can meet the challenges of modern preventive and curative healthcare

5. Eligibility Criteria

BS NURSING GENERIC

- **Matric Science**
- **Intermediate Science (Pre-Medical)**
with 50% Marks in overall subjects
- **Maximum age limit 18 -35 years**
(Both Male and Female)
- Gender Ratio: 50% Female and 50% Male
Candidate's PRC & Domicile of Sindh.

POST RN BS NURSING

- **Matric with Science or Matric with Arts** as specified by HEC vide Notification.No. 8 61)/A&A/2018/HEC/5998 dt. 06.04.2018
- **03 Years General Nursing Diploma**
- **01 Year Diploma in Midwifery**
- (any **Post Speciality** for Males in Lieu of Midwifery)
- **01 Year Clinical experience**
- **Valid PNC Registration**
Gender Ratio: 50% Female and 50% Male.
- **Candidate's PRC & Domicile of Sindh**

Fee Structure of DIONAM

SESSION 2024-25

Amount in PKR.

| FEE TYPE | BS GENERIC | POST RN |
|---|-------------------|----------------|
| Admission Fee (Once only) | 45,000 | 45,000 |
| Tuition Fee (Yearly) | 164,717 | 157,554 |
| Transportation Fee (Optional) (Yearly) | 43,000 | 43,000 |
| Documentation Verification Charges (Once only) | 2,500 | 2,500 |
| Library Fee (Yearly) | 10,000 | 10,000 |
| Student Activity Fee (Yearly) | 10,000 | 10,000 |
| TOTAL | 275,217 | 268,054 |

RULES FOR THE PAYMENT OF FEE

1. Fees of succeeding years are to be paid within ONE MONTH of issuance of fee vouchers or within the due date provided.
2. In case the fee is not submitted during the given specified time, late payment charges will be charged as follows:

| | |
|--|------|
| First Month (After Lapse of First Month) | 2.5% |
| Second Month | 5% |
| Third Month | 7.5% |
| Fourth Month | 10% |

After four months of non-payment, the seat is liable to be cancelled and student will not be allowed to appear in any examination

3. Fee of all categories shall be increased by 10% every year.
4. Fee deposited is refundable as per the Refund Policy guidelines of the DUHS.
5. Taxes will be applied as per the FBR and Government rules.
6. Hostel and Transport fee will be valid till the December of every year.
7. Amounts stated in the fee vouchers are excluded of all Bank charges .
8. The Fee Structure may be revised by the university at any time during the course of the study, due to unavoidable circumstances.
9. Associated fees will be charged as per fee structure.

5. Curriculum

Scheme of Studies for BS Nursing Program

| Year 1 Semester 1 | |
|----------------------------|--------------|
| Courses | Credit hours |
| Fundamental of Nursing-I | 4 |
| Microbiology | 3 |
| Anatomy and Physiology-I | 3 |
| Biochemistry for Nurses | 3 |
| English-I | 2 |
| Computer Skills | 1 |
| Year 1 Semester 2 | |
| Courses | Credit hours |
| Fundamental of Nursing-II | 4 |
| Anatomy and Physiology-II | 3 |
| Community Health Nursing-I | 3 |
| Applied Nutrition | 1 |
| English-II | 2 |
| Islamiat* | 2 |
| Pak. Studies* | 2 |
| Year 2 Semester 3 | |
| Courses | Credit hours |
| Adult Health Nursing I | 8 |
| Pathophysiology I | 2 |
| Health Assessment -I | 2 |
| Pharmacology-I | 2 |
| Mathematics | 1 |
| English-III | 2 |
| Year 2 Semester 4 | |

| | |
|--|--------------|
| Courses | Credit hours |
| Adult Health Nursing-II | 8 |
| Pathophysiology II | 3 |
| Health Assessment-II | 2 |
| Pharmacology II | 2 |
| English-IV | 2 |
| Nursing Ethics | 2 |
| Developmental Psychology | 2 |
| Nursing Ethics | 1 |
| Year 3 Semester 5 | |
| Courses | Credit hours |
| Pediatrics Health Nursing | 7 |
| Community Health Nursing -II | 6 |
| Teaching/Learning:Principles and Practices | 3 |
| English V | 2 |
| Year 3 Semester 6 | |
| Courses | Credit hours |
| Mental Health Nursing | 6 |
| Introduction to Biostatistics | 3 |
| Behavioral Psychology | 3 |
| Epidemiology | 2 |
| English-VI | 2 |
| Culture, Health and Society | 2 |
| Courses | Credit hours |
| Critical Care Nursing | 7 |
| Introduction to Nursing Theories | 2 |
| Leadership and Management in Nursing | 3 |
| Nursing Research | 3 |
| English VII | 2 |
| Courses | Credit hours |
| Community Health Nursing-III | 5 |
| Nursing Seminar / role transition | 2 |
| Clinical Practicum | 5 |

| | | | |
|-------------|-----------------------------|------------------------------|-------|
| | | | Total |
| Year I | Semester-I: 16 Credits | Semester-II: 17 Credits | 33 |
| Year II | Semester-III: 17 Credits | Semester-IV:20 Credits | 37 |
| Year III | Semester-V: 18 Credits | Semester-VI: 18 Credits | 36 |
| Year IV | Semester-VII: 17 Credits | Semester-VIII: 12 Credits | 29 |
| Grand Total | | | 135 |

Scheme of Studies for Post RN BSN Program

| Year 1 Semester 1 | |
|--|--------------|
| Courses | Credit hours |
| Biochemistry | 2 |
| Advance Concepts in Nursing I (Adult Health Nursing) | 4 |
| Health Assessment | 3 |
| Pharmacology | 3 |
| English I (Functional) | 2 |
| Computer Skills & Information Technology | 2 |
| Year 1 Semester 2 | |
| Courses | Credit hours |
| Advance Concepts in Nursing (II) Mental Health | 4 |
| Introduction to Biostatistics | 2 |
| Epidemiology | 2 |
| Culture Health & Society | 2 |
| Introduction to Nursing Models & Theories | 2 |
| English II (Academics) | 2 |
| Principle of Teaching and Clinical Preceptorship | 3 |
| Year 2 Semester 3 | |
| Courses | Credit hours |
| Advance Concepts III (CHN) | 4 |
| Introduction to Nursing Research | 3 |
| Professional Development and Ethics | 3 |
| Pak Studies | 2 |
| Leadership and Management | 3 |
| English III (Professional writing) | 2 |
| Year 2 Semester 4 | |
| Courses | Credit hours |
| *Research/ Evidence based Elective project | 4 |
| **Clinical Practicum | 6 |
| English IV (Scholarly writing) | 2 |
| Islamic Studies/Ethics (For non-Muslims) | 2 |

| | | | Total |
|-------------|--------------------------|-------------------------|-------|
| Year I | Semester-I: 16 Credits | Semester-II: 17 Credits | 33 |
| Year II | Semester-III: 17 Credits | Semester-IV: 14 Credits | 31 |
| Grand Total | | | 64 |

7. Assessment Method

Apart from the Internal courses, following is the evaluation criteria followed for undergraduate programs at DION&M

-Internal Assessment: 30%

-Mid-term: 30%

-Final Term: 40%

8. Number of students graduated and studying till date

| | |
|-------------------------------|-----|
| Post RN Students Graduated | 685 |
| Post RN BSN Students studying | 14 |
| BSN Students Graduated | 422 |
| BSN Students studying | 400 |
| Post RN BSM Graduated | 37 |
| Post RN BSM studying | 3 |

9. Facilities/resources and salient features of the college/institute

Hostel: Hostel facility is provided only for female students on a need to need basis. The hostel is facilitated with the regular necessities and luxuries needed by the students

General Rules and Regulation

- No visitors are allowed to stay overnight inside the hostel
- No hosteller will be allowed to enter or leave the hostel premises after 09:00 pm.
- Weekly visit will be done to assess the cleanliness of hostel rooms.
- Its mandatory to follow all these rules and regulations
- Any of the hostellers, if found violating above rule may directly ask to leave the hostel.

Transportation: The transportation service will be provided by DIONAM to the students and pick and drop service from the allocated pickup points at scheduled time. Students are not required to stay in after institute hours. But if they desire, for study purposes, they should make their own transportation arrangement. Students of DIONAM, DUHS will have to pay transport fees.

Financial Assistance: Any student requiring Financial Aid notifies the competent authority. The committee will review each case on individual basis will decide for financial assistance

Learning Resources: DIONAM has a nursing skill laboratory, a science laboratory, computer lab several class rooms, conference room, as well as tutorial rooms

Furnished Classrooms: Well-furnished classrooms equipped with the latest teaching aids, such as multimedia with internet facilities etc. are available to have highly interactive sessions in classroom teaching. All classrooms are well-illuminated, properly ventilated, air conditioned and with modern seating

Nursing Skill Lab: This is a practical learning resource in DIONAM which allows students to practice nursing skills in patient care situations. The skill lab physical layout accommodates various learning area and stations according to the need of students

The skill lab is open from 8:30 to 15:00 hours, Monday till Thursday and Saturday, Timings for Friday are 8:30 to 12:00. Skill Lab Manager, Faculty and staff are available for student's facilitation.

Students are requested to fill out the application before obtaining any equipment from skill lab.

Students are responsible for leaving the skill lab neat and clean

In case of damage/loss of skill lab property replacement cost must be paid or same item will be replaced by the person responsible for the damage.

Anatomy Lab: The Anatomy lab has latest equipment which includes anatomical models and posters etc. for students of all the programs in the Institute. The lab can accommodate twenty five students at a time for the practical work. The facility is utilized for anatomy and physiology and pathophysiology. The lab is open from 8:30 to 15:00 hours, Monday till Thursday and Saturday, Timings for Friday are 8:30 to 12:00. Faculty members are available at all times to assist students to help them utilize the lab resources effectively.

Digital Library: The computer Lab is located on the 2nd floor. The lab is practical resource for students which allow them to learn and understand concepts of computers and principles. Technical staff and faculty members are available at all times to assist students to help them utilized the lab resources effectively. The lab is open from 8:30 to 15:00, Monday till Thursday and Saturday. Timings for Friday are 8:30 to 12:00.

Library: The library is equipped with latest books on nursing topics and librarians are available to assist the students. The library is open from 8:30 to 15:00, Monday till Thursday and Saturday. Timings for Friday are 8:30 to 12:00. The books will be issued to the students if they submit their library card. The Central library of DUHS Ojha Campus is open from 8:30 to 1800.

DUHS STUDENT'S CONDUCT RULES

A. STUDENT'S CONDUCT RULES

(Applicable to Undergraduate and Postgraduate students of the University and its constituent or affiliated institutions)

These rules are applicable to all students who are admitted to the Dow University of Health Sciences, and include undergraduate and postgraduate medical and dental students, nurses and all those being trained in medical and allied health sciences.

1. No student or group of students shall form society / association / organization with permission from Principal of College.
2. No outsider will be invited by the students to address any meeting at the University or its constituent college / institute / school, hospital etc whether academic, social, religious or political (without prior written permission of the authorities). Decision of authorities will be final and taken on case to case basis.
3. Students are not allowed to paste any poster, pamphlet or fix banners on the wall. Graffiti on walls (wall chalking) of the premises of the University or its constituent college / institute / school, hospital etc be they, academic, social, religious or political, are also not allowed.
4. During teaching hours and / or Clinical posting, students are prohibited to play or roam around in the premises.
5. No student or group of students shall arrange any program, picnic, musical concert sports activities etc, on their own, without prior written permission from the authorities.
6. No student or group of students are allowed to collect money for any purpose whatsoever.
7. University / College Identity Card, (ID) should be displayed, at all times, when the students are in the premises of the University or its constituent college / institute / School / Hospital etc. Faculty members and security staff are authorized to check I.D cards at any time.
8. If any student wants to publish his/her scientific or literary article, he/she must get the draft

approved, by the authorities. They are also required to submit the copy of the final article / paper (to be published) for record purposes to the University.

9. Students will not be allowed to address the media or the national press on any subject.
10. Students are forbidden to address higher authorities directly. Any communication intended for higher authorities, needs to be routed through proper channel (Vice Chancellor / Principal / Medical Superintendent / Director)
11. Smoking, pan chewing, littering, spitting and other activities, prejudicial to the conduct are prohibited in the classroom, laboratories, seminar / tutorial rooms, library during and after college hours and wards during clinical postings.
12. Unless specifically permitted, no student or group of students are allowed to enter administrative and department offices / telephone exchange, or teaching areas like laboratory, lecture hall of the institution or department and / or use office equipment(s) / machinery, like telephone, computer, printer, typewriter, overhead projector, slide projector or multimedia etc.
13. No student is allowed to bring a weapon and/or ammunition, liable to cause injury, or any other harmful item, inside the premises.
14. No student or group of students will threaten, stop, harass, forcibly disallow or evict another bonafide student or group of students.
15. Misbehavior with faculty members and other staff members of the University and / or its constituent college / institute / school, hospital etc, by a student or a group of students is completely prohibited. Such misdemeanors would attract penalties as severe as expulsion and rustication.
16. Willful damage to either public or personal property in the University and / or its constituent college / institute / school etc, by a student or a group of students, is completely prohibited. Such misdemeanors would be liable to penalties as severe as expulsion and rustication.
17. Use of loud speakers / amplifiers, megaphone is prohibited in the premises of the University.
18. No student will be allowed to park his / her car inside the premises of the college / University unless specifically allowed by the competent authority.

(A) SUSPENSION

A student shall be liable for suspension upto six months if he/she commits any of the following act:-

1. Misbehaves or quarrels with any teacher or member of the staff.
2. Is generally disobedient.
3. Spreads false rumours.
4. Uses unbecoming, indecent or filthy language.
5. Incites other students to violence.
6. Is inappropriately dressed.
7. Shouts, abuses, quarrels or fights with fellow students.
8. Raises slogans to hurt others, politically or religiously.

9. Interferes with the administration, including the mode or schedule of the examination.
10. Indulges in acts of immorality.
11. Indulges in any kind of political activity including displaying posters or play cards within the College.
12. Remains absent continuously for more than 4 weeks without prior permission.

(B) RUSTICATION

A student may be rusticated for a period of 3 years due to any of the following acts:-

1. Taking forceful possession, making unauthorized use or damaging any property.
2. Involving himself in any agitational activity.
3. Found indulging in activities, prejudicial and detrimental to the good order of the College.
4. Adopting unfair means during examination.
5. Disobeying an order of suspension passed against him.
6. Any other act, which the principal or the disciplinary committee considers inappropriate.
7. Anybody who does not submit the prescribed undertaking about non-involvement in political activities.

NOTE:-

Any student suspended or rusticated for the reasons mentioned above shall not be allowed to appear in the examinations.

(C) EXPULSION

A student is liable to be expelled from the college if he/she commits any of the following act and this order shall be final and irrevocable. If he/she.

1. Is found in possession of fire arms or lethal weapons or Narcotic drugs in the college premises, hostels, examination halls, teaching hospitals or any other area as specified by the university administration.
2. Remains absent for more than three months without permission of the Principal / Director, his/her admission shall be cancelled by the disciplinary committee of that college / institute.

STUDENT'S DISCIPLINARY RULES & PROCEDURE

Any student indulging in conduct contrary to the above mentioned rules shall be dealt with in accordance with the Dow University of Health Sciences Conduct Rules and the procedure mentioned below:

1. Each constituent college will have a Disciplinary Committee to be notified with the approval of the Vice Chancellor to deal with all the disciplinary matters.
2. The Principal on suo moto or on any complaint, may initiate action against any student of the college and refer the case to the Disciplinary Committee of the college for appropriate recommendation.
3. Before taking any action, the Principal shall serve a show cause notice to the student indicating briefly the charges against him. The accused student will have to give a written reply within seven days. He/She will be afforded a chance for personal hearing after which the Principal of the constituent college is empowered to suspend, rusticate or expel the student.
4. The student to whom the Principal has suspended, rusticated or expelled from the college may make appeal to the Vice Chancellor against the decision of the Principal within 30 days.
5. Any student whose name appears in the F.I.R. pertaining to any non-bailable offence as specified in the criminal procedure code (Cr.P.C.) will be suspended. During the pendency of the case he/she will not be allowed classes or take up any examination.

DRESS CODE

ALL STUDENTS MUST WEAR WHITE COAT IN THE CAMPUSES OF DMC AND OJHA CAMPUS (WITH A TAG HAVING NAMED AND CLASS) AND DECENT SHOES / SANDLE BUT NO SLIPPERS, IN CASE OF DEFAULT THEY WILL NOT BE ALLOWED TO ENTER OR A DISCIPLINARY ACTION WILL BE TAKEN.

ATTENDANCE

STUDENTS HAVING ATTENDANCE IN THE CLASS OF LESS THAN 75% WILL NOT BE ALLOWED TO APPEAR IN THE EXAMINATION.

RULES FOR LIBRARY

1. One book can be borrowed from the library at one time.
 - Books will not be issued without library card.
 - Book can be borrowed for a maximum period of 3 days.
 - There is no lending facility for reference books, CD's periodicals and newspapers.
2. Any title in the lending section can be reserved in advance, Please make request at the library desk.
3. The following rules pertain to re-issuance of books.
 - Books can be issued consecutively two times only.
4. A late fine will be charged if book is returned late.
 - Rs. 30/= per book per day.
5. The following rules pertain to book lost / damaged.
 - In case of damage, full price of the book will be charged.
 - In case of loss, 200% price of the book will be charged.
 - No marking, either in pencil, pen or highlighter is allowed on the books. The book will be inspected at the time of return. In case books are found marked, a fine of Rs. 50 will be charged.
6. Reference books will not be issued for photocopy.
7. Membership can be cancelled for a minimum period of 10 days and this period can be increased in case the student is found continuing violation of rules of library.

FINANCIAL ASSISTANCE

- Financial assistance is provided to the students through various Prime Minister Scheme such as Ehsaas Scholarship, HEC Need Based Scholarship Sindh Endowment Fund and Ahsan trust sponsored by Meezan bank based on merit cum need basis and etc.
- The university also provides installment facility to the needy and deserving students.

10. Faculty

Ms. Rubina Qasim
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Mr. Badil
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Mr. Kifayat Hussain
Clinical Instructor & LMS Registration Coordinator
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Adjunct Faculty Members:

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11. Research Activities:

The Dow Institute of Nursing and Midwifery (DIONM) at Ojha Campus, Karachi, is actively engaged in various research activities aimed at enhancing the quality of nursing education and healthcare services.

Collaborations and Partnerships: DIONM collaborates with national and international universities and research institutes to promote research in nursing. These collaborations help in fostering faculty development and advancing the standard of nursing education in Pakistan.

Research Focus Areas: The institute focuses on evidence-based practice and community-centered research. For instance, research projects have included topics like COVID-19 vaccine hesitancy in marginalized populations and designing socio-behavioral interventions to counter misinformation.

Support and Facilities: Research at DIONM is supported by the Office of Research Innovation and Commercialization (ORIC) at Dow University of Health Sciences (DUHS). The ORIC facilitates research activities by providing necessary resources and support.

Publications and Conferences: Faculty members at DIONM actively publish their research in reputable journals and participate in international conferences. This not only disseminates their findings but also contributes to the global nursing body of knowledge.

12. Co-curricular activities/societies

The Dow Institute of Nursing and Midwifery (DIONM) at the Ojha Campus, Dow University of Health Sciences (DUHS), Karachi, offers a variety of co-curricular activities aimed at enhancing the overall development and skills of its students. These activities include:

1. **Sports and Recreational Activities:** The institute provides various sports and recreational facilities to promote physical well-being and team spirit among students. Regular sports events and competitions are organized to encourage participation and healthy competition.

2. **Skill Development Workshops:** The Dow Skill Development Center conducts workshops and training sessions on various professional and personal development skills. These workshops cover topics such as communication skills, leadership, time management, and other essential soft skills.
3. **Professional Development:** The Professional Development Centre offers programs and courses aimed at enhancing the professional capabilities of students. This includes training in advanced nursing practices and new healthcare technologies.
4. **Community Service:** DIONM emphasizes community engagement through various health camps, awareness programs, and outreach activities. Students are encouraged to participate in these initiatives to gain practical experience and contribute to public health.
5. **Cultural Events:** The institute organizes cultural events and festivals to celebrate diversity and foster a sense of community among students. These events provide a platform for students to showcase their talents and cultural heritage.
6. **Research Opportunities:** Students at DIONM have opportunities to engage in research activities and projects. The institute supports student research through grants, collaborations, and participation in national and international conferences.
7. **Debating and Literally Society DUHS:** The Dow Institute of Nursing and Midwifery (DIONAM) at DUHS actively participates in the events organized by the Literary and Debating Society of DUHS. Students from DIONAM take part in various competitions, such as bilingual declamation contests and Bait Baazi competitions, showcasing their literary talents and debating skills. Their involvement in these events not only enhances their rhetorical and intellectual abilities but also contributes to a vibrant cultural and academic environment at the university.

These co-curricular activities are designed to complement the academic curriculum and provide students with a well-rounded educational experience.