



**DOW UNIVERSITY OF
HEALTH SCIENCES**

BS-PSYCHOLOGY
Session 2023-24

TREATMENT & REHABILITATION
CENTRE FOR PSYCHIATRIC PATIENTS AND DRUG ADDICTS
ادارہ برائے ذہنی صحت، علاج نشیات و نفسیاتی مسائل

INSTITUTE OF BEHAVIORAL SCIENCES

DR. A. Q. KHAN CENTRE

PROSPECTUS

Dr. A. Q. Khan Institute of Behavioral Sciences

**Website : admissions.duhs.edu.pk
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Message by the Vice Chancellor

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

In the progressive spirit of academic evolution, the year 2023 marked a significant milestone with the inauguration of the Department of BS Psychology under Dr. A.Q. Khan Center, Institute of Behavioral Sciences, DUHS. The department focuses on inculcating and understanding the intricacies of the human mind and behavior, providing a dynamic platform for students to delve into the fascinating realm of psychology. With a foundation built on rigorous academic principles and a dedication to nurturing future leaders in the field, the department embarks on a journey to unravel the complexities of the human psyche and contribute meaningfully to the ever-evolving landscape of psychological knowledge. As we step into this new chapter, the Department of BS Psychology aspires to foster a vibrant learning community, where inquiry, discovery, and personal growth converge to shape the next generation of psychological thinkers and practitioners.

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, as we have continued to place in the QS World University Rankings Asia 2023, with an overall Rank of 201-250. 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.

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 centers and research and diagnostic laboratories. We stand committed to providing and creating a state-of-the-art infrastructure that fosters innovation, research and is evolving to meet the needs of the future, along with providing superior healthcare services today.

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 freshmen!

MESSAGE BY THE PROGRAM INCHARGE

**Brig. Shoaib Ahmed S.I(M) Rtd.
Executive Director and Incharge
BS Psychology Program
Dr.A.Q Khan Center (IBS)
Dow University of Health Sciences**

I am delighted to introduce Bachelor of Science in Psychology program, which is launched in 2023. Dow University of Health Sciences has always been committed to nurturing curious minds and providing quality education. With the introduction of the BS Psychology program, we are taking another step towards our mission of shaping future leaders in the field of psychology.

This program has been carefully designed to equip students with comprehensive knowledge and practical skills required to understand human behavior, mental processes, and the complexities of interpersonal relationships. The curriculum encompasses various areas of psychology, including developmental psychology, abnormal psychology, cognitive psychology, social psychology, and many more.

Students will explore various aspects of psychology, including theory, research, and application. Our program recognizes the importance of experiential learning and offers internships, fieldwork, and research projects to apply knowledge in real-world situations. These experiences will improve students skills. Further I will help them to expand their professional network, and prepare them to tackle the challenges of the ever-evolving field of psychology.

Additionally, our faculty members are esteemed professionals and experts in their respective fields, dedicated to ensuring an engaging and intellectually stimulating learning experience for all our students

We believe that a well-rounded education extends beyond the classroom. Thus, the program will also provide opportunities for personal and professional development through workshops, seminars, and guest lectures by renowned psychologists and industry experts.

I invite you to explore this prospectus in detail and consider joining our BS Psychology program at Institute of Behavioral Sciences (IBS). We are excited to embark on this journey with you and facilitate your growth in the dynamic and ever-relevant field of psychology.

BS PSYCHOLOGY

OVERVIEW

For about two decades the Institute of Behavioral Sciences is contributing its share in serving the ailing humanity by offering consultation for patients with psychiatric illnesses and substance use-disorders, under the supervision of well-known, qualified and experienced professionals of psychiatry, psychology and occupational therapy.

The Institute is an integral part of Dow University of Health Sciences as Department of Psychiatry DIMC, DUHS. Currently, IBS plays an active role in the education of Post Graduate students in Psychiatry for FCPS, operating under the DUHS umbrella. Additionally, MBBS and FCPS/MCPS students visit IBS for their clinical rotation in Psychiatry. Moreover, students from various universities specializing in Pharmacy, Psychology, Occupational Therapy, Social Work, and Nursing come to IBS for their professional internships in their respective domains.

In a recent development, Institute of Behavioral Sciences (IBS), Dow University of Health Sciences (DUHS) has introduced a new undergraduate program known as the BS Psychology program.

In response to the dire need for mental health practitioners in Pakistan, IBS has taken the initiative to introduce a Bachelor of Science in Psychology program. With the increasing prevalence of mental health issues and the limited availability of qualified professionals in the field, it has become crucial to equip individuals with the knowledge and skills necessary to address these challenges. Through our program, we aim to produce highly competent graduates who can contribute to the mental well-being of individuals and communities in Pakistan. By bridging the gap in mental health services, we strive to create a positive impact on the overall health and quality of life of our society.

OBJECTIVES:

BS Psychology program aims to:

1. Develop a comprehensive understanding of fundamental theories, principles, and concepts in psychology.
2. Acquire skills in psychological assessment and evaluation, including administering and interpreting psychometric tests.
3. Foster critical thinking and analytical skills to evaluate psychological research, apply evidence-based practices, and address psychological and social issues.
4. Promote ethical and professional behavior in the practice of psychology, adhering to ethical guidelines and standards.
5. Encourage commitment to community service and contribution to society.
6. Provide hands-on experience and practical application of psychological theories through internships, research projects, or fieldwork.
7. Prepare students for the growing demand for psychologists in areas such as hospitals, academia, industries, and public sector organizations.

Eligibility Criteria:

- HSSC (Arts/Science/Commerce/Home Economics) or equivalent examination (e.g. A-Level 12th grade etc) duly certified by IBCC with minimum 60% marks.
- Candidate's PRC & Domicile of Sindh.

Fee Structure of BS Psychology

FEE TYPE	BS PSYCHOLOGY
Admission Fee (Once only)	45,000
Tuition Fee (Yearly)	156,873
Document Verification Charges (Once only)	2,500
Student Activity Fee (Yearly)	10,000
Library Charges (Yearly)	10,000
Total	224,373

- 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.

CAREER PROSPECTS/OPPORTUNITIES

The scope of psychology in Pakistan is being progressively valued with time. It is an interdisciplinary subject because it shares its boundary with more than a few other subjects such as social sciences, life sciences, and artificial intelligence. Needless to say that as a line of work, the field of psychology has no bounds. There are many different options available to **BS-Psychology** degree holders, depending on focus and interests.

- Psychologist
- Psychotherapist
- Social Worker
- Counselor
- Educational Psychologist
- Human Resource Manager
- Academia
- Research roles
- Media roles
- Sports Industry

RECOGNITION BY THE GOVERNING BODIES/COUNCILS

DUHS offers HEC approved program.

CURRICULUM

Bachelors of Science in Psychology - Program Curriculum

Semester 1

Course Codes	Course Title	Credit Hours	Type of Courses
ENG311	English-I (Functional)	3	Gen. Ed.
PST312	Pakistan Studies	2	Gen. Ed.
MATH313	Mathematics	3	Gen. Ed. (Quantitative reasoning)
BPSY314	Introduction of Management	3	Interdisciplinary
BPSY315	Philosophy	2	Gen. Ed. (Arts & Humanities.)
BPSY316	Introduction to Psychology	3	Major
Total		16	

Semester 2

Course Codes	Course Title	Credit Hours	Type of Courses
ENG321	English-II (Expository Writing/Presentation Skills)	3	Gen. Ed.
ISL322	Islamic Studies/Ethics	2	Gen. Ed.
COM323	Introduction to Computers	3	Gen. Ed. (ICT)
BPSY324	Applied areas of Psychology	2	Major
BPSY402	Schools and Perspectives of	3	Major

	Psychology		
BPSY326	Marketing	3	Interdisciplinary
Total		16	

Semester 3

Course Codes	Course Title	Credit Hours	Type of Courses
STAT431	Introduction to Statistics	3	Gen. Ed. (Quantitative reasoning)
BPSY442	Legal Literacy: Introduction to law	3	Interdisciplinary
BIO433	Fundamentals of Biology	3	Gen. Ed. (Natural Sciences)
ENT430	Entrepreneurship	2	Gen. Ed.
BPSY435	Sociology	2	Gen. Ed. (Social Sciences)
BPSY436	Experimental Psychology	3	Major
	Total	16	

Semester 4

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY441	Anthropology	3	Interdisciplinary
BPSY400	Lab Experiment	2	Major
BPSY500	Developmental Psychology	3	Major
BPSY434	Social work	2	Gen.Ed. (Civics and Community Engagement)
BPSY401	Biological Basis of Behavior	3	Major
BPSY432	Cognitive Psychology	3	Major
	Total	16	

Semester 5

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY403	Mental health and Psycho-Pathology	3	Major
BPSY443	Theories of Personality-I	3	Major
BPSY404	Psychological Assessment	3	Major
BPSY405	Psychological Assessment Practical	1	Major
BPSY501	Research Methods - I	3	Major
BPSY502	Statistics in Psychology	3	Major
	Total	16	

Semester 6

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY503	Research Methods-II	3	Major
BPSY406	Theories of Personality-II	3	Major
BPSY504	Group research	1	Major
BPSY505	Data Analysis using SPSS	3	Major
BPSY407	Social Psychology	3	Major
BPSY408	Ethics in Psychology	3	Major
	Total	16	

Semester 7

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY506	Health Psychology	3	Major
BPSY507	Gender Psychology	3	Major
BPSY508	Cross Cultural Psychology	3	Major
BPSY601	Clinical Psychology	3	Electives
BPSY602	Industrial Psychology	3	Electives
BPSY409	Active Citizenship/Voluntary work/ Community work	Mandatory 1	Major
BPSY509	Research project	2	Major
	Total	18	

Semester 8

Course Codes	Course Title	Credit Hours	Type of Courses
BPSY510	Positive Psychology	3	Major
BPSY511	Peace Psychology	3	Major
BPSY603	Educational Psychology	3	Electives
BPSY604	Internships in clinical, industrial and education psychology	3	Electives
BPSY512	Capstone Project	3	Major
	Total	15	
Total credit hours of 8 semesters		129	

Summary of course

Type of Courses	Credit Hours
General Education Subjects	30
Allied/Interdisciplinary courses	12
Major	77
Field Experience/Internship	3
Capstone Project	3
Total Credit Hours	129
Duration of Degree Program	4 years
Number of Semester	8
Course Load per Semester	14-18
Number of Courses per Semester	5-7

ASSESSMENT METHODS

- The curriculum has been designed for the semester system of examination.
- 70% of the final exam to be based on BCQs/SAQs and 30% on internal evaluation + viva.

NUMBER OF STUDENTS GRADUATED AND STUDYING TILL DATE

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

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

FACILITIES AND SALIENT FEATURES OF THE INSTITUTE

- Lecture hall, with a capacity of more than 50 students
- Digital Library-DIMC & IBS
- Library Facilities –DIMC & IBS
- Auditorium with a capacity of more than 50 seats
- GYM-DIMC
- Student Counseling services
- Workshops and Training sessions
- IBS also provide supervised internship opportunities to gain field experience.

FACULTY

Brig. Shoaib Ahmed S.I(M) Rtd.

Executive Director IBS and In-charge
BS Psychology Program
MBBS, DPM, FCPS, Lead Auditor
EMDR expert.

Dr.Wajeha Zainab

Assistant Professor and Program Director
BS Psychology Program
PhD (Clinical Psychology)

Dr. Nida Waqas

Assistant Professor
PhD (Clinical Psychology)

Ms. Rutaba Khan

Senior Lecturer
MPhil (Clinical Psychology)

Ms. Fatima Mir

Senior Lecturer
MS (Clinical Psychology)

Ms. Suha Hussain

Senior Lecturer
MS (Clinical Psychology)

Ms.Komal Hayat

Senior Lecturer
MS (Clinical Psychology)