



DOW UNIVERSITY OF HEALTH SCIENCES

BS - NUTRITION
Session 2022-23

PROSPECTUS

School of Public Health (SPH)

MESSAGE BY VICE CHANCELLOR



Prof. 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, as we have continued to place in the QS World University Rankings 2021, with an overall Rank of 401-450. 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 fields of the 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 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!

VISION STATEMENT DUHS

Be an academic leader by generating creative, collaborative, contextual resources to improve health and education by all possible means.

MISSION STATEMENT DUHS

To provide leadership in creating and imparting knowledge through excellence in research and education with the aim to provide cost effective, contextually relevant and quality community services through its faculty, staff and graduates, with continuous efforts for improvement through reflection and learning.

**SCHOOL OF PUBLIC HEALTH
DOW UNIVERSITY OF HEALTH SCIENCES**

1) Overview of the college/institute including mission & vision Inception of School of Public Health:

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

Introducing our School:

School of Public Health (SPH) was founded in the year 2012. School of Public Health researchers, academics and graduates are expected to play vital role in shaping the future of healthcare in Pakistan. The SPH's academic activity involves not only the basic public health disciplines of biostatistics and epidemiology, but also includes social sciences, health policy and management, and nutritional sciences. Today, we have enrolled over 270 students and we have expanded our academic opportunities. We established our PhD program in Public Health and also have initiated the first ever Undergraduate program in Public Health Nutrition. The main programs of the SPH include Masters of Public Health, Masters of Science in Health policy and Management, Masters in Science in Social and Behavioral Sciences, Masters of Science in Public Health Nutrition, Masters in Science in Biostatistics and Epidemiology, and four years Bachelor of Science in Nutrition. Our public health programs are developed and taught by leading academics and practitioners addressing the major public health challenges facing communities now and into the future.

To address the challenges of health care landscape of our community, our research encompasses a broad range of public health issues including adolescent health, violence prevention, obesity,

substance abuse, maternal and child health, communicable and non-communicable diseases. The institute has been successful in producing over 30 research publications concerning global and public health issues in peer review journals in last 3 years. In addition to this the institute has been successful in receiving Higher Education Commission (HEC) research grant on three large projects last year and World Health Organization (WHO), Research and Training in Tropical Diseases (TDR) grant project. Quite a few are in review process for funding.

Institute's Vision & Mission:

Vision of School of Public Health:

Recognition in academic excellence as a leading educational, research and service institute that prepares public health professionals to assume leadership roles regionally and globally.

Mission of School of Public Health:

The School will conduct academic programs and carry out high impact basic and applied research using state of the art and innovative strategies to help empower students as public health professionals who can perform well both in academia and public health institutions. The School is also committed to partner with both public and private organizations that can positively impact the public's health and wellbeing of Pakistan.

Academics

6 Degrees and Programs Offered

- Master of Public Health
- Masters of Science in Public Health (Social and Behavioral Science)
- Masters of Science in Public Health (Health Policy and Management)
- Masters of Science in Public health (Nutrition)
- Masters of Science in Biostatistics and Epidemiology
- Bachelors of Science in (Nutrition)

BACHELOR OF SCIENCE IN NUTRITION:

PREAMBLE:

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

GOAL:

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

OBJECTIVES:

- To provide an opportunity for students to acquire an undergraduate degree in Nutritional Sciences with emphasis in public health nutrition or clinical dietetics.
- To develop professional abilities among students wishing to pursue careers in food and nutrition from both clinical dietetics and public health perspective.
- To train and develop skills required to understand and solve community based food & nutrition health problems.
- To provide knowledge, skill, and training to qualify to work in the clinical setting in hospitals, clinics, and other health care facilities.
- Prepare students to pass the licensure exam and work as qualified dietitians in different medical settings.
- To equip students with key components of analytical, integrative, and critical-thinking skills in order to understand, interpret and conduct food and nutrition research.
- Instill leadership and efficient management qualities in graduates

DEGREE PROGRAM:

A four year program called **Bachelor of Science in Nutrition**, focusing primarily on the various aspects of food and nutrition in a clinical and public health environment. This will be a comprehensive interdisciplinary program that will blend basic sciences with food, nutrition and human health. The program in nutritional sciences will offer two major tracks: The Clinical Dietetic Track and the Public Health Nutrition Track.

Clinical Dietetic Track: Students who wish to pursue the field of nutritional sciences in a clinical setting, where their primary responsibility may be to recommend, plan and deliver the nutrition interventions and nutrition therapy to patients. In addition, these students may also be

School of Public

equipped to work and manage food service systems /organizations in health care faculties. Once they have completed their academic course work and a supervised dietetic internship, the students can apply for the registered dietitian (RD) credentials by the Pakistan Nutrition & Dietetic Society after passing their registration exams. Those following this track will also be qualified to work in educational and research institutions and in private practice as consultants to individuals, corporations, medical care groups and long term care facilities.

Public Health Nutrition Track: Prepares students in the field of nutritional sciences with a focus on the promotion of good health through nutrition and the primary prevention of nutrition related illness at the population level. This program will also equip the students to work with the various national and international health related organizations to develop policies related to nutrition. This program will further train the graduates to develop ideas and identify practical solutions to public health problems at a national and regional level.

CAREER OPPORTUNITIES:

Nutrition is now a well-recognized health science that has gained a recent momentum nationally, regionally and internationally. For Pakistan it is still in the developing stage, more so for Sind region. Therefore, for Sind this is going to be unique as no university in Sind is providing an undergraduate degree in Nutritional Sciences alone. Graduates of this program will be in great demand in public health sector, NGOs, health care institutions, food industry, pharmaceutical companies, health organizations, hospitals & clinics, schools, academia, research institutes or can pursue further studies in nutrition or any other health related fields.

1) Eligibility of the candidate

BS Nutrition at School of Public Health

Eligibility	<ul style="list-style-type: none">• HSSC (Intermediate Science) Pre-Medical or Home Economics / A-Level or Equivalent, Min. 60% marks or equivalent duly certified by IBCC• Candidate's Domicile of Sindh.
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2) Number of seats

BS Nutrition at School of Public Health

SEATS : 35

3) Fee Structure of BS Nutrition

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FEE TYPE	BS Nutrition
Admission Fee	45,000/-
Tuition Fee	149,094/-
Document Verification Charges	1,000/-
Total	195,094/-

*Above amounts are excluding govt. taxes. Taxes apply as per FBR rules

Transport Fee (Optional) Rs. 32,000/- per year.

RULES FOR THE PAYMENT OF FEE

Payorder of one year tuition fee (of the respective category) will have to be paid within one month after the start of 2nd, 3rd, 4th & Final year.

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 % of tuition fee
Second month	5.0 % of tuition fee
Third month.....	7.5 % of tuition fee
Fourth month.....	10 % of tuition fee

Fee of all categories may 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 the last exam of the academic year.

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.

4) Recognition by Governing Bodies/ Councils

BS-Nutrition program is recognized by HEC

5) Curriculum

BACHELORS OF SCIENCE IN NUTRITION

Program Description

A four-year degree program, called Bachelor of Science in Nutrition (BS-Nutrition), focusing primarily on the various aspects of food and nutrition in a clinical and public health environment. This will be a comprehensive interdisciplinary program that will blend basic sciences with food, nutrition and human health. The program in nutritional sciences will offer two major tracks: The Clinical Dietetic Track and the Public Health Nutrition Track.

Bachelor of Science in Nutrition Program Curriculum

Year -1

Course Codes	Semester-1	Credits
BN101	Pakistan Studies	3
BN301	Chemistry (Organic)	3
BN303	Introduction to Food & Nutrition	3
BN305	Basic Physiology	3
BN307	Introduction to Social Sciences	3
ENG300	English Language	3
	Total Credits	18
Course Codes	Semester-II	Credits
BN102	Islamiat	3
BN302	Chemistry-II (Bio)	3
BN304	Microbiology	3
BN306	Macro & Micro Nutrients	3
BN310	Introduction to Philosophy	3
ENG301	English Writing	3
	Total Credits	18

Year -2

Course Codes	Semester-III	Credits
BN401	Nutrition and Human Metabolism (Macronutrients)	3
BN404	Nutrition During Lifecycle	3
BN405	Human Development	3
BN407	Development/Behavioral Psychology	3
ENG302	English III	3
BN409	Analytical Skills/Mathematics	3
	Total Credits	15

Course Codes	Semester IV	Credits
BN402	Nutrition and Human Metabolism (Micronutrients)	3
BN403	Principles of Food Science	3
BN506	Food Safety & Sanitation	3
BN408	Introduction to Research	3
BN505	Introductory Statistics	3
	Total Credits	15

Year -3

Course Codes	Semester-V	Credits
BN508	Research Techniques & Methods	3
BN501	Nutrition & Disease	3
BN503	Nutritional Assessment	3
BN406	Food Analysis	3
BN509	Communication Skills	3
	Total Credits	15

Course Codes	Semester-VI	Credits
BN502	Practical Skills in Nutrition Counseling	3
BN504	Food Service & Institution Management	3
BN507	Principles of Management	3
BN410	Health Economics	3
BN510	Nutrigenomics	3
	Total Credits	15

Year- 4 (At the beginning of the semester the student will give a track selection entry test)

PUBLIC HEALTH NUTRITION TRACK		
Course Codes	Semester-VII	Credits
BN601	Fundamentals of Public Health	3
BN606	Introduction to Epidemiology	3
BN605	Nutritional Problems in Developing Countries	3
BN607	Policy & Program in Public Health Nutrition	3
BN609	Introduction to Environmental Health	3
	Total Credits	15
Course Codes	Semester-VIII (A preliminary internship test will be conducted before the placement of students in different public health organizations for internship purpose)	Credits
BN602	Practicum in public health & community organization.	12
BN612	Health & Fitness	3
	Total Credits	15

CLINICAL DIETETICS TRACK		
Course Codes	Semester-VII	Credits
BN606	Introduction to Epidemiology	3
BN611	Nutrition Care Process in Clinical Nutrition	3
BN613	Medical Nutrition Therapy	3
BN615	Nutrition & Diet Therapy across life cycle	3
BN617	Drug & Nutrient Interaction	3
	Total Credits	15
Course Codes	Semester-VIII (A preliminary internship test will be conducted before the placement of students in different hospitals for internship purpose)	Credits
BN610	Dietetic Internship in Hospital Setting	12
BN612	Health & Fitness	3
	Total Credits	15

COURSE REQUIREMENTS	
Criteria	Duration of time
Total numbers of Credit hours	126
Duration	4 years (8 semesters)
Semester duration	Total 16 weeks (14 weeks for teaching, & 2 weeks of exams)
Semesters	8
Credit Load per Semester	15-18
Number of courses per semester	5-6

Semester wise Credit Hours Distribution			
YEAR	SEMESTER-1	SEMESTER-2	Total
1	18	18	36
2	15	15	30
3	15	15	30
4	15	15	30
TOTAL	63	63	126

Assessment Methods- Semester system

For Physical Classes Semester Session:

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

For Hybrid/Virtual Classes Semester Session:

- The curriculum has been designed for the semester system of examination. 40% final Exam based on BCQs/SAQs and 60% internal evaluation. Further details on evaluation & examination will be described for individual courses as part of the syllabus.
- For the final (8th Semester) evaluation and examination will be conducted by the SPH through internal & external examiners. The detail of the grading criteria is submitted to the examination department as a separate document.

8) Number of Students Graduated and Studying

BS Nutrition Program			
Batch No	Year	Number of Students Studying	Number of students graduated
I	2015	23	23
II	2017	71	70
III	2018	29	29
IV	2019	29	enrolled
V	2020	35	enrolled
VI	2021	50	enrolled

6) Facilities

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

7) Guest Lecture Series and Seminars

The aim of the SPH guest lecture series is to foster global and national public health issues awareness among all students at the School. The program consists of a series of dedicated experts from many disciplines and backgrounds to address various aspects of public health.

8) Office of Student Affairs (OSA)

Office of Student Affairs deals with the student related queries and all problems and their solution. Students can give in or email applications for academic as well as non-academic issues or make an appointment with a member of the staff to get the information and assistance needed.

10) Members

1. Nasrullah Patel (Administrator SPH)
2. Bushra Khokhar (Assitant Admin Officer)

Contact Information: Email: sph@duhs.edu.pk

10) Faculty

Faculty List- School of Public Health, DUHS			
S.No.	Name	Designation	Email
1.	Prof.. Kashif Shafique	Professor & Principal	k.shafique@duhs.edu.pk
2.	Prof. Mohammad Zafar Iqbal Hydrie	Professor	zafar.hydrice@duhs.edu.pk
3.	Dr. Nilofer Fatimi Safdar	Associate Professor Director Nutritional Sciences (Adjunct faculty)	nilofer.safdar@duhs.edu.pk
4.	Ms. Nida Jawed	Sr. Lecturer & Program Director BS-Nutrition	nida.jawed@duhs.edu.pk
5.	Dr. Shah Kamal	Assistant Professor	shah.hashmi@duhs.edu.pk
6.	Ms. Tahreem Hussain	Senior Lecturer, Program Director MSPH Nutrition	tahreem.hussain@duhs.edu.pk
7.	Dr. Sumaira Naseem	Assistant Professor	sumaira.nasim@duhs.edu.pk
8.	Dr. Habiba Shah	Assistant Professor	habiba.shah@duhs.edu.pk
9.	Ms. Nadia Shah	Senior Lecturer	nadia.shah@duhs.edu.pk
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15	Ms. Sidra Sirajuddin	Lecturer	sidra.sirajuddin@duhs.edu.pk
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17	Ms. Tooba Zaidi	Lecturer	tooba.zaidi@duhs.edu.pk

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