



**Dow University
of Health Sciences**

PROSPECTUS

**ADMISSION
IN**

**Session
2020-21**



BS NUTRITION

**School of Public
Health (SPH)**

Email: admissions@duhs.edu.pk

Website: www.duhs.edu.pk

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 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

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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 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.

2) Eligibility of the candidate

BS Nutrition at School of Public Health

Eligibility	<ul style="list-style-type: none">• HSC (Intermediates Sciences) Pre-Medical or Home Economics / A-Level or Equivalent, Min 60% marks or equivalent.• Candidate's domicile (All Districts of Sindh)
<ul style="list-style-type: none">• Entrance Test:	<ul style="list-style-type: none">• Structure Best Choice Questions (BCQs)• Interview by the selection board

3) Number of seats

BS Nutrition at School of Public Health

Batch No	Year	Number of Seats	Number of students enrolled
I	2015	30	26
II	2017	100	75
III	2018	30	30
IV	2019	30	30

6) 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	2
BN301	Chemistry (Organic)	4
BN303	Introduction to Food & Nutrition	3
BN305	Basic Physiology	3
BN307	Introduction to Social Sciences	3
BN309	Basic Computer Skills	0
BN514	Physical Fitness & Wellness	0
ENG300	English Language	2
	Total Credits	17
Course Codes	Semester-II	Credits
BN102	Islamiat	2
BN302	Chemistry-II (Bio)	4
BN304	Microbiology	4
BN306	Macro & Micro Nutrients	3
BN308	Introductory Psychology	3
BN310	Introduction to MS office	0
ENG301	English Writing	2
	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	Behavioral Psychology	3
BN409	Analytical Skills/Maths	2
	Total Credits	14

Course Codes	Semester IV	Credits
BN402	Nutrition and Human Metabolism (Micronutrients)	3
BN403	Principles of Food Science	4
BN506	Food Safety & Sanitation	3
BN408	Introduction to Research	3
BN412	Journal Club /Research articles	0
BN505	Introductory Statistics	3
	Total Credits	16

Year -3

Course Codes	Semester-V	Credits
BN508	Research Techniques in Health & Nutrition	3
BN501	Nutrition & Disease	3
BN503	Nutritional Assessment	3
BN406	Food Analysis	4
BN509	Communication Skills	3
BN511	Journal Club/Literature search	0
	Total Credits	16

Course Codes	Semester-VI	Credits
BN502	Practical Skills in Nutrition Counseling	3
BN504	Food Service & Institution Management	4
BN507	Principles of Management	3
BN410	Health Economics	3
BN510	Nutrigenomics	2
	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	4
BN615	Nutrition & Diet Therapy across life cycle	3
BN617	Drug & Nutrient Interaction	2
	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	14-18
Number of courses per semester	5-6

Semester wise Credit Hours Distribution			
YEAR	SEMESTER-1	SEMESTER-2	Total
1	17	18	35
2	14	16	30
3	16	15	31
4	15	15	30
TOTAL	62	63	126

7) Assessment Methods- Semester system

- 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.

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	NA
III	2018	29	NA
IV	2019	29	NA

9) Facilities

- Food Science 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
- Training Facilities

SPH provide its students with number of internship opportunities to gain the field experience.

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.

- **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.

Members

1. Nadia Shah, Senior Lecturer SPH (In-charge OSA)
2. Nasrullah Patel (Administrator SPH)
3. Bushra Khokhar (Assitant Admin Officer)

10) Faculty

Faculty List- School of Public Health, DUHS			
S.No.	Name	Designation	Email
1.	Dr. Kashif Shafique	Associate Professor & Principal	k.shafique@duhs.edu.pk
2.	Dr. Nilofer Fatimi Safdar	Associate Professor, Program Director Nutritional Sciences (Adjunct faculty)	nilofer.safdar@duhs.edu.pk
3.	Ms. Nida Jawed	Sr. Lecturer & Program Director BS-Nutrition	nida.jawed@duhs.edu.pk
4.	Dr. Shah Kamal	Assistant Professor	shah.hashmi@duhs.edu.pk
5.	Ms. Tahreem Hussain	Senior Lecturer, Program Director MSPH Nutrition	tahreem.hussain@duhs.edu.pk
6.	Ms. Nadia Shah	Sr. Lecturer	nadia.shah@duhs.edu.pk
7.	Ms. Sumera Inam	Senior Lecturer & MSPH/MPH research coordinator	sumera.inam@duhs.edu.pk
8.	Ms. Sidra Zaheer	Senior Lecturer	sidra.zaheer@duhs.edu.pk
9.	Ms. Mehreen Amer	Lecturer	mehreen.amer@duhs.edu.pk
10.	Ms. Mehreen Zaidi	Lecturer	mehreen.zaidi@duhs.edu.pk
11.	Ms. Shabana Siddiqui	Lecturer	sn.siddiqui@duhs.edu.pk
12.	Ms. Sarah Almas Ghouri	Lecturer	sarah.almas@duhs.edu.pk
13.	Ms. Sidra Sirajuddin	Lecturer	sidra.sirajuddin@duhs.edu.pk
14.	Ms. Sukaina Shabbir	Lecturer	sukaina.shabbir@duhs.edu.pk
15.	Ms. Tooba Zaidi	Lecturer	tooba.zaidi@duhs.edu.pk

Visiting faculty available for :

- **Psychology courses**
- **Chemistry courses**
- **Microbiology**
- **Basic Physiology**