# INDUS UNIVERSITY OF HEALTH SCIENCES
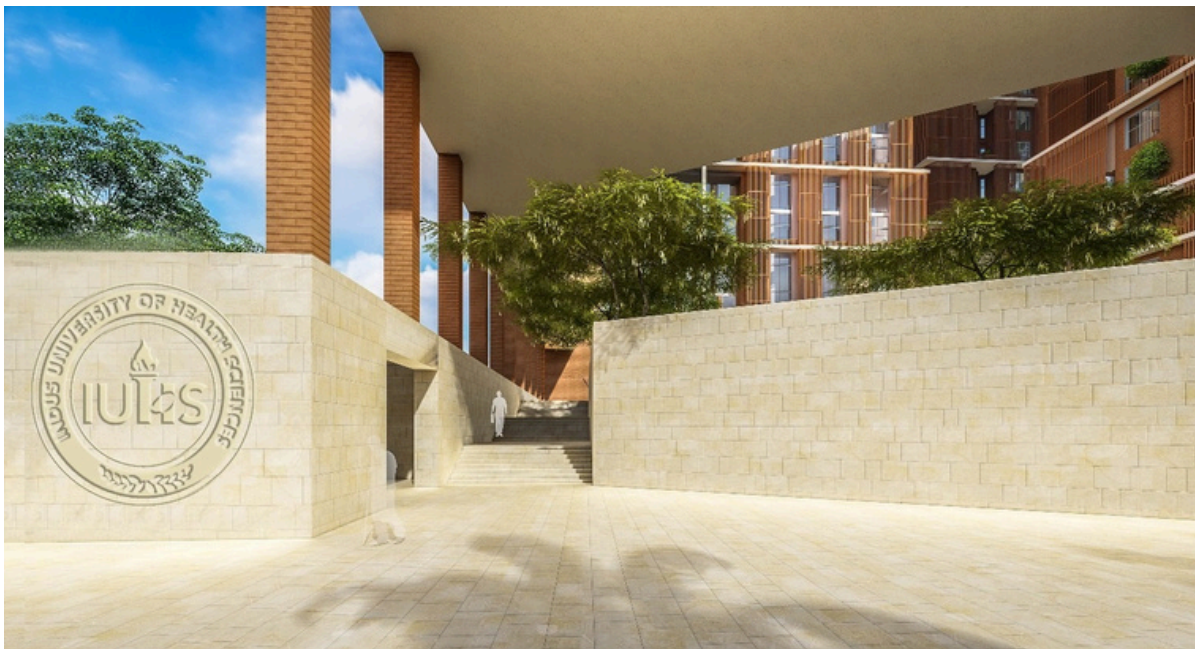
# INDUS COLLEGE OF FAMILY MEDICINE AND PUBLIC HEALTH



# BSPH PROSPECTUS

# 2025 - 2026

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# Bachelors of Science in Public Health (BSPH)



## Vision

Bachelors of Science in Public Health (BSPH) aims to provide basic education to develop skilled workforce in public health, in order to enhance the quality of primary and community healthcare.

## Mission

The mission of the Bachelors of Science in Public Health (BSPH) is to preserve, promote, and improve the health and well being of populations, communities and individuals.

## Goals

- lTo develop capacity in public health through quality education and training.
- lTo integrate primary care, and public health for effective, community-oriented healthcare delivery.
- lTo produce ethical leaders capable of strengthening primary and community health care systems.
- To promote evidence-based practice, research, and quality improvement in primary and community health care

## Core Competencies

Graduates will be able to:
- Apply integrated knowledge of public health in community settings.
- Deliver comprehensive community-oriented primary health care.
- Communicate effectively and work collaboratively within multidisciplinary teams.
- Demonstrate leadership, professionalism, and ethical practice in public health.
- Identify and address social, environmental, and occupational determinants of health and advocate for health equity.

# Message from Dean

With Allah's kind blessings, IUHS has grown further both in size and quality. This year sees strengthening of already established programs with more robust monitoring and evaluation processes as well as starting new programs. Our 4 colleges have started their new Intakes. Along with digitizing our processes, IUHS remains committed to faculty development. The second batch of CHPE is a proof of this commitment where IUHS is the only organization providing training to Allied Health Faculty and equipping it to meet the current and future needs.

As we slowly and surely move closer to the new University building, it is imperative that we invest in our human resources and embrace new technology. The Academic Directorate will now be Introducing AI in its teaching and will ensure our students are ready to meet the challenges of the world when they pass out.

The Introduction of community services is a great start and in keeping with the mission and vision of IHHN. New colleagues have joined while some friends have moved to other places. I am grateful to all the faculty and support staff who have worked tirelessly to produce wonderful results this year. A very special thank you to PGME Committee and Board of Studies for their extraordinary support and contributions.

I pray to Allah to help advance IUHS to become a leading center of educational institution of the region.

**Prof. Syed Zafar Zaidi**
**Dean IUHS**
**CEO IHHN**

# Message from Associate Dean

Assalamualaikum,

As the Associate Dean of the University, I extend my heartfelt gratitude to Allah (swt) for the remarkable achievements we have accomplished. Alhamdulillah, the past year has been incredibly rewarding. Under the IUHS banner, our colleges have soared to new heights, and we are now on the verge of launching an Integrated Campus Management system and an online admission system is about to be launched.

At IUHS, our commitment to strengthening our faculty and students is paramount. We have initiated QEC training at all our colleges. Additionally, we have Introduced four new courses, including a first of its kind clinical pharmacy course. Our collaborative community work with the psychosocial department has broadened the horizons for our students. We take immense pride in announcing the 2nd round of CHPE for our allied health teachers.

We firmly believe that, with the help of these small yet significant steps, Insha Allah, we are edging closer to our vision of establishing a university that nurtures and produces the finest medical professionals, equipped to provide holistic care.

**Dr. Ghina Shamsi**
**Consultant General Surgery**
**Associate Dean, IUHS**
**MBBS, MCPS, FCPS (Surgery)**
**MRCS (Glasgow), MHPE**
**Indus Hospital and Health Network**

# Message from Principal

A robust and efficient primary healthcare system is crucial to achieving universal health coverage goals and better health outcomes. In a developing country with limited resources, a focus on preventing disease, promoting well-being and providing quality basic health care to the individuals, community and population is the key to an overall effective healthcare system. This requires a well-knitted network of doctors, nurses, medicine and allied, community and public health professionals, who can work collaboratively to enhance the quality of primary healthcare. Integrated primary care services need skillful and a competent team of healthcare professionals who are able to work within their own expertise with compassion; facilitating and enabling other allied healthcare professionals. Indus Hospital and Health Network is a leader in primary healthcare in Pakistan for more than a decade, with its unique and inclusive approach towards an Integrated health care in the country.

It functions through a multidisciplinary team of healthcare professionals, comprising of clinicians (consultants and specialists), allied health (nurses and midwives), public and community health experts (lady/community health workers, mental health professionals, nutritionists etc). This Inter-professional team works collaboratively through public-private partnerships, striving to impart acceptable, affordable, accessible and high-quality community oriented primary healthcare. The Indus College of Family Medicine and Public Health provides a platform for education and training of these healthcare professionals to produce leaders and experts among them. These professionals will be able to work collaboratively and play a leadership role in organizing teams, polishing their own strengths while enhancing the output of other professionals to provide preventive, diagnostic, curative and rehabilitative health care services to the communities. Moreover, these professionals will be trained for primary care research to understand population health dynamics and measure impact of clinical and non-clinical Interventions, hence systematically improve quality of primary health care which is a critical need of any developing country.

**Prof. Faridah Amir Ali**
**MBBS, MSc. Clinical Research,**
**FCPS, MRCGP [INT], FRCGP [INT], PhD Health Sciences**
**Director Academics, Consultant Family Medicine**

# Meet Our Faculty

**Dr. Faridah Amir Ali**
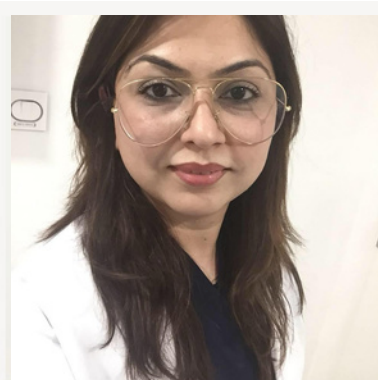MBBS, MSc. Clinical Research, FCPS,
MRCGP [INT], FRCGP [INT],
PhD Health Sciences
Principal

**Dr. Shaista Saghir**
MBBS, MCPS,DFM, MHPE scholar
Vice Principal

**Dr. Rizwana Memon**
MBBS, MRCGP [INT],
Lecturer (Part-Time)

**Dr. Munnawar ul Haque**
BDS,RDS, MPH,CHPE
Senior Lecturer

**Dr. Iman Nadeem**
BDS, RDS, MSPH, CHPE
Lecturer

**Dr. Tooba Shereen**
BDS, RDS, MSPH,CHPE
Lecturer

# IUHS Faculty

**Ms. Nida Ghouri**
Senior Research Scientist,
Life Science Biology

**Mr. Hafiz Ammad Abdul Rab**
Lecturer-Pakistan Studies & Islamiat

**Mr. Irfan Ali Soomro**
Lecturer,
MPhil (Scholar)

**Ms. Syed Uzma Paiam Bukhari**
Assistant Professor,
M.A. English Literature, M.A.
English Linguistics, M.Phil
Linguistics, Ph.D Scholar

**Ms. Nasreen Jawaid**
Senior Lecturer/Computer Lab
Coordinator, PhD

**Hafiza Rabia Jamil**
Lecturer, Islamiat

**Ms. Ghazal Adnan**
Lecturer, English

**Mr. Muhammad Mujtaba Zafar**
Senior Lecturer Physics,
MSC (Physics)

# Advisory Board Members

**Prof. Syed Zafar Zaidi.**
Chief Executive Officer &
Dean, Indus University of
Health Sciences

**Prof. Faridah Amir Ali**
Director and Principal,
Indus College of Family
Medicine and Public
Health Network

**Late Prof. Riaz Qureshi**
Prof. of Family Medicine and
Advisor to the CEO, Indus
Hospital & Health Network

**Prof. Michael Kidd**
Professor of Global Primary
Care (University of New South
Wales and University of
Oxford), Chief Medical Officer,
Australia

**Prof. Valerie Wass Chair**
Professor of Medical
Education in Primary Care,
University of Aberdeen

**Prof. Saima Perwaiz Iqbal**
HOD Community Medicine &
Family Medicine, Shifa
International Islamabad

**Prof. Kay Mohanna**
Prof. of Values-Based
Healthcare Education,
University of Worcester

**Prof. Ahmed Rashid**
Vice Dean International,
UCL Faculty of Medical
Sciences

# Program Description

## Bachelor of Science in Public Health (BSPH)

BSPH program is affiliated with Jinnah Sindh Medical University (JSMU). Candidates interested in applying for the four-year program must be between 18-35 years, as of January 1st of admission year. Candidates with a Sindh domicile are eligible to apply.

**Eligibility Criteria:**
- Intermediate (Pre-Medical, Pre-Engineering) or Arts/A-levels
- At least 50% marks
- Sindh domicile required

# Curriculum

| CURRICULUM STRUCTURE BSPH | |
|---|---|
| Duration | 4-Years |
| Semesters | 8 |
| Courses | 44 |
| Capstone Project/Research Project | 1 |
| Total Credit Hours | 133 |

## CURRICULUM BSPH

### FIRST SEMESTER

| S # | Course Code | Course Title | Pre-Req | Credit Hours |
|---|---|---|---|---|
| 1 | | English-I | | 03 |
| 2 | | Pakistan Studies | | 02 |
| 3 | | Mathematics | | 03 |
| 4 | | Life Sciences Biology | | 03 |
| 5 | | Sociology of Health and Disease (List) | | 03 |
| 6 | | Basic Computer Skills | | 03 |
| | | | | 17 |

### SECOND SEMESTER

| S # | Course Code | Course Title | Pre-Req | Credit Hours |
|---|---|---|---|---|
| 1 | | English-II | | 03 |
| 2 | | Ethics/Islamic Studies | | 02 |
| 3 | | Basic Statistics | | 03 |
| 4 | | Principles of Psychology | | 03 |
| 5 | | Medical Anthropology | | 03 |
| 6 | | Personal Hygiene | | 03 |
| | | | | 17 |

### THIRD SEMESTER

| S # | Course Code | Course Title | Pre-Req | Credit Hours |
|---|---|---|---|---|
| 1 | | English-III | | 03 |
| 2 | | Basic Computer Literacy | | 03 |
| 3 | | Population Dynamics | | 03 |
| 4 | | Primary Health Care | | 03 |
| 5 | | Concept of Health and Disease | | 03 |
| | | | | 15 |

### FORTH SEMESTER

| S # | Course Code | Course Title | Pre-Req | Credit Hours |
|---|---|---|---|---|
| 1 | | English IV (any other subject may be offered) | | 03 |
| 2 | | Professional Ethics | | 03 |
| 3 | | Basic Epidemiology | | 03 |
| 4 | | Basic Biostatistics | | 03 |
| 5 | | Health Promotion, Advocacy & Social Moblization | | 03 |
| | | | | 15 |

### FIFTH SEMESTER

| S # | Course Code | Course Title | Pre-Req | Credit Hours |
|---|---|---|---|---|
| 1 | | Community Nutrition | | 03 |
| 2 | | Community Pediatrics | | 03 |

| 3 | | Fundamental Principles of Infectious Diseases | | 03 |
|---|---|---|---|---|
| 4 | | Epidemiology of Infectious Diseases | | 03 |
| 5 | | Non-Communicable Disease Epidemiology | | 03 |
| | | | | 15 |

| SIXTH SEMESTER | | | | |
|---|---|---|---|---|
| S # | Course Code | Course Title | Pre-Req | Credit Hours |
| 1 | | Reproductive Health | | 03 |
| 2 | | Environment & Occupational Health | | 03 |
| 3 | | Health Policy and Management | | 03 |
| 4 | | Health Planning | | 03 |
| 5 | | District Health Management | | 03 |
| 6 | | Health Professional Education | | 03 |
| | | | | 18 |

| SEVENTH SEMESTER | | | | |
|---|---|---|---|---|
| S # | Course Code | Course Title | Pre-Req | Credit Hours |
| 1 | | Health Marketing | | 03 |
| 2 | | Mental Health | | 03 |
| 3 | | Research Methodology | | 03 |
| 4 | | Elective 1 | | 03 |
| 5 | | Elective 2 | | 03 |
| 6 | | Research Project | | 03 |
| | | | | 18 |

| EIGHTH SEMESTER | | | | |
|---|---|---|---|---|
| S # | Course Code | Course Title | Pre-Req | Credit Hours |
| 1 | | Microbiology | | 03 |
| 2 | | Entomology | | 03 |
| 3 | | Parasitology | | 03 |
| 4 | | Elective 3 | | 03 |
| 5 | | Elective 4 | | 03 |
| 6 | | Research Project | | 03 |
| | | | | 18 |

# Fee Structure

| Fee Title | Undergraduate Program |
|---|---|
| Application Processing Fee | 2,800/- |
| Admission Fee | 25,000/- |
| Security Deposit | 12,000/- |
| Registration / Enrollment Fee (In Each Semester) | 3,000/- |
| Affiliation Fee | 10,000/- |
| RFID (Student Identity Card) | 2,500/- |
| Examination Fee | 4,000/- |
| Tuition Fee | 46,585/- |
| At the Time of Admission | - |
| Fee in Subsequent Semesters | - |

# BSPH Assessment

**Course Grading System**

Performance of the students in the examination shall be assessed on the basis of marks obtained from a total of 100 marks in each course. The marks obtained, shall be presented as Numerical Grade (N.G) and Alphabetical Grade (A.G) as explained below: Assessment of performance on the basis of marks out of 100 fixed for a course recommended in course outlines of different disciplines will be termed as Numerical Grade (NG). Equivalent of numerical grade in terms of alphabets shall be termed as Alphabetical Grades (AG) and each letter carries a value in terms of numerical points termed as Grade Point Average (GPA). Over all grading for the declaration of result will be

| Numerical Grade | Alphabetical Grade | Grade PoINT Average (GPA) |
|---|---|---|
| 95% - 100% | A+ | 4.00 |
| 80% - 94% | A | 4.00 |
| 75% - 79% | A- | 3.7 |
| 70% - 74% | B+ | 3.3 |
| 65% - 69% | B | 3.0 |
| 60% - 59% | B- | 2.7 |
| 50% - 59% | C | 2.3 |
| 50% - 54% | C- | 2.0 |
| <50% | U/F* | 0.0 |

**CGPA requirement for completion of Undergraduate** For completion of the degree, the minimum qualifying CGPAs for undergraduate is 2.0.

**Credit Hours for Undergraduate Degrees**

A credit hour means teaching a theory course for one hour each week throughout the semester.

**Undergraduate**

All the graduate students have to achieve minimum 50% marks

U/F will be at less than 50% marks.

* U= Ungradable
* F= Fail

# Holiday Calendar 2026

| Date | Day | Occasion |
|---|---|---|
| 5 February 2026 | Thursday | Kashmir Solidarity Day |
| 21 - 23 March 2026 | Saturday to Monday | Eid-ul-Fitr *(Subject to the sighting of the moon)* |
| 23 March 2026 | Monday | Pakistan Day |
| 1 May 2026 | Friday | Labour Day |
| 27 - 28 May 2026 | Wednesday & Thursday | Eid-ul-Adha *(Subject to the sighting of the moon)* |
| 25 - 26 June 2026 | Thursday & Friday | Ashura *(Subject to the sighting of the moon)* |
| 14 August 2026 | Friday | Independence Day |
| 25 August 2026 | Tuesday | Eid Milad-un-Nabi ﷺ *(Subject to the sighting of the moon)* |
| 25 December 2026 | Friday | Quaid-e-Azam Day |

# Academic Calendar

### January 2026 - December 2026

| Program | Batch | Semester | Start Date | Pre- Mid Term Duration (Session 01) | Midterm Exam | Post Mid Term Duration (Session 02) | Mock Exam |
|---|---|---|---|---|---|---|---|
| BSPH | 1 | 6 | 1-Dec-25 | 8 Weeks | 26 to 30-Jan-26 | 8 Weeks | 30-Mar to 3-Apr |
| | | 7 | 13-Apr-26 | | 8 to 12-June-26 | | 10 to 17-Aug-2026 |
| | | 8 | 05-Oct-26 | | 30-Nov to 4-Dec-26 | | 1 to 5-Feb-2027 |
| | 2 | 4 | 1-Dec-25 | | 26 to 30-Jan-26 | | 30-Mar to 3-Apr-26 |
| | | 5 | 13-Apr-26 | | 8 to 12-June-26 | | 10 to 17-Aug-26 |
| | | 6 | 05-Oct-26 | | 30-Nov to 4-Dec-26 | | 1 to 5-Feb-27 |
| | 3 | 2 | 1-Dec-25 | | 26 to 30-Jan-26 | | 30-Mar to 3-Apr-26 |
| | | 3 | 13-Apr-26 | | 8 to 12-June-26 | | 10 to 17-Aug-26 |
| | | 4 | 05-Oct-26 | | 30-Nov to 4-Dec-26 | | 1 to 5-Feb-27 |
| | 4 | 1 | 16-Mar-26 | | 11 to 15-May-26 | | 13 to 17-July-26 |
| | | 2 | 05-Oct-26 | | 30-Nov to 4-Dec-26 | | 1 to 5-Feb-27 |

# General Performance Conduct

- Attendance in lectures is compulsory; students with less than 80% attendance will not be allowed to appear in examinations.

- Absences must be accounted for by parents/guardians.

- Students cannot form political or religious societies/organisations.

- No student unions may be formed without permission of the Principal.

- Students must maintain a neat, professional appearance (lab coats are mandatory).

- Any student without a lab coat will be fined.

- Students not meeting program standards may face dismissal or disciplinary action.

- Students are prohibited from private practice or employment; violations will be reported to the disciplinary committee.

- Publications (scientific or literary) require Principal's approval, with a draft copy submitted for record.

- Students may not address the national press on political matters or issues linked to college administration.

- Communication to higher authorities must go through the Principal.

- Smoking and other activities harmful to college discipline are strictly prohibited.

- The Principal may issue additional disciplinary orders as needed.

# Student Professional Conduct

- Academic Integrity - Students must avoid plagiarism, cheating, and academic misconduct; violations may result in suspension or expulsion.

- Respect - Students must respect the dignity of faculty, staff, and fellow students; harassment, bullying, or disrespect will result in disciplinary action.

- Confidentiality - Students must protect patient information, research data, and sensitive institutional information; breaches will result in investigation.

- Use of University Property - Resources, facilities, and equipment must be used responsibly and only for academic purposes.

- Punctuality - Students must attend scheduled classes and clinical commitments; repeated tardiness or unauthorised absence will affect academic standing.

- Dress Code - Professional attire or prescribed uniforms must be followed.

- Zero Tolerance for Harassment - Any form of harassment, including sexual harassment and discrimination, will face strict disciplinary measures.

- Alcohol, Substance Abuse, and Smoking - Prohibited on campus; violations may result in suspension or expulsion.

- Reporting Violations - Students are encouraged to report unethical behaviour; reports will be handled confidentially without retaliation.

- Patients' Rights - Students must respect patient dignity, confidentiality, and informed consent.

- Research Misconduct - Falsification, plagiarism, or fabricating data will be investigated by the Institutional Review Board.

- Open Communication - Students are encouraged to report unethical behaviour through official channels; whistleblowers will be protected.

# Rustication

A student may be rusticated by the disciplinary committee for up to three years if found guilty of:

- Taking forceful possession, making unauthorised use of, or damaging any property.

- Involvement in agitational activities.

- Indulging in actions detrimental to the good order of the college.

- Adopting unfair means during examinations.

- Disobeying an order of suspension.

- Any other act deemed inappropriate by the Principal or the disciplinary committee.

# Suspension

A student shall be liable to suspension of up to six months for:

- Using unfair means during examinations (further action may be taken by the disciplinary committee, and the student will not be allowed to appear in remaining exams until a final decision is made).

- Misbehaviour with faculty, staff, or fellow students.

- Disobedience or spreading false rumours.

- Using indecent or offensive language.

- Inciting violence or raising political/religious slogans.

- Quarrelling, fighting, or abusive behaviour.

- Violation of the dress code.

- Interfering with administration, including examination processes.

- Acts of immorality.

- Involvement in political activity, including displaying posters.

- Continuous absence of more than three weeks without permission.

- Appearance in an FIR for a non-bailable criminal offense (suspension will continue until the case is resolved).