

**Indus College of Family  
Medicine and Public Health**



INDUS UNIVERSITY OF  
HEALTH SCIENCES

# Prospectus



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## Message from Dean

# Dr. Zafar Zaidi

Dean - Indus University of Health Sciences  
Chief Executive Officer  
Indus Hospital & Health Network



"Indus Hospital and Health Network (IHHN) provides free healthcare through a hub and spoke model of primary, secondary and tertiary care centres throughout the country. Indus University of Health Sciences strives to support the network through provision of qualified and trained personnel, who are able to maintain and improve the quality of services. The primary care and public health arm of IHHN has been its strength, integrated with other levels of healthcare. An effective primary care service integrated with community health and hospital care is the cornerstone of an efficient and cost-effective healthcare system which is the need of time for Pakistan. The backbone of such a dynamic healthcare system is certainly its human resource. Training general practitioners for family medicine, community and public health workers to support the system, is therefore essential to impart high quality healthcare services to individuals, families and community at large. Through the Indus College of Family Medicine and Public Health, the University pledges to invest in producing primary care and public health leaders and experts with highest standard of professionalism, compassion and integrity to serve the communities in order to improve their health outcomes".



## Message from Principal

# Dr. Faridah Amin

Principal  
Indus College of Family Medicine and  
Public Health



A robust and efficient primary health care system is crucial to achieve 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 health care 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.



## Vision

Bachelor 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 health care.



## Mission

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



# Advisory Board

## Institutional Members

### **PROF. ZAFAR ZAIDI**

CEO and Dean IUHS

### **PROF. FARIDAH AMIN**

Principal ICFMPH

### **PROF. RIAZ QURESHI**

Professor of Family Medicine and advisor to CEO, IHHN

## National and International Members

### **PROF. VALERY WASS (CHAIR)**

Professor of Medical Education in Primary Care

University of Aberdeen

### **PROF. AHMED RASHID**

Vice Dean (International) for the Faculty of Medical Sciences

UCL

### **PROF. KAY MOHANNA**

Professor of Values Based Healthcare Education at

the University of Worcester

### **PROF. MICHAEL KIDD**

Professor of Primary Care Reform

Australian National University

### **PROF. SAIMA PERWAIZ IQBAL**

HOD Community Medicine and Family Medicine

Shifa International Islamabad

# **Bachelor in Public Health (BSPH)**

## **Improve the lives of others! With a Bachelor of Science in Public Health from ICFMPH**

Public Health has an important role in improving the quality of life of the nation. It is the back bone of primary health care and essential to achieve Universal Health coverage goals laid down by United Nations.

Public and private sector health set-ups including non-governmental organizations, need skilled human workforce for public health programs to improve the health of communities. To overcome the increasing demand of qualified public health professionals, Indus College of Family Medicine and Public Health has launched a Bachelor of Science in Public health (BSPH) affiliated with Jinnah Sindh Medical University.

### **Overview**

A bachelor's degree in public health(BSPH)is an undergraduate degree that prepares you to enter the public health workforce, and for various jobs under the public health umbrella. The focus is on disease prevention, health promotion and protection of the community,through education,as a policy maker or as an advocate.

The BSPH is a four year (08-semester) degree program comprising of 40 core courses & 4 elective courses with a total of 133 credit hours to be completed in eight semesters. The students will be working on different public health projects and with the Office of Research Innovation and Commercialization at IHHN, for enhancing their administration, organization and research skills. Classes will be conducted in Hunar Foundation Korangi, while the students also gain experience working at various primary care and community health set-ups of Indus Hospital and Health Network.

# Semester Distribution

Semester	Categories	Credit hours	No. of Courses
	English 1	3	
	Pakistan Studies	2	
	Mathematics	3	
First	Life Sciences Biology	3	6
	Sociology of Health and Disease	3	
	Basic Computer Skills	3	
		17	
	English 2	3	
	Ethics/Islamic Studies	2	
	Basic Statistics	3	
Second	Principles of Psychology	3	6
	Medical Anthropology	3	
	Personal Hygiene	3	
		17	



Semester	Categories	Credit hours	No. of Courses
	English 3	3	
	Basic Computer Literacy	3	
	Population Dynamics	3	
Third	Primary Health Care	3	5
	Concept of Health and Disease	3	
		15	
	English 4 (any other subject may be offered)	3	
	Professional Ethics	3	
	Basic Epidemiology	3	
Fourth	Basic Biostatistics	3	5
	Health Promotion, Advocacy & Social Mobilization	3	
		15	

Semester	Categories	Credit hours	No. of Courses
	Community Nutrition	3	
	Community Pediatrics	3	
	Fundamental Principles of Infectious Diseases	3	
Fifth	Epidemiology of Infectious Diseases	3	5
	Non-communicable disease epidemiology	3	
		15	
	Reproductive Health	3	
	Environment & Occupational Health	3	
Sixth	Health Policy and Management	3	6
	District Health Management	3	
	Health Professional Education	3	
	Health Planning	3	
		18	

Semester	Categories	Credit hours	No. of Courses
	Mental Health	3	
	Health Marketing	3	
	Research Methodology	3	
Seventh	Elective 1	3	6
	Elective 2	3	
	Research Project	3	
		18	
	Microbiology	3	
	Entomology	2	
	Parasitology	3	
Eight	Elective 3	3	6
	Elective 4	3	
	Research Project	3	
		18	

Note:

Field Visits and Seminars by students will be non-credit, but compulsory subjects spread over each Semester



# Objectives

1. Produce competent, committed and skilled public health professionals.
2. Provide a foundation for choosing a relevant Track in Public Health in the future.
3. Prepare skilled workforce in public health auxiliary and support services.
4. Prepare leadership in public health.
5. Participate directly in efforts to improve the health of the community using community-based approaches.
6. Conduct basic and applied research relevant to the description, risk factors, and interventions for the resolution of health problems in human populations.

# Eligibility

1. Intermediate (Pre-Medical or Pre-Engineering) or Faculty of Arts or A-levels with a minimum of 50%.
2. Age limit: 18-35 years.
3. Domicile of Sindh/Karachi is mandatory.

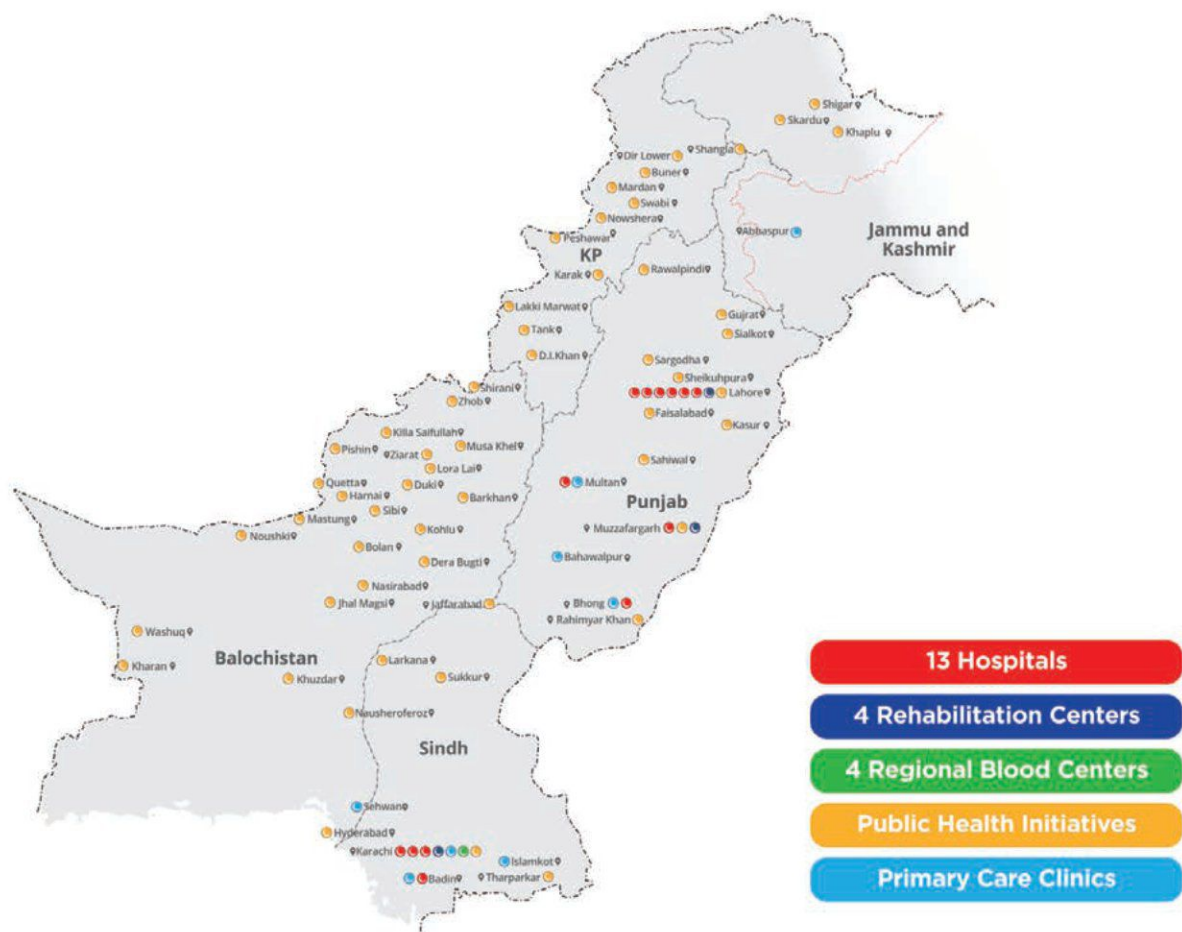
# Electives

Categories	No. of Courses
<p>Health Inventory Management</p> <p>Health Information System</p> <p>Health Project Management</p> <p>Arts and Public Health</p> <p>Community Dentistry</p> <p>Community Psychiatry</p> <p>Community Nursing</p> <p>Food and Drug Safety</p> <p>Health Marketing</p> <p>Risk Prevention</p> <p>Geriatrics</p> <p>Endemic Diseases</p>	<p>4</p>

# Scope - Primary Health Care Training

The Community Health Directorate (CHD) at Indus Hospital and Health Network (IHHN) is the public arm of IHHN, which implements community-based programs throughout the country. Its scope of services includes public health and primary care programs which includes but are not limited to the following:

- Primary care clinics across country lead by trained family physicians
- Tele-health services spread across provinces,
- Infectious disease prevention and eradication programs; malaria, TB and hepatitis C,
- Non communicable disease management; mental health, hypertension and diabetes,
- Maternal and neonatal child health programs.
- Global surgery; safe circumcision and vascular anomalies.





# Faculty Members

## **Prof. Faridah Amin**

Director, Indus College of Family Medicine and Public Health (ICFMPH), Indus University of Health Sciences (IUHS)  
MBBS, FCPS, FRCGP int, MSc. Clinical Research, PhD Health Sciences

## **Dr. Shaista Saghir**

Senior Lecturer  
ICFMPH, IUHS  
MBBS, MCPS, DFM

## **Muhammad Imran**

Senior Lecturer  
ICFMPH, IUHS  
MS Public Health

## **Dr. Ammad Faheem**

Chair ORIC  
ORIC  
MBBS, MSc., PhD applied sciences

## **Ms Syeda Ezra Raza**

Grant Manager  
ORIC  
Msc. Psychology, PMDCP

## **Dr Abdul Qaseem**

CRU Manager  
ORIC  
MBBS, CCRP

## **Prof. Riaz Qureshi**

Professor - Family Medicine  
MBBS, FRCGP, UK

## **Dr Mah Talat**

Executive Director  
Community Health Directorate  
MBBS, MS Public Health

## **Dr Hiba Ashraf**

Director Primary Care Program and consultant  
Community Health Directorate  
MBBS, FCPS, MRCGP int, MHPE

## **Dr Adil Akhtar**

Director Maternal and child health Program and consultant  
Community Health Directorate  
MBBS, Diplomate American Board of Paediatrics

## **Nida Ghouri**

Senior Research Scientist  
Indus Hospital Research Centre  
MS Microbiology

## **Afshan Tariq**

Research Associate  
Indus Hospital Research Centre  
MS Public Health

## **Aslam Fareed**

Senior Manager  
Operations  
Masters in Mathematics and Statistics

## **Dr Nida Ilyas Shamsi**

HOD and Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

## **Dr Aiesha Faisal**

Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

## **Dr Gulshan Himani**

Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

## **Dr Mehwish Mehmood**

Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

## **Dr Fawzia Akhtar**

Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

## **Dr Ruhma Ashraf**

Junior Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

### **Dr Vinod Kumar**

Junior Consultant  
Family Medicine  
MBBS, FCPS, MRCGP Int

### **Dr. Ihtesham Zafar**

Specialist  
Family Medicine  
MBBS, MCPS, Masters Health policy management

### **Dr. Shafaq Sultana**

Medical Educationist  
MBBS, MHPE

## **Basic Faculty**

### **Hafiza Rabia Jamil**

Lecturer  
Islamiat and Pakistan Studies  
M.A in Islamic Studies & B.ED

### **Muhammad Mujtaba**

Lecturer  
Physics, Mathematics, Ethics  
MPHIL in Physics

### **Ms. Nasreen Jawaid**

Lecturer  
Information Technology  
PhD Scholar, MS Computer Science

### **Zaheer Khan**

Lecturer  
English  
M.A in English literature



# Fee Structure

<b>SEMESTER 1 &amp; 2 (Year 1)</b>		
1	Application and Entrance Test Fee	2,800
2	Admission	22,000
3	Tuition fee per semester - PKR 38,500	77,000
4	Enrollment	2,200
5	RFID (Student Identity Card)	1,500
6	Examination Fee per Semester - PKR 3,000	6,000
7	Caution Money (Refundable)	11,000
8	Affiliation Fee	10,000
	Total Year 1	132,500
<b>SEMESTER 3 &amp; 4 (Year 2)</b>		
1	Tuition fee per semester - PKR 42,350	84,700
2	Examination Fee per Semester - PKR 3,300	6,600
	Total Year 2	91,300
<b>SEMESTER 5 &amp; 6 (Year 3)</b>		
1	Tuition fee per semester - PKR 46,585	93,170
2	Examination Fee per Semester - PKR 3,630	7,260
	Total Year 3	100,430
<b>SEMESTER 7 &amp; 8 (Year 4)</b>		
1	Tuition fee per semester - PKR 51,243	102,487
2	Examination Fee per Semester - PKR 3,993	7,986
	Total Year 4	110,473
<b>BSPH Total Fee (Per Candidate for 4 years)</b>		<b>434703</b>



# Facilities Available

- Audio Visual and Learning Resource Centre
- Internet Access
- Seminar Rooms
- Canteen
- Clubs and Societies
- Library
- Student Counselors



# Assessment Criteria

A semester comprises of 16-20 weeks. There is midterm examination after 8 weeks of study and final examination after 16 weeks of study.

Assessment of each semester includes

- Midterm examination
- End of semester examination

Marks obtained in % range	Numerical Grades	Alphabetical Grades
80-100	4.0	A+
75-79	3.8	A
70-74	3.6	A-
67-69	3.3	B+
63-66	3.0	B
60-62	2.7	B-
56-59	2.3	U
50-55	2.0	U
<50	0	U

Promotion to the next year will be based on results of both semesters and decision to be taken at the end of the year.

If a student fails a subject in any semester (examination + Continuous assessment), s/he will:

- Appear for a supplementary examination at the end of the year
- Evaluation of supplementary exam will be based on internal evaluation obtained during the course and supplementary exam

If a student fails any subject in supplementary examination, s/he will have to repeat the year.

# Report writing

Students have to write a 2000 words public health project / report of any public health survey and submit it to their designated supervisor before final term examination otherwise student will not be allowed to appear in final term examination (8th semester). This will carry 6 credit hours as prescribed by HEC for BSPH.

# Teaching Methods and Materials

## Learning Process

- Lectures and seminars
- Hands on workshops
- Case discussions
- Tutorials
- Assignments (take home)
- Field assignments
- Multimedia Presentations
- Site visits
- Seminars

## Learning Materials

- Flip Charts
- Pin boards
- Small cards
- Multi media
- White board

## **For More Information**

Email: [ICFMPH.info@tih.org.pk](mailto:ICFMPH.info@tih.org.pk)

Mobile: 0333-1033937

Address: Indus College of Family Medicine and Public Health,  
Hunar Foundation Building, Block no. 6, Ibrahim Hyderi Road,  
Korangi Karachi

Website: [iuhs.org.pk/ICFMPH/degree-program-public-health.html](http://iuhs.org.pk/ICFMPH/degree-program-public-health.html)