



**JINNAH SINDH MEDICAL UNIVERSITY  
APPNA INSTITUTE OF PUBLIC HEALTH**

**MASTER OF SCIENCE IN PUBLIC HEALTH (MSPH)**

**August 2018**

**Rafiqui H.J Shaheed Road Karachi, Sindh, Pakistan**

**P.O Box 75510**

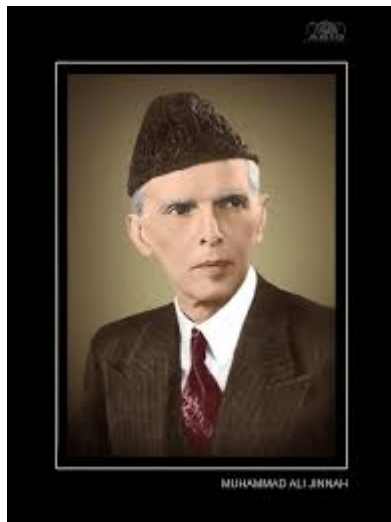


## TABLE OF CONTENTS

1. Message from the Quaid-e-Azam.....	03
2. Message from the Vice Chancellor.....	04
3. Message from the Dean.....	05

**MSPH Program**

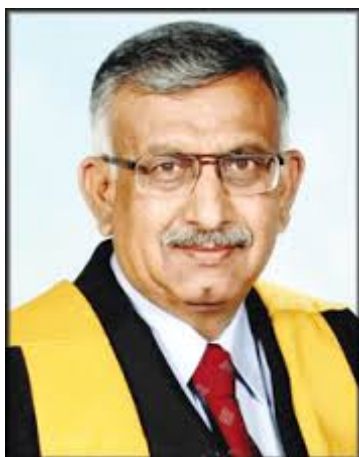
A. Introduction of MSPH Program.....	7
B. Goals of the MSPH Program.....	7
C. Objectives of the MSPH Program.....	7
D. Course Structure of the MSPH Program.....	8
E. Assessment and Evaluation.....	10
F. Thesis.....	12
G. Exams and Regulations.....	12
H. Fees Structure of MSPH program.....	12
I. Primary health Care Training.....	13
J. Teaching and Learning Process.....	13
K. Collaborators.....	13
L. Entry qualifications.....	14
M. Future Programs to be introduced.....	14
N. Documentation Requirement.....	15
O. Faculty and Administrative Staff.....	16
P. Facilities available.....	20
Q. Photo Gallery.....	20-23



# Message

We have got the greatest message in the Quran for our guidance and enlightenment. All that we have got to do is to know ourselves and the great qualities, virtues and power that we possess, let us work up to that great ideal. Let us utilize our great potentialities in the right direction. Let us forego our personal interest and convenience for the collective good of our people, and for a higher and noble cause.

***Quaid-e-Azam Muhammad Ali Jinnah***  
***Father of Nation***



# Message

It is indeed a moment of pride for us to announce the admission in MSPH program at APPNA Institute of Public Health, Jinnah Sindh medical University. In a very small span of time this university has launched many new programs which are the need of the country. As part of the university's endeavour to respond to its social accountability mandate the public health programs are being launched to address the health needs of the people of Pakistan.

Considering the high prevalence of disease and dearth of public health experts it was realized that this is the time that institutions like JSMU should contribute towards development of human resources with high quality of knowledge. The AIPH aims at playing a critical role related discipline but all cadres of work force that directly or indirectly have a role to play in health of communities.

Thus, ensuring its vision to be a major contributor to the improved health status in the country AIPH aims to be a valuable asset for the society and country.

I wish the AIPH team the very best in their future endeavours.

***Professor Syed Mohammad Tariq Rafi***  
***Founding Vice Chancellor***  
***Jinnah Sindh Medical University***



# Message

With a realization that there is a dearth of trained public health professionals in the country and a need for a public health institute The APPNA Institute of Public Health (AIPH) was inaugurated on Dec. 26 with a mission to be the centre of excellence for public health training, service, and research. The AIPH has the support and blessings of the Sindh Medical College Alumni and friends. It gives me great pleasure to announce the third batch of Master of Science in Public health (MSPH). We inducted the first batch in 2014 and went through the processes of accreditation and approval from PM&DC and HEC. It was a tedious and learning experience for us and the students as well. In these four years the institute has not only trained the students but also acquired major grants from International Committee of Red Cross (ICRC) and JHPIEGO. The students of public health also participated in the research projects of AIPH which gave them further insight into the major public health issues of Pakistan.

The challenges in the health sector of Pakistan are enormous, including: dismal health indicators, environmental degradation, urbanization, inadequate health system, poverty and illiteracy. As conscientious citizens we the healthcare professionals need to respond to these challenges and harness them to the growing developments in the field of public health. Most of these challenges can be addressed through partnerships with the non-governmental organizations, the government and other academic institutions.

This is an exciting time as the new millennium has seen the tremendous growth in the public health technologies. The public health discipline is now more than just community medicine or hygiene what it used to be called in the 20<sup>th</sup> century. The AIPH has built partnerships with the Government, NGOs, national and international aid agencies and other academic institutions for promoting public health in Pakistan.

***Prof. Lubna A. Baig***  
***Dean APPNA Institute of Public Health***

# MASTER OF SCIENCE IN PUBLIC HEALTH (MSPH)

## **A. INTRODUCTION OF THE MSPH PROGRAM**

The Health Sector Reform of Pakistan requires qualified public health professionals to manage Districts and regional health services. In addition Pakistan is facing serious health challenges in addition to political and security instability. This is the time of need for all professionals to be equipped with basic skills of public health and contribute towards the betterment of the nation. There are numerous national and international non-governmental organizations (NGOs) working in various sectors to improve the health and safety situation of Pakistan. These NGOs and public health programs and projects also need qualified professionals. As a result of these, JSMU has started a Master of Science in Public health (MSPH).

MSPH is a thesis based degree. The course work of MSPH programs will be for two years and all the elective and required courses will have to be completed in that time. There will be additional time of six months given to the candidates for completion of thesis. The program comprises of 11 core courses, 2 elective courses, 3 specialized courses (from selected tracks) and a thesis with a total of 50 credit hours. The candidates will have a total of four years to complete any remaining/dropped/remedial courses within four years of starting the program. In a situation where the candidate drops a course or a semester s/he will have to wait for the next semester to complete the required courses and then s/he can graduate. To continue in the program the candidates have to maintain a minimum GPA of 3/4.

## **B. GOAL OF THE MSPH PROGRAM**

The goal of the program is to provide and develop knowledge, attitude and skills necessary in promoting Public Health with a focus on public health in developing countries.

The programme is suitable for district, regional, and national health managers at different levels, it will also serve for health managers working with NGOs, Training institutions and those managing health programs, Health related and other projects with impact on health in developing countries.

## **C. OBJECTIVES OF THE MSPH PROGRAM**

By the end of the two years candidates will acquire the general knowledge of public health and be able to manage public and private sector health programs.

### General Objectives

By the end of the two years candidates will be able to:

1. develop health programs and projects, which aim at promoting and improving public health.
2. control epidemic in their area of work, as and when asked to do so.
3. train in the area of public health all cadres of public health professionals.
4. develop, implement, manage and evaluate projects that have direct or indirect effect on health.

### Specific Objectives

In order to achieve the above objective the candidate should be able to:

- I. Apply epidemiological and statistical skills in analysing and planning health care programs for the community.
- II. Design and Evaluate different health strategies and interventions used in the control of communicable and non-communicable diseases.
- III. Describe and analyse health services and organizational structures for an effective health management system.
- IV. Manage or participate in environmental health control programs and disaster management.
- V. Train health staff at different levels i.e. medical and paramedical Institutions.
- VI. Develop cost effective health intervention programs.
- VII. Develop research proposals and Projects related to community health sciences.
- VIII. Design appropriate methodology in the control of communicable and non- communicable diseases and epidemics.
- IX. Assess and manage projects with direct and indirect affect on health.
- X. Assess health and environmental effect of engineering and management project.

## **D. COURSE STRUCTURE OF THE MSPH PROGRAM**

The program is divided into:

- 11 core courses with 32 credit hours
- Two elective courses with 4 credit hours
- 3 specialized courses with 8 credit hours
- 6 credit hours are assigned to thesis writing and defence.



### Curriculum of MSPH with Semester Schedule

Semester	Module	Modules/ Courses	Credit Hrs.
1 <sup>st</sup>	PHC01	Foundations of Public Health	3
	PHC02	Health Promotion	3
	PHC03	Epidemiology	3
	PHC04	Biostatistics and Statistical Analysis for Social Sciences I	3
<b>Credit Hours</b>			<b>12</b>
2 <sup>nd</sup>	PHC05	Nutrition	2
	PHC06	Research Methods	4
	PHC07	Environmental and Occupational Health	3
	PHC08	Medical and Research Ethics	2
By the end of this semester, students should develop and send their synopsis for approval : <b>Credit Hours</b>			<b>11</b>
3 <sup>rd</sup>	PHC09	Health Systems	3
	PHC10	Primary Health Care (with field assignments)	3
	PHC11	Biostatistics and Statistical Analysis for Social Sciences II	3
	PHE01	Medical Education	2
	PHE02	Qualitative Research	2
<b>Credit hours</b>			<b>13</b>
4 <sup>th</sup>	PHE03	Mental Health	
	TRACK 1: Health Policy and Management		
	PHT101	Health Management and Leadership	4
	PHT102	Disaster Management	2
	PHT103	Program Evaluation	2
	TRACK 2: Reproductive Health		
	PHT201	Reproductive Health (Mandatory Elective Course for students choosing Track 1 or Track 3)	4
	PHT202	Gender studies	2
	PHT203	Demography	2
	TRACK 3: Epidemiology and Biostatistics		
	PHT301	Advanced Epidemiology	3
	PHT302	Advanced Bio-Statistics	3
	PHT303	Advanced Research Methods	2
		Thesis	6
<b>Credit Hours</b>			<b>14</b>
<b>TOTAL CREDIT HOURS</b>			<b>50</b>

## E. ASSESSMENT AND EVALUATION

Assessment will be done during and at the end of each module and marks or grades will be given per module. Students will be required to pass all modules with a minimum of 60% marks combining the midterm and end of term evaluation.

During each semester there will be:

- At least one continuous assessment test
- An end of semester examination
- The mode and manner of the examination will be determined by the faculty/departments concerned and approved by the relevant boards
- The continuous assessment tests will count towards the end of semester examination grade

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

- Appear for a supplementary examination within three weeks of result announcement
- Evaluation of supplementary exam will be based on internal evaluation obtained during the course and supplementary exam. They can be given the chance by another assignment or repeat of midterm examination to improve their internal evaluation
- A candidate who fails the supplementary exam will repeat the course (with course fees and examination fees) and if still fails on repeating course, s/he will be given a certificate of Public Health

### GPA Awards Table

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

## F. THESIS

Students shall prepare a Thesis on a topic related to priority public health issues of Pakistan. The purpose is to enhance the status of health in the Pakistani communities and add to science. The thesis will be in the area of specialization including: reproductive health, health management, epidemiology or nutrition. The recommendations developed by the students should be such that they can be applied to the local communities. The thesis shall be in form of research project and must contain not less than **15000 words** (not including appendices and references) and not more than **15500 words**. Thesis guidelines will be shared with the student by the end of 2<sup>nd</sup> Semester

### Eligibility to appear in Thesis

- GPA of 3/4 or higher calculated through aggregate grades of all the courses taken for the MSPH is required for the candidates to appear for their thesis.
- In case of a lower GPA the candidates will have the option to repeat the course/s with lower GPA or appear in the exam to improve the grade

### Thesis submission and Evaluation

- Candidates must submit 3 loosely bound copies of the thesis at the office of the Advance Studies and Research Board (BASR) after completion of thesis work
- All the copies should be signed by supervisor, co-supervisor (if any) and the program director
- Along with these theses copies, the student should also submit letter from supervisor suggesting:
  - *8 names of subject specialists in the relevant field of research/discipline from within the country, preferably outside of the Sindh for external evaluation*
  - *Five names of subject specialists in the relevant field of research/discipline preferably from Sindh for thesis defence*
- The deposited slip of the payment of Rs. 25,000/- for thesis review and defence
- Thesis will be sent to two reviewers selected by BASR after whose approval, the candidate will be given a date to defend the Thesis in front of Defense Thesis Committee comprising of:
  - *Vice Chancellor or his representative from the list of Pro-Vice Chancellor/Deans/Principals as Neutral Chair*
  - *Internal examiner from JSMU (Decided by the BASR)*
  - *Two External examiners (Decided by the BASR)*
  - *A post-graduate committee member (observer)*
  - *Supervisor (observer, could interfere with the permission of Neutral Chair)*
  - *Co-Supervisor(s) (strictly observer)*

## G. EXAMINATION REGULATIONS

General university examinations regulations on registration for Examination, eligibility for Examinations, absence from examination irregularities, procedures for appeals and preservation of scripts will remain as stipulated in the Jinnah Sindh Medical University (JSMU) policies.

## H. FEE STRUCTURE FOR MSPH PROGRAM

(Local/Nationals Candidates)

Dues to be paid to the University

Semester I & II ( Year one)		
S #	Particulars	Amount Pak Rupees
1	Application and entrance test fee	1,500.00
2	Admission	20,000.00
3	Tuition fee per Semester Rs.102500/=	205,000.00
4	Enrollment	2,000.00
5	RFID ( Student Identity Card)	1,000.00
6	Examination Fee per Semester Rs. 2500/=	5,000.00
7	Caution money ( Refundable)	25,000.00
<b>Total</b>		<b>259,500.00</b>
5 % Advance Income Tax		11,725.00
<b>Grand Total</b>		<b>271,225.00</b>

Semester III & IV ( Year two)		
1	Tuition fee per Semester Rs.102500/=	205,000.00
2	Examination Fee per Semester Rs. 2500/=	5,000.00
<b>Total</b>		<b>210,000.00</b>
5% Advance Income Tax		10,500.00
<b>Grand Total</b>		<b>220,500.00</b>

<b>Total Fee</b>		<b>491,725.00</b>
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## **I. PRIMARY HEALTH CARE TRAINING**

The clinics managed by Health and Nutrition Development Society (HANDS) are the training sites for postgraduate students. MoU has been signed with “HANDS” to utilize their field sites for training of graduates in primary health care and research.

## **J. TEACHING METHODS AND MATERIALS**

### **Learning Process**

- Lectures
- Workshops
- Group work
- Tutorials
- Assignments (take home)
- Field assignments
- Presentations
- Site visits
- Seminars

### **Learning Materials**

- Flip Charts
- Pin boards
- Small cards
- Over head projector
- LCD ( Power point machine)
- Manila papers

## **K. COLLABORATORS**

- International Committee of Red Cross
- Pakistan Medical and Research Council (PMRC)
- Health and Nutrition Development Society (HANDS)
- Health Education and Literacy Programme (HELP)
- University of Calgary, Canada
- JHPIEGO
- PPHI

## L. ENTRY QUALIFICATIONS

The participants should possess one of the following qualification or an equivalent to get enrolled (16 years of education from HEC and / or PMDC recognized university).

- MBBS/MD (Registered with PMDC)
- BDS (Registered with PMDC)
- B.Sc Nursing- 4 Years (Registered with PNC)
- B.Sc Paramedics- 4 Years
- DVM (Registered with Veterinary Council)
- Pharm D/Equivalent (Registered with Pharmacy Council)
- BS Physiotherapy/Equivalent
- Masters in Social Sciences (Sociology/Psychology/Anthropology)
- Masters in Biological Sciences
- Masters in Environmental Sciences
- Masters in Business Administration
- Masters in Nutrition and equivalent

**Experience:** The candidate should, preferably, have at least one to two years of working experience. In the case of MBBS degree holders one year of full-time House Job from a PMDC recognized institution. Computer skills of working on MS Office are mandatory

### Test of English proficiency

- A proof of valid TOEFL Score of 90 or more in the general cadre
- A proof of valid IELTS score of 6 or more
- GAT proof of GAT score of 50 or more.(For local candidates)

## M. FUTURE PROGRAMS

Following programs are in process for approval from concerned authorities:

- PhD in Public Health
- Masters in Health Professions Education
- FCPS Training in Community Medicine

## **N. Documents Required With Application Form**

**Two attested photocopies of the following documents must be attached with the application form:**








- a. Bachelor's degree with valid PMDC certificate/ relevant field council (for MBBS and BDS only).
- b. House job certificate
- c. Certificate of Metric exam/ 'O' level Equivalent
- d. Domicile certificate of Father/guardian. In case of Father's death provide copy of death certificate.
- e. Domicile of Candidate
- f. Candidate National identity card (NIC) or form B of NADRA
- g. A certificate of affidavit, declaration, with statement to abide by the rules and regulation of admission
- h. (GRE/TOFEL/IELTS certificate in case of foreign candidate and GAT in case of local candidate)
- i. Pay order/demand draft of Pakistani rupees in favour of Jinnah Sindh Medical University as entrance test fee, which is non-refundable
- j. Candidate six recent passport size photograph with (three attested from front and three from back)

### **NOTE:**

- Two set of documents photocopies to be attached in two separate files in one with original application form and in second file with photocopy of form, pay order, CNIC copies and photograph to be stapled in file 1.


Applicants in the Government Service must apply through proper channel

**O. FACULTY AND ADMINISTRATIVE STAFF****FULL TIME ACADEMIC STAFF**

Dr. Lubna Baig MBBS, MPH, FCPS, PhD in Medical Education Professor and Dean	
Mrs. Naushaba Khatoon, MA, MPH, Director AIPH and Assistant Professor	
Dr. Nazeer Khan MSc, BSc, PhD in Statistics Professor and Director Research	
Prof. Saeed Minhas MBBS, FCPS, FRCS	
Dr. Nighat Shah MBBS, MCPS, FCPS MRCOG(UK) Assistant Professor	
Dr. Kiran Mehtab MBBS, MSPH Associate Professor	
Dr. Ghazala Usman MBBS, MPH Associate Professor	



Dr. Farhana Shahid MBBS, PhD in Public Health Assistant Professor	
Dr. Shiraz Shaikh MBBS, FCPS Assistant Professor	
Dr. Sana MBBS, FCPS Assistant Professor	
Dr. Tafazul Hyder Zaidi MBBS, MSPH Associate Professor	
Dr. Sobia Memon MBBS, MSPH Assistant Professor	
Dr. Greesh Maheshwari MBBS, MPH Lecturer	
Ms. Mehjabeen Msc Microbiology, MSPH Lecturer	
Dr. Mehak Pervaiz MPH Lecture	
Dr. Zaeema Ahmer M.B.B.S, MSPH Lecturer	

Dr. Rabia Baloch MPH Lecturer	
Dr. Ibrahim Hashmi MBBS, MSPH	

### **VISITING FACULTY**

Dr. Inayat Thaver PhD in Public Health	Dr. Bazmi Inam FCPS Community Medicine
Dr. Farid Midhat PhD in Public Health	Dr. Suleman Otho MBBS, MPH
Dr. Mehtab Karim PhD in Public Health	Dr. Kehkashan Mufti FCPS Community Medicine
Dr. Farah Asad PhD in Public Health	Dr. Farida Habib FCPS Community Medicine
Prof. DS Akram FCPS, MPH	Prof. Javed Usman MBBS, FCPS
Prof. Asim Ahmed MBBS, FCPS, MSc Bio Ethics	Dr. Rana SABA PhD Demography University of Karachi
Prof. Zafar Fatmi FCPS, PhD	

**ADMINISTRATIVE STAFF**

Ms. Lubna Mazharullah B.Ed, BA Psychology Field Coordinator		
Mr. Khurram Aleem B.COM Office Superintendent		
Mr. Syed Salman Ali Zaidi B.COM Admin Support Officer		
Mr. Zeeshan Ahmed MBA PA to Pro-Vice Chancellor, JSMU		
Shariq Khursheed M-Com Finance Accounts Officer		
M. Tanveer Shaikh Digital Lab Incharge		
Mr. Danish Ishrat Ali Operator		

**P. FACILITIES AVAILABLE**

State of the art Lecture Halls	04
Seminar Rooms	02
Faculty Offices	06
Meeting Rooms	02
Common Room for Girls	01
Digital Library	01
Prayer Area	01
Canteen	01
Buses/Points/Vans	08

\* AIPH along with teaching facilities will soon have an auditorium;  
Presently JSMU auditorium is being utilized.

**Q. PHOTO GALLERY**

MEETING ROOM



LECTURE HALL



DIGITAL LIBRARY



Institute Transport





Cafeteria



LECTURE ON DISASTER  
MANAGEMENT



PROFESSOR LUBNA BAIG GIVING  
FEEDBACK ON SYNOPSIS PRESENTATION



Faculty Meeting



Faculty Group photo



VICE CHANCELLOR PROF.TARIQ RAFI  
ADDRESSING THE FIRST BATCH



DEAN PROF.LUBNA A BAIG  
ADDRESSING THE FIRST BATCH



BATCH 3 GROUP PHOTO





THE FIRST & SECOND BATCH GROUP PHOTO