

Sargodha Institute of Health Sciences



Prospectus
2016



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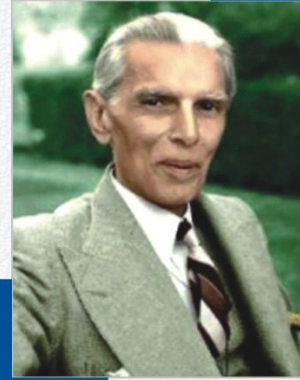
Government College University Faisalabad



In The Name Of Allah,
The Most Beneficent, The Most Merciful

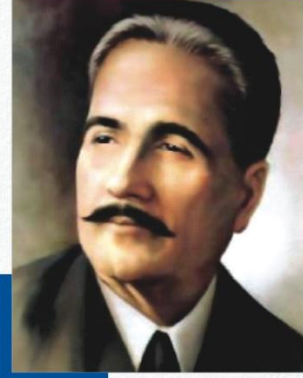






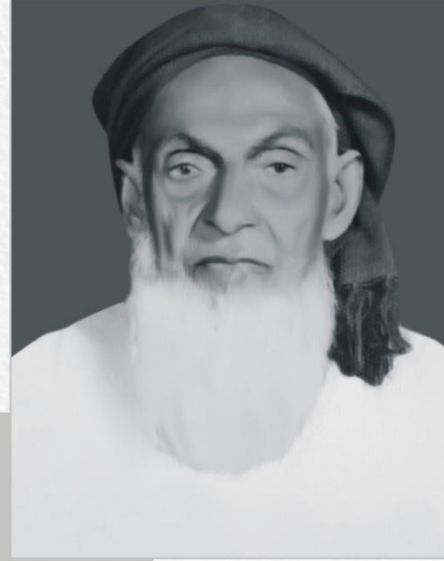
My young friends, I look forward to you as the real makers of Pakistan, do not be exploited and do not be misled. Create amongst yourselves complete unity and solidarity. Set an example of what youth can do. Your main occupation should be in fairness to yourself, to your parents, in fairness to the State, to devote your attention to your studies. If you fritter away your energies now, you will always regret.

Quaid-e-Azam Muhammad Ali Jinnah (Islamic College, Peshawar - 12th April, 1948)



اٹھ کہ اب بزم جہاں کا اور ہی انداز ہے
مشرق و مغرب میں تیرے دور کا آغاز ہے

Dr. Allama Muhammad Iqbal (Jawab-e-Khizar, Bang-e-Dra, 1924)



تاریخ پیدائش: 1913

تاریخ وفات: 1995

الحاج حافظ عبدالحق مخدوم (مرحوم)

والد صاحب کے نام

لفظ گراؤرتے مجھ پر الہام کی صورت

تیرے نام انتساب لکھتا میں اپنی کتاب کا

(حسن محمود مخدوم)

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City of Sargodha



Sargodha is a city and the administrative center of the Sargodha Division located in the Punjab province, Pakistan. It is the 11th largest city in Pakistan and one of the fastest growing cities in Pakistan.

History

The origins of this city are quite old but the proper town was established by the British in 1903. Although it was a small town in the beginning, the British Royal Air Force built an airport here due to its strategic location.

Geography

Sargodha is located 172 kilometers northwest of Lahore, in Sargodha District. It lies about 30 miles from the M-2 motorway, which connects Lahore and Islamabad. It is connected to the M-2 by several interchanges at different locations. Sargodha is roughly 94 km from Faisalabad, due southeast. Directly east connected by the M-2 motorway are Lahore and the route to Rawalpindi & Islamabad. Due east is the city of Jhang; toward the west are the city of Mianwali and the Chashma Barrage. Dera Ismail Khan is located 232 km southwest from the city. Sargodha mainly comprises flat fertile plains, although there are a few small hills on the Sargodha - Faisalabad Road. The River Jhelum flows on the western & northern sides, and the River Chenab lies on the eastern side of the city.

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SARGODHA INSTITUTE OF HEALTH SCIENCES, SARGODHA

INTRODUCTION

Sargodha Institute of Health Sciences (SIHS) is state of the art Institution of Health Sciences, and the 1st Institute in the Sargodha Division of Punjab which is affiliated with Government College University Faisalabad, a highly ranked university by Higher Education Commission, Pakistan and Clinically attached with National Hospital, Sargodha and other private hospitals (in process). Sargodha Institute of Health Sciences (SIHS) offering Doctor of Physiotherapy (DPT) 5 years degree program, BS Nutrition & Dietetics 4 year program, Allied Health Sciences (AHS) 4 year program including Medical Lab. Technology (MLT), Radiology/Imaging Technology and Operation Theater Technology (OTT) and Doctor of Eastern Medicine and Surgery (DEMS), BS in Biochemistry and Physiology, BS in Food Sciences, BS in Ophthalmology, BS in speech Therapy and BS in Psychology and ADP-Advance Diploma in Psychology. Doctor of Human Nutrition and Dietetics (DHND) will be offered in near future. Sargodha Institute of Health Sciences (SIHS) has highly qualified faculty, excellent Anatomy museum, well equipped labs of basic medical sciences, Kinesiology/Biomechanics, Nutrition and latest computer Lab.



Vision:

To be among the best academic health centers in research, medical education, and excellence in patient care by using technological advancement, innovative methodology, immense clinical experience, continuous quality improvement, gracious professionalism and long-life learning till perfection.

Mission Statement

The overall mission of the Sargodha Institute of Health Sciences (SIHS) is to establish a Centre of excellence in the medical sciences and technology which would be an agent of change and the role model for other institutions to emulate. It serves to attract the maximum possible talent for its upgrading. The college hopes to provide graduates in Physiotherapy who would distinguish themselves with their professional, humanistic and educational standards by the virtue of their organizational skills. They should be able to respond to the needs and problems of the patients while maintaining international standards. The Sargodha Institute of Health Sciences (SIHS) has been established to educate young men & women, the principles and appreciation of their responsibility to the society. The academic program of the College is demanding and will require applied physical and intellectual energy. Graduates of this College are in great demand for appointment in National and Private Hospitals, Rehabilitation Centers, Clinics and institutions of Physically Handicapped, Industrial Centers and foreign countries. The aim of the Sargodha Institute of Health Sciences (SIHS) is to produce efficiently trained and specialized young men & women who can render their services as Physiotherapists, to the national need.



Message from Chairperson

Physiotherapists are the integral part of any good health care team and play an extremely vital role in all disciplines of Medical Science. Recent times the importance of Physiotherapy profession has widely been accepted all over the world as the Medical field has been converted into a team work and a medical team is always incomplete without anyone of the following: Physiotherapist, lab. technologist, A radiologist , Psychologist , a nutritionist and other allied health professionals.

I may put into words that standard of Students of Sargodha Institute of Health Sciences (SIHS) under the guidance of Very hard working and esteemed Faculty Members is not less than any institute in the World. The enthusiasm to learn is enormous and generally all of them are very keen workers.

Mrs. Aziz Fatima

Chairperson
Sargodha Institute of Health Sciences,
Sargodha



Physiotherapy is essentially one of the healing sciences which pertain to the assessment of Musculoskeletal and Neurological disorders of function including pain and those of psychosomatic origin. It also deals with treatment by natural sources, based on movement, manual therapy and other physical agents to relieve pain, promote healing, prevent or ameliorate deformity, improve function, body health, stimulate or habilitate development in a child or rehabilitate those impaired by disease or trauma. The responsibilities of Physiotherapist therefore, revolves around the Philosophy described above i.e., aiming to prevent/cure secondary physical, psychological and social trauma in patients referred to him, through his advice, education and supportive counselling towards good management., by the virtue of his qualification. Physiotherapist acquires such a vast knowledge, experience and skill that in the medical profession he is legally and ethically responsible for planning, conducting and evaluating physiotherapy program for persons or patients. He is responsible for carrying out the Physiotherapy Treatment Program or selective part of it. He is also responsible to instruct the patients or persons and their families regarding the Physiotherapy Treatment Program and supervise "Physiotherapy Aids, students and other health workers". Physiotherapy is required in Clinics, Industries and Games. Work of a Physiotherapist includes assessment and evaluation of the patients, prevention of Physical disabilities, deformities, to minimize the complications already occurred or at least stop them at the level at which it was received and rehabilitate. In hospital, planning the program of physiotherapy, the Physiotherapist reviews the medical record, evaluates the patients and identifies the patients' problems. A Physiotherapist must also keep in mind the views of other members of medical team.

Ahmad Mahmood Makhdoom

Managing Director
Sargodha Institute of Health Sciences, Sargodha



Message from Principal

“ it is a great pleasure to welcome you to Sargodha Institute of Health Sciences, Sargodha Choosing where to continue your education is a major decision and I believe Sargodha Institute of Health Sciences, Sargodha is choice on which you will never regret, especially if you are ambitious and determined to succeed. Sargodha Institute of Health Science , Sargodha is a diverse and friendly learning community here the students work in an environment where they are stretched challenged and rose to achieve their demanding targets. Above all, this institute nourishes each student and ensure their journey at Sargodha Institute of Health Sciences, Sargodha is a life enhancing experience. Our aim is to provide clinically oriented health education to students so that they should become expert health professionals for the society. For this we have started work with all required facilities. Our aim is to make our students an active member of society by providing quality education and professional skills.

Mrs. Marriam Mubeen

Principal

HOD Food & Nutrition

Sargodha Institute of Health Sciences, Sargodha



Message from Director/Chairman Board of Studies

Sargodha Institute of Health Sciences has laid the foundation of innovative learning and respectable career for the students who challenge traditional modernity. A physiotherapist is an indispensable constituent of health faculty in almost every hospital in the developed Countries.

Public and private hospitals in Pakistan are either creating or increasing the seats for physiotherapists to provide comprehensive health services to the patients. SIHS is enlightening the youngsters about the rising scope of various health profession in our country. Five year programme of Doctor of Physiotherapy is a vivid example of flourishing demand for specialization in the above mentioned field.

Similarly we are also taking an initiative to start multiple other programmes related to Allied Health Sciences. Our faculty is noted for its educative brilliance and professional commitment. As the programme director of Department, I ensure the students that SIHS will prove to be a source of their elation. We have sowed the seed of erudition and our students will nurture the tree to distribute its therapeutic fruit among all.

Dr. Hassan Makhdoom

Senior Lecturer
Sargodha Medical College, Sargodha
Director/Chairman Board of Studies
Visiting Assistant Professor
Sargodha Institute of Health Sciences, Sargodha



Message

It is an immense pleasure for me to write about Physiotherapy as profession and Sargodha Institute of health Sciences (SIHS). Physiotherapy profession and education during the last few years showed a huge progress in Pakistan. A lot of seats have been created in public sector and private hospitals. Awareness among peoples in community about physiotherapy role in treatment and rehabilitation has increased. It ultimately increased demand of physiotherapists within Pakistan and also abroad. 5 years program of Doctor of Physiotherapy also increased scope and spectrum of physiotherapist as specialist among health community.

Sargodha Institute of Health Sciences (SIHS) is the first Physiotherapy and Allied Health Sciences Institute that has been launched in Sargodha division. It was a need in this area to develop awareness among people about physiotherapy and to provide physiotherapy education at their doorsteps.

SIHS aim is to provide clinically oriented physiotherapy education to students so that they should become expert professionals for the society. For this they have started work with very good faculty and well equipped campus with all required facilities.

Dr. Awais Bin Inaam

HOD Physiotherapy
GC University Faisalabad



Message

I feel great pleasure to open a few words about Sargodha Institute of Health Sciences (SIHS), Which is the pioneer institute of the whole Sargodha division for education of Physiotherapy & Allied Health Sciences. I am very much hopeful that this institute under the leadership of Dr. Hassan Makhdoom will produce the best physiotherapy & Health Graduates which will serve the humanity in the better way.

Dr. Salman Malik

Principal
HOD Physiotherapy
Multan Institute of Health Sciences,
Multan



Message

It is my honor to write message on success story of Dr. Hassan Makhdoom. Who is very much blessed extraordinary qualities and potentials by Almighty Allah subhanatala.

Sargodha Institute of Health Sciences, Sargodha is all with the efforts of Dr. Hassan Makhdoom.

It is being supported by excellent faculty, facilities, and high reputed universities.

Sargodha Institute of Health Sciences, Sargodha will InSha-Allah prove to produce quality professionals, and will become among top institutes in Pakistan.

Dr. Qudus ur Rehman

Professor/HOD Anatomy
Aziz Fatima Medical College, Faisalabad



Message

It is great honor for me to write few words for Sargodha institute of Health Sciences (SIHS) which is state of the art institution for Physiotherapy, Allied Health Sciences, Food & Nutrition, Eastern Medicine and applied sciences education with latest lab services. Physiotherapy is becoming very important health care profession in recent years and then demand of Physiotherapy graduates is increasing day by day. Sargodha Institute of Health Sciences (SIHS) is the Institution which will insha' Allah prepare the best graduates and which will helpful for the better health care services in the region.

Dr. Kh. Muhammad Arshad

Assistant Professor Paeds
Sargodha Medical College, Sargodha



Message

I visited many Institute in Pakistan but during my visit to Sargodha I found Sargodha Institute of Health Sciences, Sargodha one of the best Institutes and I hope it will become a great deliver in the field of physical therapy in the future. The Director of this Institute Dr. Hassan Makhdoom is a great administrator and will achieve great milestone in this field not only in Sargodha but all over Pakistan than. My prayers will always be with this institution.

Dr. Shahzad Aslam

Assistant Professor Cardiology
Sargodha Medical College, Sargodha



Message

Sargodha Institute of Health Sciences is Sargodha's first health professional institution under the command of a true professional team. The health and social care sector is full of opportunities and with an ageing population, demand for people with the right skills continues to grow. SIHS led by expert staff who are committed to your success, which will introduce you to the wealth of career prospects available and help you to gain the practical skills and knowledge required to secure employment or progress on to further study.

Dr. Akhtar Rasool

HOD Physiotherapy
Sargodha Medical College
Visiting Assistant Professor
Sargodha Institute of Health Sciences,
Sargodha



BOARD OF DIRECTORS

Mrs. Aziz Fatima
Chairperson Board of Director

Ahmad Mahmood
Managing Director

Mrs. Sajida Kalsoom
Director

Dr. Hassan Makhdoom
Director

Mrs. Marriam Mubeen
Director

Ali Zeeshan
Director



BOARD OF STUDIES

Dr. Hassan Makhdoom Chairman Senior Lecturer of Anatomy Sargodha Medical College, Sargodha Visiting Assistant Professor Sargodha Institute of Health Sciences, Sargodha		Dr. Bilal Habib Member Assist. Professor Physiology Sargodha Medical College, Sargodha
		Dr. Tariq Afzal Cheema Member Associate Professor Pathology Sargodha Medical College, Sargodha
Dr. Nida Pervaiz PT Secretary Lecturer Sargodha Institute of Health Sciences, Sargodha		Dr. Awais Bin Inam PT Member HOD Physiotherapy Government College University, Faisalabad
Dr. Muhammad Javed Member HOD Anatomy Sargodha Medical College, Sargodha		Dr. Salman Malik PT Member Principal Multan Institute of Health Sciences, Multan
Dr. Amna Mubeen Member Assist. Professor Anatomy Sargodha Medical College, Sargodha		Dr. Akhtar Rasool PT Member HOD Physiotherapy Sargodha Medical College, Sargodha
Dr. Rukhsana Jabeen Member Assist. Professor Anatomy Sargodha Medical College, Sargodha		Dr. Mustafa Qamar PT Member Assist. Professor Physiotherapy Sargodha Medical College, Sargodha
Dr. Qudus ur Rehman Member Professor/HOD Anatomy Aziz Fatima Medical College, Faisalabad		Dr. Muhammad Ramzan PT Member Assist. Professor Physiotherapy Sargodha Medical College, Sargodha
Dr. Shoaib Ahmed Member Assist. Professor Biochemistry Sargodha Medical College, Sargodha		Dr. Safdar Member Assist. Professor Biochemistry Sargodha Medical College, Sargodha



Message from Faculty

Sargodha Institute of Health Sciences (SIHS) is committed to deliver excellence in learning and adding academic and social skills which will allow you to lead in your professional career. This Institute is focussing on three major classes of curriculum activity: (1) Practical, (2) Sensory and (3) formal Skills & studies. A good educational institute must instill these primary characteristics inside the students so that they become educated and not only literate.

This institute offers the finest education and is eager to listen from the students and the parents, their suggestions, ideas, Anatomy is the basic major subject of the medical and allied health sciences.

Dr. Muhammad Javed Awan

HOD Anatomy
Sargodha Medical College, Sargodha
Visiting Professor
Sargodha Institute of Health Sciences, Sargodha



Message

Sargodha Institution of health sciences, Sargodha is beautiful addition in the field of Physiotherapy and Allied Health Sciences in Sargodha Division. I have visited this institution and was pleased to see the services and facilities there. The Building, faculty and the environment are excellent. I hope this institution will produce excellent skilled physiotherapists and other graduates in future. I wish best luck to Sargodha institute of health sciences, Sargodha.

Dr. Shoaib Ahmed

M.Phil Biochemistry
Sargodha Medical College, Sargodha
Visiting Assistant Professor
Sargodha Institute of Health Sciences, Sargodha



Message

" I feel extremely pleased in appreciating your efforts for for establishing such a beautiful institution in the heart of central Punjab. I am pretty sure that Sargodha institute of health sciences will progress soon into one of the few top health institutes of the country in private sector. I must congratulate Dr. Hassan Makhdoom and his team for this laborious work which i always thought about. God bless you and SIHS."

Dr. Bilal Habib

M.Phil Physiology
Sargodha Medical College, Sargodha
Visiting Assistant Professor
Sargodha Institute of Health Sciences, Sargodha



Message

Being the first Institute of physiotherapy and Allied Health Sciences in Sargodha Division SIHS has laid the foundation of innovative learning and respectable career for the students who challenge traditional modernity. A physiotherapist is an indispensable constituent of health faculty in almost every hospital in the developed countries. Public and private hospitals in Pakistan are either creating or increasing the seats for physiotherapists to provide comprehensive health services to the patients.

SIHS is enlightening the youngsters about the rising scope of various health profession in our country. Five year programme of Doctor of Physiotherapy is a vivid example of flourishing demand for specialization in the above mentioned field. Similarly we are also taking an initiative to start multiple other programmes related to Allied Health Sciences. Our faculty is noted for its educative brilliance and professional commitment. As the programme director of Department, I ensure the students that SIHS will prove to be a source of their elation. We have sowed the seed of erudition and our students will nurture the tree to distribute its therapeutic fruit among all.

Dr. Nida Pervaiz

MS Physiotherapy
Lecturer
Sargodha Institute of Health Sciences,
Sargodha



Message

It is my pleasure to share my views about Sargodha Institute of Health Sciences, Sargodha. I congratulate Dr. Hassan Makhdoom and wish a great success for the Institute. Sargodha Institute of Health Science is not only a place for quality education but it also will provide great opportunities for grooming and professional exposure. Highly qualified faculty, congenial atmosphere of learning, routine interactions with the professionals enjoying extreme professional success will enable the students to enter into practical life with ease and prosperity. In simple words a best institute in southern Punjab for health science.

Dr. Maryam Shahzadi

M.Phil Physiotherapy
Lecturer
Sargodha Institute of Health Sciences,
Sargodha



Why Sargodha Institute of Health Science, Sargodha

- Sargodha Institute of Health Sciences is affiliated with Government College University, Faisalabad (GCUF), a highly ranked University by HEC (Ranked 7th in Pakistan).
- Recognized by HEC
- Clinical attachment with National Teaching Hospital (DHQ and other Pvt. Hospitals in process).
- Experienced and Highly Qualified Faculty.
- Latest Anatomy museum.
- Well Equipped Physiology, Pathology, and Bio-Chemistry Labs.
- Well Equipped Kinesiology Lab. and Gymnasium.
- Air Conditioned Labs and Lecture rooms.
- Electronic Resource Centre and Library.
- Dedicated Physical Therapy and Rehabilitation Centre.
- Campus spread over 4 Kanals.
- Separate Classes
- Latest Computer Lab.
- Furnished Hostel Facility.
- Pick & drop services.



COLLEGE FACILITIES

1. **Academic Area:** - It covers lecture halls, class rooms, tutorial rooms and labs. (Air Conditioned Rooms)
2. **Lecture Halls:** Equipped with Multimedia and sound system
3. **Tutorial Rooms:** Batch wise demonstration and discussion
4. **Laboratories:** Well-equipped Labs.
5. **Library and Electronic Recourse Centre:** - It has power to ensure easy access of information to students. The books from the library are issued to the students. Our Electronic Recourse Centre helps students to browse newest research and enhancement in medical fields across the worlds.
6. **Common Rooms:** - Common Rooms for boys and girls are present within the College Campus.
7. **Administration Forum:** - It also includes a Principal office, an admission office and is located near the main entrance so that parents, students and visitors can have easy access to building without any disturbance to academic area.
8. **Computer Lab:** - well established computer lab is present to educate computer literacy Program to the students as a part of their curriculum.
9. **Cafeteria:** - There is hygienic cafeteria for the students.
10. **Clinical Affiliation of Physiotherapy:** Sargodha Institute of Health Sciences, Sargodha has clinical attachment with following hospitals
 - National Hospital, Sargodha
 - DHQ Teaching Hospital, Sargodha (in process)

SARGODHA HEALTH CENTRE is a Dedicated Health Centre of SIHS, which offers Physiotherapy and Rehabilitation, Health and Fitness, Diagnostic and Medical facilities.

11-Hostels: Well-furnished and Secured hostel including:

Food (breakfast, lunch & dinner), Independent and shared rooms, TV/Common Room, Prayer Room,
Wi-Fi internet, UPS / Generator Backup. Laundry, ironing and Air conditioned Rooms are optional.



EXTRA CURRICULAR ACTIVITIES

- **Annual Sports:** Students celebrate their Annual Sports regularly and participate warmly in sport events like:
 - Cricket,
 - Bad-Minton,
 - Table tennis,
 - Tug of War,
 - Sac race,
 - Three leg race,
 - Marathon etc.
- **Functions and Parties:**
 - Welcome & Farewell parties,
 - Class Functions,
 - Get to together,
 - Debates and Speech competitions on Special days,
- **Magazine** of the Sargodha Institute of Health Sciences, Sargodha will regularly be published to high light students hidden literacy potentials.
- **Physiotherapy Literary Society:** - Physiotherapy literary society also provides the platform to enhance the capabilities in literature.
- **Trips:** - Out Station Trips and Study Tours are part of their recreational activities. For recreation educational tours are arranged for the students in the supervision of the teachers in different areas of the Pakistan.



Why Doctor of Physiotherapy, Doctor of Eastern Medicine, Nutritionist & other Allied Health Sciences Professions?

- DPT and BEMS are 5 years H.E.C. recognized degree programs which are widely accepted nationally & worldwide.
- BS-FST, BS-HND, BS-MLT, BS-RIT, BS-OTT, BS-Biochemistry, BS-Physiology & BS-Psychology are 4 years HEC recognized degree programs.
- After completing DPT, BEMS, BS-FST, BS-HND or BS in Psychology, one can start own clinical practice after degree
- BS in Biochemistry and BS in Physiology leads to the professional educators
- BS-Medical Lab. Technology, Radiography & Imaging Technology and Operation Theater Technology leads to the investigational practice
- Clinical & Educational jobs in Government & Private Hospitals & Universities.
- BS-17 scale job in Govt. Hospitals and Health Dept.
- BS-18 Scale job as Lecturer in Universities.
- Higher education opportunities in Pakistan MS/MPhil, Phd. in different disciplines i.e. Orthopaedic MPT, Neuro-Muscular PT, Cardio-pulmonary PT, Sports Sciences, Musculo-skeletal and specialization in rehabilitation.
- Huge overseas demand, international jobs across the world, flexible immigration for UK, USA, Canada, Australia, Europe.
- Physiotherapist is one of the top 10 highly demanding profession

Department of Physical Therapy

Doctor of Physical Therapy





INTRODUCTION

In keeping with recent growth and advancement of Physical Therapy professional in the world & especially in the United States of The America, Doctor of Physical Therapy (DPT) curriculum is developed to prepare Physical Therapists for the independent practice in Pakistan, by emphasizing area such as differential diagnosis, applied pharmacology, diagnostic imaging, health care prevention and practice manager. However, with the increased recognition of Physical Therapist's skills in diagnosing, treating and preventing illness and injuries has necessitated the profession to re-evaluate its goals for the future and move toward more autonomy in patient care. According to America Physical Therapy association (APTA) "the vision for the future of the Physical Therapy profession is that by year 2020 Physical Therapy, treatment will be provided by Physical Therapists holding Doctor's degree in Physical therapy, recognized by consumer and other health care professions as practitioners of choice to whom consumer have direct access for the diagnosis of, intervention for, and prevention of impairment, functional limitation and disabilities related to movement, function and health. Since there is general trend of Physical Therapists to seek employment & admission for further studies in United States of America, it has become necessary to bring the courses of study in Pakistan at par. The program will also meet the requirement for independent practice in home land



Doctor of Physical Therapy

5 Year Program

Semester 1	
ANATOMY-I	4(3-1)
PHYSIOLOGY-I	3(2-1)
KINESIOLOGY-I	3(2-1)
ENGLISH-I(FUNCTIONAL ENGLISH)	3(3-0)
PAKISTAN STUDIES	2(2-0)
BIostatISTICS-I	3(3-0)

Semester 3	
ENGLISH-III (Technical Writing & Presentation Skills)	3(3-0)
INTRODUCTION TO COMPUTER	3(2-1)
ANATOMY-III	3(2-1)
PHYSIOLOGY-III	3(2-1)
BIOMECHANICS & ERGONOMICS-I	3(3-0)
BIOCHEMISTRY & GENETICS-I	2(2-0)

Semester 5	
PATHOLOGY & MICROBIOLOGY I	2(2-0)
PHARMACOLOGY I	3(3-0)
PHYSICAL AGENTS & ELECTRO THERAPY	3(2-1)
THERAPEUTIC EXERCISE & TECHNIQUES	3(2-1)
SOCIOLOGY	2(2-0)
HEALTH & WELLNESS	2(2-0)
SUPERVISED CLINICAL PRACTICE I	3(0-3)

Semester 2	
ANATOMY-II	4(3-1)
PHYSIOLOGY-II	3(2-1)
KINESIOLOGY-II	3(2-1)
ENGLISH-I (FUNCTIONAL ENGLISH)	3(3-0)
ISLAMIC STUDIES / ETHICS	2(2-0)
BIostatISTICS-II / UNIVERSITY OPTIONAL	3(3-0)

Semester 4	
ANATOMY-IV (Neuro Anatomy)	3(2-1)
BIOMECHANICS & ERGONOMICS-II	3(2-1)
BEHAVIORAL SCIENCES (Psychiatry & Psychology)	3(3-0)
BIOCHEMISTRY & GENETICSII	2(2-0)
EXERCISE PHYSIOLOGY	3(3-0)
MEDICAL PHYSICS	3(2-1)

Semester 6	
PATHOLOGY & MICROBIOLOGY II	3(2-1)
PHARMACOLOGY	2(2-0)
PHYSICAL AGENTS & ELECTRO THERAPY II	3(2-1)
MANUAL THERAPY	3(2-1)
TEACHING METHODOLOGY & COMMUNITY MEDICAL	3(3-0)
SUPERVISED CLINICAL PRACTICE II	3(0-3)



Semester 7	
MEDICINE I	3(3-0)
SURGERY I	3(3-0)
RADIOLOGY & DIAGNOSTIC THERAPY	3(2-1)
MUSCULOSKELETAL PHYSICAL THERAPY	3(2-1)
HUMAN GROWTH, DEVELOPMENT & COMMUNICATION BASED REHABILITATION	2(2-0)
SUPERVISED CLINICAL PRACTICE III	3(3-0)

Semester 9	
CARDIOPULMONARY PHYSICAL THERAPY	3(2-1)
EMERGENCY PROCEDURES & PRIMARY CARE IN PHYSICAL THERAPY	2(2-0)
CLINICAL DECISION MAKING & DIFFERENTIAL DIAGNOSIS	3(3-0)
SCIENTIFIC INQUIRY & RESEARCH METHODOLOGY	3(2-1)
PROFESSIONAL PRACTICE (LAWS), ETHICS & ADMINISTRATION	2(2-0)
INTEGUMENTARY PHYSICAL THERAPY	2(2-0)
SUPERVISED CLINICAL PRACTICE V	3(0-3)

Semester 8	
MEDICINE II	3(3-0)
SURGERY II	3(3-0)
NEUROLOGICAL PHYSICAL THERAPY	3(2-1)
EVIDENCE BASED PRACTICE	3(2-1)
PROSTHETICS & ORTHOTICS	2(2-0)
SUPERVISED CLINICAL PRACTICE IC	3(0-3)

Semester 10	
OBSTETRICS & GYNAECOLOGICAL PHYSICAL THERAPY	2(2-0)
PAEDIATRIC PHYSICAL THERAPY	2(2-0)
GERONTOLOGY & GERIATRIC PHYSICAL THERAPY	2(2-0)
SPORTS PHYSICAL THERAPY	2(2-0)
SUPERVISED CLINICAL PRACTICE VI	4(0-4)
Total Credit Hours =175	





Department of Eastern Medicine

Bachelor of Eastern Medicine & Surgery





INTRODUCTION

Bachelor of Eastern Medicine (BEMS) is a five year degree programme in herbal medicine, equipped with latest knowledge of modern medical science as well as ancient eastern medicine theories. This is the best choice at time to be a part of Holistic medicine to prosper in near future, as world's overall trend is turning towards natural sources for health management. Government College University Faisalabad is the third university in Govt. Sector and overall fifth in Pakistan where BEMS get started. Sargodha Institute of Health Sciences is the First Institute in Private Sector in the Punjab.





Bachelor of Eastern Medicine and Surgery (BEMS)

Semester 1		
DEM-301	Anatomy-I	3(2-1)
DEM-303	History of Eastern Medicine-I	2(2-0)
PHS-307	General Physiology	3(2-1)
ENG-321	Functional English	3(3-0)
BCH-305	Fundamental Biochemistry	4(3-1)
ISL-321	Islamic Studies	2(2-0)

Semester 2		
DEM-302	Anatomy-I 1	3(2-1)
DEM-304	Principles of Eastern Medicine-I	3(3-0)
DEM-306	History of Eastern Medicine	2(2-0)
PHS-308	Systemic Physiology	3(3-0)
BCH-306	cell biology & Genetics	3(2-1)
PST-321	Pakistan Studies	2(2-0)

Semester 3		
DEM-401	Anatomy-III	3(2-1)
DEM-403	Principle of Eastern Medicine-II	3(3-0)
BNB-405	Introduction to Biotechnology	3(2-1)
ENG-322	English comprehension and Composition	3(3-0)
PHS-409	Physiology of Nervous System	3(3-0)
BCH-502	Biological Metabolism	4(4-0)

Semester 4		
DEM-402	Anatomy-IV	3(2-1)
DEM-404	Principles of Eastern Medicine-III	3(3-0)
DEM-406	Pharmacognosy-I	3(2-1)
DEM-408	Materia Medica-I	3(2-1)
JPHS-410	Endocrine Physiology	3(2-1)
BCH-405	Clinical Biochemistry	3(2-1)



Semester 5		
DEM-501	Herbal Pharmacy-I	3(2-1)
DEM-503	Community Medicine	3(3-0)
DEM-505	Materia Medica-II	3(2-1)
DEM-507	Pharmacognosy-II	3(2-1)
DEM-509	Medicine-I	3(2-1)
MIC-301	General Microbiology-I	3(2-1)

Semester 7		
DEM-601	General Pathology	3(2-1)
DEM-603	surgery-I	3(2-1)
DEM-605	Clinical Psychology & Psychiatry-II	3(2-1)
DEM-607	Obstetrics and Gynecology-1	3(2-1)
DEM-609	Medicine-III	3(2-1)
DEM-611	Materia Medica-IV	3(2-1)

Semester 9		
DEM-701	Pediatrics-I	3(2-1)
DEM-703	Ophthalmology & ENT-I	3(2-1)
DEM-705	Obstetrics & Gynecology-II	3(2-1)
DEM-709	Medicine-V	3(2-1)
DEM-707	Surgery-III	3(2-1)
DEM-711	Clinical Diagnostics-II	3(2-1)

Semester 6		
DEM-502	Herbal Pharmacy-II	3(2-1)
DEM-504	Clinical Psychology & Psychiatry-I	3(2-1)
DEM-506	Materia Medica-III	3(2-1)
DEM-508	Pharmacognosy-III	3(2-1)
DEM-510	Medicine-II	3(2-1)
MIC-601	Clinical Microbiology	3(2-1)

Semester 8		
DEM-602	Systemic Pathology	3(2-1)
DEM-604	Surgery-II	3(2-1)
DEM-606	Clinical Diagnostics-I	3(2-1)
DEM-608	Obstetrics & Gynecology-II	3(2-1)
DEM-610	Medicine-IV	3(2-1)
DEM-612	Forensic Medicine & Toxicology-I	3(2-1)

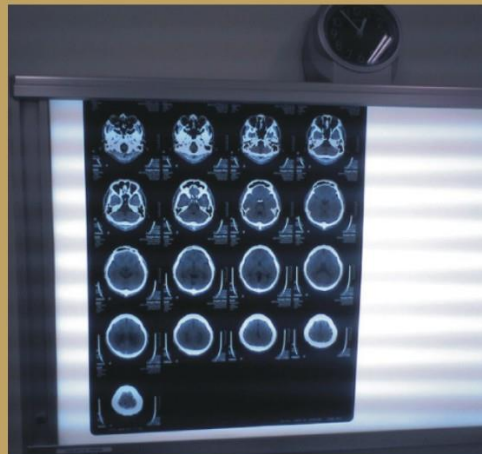
Semester 10		
DEM-702	Pediatrics-II	3(2-1)
DEM-704	Ophthalmology & ENT-II	3(2-1)
DEM-706	Obstetrics & Gynecology-II	3(2-1)
DEM-708	Medicine-VI	3(2-1)
DEM-681	Project	3(2-1)
		6(0-6)



Department of Allied Health Sciences

PROGRAMS

1. BS-MLT (Medical Laboratory Technology)
2. BS-RIT (Radiography and Imaging Technology)
3. BS-OTT (Operation Theater Technology)





INTRODUCTION

Department of Allied Health Sciences Offered 4-Year degree programs in the field of Medical Laboratory Technology (MLT), Radiography and Imaging Technology (RIT) and Operation Theatre Technology (OTT). The Department of Allied Health Sciences continues to maintain and cultivate its links with the hospitals and health care settings within the country. Our vision is to provide the advancement in Medical Sciences through provision of skilful, ethical, and compassionate Allied health Professionals. The College is committed to produce the leading allied health experts dedicated to provide the best health care services for the patient and able to focus on highly quality research that extends beyond allied health sciences to all scientific disciplines that impact the health of patients as well as wider community.





BS MLT Medical Laboratory Technology

Semester 1		
AHP-301	Basic & Applied Anatomy	4(3-1)
PHS-307	General Physiology	3(2-1)
PSY-407	Social Psychology	3(3-0)
ENG-321	Function English	3(3-0)
ISL-321	Islamic Studies/ Ethics	2(2-0)

Semester 2		
AHP-302	General Pathology	4(3-1)
BCH-301	Introductory Biochemistry	4(3-1)
CSI-321	Introduction to computing Application	3(3-0)
PST-321	Pakistan Studies	2(2-0)
MLT-402	Fundament of Medical Lab Technology	2(2-0)
MLT-404	Practical training in relevant subjects	2(2-0)

Semester 3		
AHP-305	Community Medicine/ Public Health	3(2-1)
MLT-401	General Hematology	4(3-1)
MIC-321	General Microbiology & Sterilization	3(2-1)
MLT-403	Clinical Pathology	3(2-1)
MLT-405	Practical training in relevant subjects	3(0-3)

Semester 4		
BCH-422	Clinical Biochemistry	4(3-1)
MLT-408	Immunology & Serology	4(3-1)
MLT-410	Histopathology & Histotechnology	4(3-1)
MLT-412	Practical training in relevant subjects	2(0-2)
MLT-414	Medical Report Writing	2(1-1)



Semester 5		
MLT-407	Clinical Parasitology	4(2-1)
MLT-409	Immunohematology & Transfusion Medicine	3(2-1)
MLT-411	Clinical Bacteriology	4(3-1)
MLT-413	Bio-safety and Hazards	2(2-0)
MLT-415	Medical Instrumentations & software Applications	3(3-0)
MLT-417	Hospital Training	3(0-3)

Semester 6		
MLT-416	Cytology & Cytotechnology	3(2-1)
BMB-302	Molecular Biology	3(2-1)
MLT-418	Clinical Virology & Mycology	3(2-1)
MLT-420	Advanced Hematology	3(2-1)
MLT-422	Advanced Immunology	3(2-1)
MLT-424	Practical training in relevant subjects	3(0-3)

Semester 7		
Elective Subject (On Course from the given below)		
MLT-419	Advanced Clinical Biochemistry	4(3-1)
MLT-421	Advanced Microbiology	4(3-1)
MLT-423	Advanced Molecular Biology	4(3-1)
Compulsory		
MLT-425	Advanced Diagnostic & Biomedical Techniques	3(2-1)
MLT-427	Quality Assurance Management	3(2-1)
MLT-429	Clinical Genetics	2(2-0)
STA-321	Introduction to statistical theory	3(2-1)
MLT-431	Practical Training Elective Subjects	3(0-3)

Semester 8		
MLT-631	Research Project	10(0-10)



BS Radiography and Imaging Technology

Semester 1	
Basic Anatomy	4(3-1)
Applied Anatomy	4(3-1)
Basic Physiology	4(3-1)
Behavioral Sciences	4(3-1)
English Grammar and Composition	2(2-0)

Semester 2	
General Pathology	4(3-1)
Special Pathology	4(3-1)
Basic Biochemistry	4(3-1)
Islamic Studies / Ethics	2(2-0)
Pakistan Studies	2(2-0)

Semester 3	
Regional and Imaging Anatomy	4(3-1)
Radiation Science and Technology	4(3-1)
Computer Fundamentals	3(2-1)
Technical Writing	2(2-0)
Basic Mathematics	3(3-0)

Semester 4	
General Radiology	4(3-1)
Medicine	4(3-1)
Clinical Pharmacology	4(3-1)
Statistical Methods	3(3-0)

Semester 5	
Computed Tomography (CT)	4(3-1)
Mammography	4(3-1)
Magnetic Resonance Imaging	4(3-1)
Special Radiologist Techniques	4(3-1)

Semester 6	
Surgery	4(3-1)
Medical Sociology	4(3-1)
Biostatistics	3(3-1)
Research Methodology	4(3-1)

Semester 7	
Angiography and Cardiac Imaging	4(3-1)
Nuclear Medicine	4(3-1)
Research Assignment	6(0-6)
Technical Session	6(0-6)

Semester 8	
Ultrasound / Echocardiography	4(3-1)
Research Project	10(0-10)
Advanced Lab Training related to	8(0-8)
Elective Subject	

Total=141



Semester 5		
BCH-501	Amino Acids and Proteins	4(3-1)
BCH-503	Enzymology	3(2-1)
BCH-505	Biosafety & Ethics	2(2-0)
BCH-507	Biochemical Techniques	3(2-1)
BCH-509	Plant Biochemistry	3(2-1)

Semester 6		
BCH-601	Nutritional Biochemistry	3(2-1)
BCH-511	Biochemistry of Nucleic Acid	3(3-0)
BNB-502	Proteomics	3(2-1)
BCH-508	Biomembranes & Cell Signaling	3(3-0)
BCH-510	Bioenergetics	2(2-0)
BCH-607	Industrial Biochemistry	3(2-1)

Semester 7		
BCH-502	Biological Metabolism	4(4-0)
BNB-402	Bioinformatics-I	3(2-1)
BNB-504	Genomics	3(3-0)
BCH-611	Fermentation Biotechnology (Elective II)	3(3-0)
ENG-611	English for Employment	3(3-0)

Semester 6		
BNB-405	Biotechnology	3(3-0)
BCH-602	Immunochemistry	3(2-1)
BCH-604	Current Trends in Biochemistry	3(3-0)
BCH-606	Antimicrobials & Chemo therapy (Elective II)	3(3-0)
Other Mandatory Requirements for BS (Hons)		
BCH-601	Research Planning and Report Writing	3(3-0)
BCH-629	Seminar (Research)	1(0-1)
BCH-631	Research Project	3(0-3)





Department of Food & Nutrition





Objectives

- 1.To produce competent Food Scientists/Technologists with adequate scientific background to meet the needs of public and private sector, organization/industries
- 2.To provide professional leadership, services and outreach activities in the major areas of Home Economics
- 3.To develop a cost effective appropriate technologies, helpful to boost up value addition in agriculture sector.
- 4.To meet the training needs of public and private sector.
- 5.To produce competent nutritionists and dietitians for different organizations in the country.
- 6.To address the issues in different sectors of Food Science, Nutrition and Home Economics

Introduction

Under Sargodha Institute of Health Sciences, the Department of Food & Nutrition is one of the best in country. The outstanding faculty, state-of-the-art building and laboratory facilities, and friendly and dedicated staff members make the Department a pleasant place to study and conduct research. World Class internship experiences in collaboration with:-

- Punjab Food Authority, Lahore
- Engro Foods Limited, Karachi
- Halal Research Council, Pakistan

Our graduate program offers study leading to Masters of Science and Doctor of Philosophy degrees. Graduate students receive in-depth training in the core disciplines of food & nutrition, food chemistry, food microbiology, food engineering & processing, food safety, food service management, human nutrition & textile & clothing.



BS-Food Science & Technology

Semester 1		
MTH-321	Mathematics-I	3(3-0)
	OR	
BHS-316	Biology-I	3(2-1)
STA-322	Introduction to Statistical Theory-I	3(3-0)
CSI-321	Introduction to Computer Applications	3(3-0)
PST-321	Pakistan Studies	2(2-0)
ENG-321	Function English	3(3-0)
BCH-306	Essentials of Biochemistry	3(3-0)
FST-301	Introduction to Food Science & Technology	3(2-1)

Semester 3		
PHY-301	Mechanics-I	3(3-0)
FST-403	Food Quality Management	2(2-0)
FST-405	Food Safety	3(3-0)
FST-407	Instrumental Techniques in Food Analysis	3(1-2)
FST-409	Food Chemistry	3(3-0)
MIC-301	General Microbiology	3(2-1)

Semester 2		
MTH-322	Mathematics-II	3(3-0)
	OR	
BHS-317	Biology-I	3(2-1)
STA-323	Introduction to Statistical Theory-II	3(3-0)
ISL-321	Islamic Studies / Ethics	2(2-0)
ENG-322	English Composition & Comprehension	3(3-0)
FST-302	Food Production	3(2-1)
FST-304	Food Processing & Preservation	3(2-1)
HND-301	Principal of Human Nutrition	3(3-0)

Semester 4		
FST-402	Food Business Management	3(2-1)
FST-404	Dairy Technology	2(2-1)
FST-406	Unit Operation in Food Processing	3(2-1)
PHY-302	Mechanics-II	3(3-0)
FST-408	Fruits and Vegetables Processing	3(2-1)
FST-410	Food Process Engineering	3(2-1)

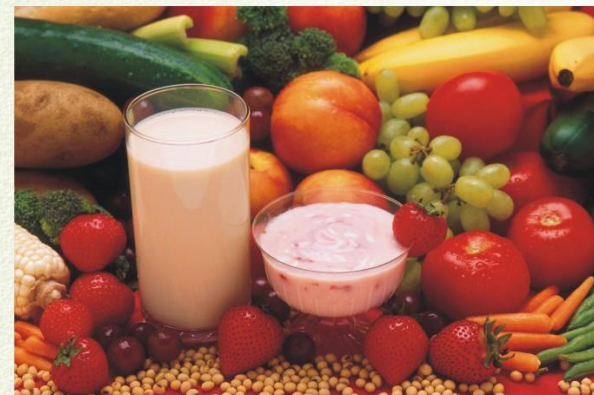


Semester 5		
FST-501	Cereal Technology	3(2-1)
FST-503	Sugar Technology	3(2-1)
FST-505	Technology of Fats and Oils	3(2-1)
PHY-507	Food Microbiology	3(2-1)
FST-509	Beverage Technology	3(2-1)
FST-511	Meat Technology	3(2-1)

Semester 7		
FST-601	Extrusion Technology	3(2-1)
FST-603	Fundamentals of Halal Foods	2(3-0)
FST-605	Food Laws & Regulations	3(3-0)
BIT-605	Food and Bioprocess Technology	3(2-1)
FST-609	Food Packaging	3(2-1)
FST-611	Poultry, Egg and Fish Processing	3(2-1)

Semester 8		
FST-632	Internship	10(0-10)

Semester 6		
HND-302	Community Nutrition	3(2-1)
FST-504	Food Plant Layout and Sanitation	3(2-0)
FST-506	Confectionery and snack Foods	3(2-1)
FST-508	Bakery Products Technology	3(2-1)
FST-510	Postharvest Technology	3(2-1)
FST-514	Food Product Development	3(2-1)
FST-516	Research Projects and Scientific Writing	2(1-1)





BS-Human Nutrition & Dietetics

Semester 1		
FST-301	Introduction to Food Science & Technology	3(2-1)
HND-301	Principles of Human Nutrition	3(3-0)
ENG-321	Functional English	3(3-0)
CSI-321	Introduction to Computing Applications	3(3-0)
PST-321	Pakistan Studies	2(2-0)
PSY-422	Introduction to Psychology	3(3-0)
BCH-307	Essentials of Biochemistry	3(3-0)

Semester 3		
HND-401	Dietetics 1	3(2-1)
HND-403	Contemporary nutrition	2(2-0)
HND-405	Metabolism of Nutrients	3(3-0)
HND-407	Diet Modeling and Counseling	3(2-1)
AHS-303	General Human Anatomy	3(2-1)
AHS-300	General Pathology	3(2-1)
BNB-405	Introduction to Biotechnology	3(2-1)

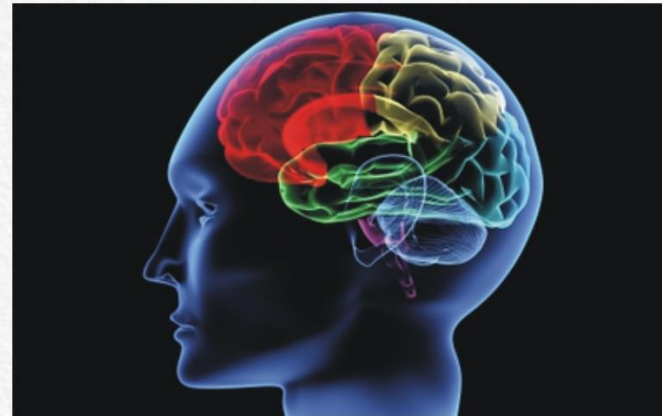
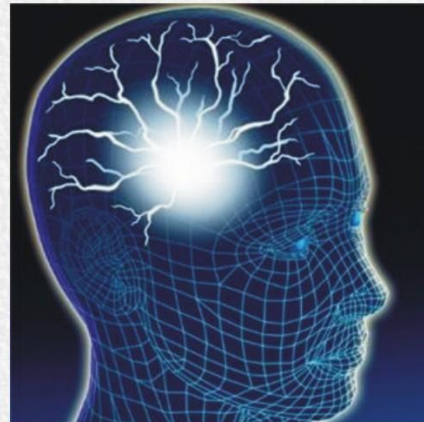
Semester 1		
HND-302	Community Nutrition	3(2-1)
FST-304	Food processing & Preservation	3(2-1)
HND-304	Fundamentals of Halal Foods	3(3-0)
FST-507	Food Microbiology	3(2-1)
ENG-322	English Composition & comprehension	3(3-0)
ISL-321	Islamic Studies/ Ethics	2(2-0)

Semester 3		
HND-402	Dietetics II	3(2-1)
HND-404	Life Cycle Nutrition	3(3-0)
HND-406	Food Safety & Toxicology	3(3-0)
HND-408	Assessment of Nutritional status	3(2-1)
AHS-303	Applied Anatomy	3(2-1)
STA-321	Introduction to Statistical Theory	3(3-0)



Introduction

Psychology, being a scientific study of human behaviour and mental processes, has not only achieved immense popularity with scholars of modern age but it has also helped in understanding the psychological problems of the society. Psychological knowledge is now applied to such diverse areas as psychotherapy, counseling and guidance, hospital management, environment, business, education, industry, crimes linguistics, and critical evaluation of literature and fine arts. Government College University Faisalabad started studies in Applied Psychology at post graduate level and plans to satisfy the long standing demand of the area. GC University, Faisalabad, has also introduced BS (Hons) programme. The Department aims at producing high quality professionals and psychologists who are committed to pursue excellence and are endowed with vision, courage and dedication. Our students, after completing their degrees, will make significant and meaningful contribution towards the socio-economic betterment of the country through





BS-Psycology

Semester 1		
ENG-321	Functional English	3(3-0)
PST-321	Pakistan Studies	2(2-0)
PSY-305	Introduction to Psychology-I	4(3-1)
MTH-321	Mathematics - I	3(3-0)
SOC-307	Introduction to Sociology	3(3-0)

Semester 2		
ENG-322	English Comprehension and Composition	3(3-0)
ISL-321	Islamic Studies / Ethics	2(2-0)
PSY-306	Introduction to Psychology-II	4(3-1)
MTH-322	Mathematics-II	3(3-0)
MCM-303	Introduction to Communication	3(3-0)

Semester 3		
ENG-421	Communication Skills	3(3-0)
PSY-403	History & Systems in Psychology	3(3-0)
PSY-405	Personality Psychology	3(3-0)
PSY-407	Social Psychology	3(3-0)
EDU-503	Foundation of Education	3(3-0)

Semester 4		
ENG-422	Technical Writing	3(3-0)
PSY-404	Advanced Social Psychology	3(3-0)
PSY-406	Mental Health and Psychopathology-I	3(3-0)
PSY-408	Cognitive & Affective processes	4(3-1)
ECO-408	Issues in Pakistan Economy	3(3-0)



INTRODUCTION

Biochemistry is the science concerned with the chemical basis of life. Biochemistry incorporates everything in size between a molecule and a cell and all the interactions between them. The aim of biochemists is to describe in molecular terms the structures, mechanisms and chemical processes shared by all organisms, providing organizing principles that underlie life in all its diverse forms. So a biochemist would study about these molecules namely carbohydrates, lipids, proteins and nucleic acids. Biochemist also studies their reactions and what affects them and in what ways. Biochemistry is thus a study of the compounds found inside living beings, the processes involved with the focus on the role, function and structure of these molecules. Biochemistry now encompasses all of the molecular and cellular life sciences. Scientific topics falling under the broad description of biochemistry include genetics, immunology, virology, developmental biology, neuro biology, cell biology and structural biology. A recent milestone in biochemistry was the completion of the Human Genome Project and stem cell therapy. There has never been a better time to study biochemistry. With the introduction of newer methods in science and technology, the scope in biochemistry is much greater than before. In fact, biochemistry is one course that is selected by most of today's students. This is because of the challenging nature of the course and the lucrative jobs that can be got after the completion of studies in this field. There are quite a few fields where Biochemists can find employment. These include: Private Sector: Biotechnology, Chemical manufacturing companies, Food and Drink (includes brewing), Health and Beauty Care, Medical Instrument companies

· Research Companies and Laboratories Public Sectors, Agriculture and fisheries, Blood Service, Cancer research institutes, Environmental Pollution Control, Forensic Science, Hospitals, National Blood Services, Overseas Development, Public Health Entities, Public Health Laboratories Biochemists are also needed by pharmaceutical firms, the food industry and agrochemical companies as to develop newer products in addition to monitor the manufacture, quality control as well as safety of the existing products.

Objectives

1. To produce the manpower, those are confident to apply biochemistry knowledge in different span of living beings.
2. Applications of the above knowledge in the understanding of disease processes and drugs discovery with vaccination.
3. To provide fundamental knowledge in statistical concepts and regulatory approach in biochemistry.
4. To adopt multi disciplinary approach to equip the students for multidimensional carrier opportunities.
5. Experiments to demonstrate important bio-chemical and physiological concepts.
6. To encourage the student's capacity for self learning by research work.



BS-Biochemistry

Semester 1			Semester 2		
BCH-301	Introductory Biochemistry	4(3-1)	BCH-302	Biochemistry of Carbohydrates	4(3-1)
ENG-21	Functional English	3(3-0)	BCH-304	Biophysics	3(3-0)
ISL-321	Islamic Studies / Ethics	2(2-0)	ENG-322	English Comprehension and Composition	3(3-0)
MTH-321	Mathematics-1	3(3-0)	PST-321	Pakistan Studies	2(2-0)
ACH-301	Fundamentals of Inorganic Chemistry	3(2-1)	STA-321	Introduction to Statistical Theory	3(3-0)
SOC-307	Introduction to Sociology	3(3-0)	PSY-422	Introduction to Psychology	3(3-0)
Semester 3			Semester 4		
BCH-401	Cell Biology	3(2-1)	BCH-402	Human Physiology	3(3-0)
BCH-403	Genetics	3(3-0)	BCH-404	Biochemistry of Lipids	4(3-1)
ENG-421	Communication Skills	3(3-0)	ENG-422	Technical Writing	3(3-0)
CSI-321	Introduction to Computing Applications	3(3-0)	ACH-401	Fundamental of Physical Chemistry	3(2-1)
ACH-301	Fundamentals of Organic Chemistry	3(2-1)	MIC-301	General Microbiology-I	3(2-1)



Semester 5		
BCH-501	Amino Acids and Proteins	4(3-1)
BCH-503	Enzymology	3(2-1)
BCH-505	Biosafety & Ethics	2(2-0)
BCH-507	Biochemical Techniques	3(2-1)
BCH-509	Plant Biochemistry	3(2-1)

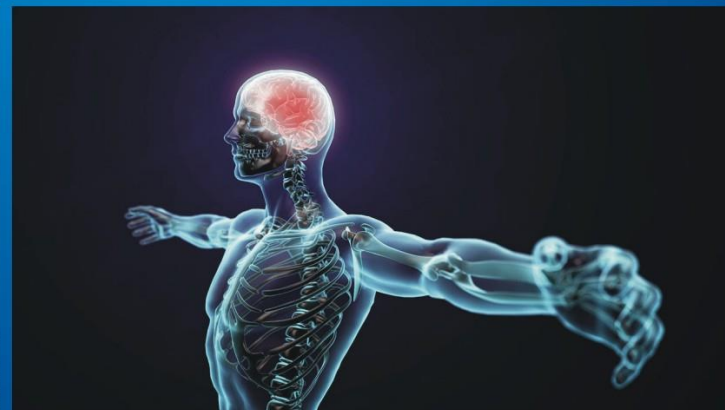
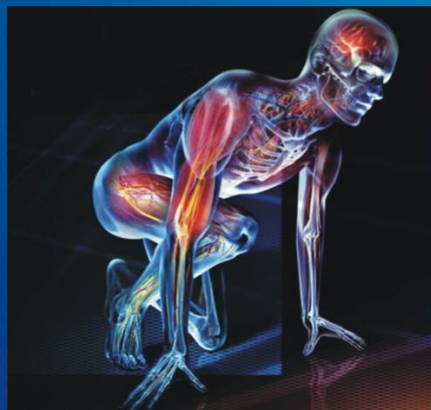
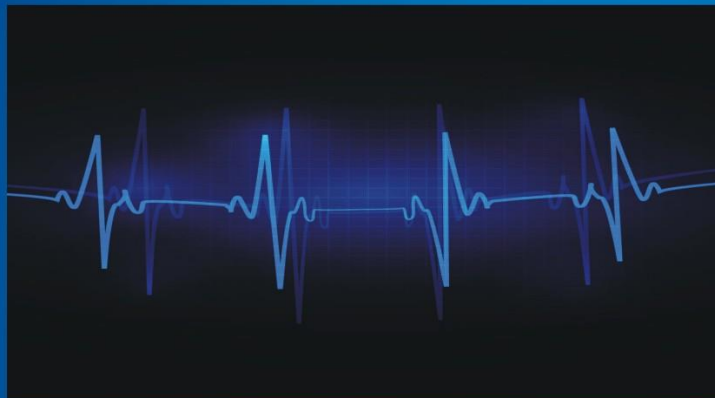
Semester 6		
BCH-601	Nutritional Biochemistry	3(2-1)
BCH-511	Biochemistry of Nucleic Acid	3(3-0)
BNB-502	Proteomics	3(2-1)
BCH-508	Biomembranes & Cell Signaling	3(3-0)
BCH-510	Bioenergetics	2(2-0)
BCH-607	Industrial Biochemistry	3(2-1)

Semester 7		
BCH-502	Biological Metabolism	4(4-0)
BNB-402	Bioinformatics-I	3(2-1)
BNB-504	Genomics	3(3-0)
BCH-611	Fermentation Biotechnology (Elective II)	3(3-0)
ENG-611	English for Employment	3(3-0)

Semester 6		
BNB-405	Biotechnology	3(3-0)
BCH-602	Immunochemistry	3(2-1)
BCH-604	Current Trends in Biochemistry	3(3-0)
BCH-606	Antimicrobials & Chemo therapy (Elective III)	3(3-0)
Other Mandatory Requirements for BS (Hons)		
BCH-601	Research Planning and Report Writing	3(3-0)
BCH-629	Seminar (Research)	1(0-1)
BCH-631	Research Project	3(0-3)



BS-Physiology





Vision

- It's recently established and comparatively rare department in other universities of the country, so BS Physiology is an emerging professional degree which needs enormous concentration, hard work as well as the space of growth as professional career. And the department of Physiology is therefore established with the vision of giving the maximum output in teaching and research keeping in view the minimum available resources.
- To provide high standard education and research activities to aspire undergraduate and post graduate students to couple up the international standards.
- The use of electronic media will be encouraged to teach the students so that learning capabilities could be further enhanced.
- Study tours in the national eminent research as well as teaching institute will be planned for the healthy exposure of students.
- Target based progress plans with a suggested time frame will be set to get the required progress in limited time.
- Along with academics the Physiologist has an enormous role in the public health services including diagnostics, pharmaceuticals, health centers, food industry, Reagents, analytical kits, instruments manufacturers.
- Students will be encouraged to actively participate in the extracurricular activities of the University, which will be a healthy exercise to groom their mental capabilities.

Mission

The Department of Physiology was established with the aim to provide high-tech theoretical and practical knowledge/skills to the students through quality teaching and research. Yet much is in action, the department is still striving to acquire latest laboratory equipment to qualify students at international standards.



BS-Physiology

Semester 1			Semester 2		
PHS-301	Functional Anatomy	4(3-1)	ZOL-302	Zoology-II	4(3-1)
PHS-303	Biochemistry-I	3(2-1)	PHS-304	Biochemistry-II	3(2-1)
PHS-305	Cell and Molecular Biology	3(2-1)	BOT-402	Plant Physiology & Ecology	3(3-0)
MTH-329	Mathematics (Compulsory)	3(3-0)	MIC-304	Microbial Anatomy and Physiology	3(2-1)
ENG-321	Functional English	3(3-0)	ENG-322	English Comprehension & Composition	3(3-0)
ISL-321	Islamic Studies (Compulsory)	2(2-0)	PST-322	Pakistan Studies (Compulsory)	2(2-0)

Semester 3			Semester 4		
PHS-401	Physiology of Digestion & Metabolism	3(2-1)	PHS-402	Cardiovascular Physiology	4(3-1)
PHS-403	Physiology of Respiratory System	3(2-1)	PHS-404	Nerve and Muscle Physiology	3(2-1)
PHS-405	Physiology of Blood and Extracellular Fluid	3(2-1)	MIC-501	General Immunology	3(2-1)
PHS-407	Renal Physiology	3(2-1)	PHS-406	Introduction to Bioinformatics	3(2-1)
ENG-421	Communication Skills	3(3-0)	CSI-421	Computer Applications in Biology	3(2-1)
CSI-321	Introduction to Computing Applications	3(3-0)	PHS-408	Homeostasis	1(1-0)



Semester 5		
PHS-501	Neurophysiology	4(3-1)
PHS-503	Endocrinology	3(2-1)
PHS-505	General and Systemic Pharmacology	3(2-1)
PHS-507	Principles of Human Nutrition	3(3-0)
PHS-509	Human and Animal Behavior	3(2-1)

Semester 6		
PHS-502	Ergonomics	2(0-2)
PHS-504	Reproductive Physiology	3(2-1)
PHS-506	Physiology of Sensory System	3(2-1)
PHS-508	Comparative Physiology	3(2-1)
BNB-405	Introduction to Biotechnology	3(2-1)
SAT-421	Bio-Statistics	3(2-1)

Semester 7		
PHS-601	Electrophysiology	3(2-1)
PHS-603	Physiology of Health, Fitness and Exercise	3(2-1)
ENG-621	EFE (English for Employment) (Compulsory)	3(3-0)
PHS-605	Physiological Techniques	3(1-2)
PHS-607	Pathophysiology	3(2-1)
PHS-609	Biology of Development	2(-0)

Semester 8		
PHS-631	Internship and Report Writing	10(0-10)





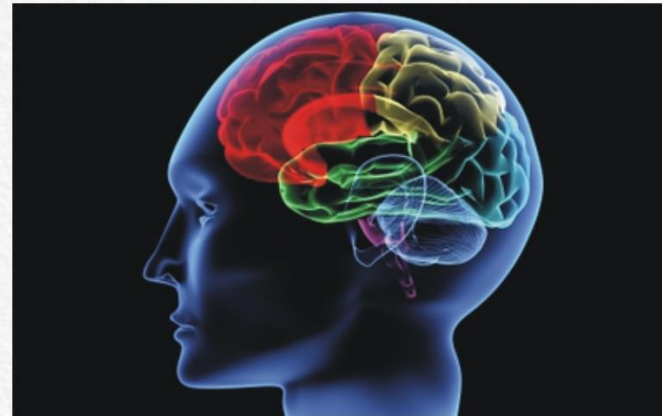
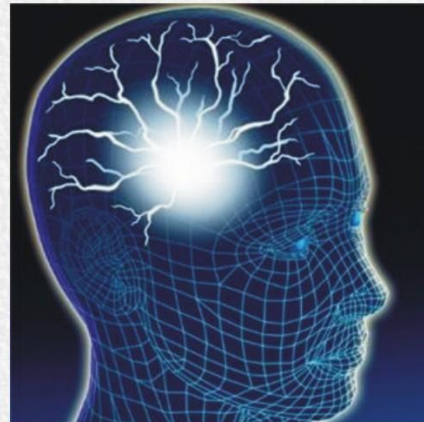
BS-Psycology





Introduction

Psychology, being a scientific study of human behaviour and mental processes, has not only achieved immense popularity with scholars of modern age but it has also helped in understanding the psychological problems of the society. Psychological knowledge is now applied to such diverse areas as psychotherapy, counseling and guidance, hospital management, environment, business, education, industry, crimes linguistics, and critical evaluation of literature and fine arts. Government College University Faisalabad started studies in Applied Psychology at post graduate level and plans to satisfy the long standing demand of the area. GC University, Faisalabad, has also introduced BS (Hons) programme. The Department aims at producing high quality professionals and psychologists who are committed to pursue excellence and are endowed with vision, courage and dedication. Our students, after completing their degrees, will make significant and meaningful contribution towards the socio-economic betterment of the country through





BS-Psycology

Semester 1		
ENG-321	Functional English	3(3-0)
PST-321	Pakistan Studies	2(2-0)
PSY-305	Introduction to Psychology-I	4(3-1)
MTH-321	Mathematics - I	3(3-0)
SOC-307	Introduction to Sociology	3(3-0)

Semester 2		
ENG-322	English Comprehension and Composition	3(3-0)
ISL-321	Islamic Studies / Ethics	2(2-0)
PSY-306	Introduction to Psychology-II	4(3-1)
MTH-322	Mathematics-II	3(3-0)
MCM-303	Introduction to Communication	3(3-0)

Semester 3		
ENG-421	Communication Skills	3(3-0)
PSY-403	History & Systems in Psychology	3(3-0)
PSY-405	Personality Psychology	3(3-0)
PSY-407	Social Psychology	3(3-0)
EDU-503	Foundation of Education	3(3-0)

Semester 4		
ENG-422	Technical Writing	3(3-0)
PSY-404	Advanced Social Psychology	3(3-0)
PSY-406	Mental Health and Psychopathology-I	3(3-0)
PSY-408	Cognitive & Affective processes	4(3-1)
ECO-408	Issues in Pakistan Economy	3(3-0)



BS-Psycology

Semester 5		
PSY-501	Behavioral Neurosciences	4(4-0)
PSY-503	Mental Health and Psychopathology-II	4(4-0)
PSY-505	Research Methodology-II	3(3-0)
PSY-507	Application of Statistics in Psychology	3(2-1)
PSY-509	Educational psychology	4(3-1)

Semester 6		
PSY-502	Developmental Psychology	4(4-0)
PSY-504	Psychological Testing & Measurement-I	3(3-0)
PSY-506	Health Psychology	4(4-0)
PSY-508	Research Methodology-II	3(2-1)
PSY-510	Industrial/Organizational Psychology	4(4-0)

Semester 7		
PSY-601	Clinical Psychology-I	4(4-0)
PSY-603	Psychological Testing & Measurement-II	3(2-1)
PSY-605	Counseling Psychology-I	4(4-0)
PSY-607	Human Resource Management	4(3-1)
Optional	Subjects (any one from the following)	
PSY-611	Organizational Behavior	4(4-0)
PSY-613	Cross-cultural psychology	4(4-0)
PSY-615	Trauma Psychology	4(4-0)
PSY-617	Consumer behavior	4(4-0)

Semester 8		
PSY-632	Internship 2(0-2)	2(0-2)
PSY-604	Clinical Psychology-II 4(3-1)	4(3-1)
PSY-606	Counseling Psychology-II 4(3-1)	4(3-1)
PSY-608	Positive Psychology 4(4-0)	4(4-0)
PSY-630	Thesis 4(0-4)	4(0-4)
Optiona	Subjects (any one from the following)	
PSY-612	Forensic psychology 4(4-0)	4(4-0)
PSY-614	Sports Psychology 4(4-0)	4(4-0)
PSY-616	Military Psychology 4(4-0)	4(4-0)
PSY-618	Gender Issues in Psychology 4(4-0)	4(4-0)



Overall aim of the program

Overall aim of the program is to:

Produce Graduate with advanced knowledge and skills in different areas of rehabilitation and other medical technologies Improve the quality of all Allied Health Sciences professional and rehabilitation practices and services in Pakistan. Promote the utilization of applied research to develop local capacity for planning and policy development Develop state of art physiotherapy management and rehabilitation protocols Develop national, regional and international cooperation and collaboration among institution, groups and individuals known to be actively in developing and practising physiotherapy and other professions



Objectives of the program

On successfully completing the course, the graduates will be able to:

- Explain the theoretical and practical basis of the Programme
- Work autonomously and flexibly in the academic and clinical arenas
- Apply problem-solving skills to theory and practice
- Examine a patient, assess the findings and plan an appropriate therapeutic treatment program using clinical reasoning skills; apply therapeutic techniques appropriately, competently and safely
- Evaluate the effectiveness of treatment programs in an ongoing manner and revise and modify them as necessary
- Recognize the limits of therapeutic practice to communicate and co-operate effectively with patients and health care professionals, both orally and in writing
- Evaluate research literature critically; devise and carry out a research project
- Re appropriately in their thinking and practice; Promote Allied Health Sciences and educate others concerning the role of the professionals
- Contribute in the future development of the all Health Sciences professions in Pakistan.



Disciplinary Rules & Regulations

Exemplary conduct and discipline is expected from UCP students. Any student found indulging in conduct unbecoming, in the classroom or on the campus, shall be administered a stern warning. If the defaulting student does not show improvement in behavior/conduct, his/her name will be struck off the University Rolls. Friends and relatives of students are discouraged to visit during the university hours. However, in case of emergency they may contact the Information office. Visitors are not allowed to enter classrooms, the library or the computer labs.

1. Student of this course is forbidden to participate in political activities and students demonstrations within or outside the college or to organize any sort of organization.
2. Attendance in lectures and practical are compulsory. Students less than 75% attendance will not be eligible to sit in the university examinations.
3. Use of Cell phone, tab 3G and other Wi-Fi devices are prohibited in class rooms, during lectures and lab activities.

The Institute administration has the right to fine, suspend, rusticate, relegate or terminate the studentship of the student who found guilty off:

Saying or doing anything which might adversely affect the honor and prestige of Pakistan, or Institute and teachers;

Willfully and deliberately damage or misuse the Institute's property;

Non-possession of student identity card in the vicinity of the Institute;

Providing fake documentary proof for medical certificate, fee concession, ID card etc;

Failing to submit the fee/dues within the stipulated time frame;

Smoking/prohibited drugs in the classroom, laboratory, museum, library, common room, examination hall and admin block;

Forming or associating with, and organization/society/club, or any other body, promoting cast distinctions and inciting parochial/linguistic/regional feeling;



Organizing or holding any function within the precincts of the Institute except in accordance with the prescribed rules and regulations;

Collecting money or receiving donations or pecuniary assistance for or on behalf of the Institute or any University organization except with written permission of the competent authority;

Staging inciting or participating in, a walkout, strike or any other form of agitation which might create or is likely to create law and order problem for the Institute and affect or is likely to affect its smooth functioning;

Indulging in immoral activities, using indecent language, making indecent remarks, jokes or gestures or behaving in an improper manner;

Keeping or carrying weapons, narcotics, immoral or subversive literature;

Using insulting or abusive language or resort to violence against a fellow student or employee of the Institute;

Wearing immodest dress.

I. D. Cards

All students are required to possess a valid SIHS student I.D. Card. They are strictly required to display their Cards before entering the college campus, labs, and classrooms. Students are bound to produce I.D. Cards on demand by SIHS or G.C. University Official.

Dress Code

For males: Formal pants, slacks, khakis, jeans, dress shirts (neatly tucked in), tee-shirts (only Polo necks without offensive words/images painted on them). Leather shoes, joggers, shalwar kameez (only on Fridays or by special permission).

For females: Shalwar Kameez with scarf/dupata, trousers with long shirt, scarf/dupata, modest make-up and jewelry, if worn.

Each student, male or female, is expected to give a neat look. Patchy, tattered and shabby looking Jeans, crew neck tee-shirts, loafers, chappals are not allowed. Wrinkled clothes or disheveled hair are not permitted. Students violating dress code can be fined Rs. 500 and will not be allowed to attend classes.

Smoking/Drinking/Eating

SIHS campus is a smoke free zone (Rs. 1000 will be fined if found smoking). Drinks and eatables can be consumed only inside the cafeteria and allowed areas. Drinking/eating at all other places is prohibited.



ADMISSION POLICY

Information

Admission will be notified in the major Urdu and English newspapers.

Admission forms are available with prospectus or download from website.

Application form may be filled and submitted online.

Merit based selected candidate who have to complete the admission requirements.

Academic session will be commencing according to the Sargodha Institute of Health Sciences.

Instructions for Admission

Each candidate has to submit the application on the prescribed Form.

Separate application is required for each category.

The application should be duly filled in by the candidate his/her own handwriting in BLOCK letters with black ink or ballpoint. Fill all the columns and write "Not Applicable" if column is irrelevant.

O/A candidate should mention equivalent marks obtained and maximum marks in the admission form awarded by the Inter Boards Committee, Islamabad.

If a candidate is admitted on the basis of statements made in the admission form/application and subsequently it is found that any of the statement was false, the candidate shall not be admitted and if admitted, he/she will be expelled from the Institute and all fee and other dues paid by him/her to the Institute upto that time shall be forfeited. The student and his/her father/guardian would also be liable to any further departmental or legal action that the Institute may deem fit to take.



ELIGIBILITY CRITERIA

1.Marks and Qualification

Sr. No.	Department	Course	Marks% (Marks)	Qualification
1	Physiotherapy	DPT	60% (660)	F.Sc. pre-medical or equivalent
2	Eastern Medicine	BEMS	60% (660)	F.Sc. pre-medical or equivalent
3	Allied Health Sciences	BS-MLT	60% (660)	F.Sc. pre-medical or equivalent
		BS-RIT	60% (660)	F.Sc. pre-medical or equivalent
		BS-OTT	60% (660)	F.Sc. pre-medical or equivalent
4	Food & Nutrition	BS-HND	60% (660)	F.Sc. pre-medical or equivalent
		BS-FST	60% (660)	F.Sc. pre-medical or equivalent
5	Applied Sciences	BS-Biochemistry	45% (495)	F.Sc. pre-medical or equivalent
		BS-Physiology	45% (495)	F.Sc. pre-medical or equivalent
		BS-Psychology	45% (495)	Intermediate (F.Sc. pre-medical, F.Sc. pre-engineering, I.Com, I.C.S, F.A)

2.Age:

Maximum 24 years of age on closing date (may extendable to 27 years of age with special permission from Vice Chancellor GCUF).

3.Candidates from whole Pakistan can apply for open merit only



4. Requirements:

The following attested copies should be attached with the application form

Four Passport size Photographs

Two attested copies of Matriculation Certificate (or equivalent)

Two attested copies of Intermediate Certificate (F.Sc. or equivalent)

Two attested copies of CNIC / Form-B

Two attested copies of Father's/Guardian's CNIC

Two attested copies of Domicile Certificate

Two copies of Character Certificate

Equivalence Certificate from IBCC/HEC (in case of foreign Qualification)

Two attested copies of Attempt Certificate (if the period between Matriculation and Intermediate is more than two sessions)

Note:- Required before the commencement of classes

1. Original documents
2. An affidavit on stamp paper of Rs.20/-

For the final selection candidates will be interviewed at SIHS campus by the admission committee.

Original documents will be kept with the institution till final examination.

The candidate medically unfit or of unsatisfactory conduct shall not be eligible for admission.

All candidates selected at the final interview will be examined for medical fitness.

The health department government of Punjab has full rights to amend the rules policy at any time during the course of studies and the students are bound to observe accordingly.



Sargodha Institute of Health Sciences

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