



Occupational Health and Safety

Standalone Course with Graduate Credits

August 6 – November 26, 2025 | 2:00 - 5:00 pm | Every Wednesday

The Master of Science in Public Health (MSPH) Programme is pleased to announce the standalone course scheduled for August – November 2025. This course is part of the programme curriculum but can also be taken without enrolling in a degree programme. Course credits can contribute towards a master’s degree.

Course Description

This Master's-level course is designed for individuals seeking comprehensive understanding of occupational health and safety, with a particular focus on workplace wellbeing, exposure assessment, regulation, and prevention. It is especially suited for health and allied professionals, including occupational health and safety specialists, industrial hygienists and managers, occupational health physicians and nurses, as well as students and researchers in the field.

Occupational injuries and diseases cause over 2.78 million deaths globally each year, with the majority occurring in low- and middle-income countries where unsafe working conditions are prevalent. The central aim of occupational health is to prevent work-related injuries, illnesses, and disabilities while promoting safe and healthy work environments. This field is increasingly critical in the context of global challenges such as climate change, the transfer of hazardous occupations to poorer regions, and gender-based disparities. Worker wellbeing directly affects productivity and efficiency, making it a key component of national economic development strategies.

Delivered in a blended format, the course combines in-person and online sessions with instrument demonstrations, group presentations, quizzes, a field visit, and a final term paper. Topics include ergonomic hazards, occupational infections, heat-related illness, occupational cancers, mental wellbeing, occupational health research, and service delivery models. Students will gain a solid foundation in occupational health and safety and be prepared to contribute meaningfully to safer, healthier workplaces in their respective sectors and communities.

Course credits can contribute towards a master’s degree:

Candidates who will achieve a cGPA of 3.5 or above after completing two courses or a cGPA of 3.0 or above after completing three courses are exempted from writing the Admission Test. They will be required to appear for an interview. The courses are valid for three years only for entry into the MSPH programme.

Important Information:

Submit the form via e-mail by Monday July 14, 2025, at visiting.application@aku.edu along with the following as a PDF file:

- Completed and signed application form along with a photograph
- Attested copy of degree and marks sheet of sixteen years of schooling in the relevant field as mentioned in the criteria.
- Attested copy of CNIC / Passport
- Attested copy of work experience letter

Interested candidates are encouraged to ensure their applications are duly completed, as incomplete applications will not be processed.

AKU may request additional documentation or an equivalence certificate to clarify your qualification.

Course Director:
Dr Asaad Nafees

Course fee: PKR 106,500
Register by: July 14, 2025