



Offered by:

Department of Community Health Sciences

Information and Registration:

Master of Science in Public Health

Department of Community Health Sciences

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Public Health Nutrition Standalone Course with Graduate Credits

August 4 - November 24, 2025 | 2:00 - 5:00 pm | Every Monday

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

The Public Health Nutrition (PHN) course addresses the complex interplay between dietary patterns, health systems, and socio-environmental factors driving malnutrition (both over and under nutrition) in all its forms. With 85% of premature NCD related deaths in low- and middle-income countries (LMICs) linked to nutrition-related challenges. Inadequate local evidence relating to diet, nutrition, and disease outcomes constrains the accurate identification of the problem and policy interventions to tackle the rising burden of under- and over-nutrition and chronic diseases.

This course equips students to design, implement, and evaluate evidence-based nutritional solutions embedded in public health principles and trains candidates to address the alarming rise in malnutrition-related diseases in coordination with stakeholders ultimately leading towards achieving sustainable developmental goals (SDGs). Additionally, we focus on data literacy, ensuring that students are able to translate epidemiological evidence into actionable programmatic interventions. This interdisciplinary course integrates interactive sessions along with a variety of active learning strategies, including group projects/presentations and Journal Clubs. The assessment of this course entails assignments, quizzes, letter to the editor, short communication, and concept note writing. This comprehensive approach prepares students to take on leadership roles in public health nutrition, whether as policy advisors, program directors, involved with UN agencies, or NGOs.

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 Romaina Iqbal

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