Congratulatory Message on the Occasion of
the 10th Biennial Conference of the South Asian Association of Physiologists (SAAP X)

Yoshihiro Kubo
President, International Union of Physiological Sciences (IUPS)

Dear Professor Samina Malik (President of SAAP),
Dear Professor Nayma Sultana (Sec-Gen of SAAP),
Dear Professor Nasim Jahan (Chairperson of the Organizing Committee),
Dear Distinguished guests, colleagues, and young physiologists,

It is my great pleasure to send my warmest greetings, on behalf of the International Union of Physiological Sciences, to all of you attending the 10th Biennial Conference of the South Asian Association of Physiologists — SAAP X — in Dhaka.

First of all, I would like to congratulate SAAP and the Bangladesh Society of Physiologists on organizing this important conference. I am very sorry that I cannot join you in person. But I am very pleased to have this opportunity to be with you through this video message, as President of IUPS.

The theme of this conference, **“Integrative Physiology: From Laboratory Insights to Extreme Adaptation”** is very timely.

**Physiology has always been a science of integration.**

We study molecules, cells, organs, and systems. But ultimately, we want to understand
-- how all these components work together to maintain life
-- and how living organisms respond and adapt to changes in their environment.

Today, this integrative perspective is more important than ever. We face many complex challenges: aging populations, non-communicable diseases, environmental changes, and rapidly developing new technologies. Physiology has an essential role to play in addressing these challenges.

I am particularly pleased to see that this conference brings together physiologists from different countries across South Asia and beyond. The scientific program covers a remarkably broad range of topics — from neuroscience, cardiovascular and metabolic physiology, to medical education and artificial intelligence. This breadth clearly demonstrates the vitality and diversity of physiology today.

IUPS is very pleased to provide financial support for the Pre-Conference Workshop associated with this meeting. The workshop covers many innovative topics in physiology education and research, including artificial intelligence and simulation, neuroscience, scientific communication, autonomic physiology, and translational research. We believe that supporting activities like this is an important investment in the future of physiology.

One of the most important missions of IUPS is to strengthen physiology globally. Scientific talent exists everywhere. But opportunities and resources are not always equally available everywhere.

This is why international and regional organizations such as IUPS, FAOPS and SAAP are important.
-- We can connect physiologists across national and institutional boundaries.
-- We can create opportunities for young scientists.
-- And we can help build strong and sustainable scientific communities.

SAAP has a particularly important role in this effort. South Asia has a large and growing community of scientists, educators, students, and healthcare professionals. Stronger collaboration among physiologists in this region will contribute not only to the development of physiology in South Asia, but also to the advancement of physiology worldwide.

And now, I would like to say a few words directly to the young physiologists and students attending this conference.

**You are the future of our discipline.**

Please use this opportunity not only to present your research and learn new science, but also to meet colleagues from other institutions and other countries.
-- Talk with each other.
-- Exchange ideas.
-- And build new friendships.
The scientific friendships and international networks that begin at meetings like this may continue throughout your entire career.

IUPS looks forward to working closely with SAAP and with physiological societies throughout South Asia to strengthen these connections and to support the next generation of physiologists.

Finally, I would like to express my sincere appreciation to all members of the organizing team for their tremendous efforts in making SAAP X possible.

I wish you all a stimulating, productive, and enjoyable conference. And I wish the South Asian Association of Physiologists continued-growth and success in the years ahead.

**Together, let us advance physiology —**
**-- across borders,**
**-- across disciplines,**
**-- and across generations.**

Thank you very much.