



EDITORIAL | SJIP 2026

Advancing Integrative Physiology Through Educational Scholarship and Scientific Excellence

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It is with great pleasure that we present the second issue of the *SAAP Journal of Integrative Physiology (SJIP)*. Building on the momentum of our inaugural issue, this edition reaffirms our commitment to publishing high-quality scholarship that advances physiological sciences while fostering educational innovation and interdisciplinary inquiry.

This issue features seven carefully selected articles comprising four original research papers, one perspective article, and two student contributions. Collectively, these articles reflect the diversity and growing relevance of integrative physiology in addressing educational, occupational, biomedical, and public health challenges.

The first original research article, from Sri Lanka, explores professionalism among preclinical medical students studying physiology. Using focused group discussions (FGDs), the authors provide valuable insights into students' perceptions of professional behavior and the role of physiology education in shaping future healthcare professionals.

The second original article, contributed by researchers from Pakistan, investigates the genotoxic potential of *Moringa oleifera* in rat bone marrow. As the use of herbal and plant-based products continues to expand globally, studies evaluating their biological effects and safety are increasingly becoming important. This work contributes meaningful evidence to that growing body of knowledge.

From India, the third original article examines ergonomic issues among carpenters. By addressing the physiological and occupational health implications of workplace practices, the study highlights the importance of ergonomics in promoting worker well-being and productivity.

The fourth original research paper, from Nepal, assesses hematological and physiological parameters among dental students. Such investigations are valuable in understanding the health and physiological status of young adults pursuing demanding professional education.

Complementing these research papers is a perspective article from India that discusses the assessment of medical students through objective structured practical examination (OSPE) and objective

structured clinical examination (OSCE). The article provides thoughtful reflections on contemporary approaches to evaluating clinical and practical competencies, an area of continuing importance in medical education.

We are especially pleased to include two student-authored articles in this issue. The first, from Sri Lanka, explores the emerging concept of organoid intelligence, an innovative field at the intersection of neuroscience, physiology, biotechnology, and artificial intelligence. The second student article, from India, focuses on smart nutrition, highlighting how advances in technology and personalized approaches are shaping the future of nutritional science and preventive healthcare.

Taken together, the articles featured in this issue demonstrate the diversity, relevance, and scientific rigor that SJIP seeks to promote. They span multiple domains of physiology, from medical education and occupational health to toxicology, hematology, emerging technologies, and nutrition. Importantly, they also showcase the rich academic contributions emerging from different countries of the South Asian region, highlighting the value of cross-border collaboration and shared scientific inquiry.

On behalf of the editorial team, I extend my sincere appreciation to all authors for entrusting SJIP with their work. I also thank our reviewers, whose expertise, dedication, and constructive feedback have ensured the high standards of scholarship reflected in this issue. Their contributions remain fundamental to the integrity and success of the journal.

As SJIP continues to grow, we remain committed to providing an inclusive platform for researchers, educators, clinicians, and students to disseminate innovative ideas and impactful research. We hope that the articles presented in this issue will stimulate further investigation, encourage interdisciplinary collaboration, and contribute meaningfully to the advancement of integrative physiology.

We invite our readers to engage with the diverse scholarship featured in this issue and look forward to receiving future contributions that will further enrich the journal's mission of advancing physiological sciences throughout the region and beyond.

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