



EDITORIAL | SJIP 2026

Introducing the Inaugural Issue of the SAAP Journal of Integrative Physiology

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It gives me immense pleasure to present the inaugural issue of the *SAAP Journal of Integrative Physiology (SJIP)*, the official journal of the South Asian Association of Physiologists (SAAP). The launch of this journal marks a historic milestone, not merely for SAAP as an organization, but for the broader scientific community across South Asia and beyond. SJIP is conceived as a platform that honours the richness of physiological inquiry in our region, amplifies the voices of researchers and educators at every stage of their careers, and fosters a culture of rigorous, relevant, and integrative science.

Physiology, by its very nature, is an integrative discipline. It is the science that bridges molecules and organisms, laboratories and clinics, classrooms and communities. SJIP embraces this spirit fully. Our scope is deliberately broad, because the challenges our region faces demand no less than a comprehensive scientific response. We are committed to publishing work that is methodologically sound, ethically grounded, and meaningfully connected to the realities of South Asian populations and contexts.

The content of this inaugural issue reflects the breadth and vitality of physiological science as practised across our region today, and we are delighted to introduce it to our readers.

Original research articles form the empirical backbone of this issue. The first examines hybrid faculty development models that integrate flipped learning strategies. This is a timely contribution at a moment when health professions education is being reimagined in the wake of rapid pedagogical change. The second investigates the efficacy of nutritional interventions on hydration status in athletes, addressing a question of growing importance as South Asian nations invest in competitive sport at the highest levels. The third offers a comparative analysis of condylar guidance values, with implications for dental and orofacial physiology. This is a reminder that integrative physiology reaches into specialties that are sometimes overlooked in mainstream journals.

Our review article takes readers into one of the most demanding occupational environments on the planet, namely, mines. Physiological responses to mining environments, including heat stress, hypoxia, physical exertion, and the psychological toll of subterranean work, are explored with scholarly depth. As mining remains a critical

industry across South Asia, this review addresses occupational health challenges that affect hundreds of thousands of workers and represents the societal implications of physiology.

The perspective article in this issue addresses a provocative question that sits at the intersection of systems biology and organizational theory. Drawing on principles from biological self-organization and emergent behavior, this piece invites readers to think expansively about how complex systems, biological and social alike, achieve coherence and function. It is precisely the kind of speculative, intellectually adventurous writing that SJIP wishes to encourage.

Among the features of the journal that we are particularly proud is our dedicated student section, which is a deliberate and principled commitment to nurturing the next generation of physiologists. This issue carries three contributions from student authors. The first explores vaccine development strategies against melioidosis, a neglected tropical disease of grave public health significance in South Asia. The second examines molecular markers for the diagnosis of scrub typhus, a rickettsial disease that continues to pose diagnostic challenges across the region. The third ventures into the frontier of cancer reversion therapy, considering whether malignant cells can be reprogrammed toward a normal phenotype. These articles demonstrate intellectual courage, scientific curiosity, and a willingness to engage with questions at the cutting edge of biomedical research. We extend our heartfelt encouragement to each of these young scholars and affirm our commitment to remaining a home for student voices in every issue that follows.

Finally, we are pleased to carry a news item from Bangladesh, which is our first correspondence from across the region. It reflects SAAP's foundational conviction that knowledge must flow freely across national boundaries.

We are grateful to all stakeholders who have made the launch possible. This is not merely the inaugural issue, but the first step in the journal's journey, which we hope will last for years to come.

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