

Message



Prof. Samina Malik

President, SAAP (2025-2026)

Professor and Head

Department of Physiology

University College of Medicine and Dentistry

The University of Lahore, Pakistan

It is with great pride that I present the inaugural issue of the SAAP Journal of Integrative Physiology (SJIP), a landmark academic initiative of the South Asian Association of Physiologists (SAAP) and a significant step forward for physiological sciences in South Asia.

The vision for this journal was initiated during the previous SAAP term when Prof. Mangala Gunatilake served as President, and I had the privilege of serving as Secretary General. Conceived as a regionally owned yet globally relevant scholarly platform, this vision is now being translated into reality during the current term through collective commitment and academic stewardship.

The SJIP is the first physiology journal, formally owned by SAAP, representing an important milestone in regional academic self-governance. The journal is uniquely structured with editorial board representation and scholarly contributions from all five SAAP member countries, including Bangladesh, India, Nepal, Pakistan, and Sri Lanka, ensuring inclusivity, diversity, and regional equity, while maintaining international editorial standards.

I sincerely acknowledge the outstanding leadership of Dr. Kaushik Bharati, Editor-in-Chief, whose academic insight and dedication have been central to establishing the journal's scope, ethics, and peer-review rigor. I also commend his capable editorial team drawn from across South Asia, as well as our distinguished reviewers from around the world, whose expertise has ensured scientific quality, transparency, and credibility.

The SJIP is intentionally positioned to reflect the evolving landscape of modern science. It welcomes high-quality original research, reviews, and scholarly discourse from diverse disciplines that integrate essential physiological parameters with basic sciences, clinical medicine, public health, biomedical technology, sports sciences, and health professions education. This interdisciplinary orientation aligns with global research priorities while addressing region-specific health and educational challenges.

Through SJIP, SAAP aims to strengthen research capacity, promote academic collaboration, and enhance the global visibility of South Asian scholarship. I warmly invite researchers, educators, clinicians, and scientists from South Asia and beyond to actively contribute to this journal and engage with SAAP in advancing physiology education and research. May this inaugural issue serve as a strong foundation for a sustainable, ethical, and impactful academic legacy.

Message



Prof. Nayma Sultana

Secretary General, SAAP (2025-2026)

Professor of Physiology

Manikganj Medical College

Manikganj, Bangladesh

It is with great honor and a deep sense of responsibility that I welcome the inaugural issue of the SAAP Journal of Integrative Physiology (SJIP), the official scholarly platform of the South Asian Association of Physiologists (SAAP).

The launch of SJIP represents a defining milestone in our regional academic journey. At a time when biomedical sciences increasingly demand integration across molecular, cellular, systemic, clinical, and population dimensions, this journal stands as a testament to our collective vision of bridging fundamental physiological mechanisms with disease processes, therapeutic innovations, and global health priorities.

SJIP is founded upon the principles of scientific rigor, ethical integrity, and collaborative advancement. By embracing both foundational discovery and applied science, the journal seeks to strengthen the continuum between laboratory research, clinical practice, and public health.

SJIP serves academic researchers, educators, graduate scholars, clinicians, industry scientists, policymakers, and interdisciplinary investigators. Through this inclusive engagement, we aspire to foster regional leadership while maintaining global scientific relevance and impact.

The journal offers a comprehensive range of article categories, including original articles, reviews, systematic reviews/meta-analyses, perspectives, and student's articles, among others, ensuring a dynamic and inclusive forum for intellectual exchange and mentorship.

I extend my sincere gratitude to Dr. Kaushik Bharati, Editor-in-Chief of SJIP, and his dedicated editorial team for their visionary leadership, tireless efforts, and unwavering commitment in bringing this journal to fruition. Their dedication has transformed a shared aspiration into a tangible academic platform for the region and beyond.

As Secretary General of SAAP, I reaffirm our steadfast commitment to nurturing excellence in research, strengthening academic networks across South Asia, and contributing meaningfully to the advancement of physiology education and health sciences. We envision SJIP not merely as a publication, but as a catalyst for innovation, collaboration, and transformative scholarship. I wish all the very best for the journal's enduring success!

Message



Prof. Mangala Gunatilake

Former President, SAAP (2023-2024)

Vidya Nidhi Professor

Department of Physiology

Faculty of Medicine

University of Colombo, Sri Lanka

It gives me immense pleasure to witness the realization of an initiative that was conceived during my tenure as President of the South Asian Association of Physiologists (2023-2024), namely, the establishment of a dedicated journal for our association. What began as a seed of vision has now grown into a meaningful reality. Although the initial groundwork was laid during my presidency, progress was understandably slowed by the ongoing process of formal registration of SAAP at the time.

I am deeply appreciative of my successor, Prof. Samina Malik of Pakistan, whose leadership and commitment, in close collaboration with Dr. Kaushik Bharati, the Editor-in-Chief of the SAAP Journal of Integrative Physiology (SJIP), have ensured steady and determined progress toward this important milestone. Today, as a united SAAP community, we proudly welcome the inaugural issue of SJIP.

SAAP was founded on 16th November 2008, in Islamabad, Pakistan. On this significant occasion, I would like to pay my tribute to the Founder of SAAP, the late Professor Arif Siddiqui, a visionary leader whose dedication shaped the early direction of our association. His commitment to keeping the SAAP community informed and connected through the SAAP Bulletin reflected his deep belief in advancing physiological sciences in the region. The Bulletin successfully fulfilled that mission and laid a strong foundation for continued scholarly exchange.

As members of SAAP, we now have an even stronger platform to carry forward his vision – fostering interdisciplinary collaboration, promoting capacity building, and ensuring regional relevance in physiological research and education. I envision SJIP growing into a flourishing tree, bearing rich fruits that will nurture and support generations of budding physiologists across South Asia and beyond.

I encourage all physiologists in our region to join hands in supporting and strengthening SJIP, ensuring its growth, quality, and impact in the years to come. My very best wishes for the continued success of SJIP.

Message



Prof. Kusal K. Das

Former President, SAAP (2020-2022)
Distinguished Chair Professor
Department of Physiology
Shri B.M. Patil Medical College, BLDE
Vijayapura, India

I am extremely pleased to hear the news of the forthcoming inaugural issue of the SAAP Journal of Integrative Physiology (SJIP).

For a long time, there has been a clear need and sustained demand for a dedicated scientific journal as a publication platform of the South Asian Association of Physiologists (SAAP). The launch of this journal is therefore a timely and significant step that will strengthen the academic and scientific identity of all the members of the SAAP community and expand opportunities for scholarly communication within the region and beyond.

As this journal begins publication, it will fulfil the dream and hope of the SAAP community by providing a credible forum for high-quality research, reviews, and academic discourse in physiology and its clinical applications. Physiology forms the scientific foundation for clinical reasoning, bridging mechanistic understanding with patient care. I hope the journal will integrate physiological mechanisms with molecular physiology and genetics, thereby strengthening translational inquiry across scales from molecules to organ systems.

I congratulate the Editor-in-Chief, entire editorial team, executive and advisory council of SAAP for their vision and commitment in bringing this initiative to fruition. I am confident that SJIP will uphold rigorous scientific standards, publication ethics and encourage collaborative scholarship between physiologists and clinicians and grow into a respected regional and international resource.

I wish the journal every success in its academic journey and look forward to its continued growth and impact.

Message



Prof. Rita Khadka

Former President, SAAP (2016-2018)

Department of Basic and Clinical Physiology

B.P. Koirala Institute of Health Sciences

Dharan, Nepal

I feel honored to write a few words about the SAAP Journal of Integrative Physiology (SJIP). Publishing an official journal of South Asian Association of Physiologists (SAAP), was the dream of the society from its establishment. Initially, it started with the publication of the SAAP Bulletin. After regular publication of the SAAP Bulletin, publication of SJIP has come true. It has come true with the tireless efforts of Dr. Kaushik Bharati, Editor-in Chief of SJIP and his team, under the leadership of Prof. Samina Malik, President of SAAP. Hats off to them! The SJIP is a high-quality, peer-reviewed journal. It is a multidisciplinary integrative physiology journal. Like other journals, it also publishes different categories of articles, as mentioned in its website. It provides a significant platform for a large number of researchers and readers from the South Asian region, as well as global researchers and readers. I am assured that this journal will be very beneficial to researchers and other target audiences. I feel that the efforts of the editorial team and reviewers will help to increase the scientific strength of the journal. I wish this journal to be indexed in the significant indexing databases soon.

Message



Prof. Noorzahan Begum

Former President, SAAP (2014-2016)

Professor and Chair

Department of Physiology

Bangladesh Medical University

Dhaka, Bangladesh

As a founding member of the South Asian Association of Physiologists (SAAP) and having had the privilege of serving as its President from 2014 to 2016, I feel deeply honored to witness the continued growth and achievements of this esteemed regional organization. I have also been a dedicated member of both the Bangladesh Society of Physiologists (BSP) and SAAP and had the opportunity to attend most of the SAAP conferences in person since its inception.

In the early years of SAAP, with the encouragement and guidance of Prof. Arif Siddiqui, one of the pioneers for founding of SAAP, I became actively involved in the association's activities. His vision and leadership played a significant role in strengthening collaboration among physiologists in the South Asian region. With his encouragement, I also had the opportunity to participate in international activities that eventually facilitated the inclusion of the Bangladesh Society of Physiologists (BSP) as a member of SAAP and later as a member of the International Union of Physiological Sciences (IUPS). I attended the IUPS Congress held in Birmingham, UK in 2013, where BSP was formally recognized as a member of IUPS. It was indeed a proud and memorable moment for Bangladesh.

At this moment of reflection, I fondly remember many distinguished colleagues who have contributed immensely to the development of SAAP, including Prof. Arif Siddiqui, Prof. Kusal K. Das, Prof. Amar K. Chandra, Prof. Shyamal Roy Choudhury, Prof. Savithri Wimalasekera, Prof. Sharaine Fernando, Prof. Muhammad Aslam, Prof. Rita Khadka, and many others whose dedication and commitment helped shape this organization.

Today, Bangladesh is proudly a member of both SAAP and IUPS. This achievement is a great honor for the physiologists of our country and provides valuable opportunities to engage with the broader international scientific community.

I sincerely appreciate the collective efforts of all members of BSP and SAAP in advancing the discipline of Physiology in our region. I wish the SAAP Journal of Integrative Physiology (SJIP) every success in promoting scientific collaboration and excellence in physiological research in South Asia and beyond.

Message



Prof. Sharaine Fernando

Former President, SAAP (2012-2014)

Chair and Senior Professor of Physiology

Faculty of Medical Sciences

University of Sri Jayewardenepura

Nugegoda, Sri Lanka

I consider it an honor and a privilege to write this message for the inaugural issue of the SAAP Journal of Integrative Physiology (SJIP) on the invitation of its Editor-in-Chief. Let me at the outset congratulate the South Asian Association of Physiologists (SAAP) for the initiative taken to commence a journal, which in itself was a daunting task.

Advancement of physiology has moved from biological systems to molecules, now encompassing genomics and proteomics. With the availability of an array of biological data, finding or trying to find solutions to common problems faced by human beings in health and in disease states is the focus of research for most physiologists. The journal, therefore, should be a mode of knowledge transfer from omics to understanding the disease etiology and improving the management. In addition, the basic research that addresses its relevance to the public, policymakers, and planetary health should be encouraged.

It is my fervent wish that the editorial team, the support team, including the selected reviewers will give their fullest to maintain highest standards of the journal. Data anonymity, verification of data authenticity, the intelligent use of AI, thorough peer review process, and transparent reporting are some mechanisms that must be adhered to in order to maintain the standards and quality of the journal. In an era where endless number of journals exist, the challenge would be not the quantity, but quality. I strongly believe that a continuous commitment should be made to maintain the standards and that will be the main challenge in sustaining the journal.

In summary, we all should contribute to making the journal a vehicle in transferring new knowledge from bench to bedside and beyond – to people, partnerships, and the planet. In doing so, striving to keep the highest scientific and ethical standards should be the 'Motto'. I wish the Editor-in-Chief and his team all the best!

Message



Prof. Amar K. Chandra

Former President, SAAP (2010-2012)

Former Professor and UGC Emeritus Fellow

Department of Physiology

University of Calcutta

Kolkata, India

I am immensely happy that the inaugural issue of the SAAP Journal of Integrative Physiology (SJIP), an official scholarly publication of the South Asian Association of Physiologists (SAAP), is being launched in April 2026. This is a historic milestone in the society's journey.

The idea of establishing a regional journal was first conceptualized in 2007, the year that SAAP was born. From its inception, SAAP has been guided by the mission of fostering academic collaboration, promoting excellence in physiology, and providing the scholarly voice of South Asia at the global level. The conception of a journal originated from this vision, one that sought to create a platform for disseminating high-quality, contextually relevant, and impactful research from the region.

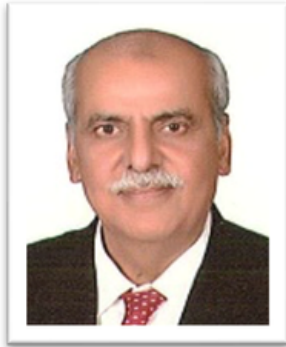
The launch of the SAAP Bulletin in January 2020 represented a crucial stepping stone toward realizing the long-cherished dream of a full-fledged peer-reviewed journal. The Bulletin not only nurtured scientific dialogue within the SAAP community but also helped establish editorial processes, regional networks, and a culture of collaborative scholarship. The evolution from the Bulletin to the Journal is therefore not a sudden transition, but the culmination of nearly two decades of vision, perseverance, and institutional commitment.

SJIP is conceived as a multidisciplinary platform reflecting the integrative nature of modern physiology. The journal welcomes original research, reviews, perspectives, and educational innovations spanning basic, applied, and translational physiology.

Importantly, SJIP will be a unifying academic voice for South Asia. By providing an indexed, peer-reviewed, and internationally visible platform, the journal will be able to showcase regional scholarship while fostering global scientific engagement.

This inaugural issue stands as a testament to the tireless efforts of numerous individuals, including the editorial leadership, advisory board, reviewers, contributors, and the SAAP Executive Council, whose dedication has transformed a vision conceived in 2007 into a scholarly reality in 2026!

Message



Maj Gen (Retd.) Prof. Muhammad Aslam

Founding President, SAAP (2008-2010)
Vice Chancellor, The City University
Islamabad Medical and Dental College
Islamabad, Pakistan

I would like to share some of my thoughts on the occasion of the launch of the SAAP Journal of Integrative Physiology (SJIP). I believe that the journal could emphasize innovation, scientific rigor and a commitment to improving patient outcomes through high-impact research. The key themes could include fostering collaboration, embracing digital transformation in healthcare, accelerating the publication of groundbreaking studies, and upholding ethical standards to advance medical knowledge. The journal is a commitment to publishing high-quality, peer-reviewed research that drives clinical innovation. It could highlight the role of new technologies in advancing medical practice. It may have an impact on how research findings translate into improved patient outcomes and evidence-based medicine. As the title depicts, it should integrate multi-disciplinary, inter-disciplinary and trans-disciplinary exchange of global perspectives in medical science. The journal may activate collaborative research projects among the researchers of South Asian countries. This journal may break the mould of traditional publishing to bridge the gap between rapid technology breakthroughs, like Artificial Intelligence (AI), genomics, and nanotechnology. The journal may intersect technology and health with the convergence of Internet of Things (IoT), AI, Augmented Intelligence (Aul), 3D printing, and gene editing. The objective is to learn human-centric innovations and focus the technology for the good of mankind and all living on Earth.

Going forward, an efficient logistics setup with a sustainable financial backup will be required. A sound infrastructure with electronic equipment and a capable workforce will also be instrumental in the long run.

I am highly optimistic that SJIP will pave the way towards optimizing innovative capability of the physiological sciences in healthcare, not only in South Asia, but the world at large!