



Editorial

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Ballambattu Vishnu Bhat¹

¹Adviser-Medical research and publications, Aarupadai Veedu Medical College, Vinayaka Mission's Research Foundation-DU, Puducherry, India.

*Corresponding author:

Dr. Ballambattu Vishnu Bhat,
Adviser-Medical research and
publications, Aarupadai Veedu
Medical College, Vinayaka
Mission's Research Foundation-
DU, Puducherry, India.

drvishnubhat@yahoo.com

Received: 10 October 2023

Accepted: 10 October 2023

Published: 28 December 2023

DOI

10.25259/SAJHS_7_2023

Quick Response Code:



Research is a must for the progression of science and improvement of our health. The health of its population is important for the overall growth of a nation. But often, research related to health issues is not taken seriously.

The World health organization defines health as a state of physical, mental, social and spiritual well-being and not merely an absence of disease or infirmity. Good nutrition, regular exercises and immunisation against common infectious diseases are important for better health. But often, people do not give health issues the required importance.

All information based on scientific research needs to be communicated to the public. Unless the findings are publicised, others will not be able to act upon it. This will avoid the wastage of money and human resources for a problem for which already a solution has been found. We should avoid repeating studies unnecessarily if a solution has already been documented.

Several journals are being published via print and the online mode. But there is still space for a new journal, which can bring about scientific knowledge to all those concerned. It will also help administrators and policymakers to modify the existing health care delivery system for a better outcome.

Aarupadai Veedu Medical College campus has other institutes like colleges for nursing, physiotherapy, allied health sciences, audiology and behavioural sciences in addition to the medical college. We have initiated this journal on health sciences to meet the needs of all those who are trying to champion the cause of better health.

This double-blind peer-reviewed journal, we hope will meet the demands of students, teachers, and others concerned. We are initially planning to publish two issues per year. However, we will consider publishing more issues depending on the response from others.

The response from students, scientists and faculty members has been good so far. We started getting manuscripts within 2 days of launching the website. The editorial board members hope that your support will continue.

We have selected a few articles for this issue and hope it will stimulate your thinking for a better research outcome. I thank all the editorial board members, publishers and contributors for helping us in bringing out this issue as per schedule.

Ballambattu Vishnu Bhat

Adviser-Medical research and publications
Editor-in-chief

How to cite this article: Bhat BV. Editorial. South Asian J Health Sci. 2024;1:1. doi: 10.25259/SAJHS_7_2023

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