

# Editorial

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## Happy Moments,

The **Journal of Research in Medical and Interpathy Sciences** is pleased to present the Second Issue of 2025, continuing its mission to disseminate high-quality scientific research that integrates biomedical knowledge with ethical sensitivity, educational advancement, and societal relevance. The articles featured in this issue reflect methodological rigor, clinical applicability, and emerging concerns across medical, educational, and behavioral sciences.

This issue includes four original research articles addressing important and contemporary themes. The first study examines the association of gender and body mass index with skeletal muscle work output in young adults, employing Mosso's Ergograph as an objective physiological tool. The findings contribute to a better understanding of functional muscle performance and its determinants, with potential implications for preventive medicine, physical fitness assessment, and rehabilitation planning. The second original article evaluates the effect of Cyproterone Acetate and Ethinyl Estradiol in infertile females with polycystic ovarian syndrome and increased ovarian volume. Polycystic ovarian syndrome remains a significant endocrine disorder with reproductive and metabolic consequences. This study provides clinically relevant evidence that may assist clinicians in optimizing treatment strategies for affected women, particularly in resource-constrained settings.

Another original research article explores knowledge, attitude, and practices regarding organ donation among medical students. As medical students represent future healthcare providers and advocates, their perceptions toward organ donation are of critical public health importance. The study highlights existing gaps and reinforces the need for structured educational interventions to strengthen awareness, ethical understanding, and positive attitudes toward organ donation within medical curricula.

The fourth original research article addresses a growing concern in student health—the impact of electronic gadget use on sleep patterns among undergraduate health sciences students. With increasing digital exposure influencing lifestyle behaviors, this study underscores the association between excessive gadget use and disturbed sleep, emphasizing the importance of institutional policies, counseling, and health promotion strategies to support student well-being.

The issue is further enriched by three case reports that provide valuable insights into rare and diagnostically challenging clinical conditions. The report on a late-presenting Bochdalek hernia in an adult patient highlights anesthetic considerations and perioperative management complexities. The case of cartilaginous choristoma of the tonsil contributes to the limited literature on this uncommon entity and underscores the role of histopathological evaluation in atypical presentations. Additionally, the report describing a rare presentation of purplish-brown peripancreatic fluid in acute pancreatitis adds to clinical awareness of unusual manifestations and diagnostic variations.

This issue also includes a scoping review on the role of faculty in facilitating self-directed learning among undergraduate medical students. In the context of competency-based medical education, the review is timely and relevant, emphasizing the importance of faculty engagement, learning environments, and mentorship in fostering effective self-directed learning skills among students.

In conclusion, the articles published in this issue collectively contribute to advancing clinical knowledge, medical education, and public health perspectives. The editorial board remains committed to maintaining high ethical standards, rigorous peer review, and academic excellence. I extend my sincere appreciation to the authors for their scholarly contributions, the reviewers for their critical appraisal, and the editorial team for their continued dedication.

**Best Regards,**

**Dr. Amit Gujarathi**

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