



We are delighted to introduce the February 1, 2026 edition (Volume 13, Issue 1) of the Global Health Online journal.

The first article, authored by Dinavahi, examines recent literature on heart rate variability in older athletes. Chaudhry contributes the second piece, sharing personal insights into healing as both an external process through medical treatment and an internal journey for the soul.

Khan's article explores the current understanding of the Brain-Gut connection, shedding light on why many individuals struggle to lose weight successfully.

The final three articles—originating from India—highlight the challenges faced by Clinical Pharmacists as they strive to establish themselves within the Indian healthcare system. Progress remains slow, which is discouraging for PharmD graduates at present, as financial stability through employment continues to be elusive.

Over the past year, an additional 1,000 subscribers have joined this journal, bringing our readership to more than 14,000. The average number of downloads per article has now reached 40.

We hope that you find value in this issue and consider submitting your work for future publication in the journal.

Sincerely,  
M. Chandra Sekar, R.Ph., Ph.D., FAPhA, FIPA  
Fulbright-Nehru Scholar 2023