

Living Longer, Living Better: A Symposium on Longevity and Health

20-21 September 2024

The **Centre for Ageing Studies** at the **International Institute for Population Sciences (IIPS)** in collaboration with **Rhenix LifeSciences, Hyderabad** successfully hosted a two-day virtual symposium titled- **“Living Longer, Living Better: A Symposium on Longevity and Health”** on **20-21 September 2024**. The event was co-organized by **Prof. Dhananjay W. Bansod** from IIPS and Senior Scientist **Dr. Shashaanka Ashili** from **Rhenix LifeSciences**.

The symposium brought together over **350 participants** from **150 institutions** worldwide, including leading experts, researchers, and policymakers. The discussions centred around critical issues facing ageing populations, with a focus on themes such as graceful and sustainable ageing, elderly empowerment, and the impact of policies on ageing. Technological advancements, such as wearables and smart homes, were also explored as ways to promote healthy and fulfilling lives for older adults.

The symposium featured four major themes:

Theme 1: Ageing, Health, and Well-being

Theme 2: Socioeconomic Status & Cultural Diversity in Ageing

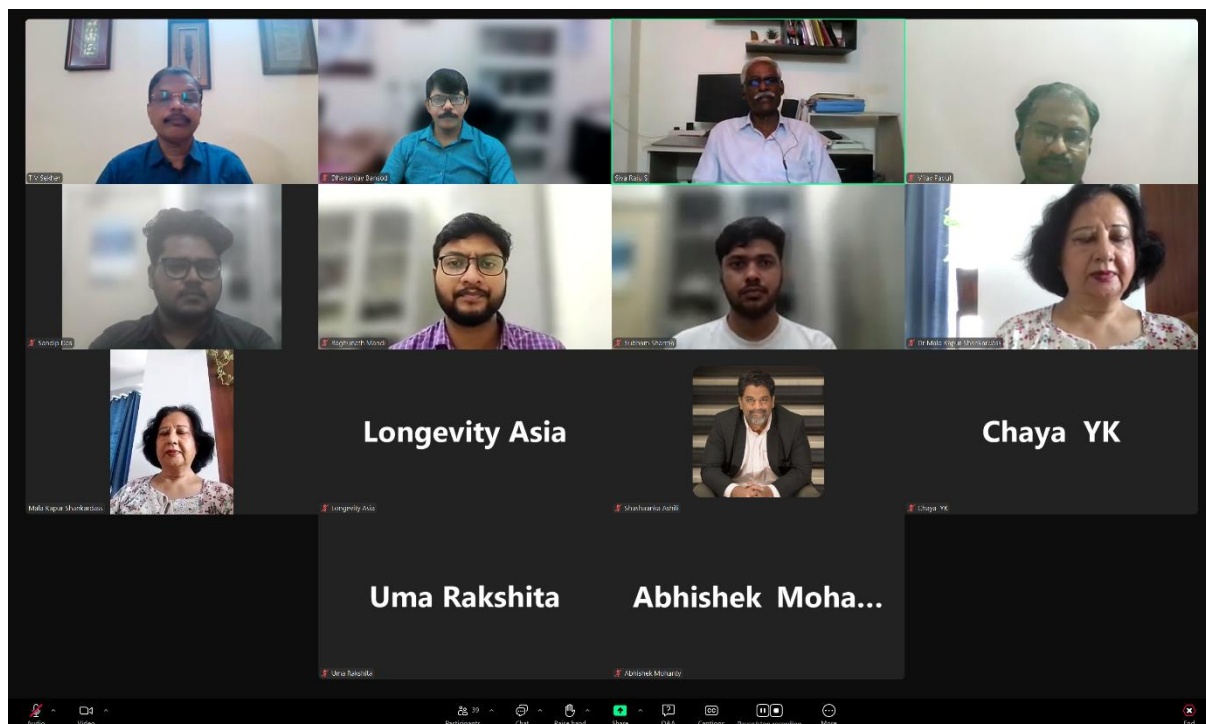
Theme 3: Technological Innovations for Ageing;

Theme 4: Healthcare Policies for the Elderly

The event included four plenary sessions and six technical sessions, with **18 guest speakers** and **41 paper presenters (including faculty members and research scholars)**. Eminent speakers from various organizations like Dr. Sathyanarayana from UNFPA, DPRK; Dr. Nikhil R. Gandasi from IISc Bangalore, Dr. K.R.Gangadharan from Heritage Foundation India, Hyderabad; Dr. Pawan Patro from National University of Singapore; Dr. Francois Pelay from Bimini Biotech, Croatia; Dr. Anastasios Avranas from Interfima, Greece; Dr. Charu Monga from IIT Delhi; Prof. Mala Kapur Shankardass, Retd. Professor from University of Delhi; Prof. T.V. Sekher from IIPS; Prof. S. Siva Raju, former Director TISS, Hyderabad; Dr. Mahesh Bhatt

MMBSHS Trust, Dehradun; etc. delivered their expertise in different domains of ageing and longevity covering both social and medical dimensions.

A special highlight was the “**Dr. Harsh Chaturvedi Memorial (HCM) Student Award,**” which was presented to seven outstanding student presenters, recognizing their contributions to the field of aging research. The symposium was a remarkable platform for exchanging knowledge and advancing discussions on how to ensure a healthy, empowered, and sustainable future for the ageing populations.



Prof. Archana Ti... Abhishek Moha... Charu monga Chaya YK

Uma Rakshita Hadagali Ashok...

Participants Chat Raise hand Share Q&A Captions Record More

Health of Elderly in India Emerging Challenges

Prof. T. V. Sekher
Head, Dept. of Family and Generations, & Centre for Ageing Studies
PI- Longitudinal Ageing Study in India (LASI)
International Institute for Population Sciences (IIPS)
Mumbai

Raghunath Mandi Chaya YK Uma Rakshita

Subham Sharma

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Shashanka Ashli Abhishek Mohanty Vijay Patel Vinod Kumar

Longevity Asia Varun Deshpande, PhD Rakesh Kumar Chaya YK Sneha Sanyal Uma Rakshita

Raghunath Mandi Abhishek Moha... Chaya YK Uma Rakshita

Nikhil R Gandasi Sandip Das Rashmi

Dell Pushendra Ku... Preeti

Epigenetic Clock #2: Organ System specific clock

SYMPHONYAge

Systems Age: A single blood methylation test to quantify aging heterogeneity across 11 physiological systems

Raghu Sehgal, Yaroslav Markov, Chenxi Qin, Margarita Meer, Courtney Hadley, Aladdin H Shadyab, Ramon Casanova, Jochen E Manson, Parveen Bharti, Eileen M Cresswell, Sara Hogg, Themistocles L Assimes, Eric A Whitson, Albert Tsangyang Higgins-Chen, Morgan Levine

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- We can use blood as a surrogate to estimate age from other tissue types
- Blood is a circulatory tissue and can capture signals from across the organs
- This works because the CpG sites that were selected for generated using matched biomarkers of each individual organ system to blood

Shashanka Ashli Abhishek Mohanty Vijay Patel Vinod Kumar

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