Overview

Human lifespan has been increasing worldwide. The increased longevity necessarily brings in the old age, which may or may not be healthy. Whereas a healthy old age can be of great benefits to an individual and the society, unhealthy ageing can be both a personal and a socio-economic challenge. Gerontological research done during the last 50 years has created a large body of knowledge with respect to the biological, psychological and social aspects of ageing. General biological principles of ageing are well understood, and these provide the basis for further research, testing and developing effective methods of intervention for improving health and for extending the health span.

Aim of the course:

To expose the participants to the fascinating field of ageing at the level of molecular biology, and to inspire them to follow this exciting and extremely important subject in detail at higher level. Since this course covers a wide range of biological topics from physiological to cellular and molecular levels in a short period, it is expected that the participants already have the basic biological knowledge of: the structure and function of cells and their components; biochemistry of DNA, RNA and protein synthesis and turnover; the structure and function of the brain, the skin, the skeleton and their components; and the general organization of the immune, the endocrine, the reproductive and the other systems within our bodies.

Expected outcome / achievement:

By the completion of the interactive workshop and course, a participant will be able to:

- explain why evolution has not made immortal organisms
- describe various types of lifespan
- identify and describe maintenance and repair pathways of survival
- distinguish between homeostasis and homeodynamics
- choose and justify various approaches for ageing interventions
- discuss ethical problems associated with ageing research and interventions
- plan new themes and experimental approaches for future ageing research

Course format and schedule:

Up to 3 hours a day, combining intensive interactive workshop/tutorial, and formal lecturing

Reading material:
A short compendium (approx. 80 pages), titled BIOGERONTOLOGY, specially prepared for this course, will be provided to all participants as a pdf or a printed version.

Teaching Faculty with allotment of Lectures and Tutorials:
- Prof. SIS Rattan: 22 hrs of Lectures and Tutorials/workshops
- Prof. Gurcharan Kaur (GK): 6 hrs Lectures/workshops

Course details

Duration: Oct. 8 to 18, 2018 (10 days)

Course plan and schedule:

**Monday; Oct 08, 2018; 1 hr lecture, 1 hr workshop/tutorial**
- How do we know anything – revealed versus derived knowledge
- Observation and formulating the question – lifespan of an individual is limited
- Making the course and creating a framework
- What is life and what is a living system
- Homeostasis versus homeodynamics

**Tuesday; Oct 09, 2018; 1 hr lecture, 2 hr workshop/tutorial**
- Lifespan, ageing and age-related diseases
- The nature of the lifespan and its boundaries
- Rapid-, negligible- or progressive senescence
- Survival curves and mortality rates
- Human life expectancies

**Wednesday; Oct 10, 2018; 2 hr lecture, 1 hr workshop/tutorial**
- Why evolution allows ageing
- Adaptive and non-adaptive reasons for ageing
- Antagonistic pleiotropy
- Disposable soma and immortality of the germ line
- The purpose of life, and the essential lifespan
- Homeodynamic space

**Thursday; Oct 11, 2018; 2 hr workshop/tutorial**
- Who is an old person
- When does ageing begin
- How to study ageing
- Choice of experimental systems
- Animal models of ageing studies
- Human studies: cross sectional versus longitudinal
- Levels of descriptive changes

**Friday; Oct 12, 2018; 2 hr lecture, 2 hr workshop/tutorial**
- Cellular ageing
- The Hayflick limit and the phenomenon
- Relevance to ageing in vivo
- Phenotype of ageing cells
- The nature of the Hayflick limit
Saturday; Oct 13, 2018; 2 hr lecture, 2 hr workshop/tutorial

- Descriptive aspects of the ageing body
- The skin and the immune system
- The neuro-endocrine system
- The cardiovascular system
- The muscular-skeletal system
- Circadian rhythms

Monday; Oct 15, 2018; 2 hr workshop/tutorial

- Ageing versus disease
- Management, maintenance, prevention, enhancement
- Stress and health
- Hormesis and hormetins

Tuesday; Oct 16, 2018; 2 hr lecture, 2 hr workshop/tutorial

- Understanding health
- Reverting ageing
- Stopping ageing
- Slowing down ageing
- Eliminating death

Wednesday; Oct 17, 2018; 1 hr lecture, 2 hr workshop/tutorial

- Social and psychological aspects of ageing
- Living in old age
- Ethics of ageing interventions
- Your ideal research project

Thursday; Oct 18, 2018; 1 hr lecture, 2 hr workshop/tutorial

- Ideal research projects
- Recapitulation
- Exam and discussion

Date of Examination: October 18, 2018

Who can attend this Course:

- Students at all levels (B.Sc./MSc/PhD) of different subject areas of Life Sciences, Chemistry, Physics etc.
- Faculty from reputed academic institutions
- Researchers /Post-doc/ Research Associate from Universities, Govt and R&D laboratories

Registration Fees:

Participants from abroad: US $ 200
Participants from Academic Institutions in India:
BSc Students: Rs. 500/-
MSc Students: Rs. 1000/-
PhD Students: Rs. 1500/-
Faculty members: Rs. 2000/-
Detailed CV of Experts

PROF. SURESH RATTAN

Work address

Laboratory of Cellular Ageing,
Department of Molecular Biology and Genetics,
Aarhus University, Gustav WiedsVej 10-C,
8000 Aarhus C, Denmark
Phone: +45 8715 5436;
Mobile: +45 2899 2496;
e-mail: rattan@mbg.au.dk
Aarhus University link: http://pure.au.dk/portal/en/persons/suresh-rattan%282a4e1855-73fa-4ec6-b498-fadabea36b2a%29.html
Personal website: http://sureshrattan.com
Present nationality: Danish

Teaching Faculty: Prof. SURESH RATTAN is a biogerontologist and heads the Laboratory of Cellular Ageing, at the Department of Molecular Biology and Genetics, Aarhus University, Denmark. His research and teaching expertise is in the area of ageing of normal human cells in culture, regulation of protein synthesis, modifications and turnover during cellular ageing, development of the concept of gerontogenes, discovering the ageing-modulatory effects of cytokinins kinetin and zeatin (presently used in several skin care products), and pioneering the testing and application of the concept of mild stress-induced hormesis and hormetins in ageing research and interventions. He has more than 30 years of experience in teaching of undergraduates and post-graduates in cellular and molecular biology, and he has successfully supervised 10 PhD and more than 40 MSc research projects. He has published more than 240 scientific articles, and has compiled 15 books, including books for children, general public and research scientists. He is the founder and Editor-in-Chief of Biogerontology – an international peer reviewed journal published by Springer.

Academic Qualifications

- Dr. Scient. (D.Sc.) 1995, Aarhus University, Denmark.
- M.Phil. 1979, Jawaharlal Nehru University, New Delhi, India.
- M.Sc. 1977; Guru Nanak Dev University, Amritsar, India.

Teaching/research guidance experience

- PhD research supervision/co-supervision: 10
- MSc research supervision/co-supervision: 31
- BSc and ERASMUS research supervision: 32

Awards, International recognition and other activities

- Honorary Visiting Professor, Faculty of Biotechnology, University of Rzeszow, Poland (from Jan. 2018 - )
- Honorary Professor, Faculty of Science, Palacky University, Olomouc, Czech Republic (2012-2016)
- Honorary Doctorate from the Russian Academy of Medical Sciences (St. Petersburg branch), 2010.

President, Biological Section, International Association of Gerontology and Geriatrics (IAGG)-European Region (2011-2015; and 2015-2019)

Member, International Dose Response Society, USA (from 2006)

Member, Danish Natural Science Academy (DNA; from 2004).

Life Member, the Cell Stress Society, USA (from 1999).

Life Member, Association of Gerontology, India (from 1983).

PhD/DSc examiner for universities in Denmark, Sweden, Italy, UK, India.

Member of various grant evaluation committees in UK, USA, France, Germany, The Netherlands, Switzerland, Austria, Ireland, Singapore, Russia, Georgia, Estonia, Turkey, and the European Research Council (ERC).

**Research areas, expertise and commercial developments**

- Ageing of normal human cells in culture.
- Development of the concept of ageing genes, gerontogenes.
- Discovering the ageing-modulatory effects of cytokinins: kinetin and zeatin (used in several skin care products)
- Pioneering the testing and application of the concept of mild stress-induced hormesis and hormetins in ageing research and interventions (basis of novel skin-care products by various companies).

**Publication metrics from Google Scholar (as per April 2018)**

- Number of scientific articles: 230+; h-index: 53; i10-index: 152; #Citations: 9366
- Patents – worldwide patents on the anti-ageing effects of kinetin and zeatin (1994).
- Books – 13 (edited/co-edited) on various aspects of the biology of ageing.
- Popular science and educational books for children- 3; published in English, Danish, Punjabi, Hindi, Polish and Romanian.

**Publications: for full details, see personal website for the list of articles, books, patents etc at:** http://sureshrattan.com/category/publications/c35-research-papers/

**Selected publications of most significant work (from a total of 230+)**


CV of Host Faculty:

Work Address:

Prof. Gurcharan Kaur,
Medical Biotechnology Lab,
Department of Biotechnology,
Guru Nanak Dev University,
Amritsar-143005
Tel.: 0183-2258803 Ext. 3176
Email: kgurcharan.neuro@yahoo.com

Specialization: Molecular Neuroscience: Neuroregeneration and Neuroprotection

Educational Qualifications and Teaching/Research experience:

<table>
<thead>
<tr>
<th>Degree/Diploma</th>
<th>University/Institution</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.Sc. (Honors School)</td>
<td>GN.D.U., Amritsar</td>
<td>1978</td>
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<tr>
<td>M.Sc. (Honors School)</td>
<td>---do---</td>
<td>1979</td>
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<tr>
<td>Ph.D.</td>
<td>J.N.U., Delhi</td>
<td>1984</td>
</tr>
<tr>
<td>Post Doc</td>
<td>AIIMS</td>
<td>1985</td>
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Teaching experience of >32 years and currently teaching Immunology, Animal Cell Culture, Medical Biotechnology

Research experience of >37 years in Neuroscience and Medical Biotechnology

Awards, Honours and Professional recognition:

a. Awards and Honours:
   - Fellow, Indian Academy of Neurosciences (2011)
   - U.GC. Young Scientist Career Award (1993)
   - Vice President of Indian Academy of Neurosciences (2017-19)
   - Member Editorial Board of “Biogerontology” Journal
   - Member Editorial Board of “Cellular and Molecular Biochemistry” Journal
   - Member Editorial Board of “Annals of Neurosciences” Journal
   - Member of DST Expert Committee for Women Scientist Scheme (WOS-A)
   - Member of DST 'INDO-US Fellowship for Women in STEMM
   - Member of Translational Neuroscience Task Force of ‘Indian Council of Medical Research’
   - Member of Biogerontology Expert Group of ‘Indian Council of Medical Research’
   - Member of DBT-Neurobiology Expert Group
   - Member, Academic Council, NBRC, Manesar
   - Co-Chairperson, Research Advisory Committee, Amritsar Medical College
   - Member Task Force, DBT Star College Scheme
   - Vice-President, Society for Neurochemistry, India (2008-2011)
   - Executive member, Society for Neurochemistry, India (2013-2014)
   - Executive member, Indian Academy of Neurosciences (2008-2012)
   - Executive Member of Association of Gerontology (India) (2009-2011)

Research Grants worth about 6.0 Crore availed from National and International Funding agencies like DBT, DST, ICMR, CSIR, AICTE, TWAS-Italy, DBT-AIST, Japan, ICMR-BMBF, Germany, CEFIPRA-France

- Referee: Molecular Neurobiology, Nature Scientific Reports, J Neurochemistry, Brain
Role of Host Faculty: Prof. Gurcharan Kaur is the faculty of Medical Biotechnology in the Department of Biotechnology, Guru Nanak Dev University, Amritsar. Prof. Kaur has notable contributions in ‘Neurosciences’ in the area of Adult Brain Plasticity and Healthy Brain Ageing. She has carried out extensive work on potential Interventions such as (i) Intermittent fasting Dietary Restriction (IF-DR), and (ii) validation of Natural products for neuroregeneration and neuroprotection. Lifelong calorie restriction/DR although in practice for millennia as a powerful tool for healthy aging, but experimental pre-clinical studies in her lab have scientifically validated such imaginative benefits of late onset short term intermittent fasting DR regimen. Her research group has also developed in vitro protocols for testing the anti-neuroinflammatory and neuroregenerative potential of natural products. Host faculty has a well established Medical Biotechnology Research lab and will be responsible for coordinating the course proceedings as well as taking few lectures as listed in the course details.

Selected Publications of Host Faculty (100+ Research Publications in peer reviewed journals):


Rumani Singh, Dinesh Lakhanpal, Sushil Kumar, Sandeep Sharma, Hardeep Kataria, Manpreet Kaur, Gurcharan Kaur (2012) Late onset intermittent fasting dietary restriction as a potential intervention to retard age associated brain function impairments in male rats. AGE 34:917-33.

Course Coordinator and Host Faculty: Prof. Gurcharan Kaur

Work Address:

Prof. Gurcharan Kaur,  
Medical Biotechnology Lab,  
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Amritsar-143005  
Tel.: 0183-2258803 Ext. 3219  
Email: kgurcharan.neuro@yahoo.com
REGISTRATION CUM ACCOMMODATION REQUEST FORM  
(To reach electronically by 24th September, 2018)

Molecular Gerontology: from homeodynamics to hormesis

08-18 Oct., 2018  
Department of Biotechnology, Guru Nanak Dev University  
Amritsar, Punjab

Name (Block Letters): ………………………………………………… M/F: ……………………

Designation/ Professional Title: ………………………………………………………………………

Organization: ………………………………………………………………………………………

Address: ……………………………………………………………………………………………
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E-mail: ……………………………………………………………………………………………

Accommodation Required (Yes/ No): ……………………………………………………………

The Registration fee of Rupees ……………………………………………………………has been paid
via Demand Draft No…………………………………………..in favour of The Registrar, Guru
Nanak Dev University, Amritsar Through online/offline banking bearing Transaction No.
…………………………. to Punjab & Sind Bank, Guru Nanak Dev University Campus (RTGS/IFSC
code: PSIB0000288) A/Ct No. 02881000020001 of Guru Nanak Dev University. Demand
Draft/ Fee Receipt have been enclosed herewith.

Date:

Signatures