



## **SURESH RATTAN**

*Personal information:* I spent the first 22 years of life in Amritsar, Punjab, India; and then in 1977 moved to Delhi, in 1979 went to London UK, came back to Delhi in 1982 for a short while, and finally, from mid-1984 onwards, settled in Aarhus, Denmark. I became fascinated by science, especially biology, from about the 9<sup>th</sup> grade in the school in Amritsar; and I continue to maintain that fascination, interest and commitment in science not only as a profession, but also as a way of life to be a good human being. I enjoy playing Tabla drums with Indian folk and classical music, and with jazz and reggae musicians. I was once married to one of my class fellows from Amritsar, and together we have a son, Anuresh, who is a professionally educated actor in Danish theatres and films. Anuresh and his Danish wife Iben have a daughter Maya Vidya born in 2016, and she calls me Dada-ji.

*Education and profession:* I studied in Amritsar and earned the degrees of an M.Sc. in Biology from the Guru Nanak Dev University; an M.Phil. in Life Sciences from the JNU New Delhi; a Ph.D. in ageing from the Medical Research Council's National Institute for Medical Research, London UK; and a D.Sc. from Aarhus University, Denmark. I started my scientific career as a post-doc in Aarhus, and finally achieved the position of a full professorship. Almost all my research work has been about the question why cells and organisms become old, why so many physical and mental problems arise in old age, can we prevent those problems in old age, can we increase the lifespan and improve the quality of life, and why? I have travelled globally giving lectures on health and ageing to the general public, school children, and professional scientists and medical doctors. I am the founder and editor-in-chief of an international research journal *BIOGERONTOLOGY*, published by the Springer-Nature company. I have compiled/edited several professional books on ageing, and have also written a couple of popular books for children and others, which have been published in English, Punjabi, Hindi, Danish, Polish and Romanian languages.

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