14th International Health Dialogue

CLINOVATE 2027

Longevity Medicine

29 – 30 January 2027

TIME	SESSION	TOPICS / KEY AREAS
13:00–13:10	**Lamp Lighting & Welcome Address**	Opening Address
13:10–13:50	**UNDERSTANDING AGING**	**Why do we age?** *Key areas* • Biological theories of ageing → Hallmarks of Ageing • Healthspan vs Lifespan • Factors influencing ageing
13:50–14:05	**Sponsor Session-1**	
14:05–14:45	**MEASURING AGING**	**How do we measure ageing?** *Key areas* • Biomarkers of Ageing – clinical translation through the Hallmarks of Ageing • AI & wearable biomarkers, Indian reference ranges • Why do Indians age differently?
14:45–15:00	**Sponsor Session-2**	
15:00–15:40	**THERAPIES**	**Can we slow down ageing?** *Key areas* • Translating science – Longevity biohacking: anti-ageing therapies – evidence vs hype • Brain span – Sleep, stress, cognition • Role of supplements and their evidence base
15:40–15:55	**Sponsor Session-3**	
15:55–16:35	**DIET, EXERCISE & LIFESTYLE**	**The everyday levers of a longer life** *Key areas* • Nutritional science, Gut Microbiome and Inflammaging • Ayurveda & lifestyle • Muscle span: Exercise physiology & Longevity
16:35–16:50	**Sponsor Session-4**	
16:50–17:00	**Key Takeaways & Closing Remarks**	

SPEAKERS · PANEL 1

Understanding Aging

13:10–13:50 *Why do we age?*

NAME	AFFILIATION	HIGHLIGHTS
Dr Amitabha Ghosh	Consultant Neurologist, Apollo Multispeciality Hospitals, Kolkata	Cognitive neurologist; FRCP (London, Edinburgh). Led ICMR multicentre FTLD study. Validated MoCA and ACE-III in Indian languages. Blood biomarkers for Alzheimer's (2026).
Dr Thomas Gregor Issac	Associate Professor, Geriatric Psychiatry, Centre for Brain Research, IISc, Bengaluru	DM Geriatric Psychiatry (NIMHANS). Clinical lead, Tata Longitudinal Study of Ageing and SANSCOG cohorts. Biomarkers and brain-ageing trajectories in Indians.
Dr Arnab Mukhopadhyay	National Institute of Immunology, New Delhi	Lab dedicated to the biology of ageing: nutrient sensing, dietary restriction, insulin/IGF-1 signalling. Co-author, Science 2023 taurine-and-ageing study. JC Bose Fellow.
Dr Steve Paul Manjaly MODERATOR	Geriatric Medicine, Apollo Hospitals, Bannerghatta Road, Bengaluru	Joint Secretary, Indian Academy of Geriatrics. Former Head of Geriatric Medicine, Jubilee Mission Medical College. Frailty, dementia, falls, polypharmacy.

SPEAKERS · PANEL 2

Measuring Aging

14:05–14:45 *How do we measure ageing?*

NAME	AFFILIATION	HIGHLIGHTS
Prof. Deepak Kumar Saini	Professor, Developmental Biology & Genetics, IISc, Bengaluru; Convenor, Longevity India	Convenor, IISc Longevity India Initiative. Leads Indian ageing-biomarker cohort (ages 20–70). Research on cellular senescence and organ-specific ageing.
Dr Sujoy Kar	Chief Medical Information Officer, Apollo Hospitals Group	Expert on AI and clinical informatics
Dr Shantanu Sengupta	Senior Principal Scientist, CSIR-Institute of Genomics and Integrative Biology (IGIB), New Delhi	Principal Investigator, Phenome India (PI-CHeCK). Pan-India cohort of 10,000 adults building Indian risk scores for diabetes, fatty liver and heart disease.
Dr Prasun Chatterjee MODERATOR	Geriatric Medicine, Apollo Hospitals, New Delhi	President, Indian Academy of Geriatrics. Former Director, WHO Collaborating Centre for Healthy Ageing (AIIMS). Frailty, sarcopenia, intrinsic capacity, inflammaging.

SPEAKERS · PANEL 3

Therapies

15:00–15:40 *Can we slow down ageing?*

NAME	AFFILIATION	HIGHLIGHTS
Dr Naganath Narasimhan Prem	Geriatric Medicine, Apollo Hospital, Gurugram	MD Geriatric Medicine. Geriatric syndromes, dementia and geriatric oncology.
Prof. Suvarna Alladi	Professor of Neurology, NIMHANS, Bengaluru	Leads brain-span science: cognitive reserve and dementia prevention. Landmark study: bilingualism delays dementia onset by about 4.5 years, even in illiterate people (Neurology, 2013). Set up one of India's first memory clinics. Co-developed the Indian neurocognitive toolbox.
Dr Alok Srivastava	Senior Consultant, Clinical Haematology & Head, Haematology Research Unit, St John's Medical College Hospital, Bengaluru	Led India's first gene therapy for haemophilia A using patients' own stem cells. 400+ publications; 7 patents in gene and stem-cell therapy.
Dr Nikhil Tandon MODERATOR	Director, AIIMS New Delhi	Leading figure in Indian diabetes and metabolic research (870+ papers). Expert on early metabolic disease in Indians and on biomarkers.

SPEAKERS · PANEL 4

Diet, Exercise & Lifestyle

15:55–16:35 *The everyday levers of a longer life*

NAME	AFFILIATION	HIGHLIGHTS
Dr Zankhana Buch	Medical Director, Apollo AyurVAID	Protocol-driven 'Precision Ayurveda' for chronic disease and multimorbidity.
Dr Skand Sinha	Professor, Orthopaedics, Sports Injury Centre, VMMC & Safdarjung Hospital, New Delhi	Arthroscopy and sports surgery of knee and shoulder. 48 publications. Musculoskeletal health and injury prevention in active adults.
Dr Anupa Pillai	Geriatric Medicine, Apollo Hospital, Gurugram	Research on frailty assessment, inappropriate medications and cancer in older Indians. Co-author, India's first geriatric oncology guidelines.
Dr Subashini Venkatesh MODERATOR	Apollo ProHealth, Chennai	Expert on Preventive health and lifestyle care.