

# MIRAI 2.0 R&I WEEK REPORT



## ABSTRACT

This report summarizes the presentations, engagements and networking activities happened during the MIRAI 2.0 R&I Week, hosted by Umeå University in Sweden from Nov 13-16th, 2023.

Rajkumar Singh Kalra, PhD

# MIARI 2.0 R&I week 2023

Day-wise activities/participation during the event

Nov 13th , 2023:

- Registration,
- The opening ceremony,
- Attending the Presentation of seed funded projects; poster session

Nov 14th, 2023:

- Presenting about the Ageing and Immunity in Parallel Ageing Sessions (*Other key talks included- Older adults' occupations in heat waves by Dr. Susanne Gustafsson, Jönköping University; AI Analysis of Health Data in in Elderly People by Prof. Kaoru Sakatani, University of Tokyo; and Spatial metabolic mapping of the ageing brain by Dr. Theodosia Vallianatou, Uppsala University*)
- Campus guided tour
- Attending the Ageing session presentation (*Serious illness conversations by Dr. Susanna Pusa, Linnaeus University; TOMOSODACHI (growing up together) by Dr. Miyoshi Shirota, Waseda University) and (Gambling behavior: implications for the Japanese elderly by Trinh Nguyen, PhD, Hiroshima University)*)
- Join the guided tour to the Curiosum (science museum)

Nov 15th, 2023:

- Join the Co-creation of multicultural teams-experience from Swedish and Japanese companies.
- Join the workshop on Age-inclusive digital futures (*Talks by Dr. Sofi Fristedt, Jönköping University; Dr. Yoshihisa Hirakawa, Nagoya University; Dr. Steven Schmidt, Lund University*)
- Join the Parallel Transdisciplinary Challenge-Based Workshops (*Talks by- Dr. Guangwei Huang, Sophia University; Dr. Anna Sandgren, Linnaeus University; Dr. Takehito Kamata, Sophia University*)
- Join the social evening with food and beverages – for all participants. At Rex Town Hall.

Nov 16th, 2023:

- Closing Workshop (interactive)
- Closing ceremony

**2. The main gain:** The key achievement for me from the MIARI 2.0 R&I week 2023 was the rich learning from the informative talks, engagement in the interactive sessions and professional networking. I represented my work on ageing and immunity in the poster and oral sessions joined by experts from research, hospital, and policy/strategic streams. The stimulated discussions during these sessions were immensely informative and unique experience. I showcased OIST and its evolving leadership in research and education to a diverse audience and reflected on its goal (as a research university) to create solutions by promoting cutting-edge research and innovation. One unique aspect of learning for me from MIARI 2.0 R&I was its diversity and interdisciplinarity. The workshop in the ageing sessions facilitated interactions where I had the opportunity to get engaged with the experts discussing the goal of creating resilient and sustainable societies. These engagements/learning were unique for me and offered me to look at the bigger picture and recognize both, the immediate challenges and opportunities in ageing research. I met many experts in the field that helped me build my professional networks, it included interactions with Drs. Kaoru Sakatani (Tokyo University), Sofi Fristedt, Caroline Fischl, and Susanne Gustafsson (Jönköping University), Jennifer Frankel (Umea University), Theodosia Vallianatou, Ryoko Asai (Uppsala University), Shang Gao (Örebro University), and Sarfraz Iqbal (Linnaeus University). I anticipate translating these interactions/network to pursue future collaborations. I had an inspiring interaction with Prof. Takehito Kamata (Sophia University) where he explained different aspects of Research Integrity. I gladly met Ms. Marie T Stephenson, the program manager for the Scandinavia-Japan Sasakawa Foundation (SJSF) and Sweden-Japan Foundation (SJF) in Sweden during a workshop on the ageing theme. I look forward to exploring these engagements further in future to conceptualize a collaborative research initiative.

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# Registration and opening



# Welcome reception



# Presentation-interactions



# Closing Ceremony & Excursions

