

Education

- 2009–2012 **PhD Biological physics**, Université Paris Diderot - Paris 7 (France), Department of Physics.
2009 **Master's degree Physics of biological systems**, Université Paris Diderot / Orsay (France).
2006–2009 **Magistère of Physics and engineering (Higher level university diploma)**,
Université Paris Diderot - Paris 7 (France).

Research experience

- 2020 - now **Chargé de recherche CNRS**, Multi-scale dynamics of soft fibrous tissues
Laboratoire de Biologie du Développement, IBPS, CNRS / Sorbonne université, France
Equipe : Dr Delphine Duprez (DR CNRS)
- 2015 - 2019 **Research associate**, Flows and folds in living cell sheets
London Center for Nanotechnology, University College London, UK
Supervision : Pr Guillaume Charras
- 2013-2015 **Post-doctoral fellow**, Analysis and modeling of chromosome movements in fission yeast mitosis
CBI, CNRS / Université Paul Sabatier - Toulouse 3, France
Supervision : Dr Sylvie Tournier (DR CNRS)
- 2009-2012 **PhD applicant**, 3D traction forces and dynamics of focal adhesions in single cell mechanosensing
Matière et Systèmes Complexes, Université Paris Diderot, France
Supervision : Pr Atef Asnacios
- 2008 **4 months internship**, Shear mechanical properties of articular cartilage
Laboratory of Atomic and solid state physics, Cornell University, USA - Supervision : Pr Itai Cohen

Scientific communications

Original research articles

- 2023 J. Duque, A. Bonfanti, **J. Fouchard**, E. Ferber, A. Harris, A. Kabla and G. Charras. Fracture in living cell monolayers, *bioRxiv*, 2023.01. 05.522736.
- 2022 A. Lisica, **J. Fouchard**, M. Kelkar, T. Wyatt, J. Duque, A-B Ndiaye, A. Bonfanti, B. Baum, A. Kabla and G. Charras. Tension at intercellular junctions is necessary for accurate orientation of cell division in the epithelium plane, *PNAS*, 119(49):e2201600119.
- 2020 **J. Fouchard**, T. Wyatt, A. Proag, A. Lisica, P. Recho, M. Suzanne, A. Kabla and G. Charras. Curling of epithelial monolayers reveals a coupling between active bending and tissue tension, *PNAS*, 117(17):9377-9383.
- 2020 T. Wyatt*, **J. Fouchard***, A. Lisica, N. Khalilgharibi, B. Baum, P. Recho, A. Kabla and G. Charras **equal contribution*. Actomyosin controls planarity and folding of epithelial monolayers during compression. *Nature Materials*, 19:109–117. *Commented in the same issue*: To buckle or not to buckle, U. Schwartz, 19:8–9.
- 2020 P. Recho, **J. Fouchard**, T. Wyatt, N. Khalilgharibi, G. Charras and A. Kabla. A tug-of-war between stretching and bending in living cell sheets, *Physical Review E*, 102, 012401.
- 2020 A. Bonfanti, **J. Fouchard**, N. Khalilgharibi, G. Charras and A. Kabla. A unified rheological model for cells and cellularised materials. *Royal Society Open Science*, 7:190920.

- 2019 N. Khalilgharibi, **J. Fouchard**, N. Asadipour, A. Harris, P. Mosaffa, Y. Fujita, A. Kabla, J. Munoz, M. Miodownik, and G. Charras. Stress relaxation in epithelial monolayers is controlled by actomyosin. *Nature Physics*, 15:839–847.
- 2017 T. Li, H. Mary, M. Grosjean, **J. Fouchard**, S. Cabello, C. Reyes, S. Tournier and Y. Gachet. MAARS: a novel high-content acquisition software for the analysis of mitotic defects in fission yeast. *Molecular Biology of the cell*, 28(12),1601-1611
- 2015 H. Mary*, **J. Fouchard***, G. Gay, C. Reyes, T. Gauthier, C. Gruget, J. Pécréaux, S. Tournier and Y. Gachet, **equal contribution*. Fission yeast kinesin-8 controls chromosome congression independently of oscillations. *Journal of Cell Science*, 128(20):3720–3730.
- 2015 J. Étienne, **J. Fouchard**, D. Mitrossilis, N. Bufi, P. Durand-Smet and A. Asnacios. Cells as liquid motors: Mechanosensitivity emerges from collective dynamics of actomyosin cortex. *PNAS*, 112(9):2740–2745.
- 2014 **J. Fouchard**, C. Bimbard, N. Bufi, P. Durand-Smet, A. Proag, A. Richert, O. Cardoso, and A. Asnacios. Three-dimensional cell body shape dictates the onset of traction force generation and growth of focal adhesions. *PNAS*, 111(36):13075–13080.
- 2010 D. Mitrossilis, **J. Fouchard**, D. Pereira, F. Postic, A. Richert, M. Saint-Jean, and A. Asnacios. Real-time single-cell response to stiffness. *PNAS*, 107(38):16518–16523.
- 2010 M.R. Buckley, A.J. Bergou, **J. Fouchard**, L.J. Bonassar, and I. Cohen. High-resolution spatial mapping of shear properties in cartilage. *Journal of biomechanics*, 43(4):796–800.
- 2009 D. Mitrossilis, **J. Fouchard**, A. Guirouy, N. Desprat, N. Rodriguez, B. Fabry, and A. Asnacios. Single-cell response to stiffness exhibits muscle-like behavior. *PNAS*, 106(43):18243–18248.

Reviews and comments

- 2022 A. Erlich, J. Étienne, J. Fouchard, and T. Wyatt. How dynamic prestress governs the shape of living systems, from the subcellular to tissue scale. *Interface Focus*, 12(6), 20220038.
- 2016 N. Khalilgharibi*, **J. Fouchard***, P. Recho*, G. Charras and A.Kabla **equal contribution*. The dynamic mechanical properties of cellularised aggregates. *Current Opinion in Cell Biology*, 42 (2016): 113-120.
- 2011 **J. Fouchard**, D. Mitrossilis, and A. Asnacios. Acto-myosin based response to stiffness and rigidity sensing. *Cell Adhesion and Migration*, 5(1):16–19.
- 2011 A. Asnacios, **J. Fouchard**, and D. Mitrossilis. Mécano-sensibilité cellulaire: adaptation physique à la rigidité. *Images de la physique*, 72–78.

International conferences & workshops oral presentations

- 2023 Active and passive mechanical response of soft fibrous micro-tissue to controlled deformation (**invited speaker**), *Biomechanics Outsourcing New Disciplines*, Naples.
- 2019 Curling and buckling of epithelial monolayers (**invited speaker**), *Cote d’Azur International Workshop on Cell Mechanics Advanced Tools and Applications to Biomedical Problems*, Nice.
- 2019 Curling of epithelial monolayers (**invited speaker**), *The Mechanics of Cell Aggregates: Experiments and Models*, Turin.
- 2018 Active forces and mechano-adaptation in cell and tissue function (**invited speaker**), *BIOTEC Symposium, Chair Biophysics of active matter*, Dresden.
- 2018 Basal constriction generates spontaneous curvature governing 3D substrate-free epithelial monolayer shape, *Physics of living matter XIII*, Marseille.
- 2017 The response of epithelial monolayers to large compressive stress: buckling and flattening reveal active and fluid-like behavior, *Multiscale problems in Biomechanics and Mechanobiology*, Vienna.
- 2011 Quantifying focal contacts dynamics and traction force during early cell spreading, *4th European Cell Mechanics Meeting*, Amsterdam.

National conference oral presentations (France)

- 2023 Cell-scale constraints on the kinetics of cell spreading , *Mechanics and Physics of biological surfaces day (GDR MePhy)*, Paris.
- 2023 L'essaimage du mot stroma dans les sciences biologiques et médicales au milieu du XIXe siècle, with N. Rousseau, *Congrès de la société française d'Histoire et Philosophie des Sciences et Techniques*, Bordeaux.
- 2017 Dissecting the developmental and biophysical aspects of epithelial tissue fracture (**invited speaker**), *Workshop Biophysical Approaches of Living Systems*, Toulouse.
- 2017 Flow and fracture of cellular monolayers (**invited speaker**), *Congrès de la Société Française de Physique*, Orsay.
- 2010 Focal contacts dynamics during early cell spreading, *GDR CellTiss*, Carry-le-Rouet.

Seminars

- 2021 LJP, Sorbonne University, invited by S. Grigolon
- 2020 ENS/ESPCI (Biophysics seminar), invited by N. Desprat
- 2019 IBPS, Université Pierre et Marie Curie, invited by D. Duprez
- 2019 MSC, Université Paris Diderot, invited by N. Chevalier
- 2016 LAI, University Aix-Marseille, invited by O. Théodoly
- 2014 LCN, University College London, invited by G. Charras
- 2014 Stanford university, invited by M. Goodman
- 2013 LiPhy, University Grenoble-Alpes, invited by J. Etienne
- 2013 IBDM, University Aix-Marseille, invited by P-F Lenne
- 2013 University of Geneva, invited by M. Milinkovitch

Awards & Grants

- 2022 Recipient of ITMO Cancer grant, Approches inter-disciplinaires des processus oncogéniques et perspectives thérapeutiques, Visco2Gamma project (60 k€)
- 2021 Co-recipient of DIM Elicit Région Ile-de-France grant, Technologies innovantes pour les sciences du vivant, Free2Morph project (200 k€)
- 2021 Research grant from Initiatives Humanités biomédicales - Sorbonne Université (7 k€), *Names and representations of biological tissues* (in col. with Nathalie Rousseau, MCF SU)
- 2019 Recipient of the London Center for Nanotechnology Award 2019, Researcher Staff category
- 2018 Recipient of EMBO Short-term fellowship
- 2014 Recipient of Fondecyt post-doctoral fellowship - CONYCIT Chilean Ministry of education programme (140 kUS\$ secured funding including salary and research expenses) *declined*
- 2009 Recipient of PhD thesis bursary of the French Ministry of Research (3 years funded salary)

Outreach

- Larger public Fête de la science 2021, 2022 & 2023 - Organisation of lab tours and demonstrations
- Charity UCL *English & Science* Summer school for refugees and young migrants: organisation, teaching, design of practical courses (2019)

Art/science Experimental conferences with Jochen Dehn (artist) and KD N'Guyen Thu Lam (physicist). *School for invisibility*, at Cité des arts (2018), Biennale de Lyon (2011). *Folds, springs, solid cloud*, residency at Bétonsalon, Centre d'art et de recherche (2009)

Other academic activities

Students & staff supervision

- 2023- Olga Vasiljevic, PhD student, co-supervised with Léa-Laëtitia Pontani & Marie Breau, IBPS, Sorbonne Université
- 2021- Ali Wahood, PhD student, co-supervised with Jocelyn Etienne, LiPhy, Grenoble
- 2022-2023 Gowthamy Sivakuru, Research assistant, funded by ITMO Cancer grant
- 2021-now Supervision of 4 undergraduate students

Teaching

- 2021- **Sorbonne Université**, Mineure Histoire et Philosophie des Sciences et techniques
Supervision of research projects: UE Mémoire de recherche encadré, L3
- 2014 **Université Paul Sabatier - Toulouse 3**, Biology department (4h)
Cell mechanics course + students presentations of recent articles (2nd year Master Genes, cells, development, 15 students)
- 2009-2011 **Université Paris Diderot**, Physics department (64h).
 - Fundamentals of optics : tutorials, end-of-year exams (1st year Physics undergraduate, 30 students)
 - Image analysis : hands-on computing practicals (3rd year BA Biophotonics, 15 students)
 - Differential equations : tutorials (1st year Biology undergraduate, groups of 2 students)
- 2007-2008 **Université Paris Diderot**, Physics department (1h30/week).
Mechanics, mathematics : Tutorials catch-up sessions (1st year Physics & Mathematics undergraduate)

Administration and community

- 2023- PhD jury member in 1 thesis defense : Adam Ouzeri (Universitat Polytechnica de Catalunya, defended in June 2023).
- 2023- Scientific expert in 2 thesis committees : Quention Chaboche (Physico-chimie Curie, 2022-); Cécile Vincent (Laboratoire Jean Perrin, 2022-).
- 2022- In charge of carbon footprint quantification at the Laboratoire de Biologie du Développement, in collaboration with IBPS Green committee.
- 2017-2019 Founder and organizer of evening gatherings 'Pint of Science' - Discussions about scientific practice and interdisciplinarity
(sponsored by Institute for Physics of Living Systems, University College London)
- 2010-2012 Representative of non-permanent staff at the institute board during PhD (Matière et Systèmes Complexes, CNRS/Université Paris Diderot)

Reviewing

Reviewer for ANR; reviewer for the *Programme Emergences* (scheme of the city of Paris for young principal investigators); reviewer for *Nature Communications*, *Scientific Reports*.