

= Valeri Polyakov =

Valeri Vladimirovich Polyakov (Russian : ??????? ?????????????? ??????? , born Valeri Ivanovich Korshunov on April 27 , 1942) is a Russian former cosmonaut . He is the holder of the record for the longest single spaceflight in human history , staying aboard the Mir space station for more than 14 months (437 days 18 hours) during one trip . His combined space experience is more than 22 months .

Selected as a cosmonaut in 1972 , Polyakov made his first flight into space aboard Soyuz TM @-@ 6 in 1988 . He returned to Earth 240 days later aboard TM @-@ 7 . Polyakov completed his second flight into space in 1994 ? 1995 , spending 437 days in space between launching on Soyuz TM @-@ 18 and landing on TM @-@ 20 , setting the record for the longest time continuously spent in space by an individual in human history .

= = Early life = =

Polyakov was born in Tula , Tula Oblast , Russian SFSR on April 27 , 1942 . Born Valeri Ivanovich Korshunov , Polyakov legally changed his name after being adopted by his stepfather in 1957 . He was educated at the Tula Secondary School No. 4 , from which he graduated in 1959 .

He enrolled in the I. M. Sechenov 1st Moscow Medical Institute , where he graduated with a doctoral degree . After , he enrolled in the Institute of Medical and Biological Problems , Ministry of Public Health , Moscow , where he specialized in astronautics medicine . Polyakov dedicated himself to the field of space medicine in 1964 after the flight of the first physician in space , Boris Yegorov , aboard Voskhod 1 .

= = Cosmonaut career = =

Polyakov was selected as a cosmonaut in Medical Group 3 on March 22 , 1972 . His first flight into space occurred on Soyuz TM @-@ 6 in 1988 . After staying aboard the Mir space station and conducting research for 240 days , Polyakov returned to Earth aboard Soyuz TM @-@ 7 .

Polyakov 's second spaceflight , the longest human spaceflight in history , began on January 8 , 1994 with the launch of the Soyuz TM @-@ 18 mission . He spent approximately 437 days aboard Mir conducting experiments and performing scientific research . During this flight , he completed just over 7 @,@ 000 orbits of the Earth . On January 9 , 1995 , after 366 days in space , Polyakov formally broke the spaceflight duration record previously set by Vladimir Titov and Musa Manarov six years earlier . He returned to Earth aboard Soyuz TM @-@ 20 on March 22 , 1995 . Upon landing , Polyakov opted not to be carried the few feet between the Soyuz capsule and a nearby lawn chair , instead walking the short distance . In doing so , he wished to prove that humans could be physically capable of working on the surface of Mars after a long @-@ duration transit phase .

Polyakov volunteered for his 437 @-@ day flight to learn how the human body would respond to the micro @-@ gravity environment on long @-@ duration missions to Mars . Upon returning from his second spaceflight , Polyakov held the record for the most total time in space . This record , however , was later broken by Sergei Avdeyev and is currently held by Gennady Padalka . Data from Polyakov 's flight has been used by researchers to determine that humans are able to maintain a healthy mental state during long @-@ duration spaceflight just as they would on Earth .

Polyakov underwent medical assessments before , during , and after the flight . He also underwent two follow @-@ up examinations six months after returning to Earth . When researchers compared the results of these medical exams , it was revealed that although there were no impairments of cognitive functions , Polyakov experienced a clear decline in mood as well as a feeling of increased workload during the first few weeks of spaceflight and return to Earth . However , Polyakov 's mood stabilized to pre @-@ flight levels between the second and fourteenth month of his mission . It was also revealed that Polyakov did not suffer from any prolonged performance impairments after returning to Earth . In light of these findings , researchers concluded that a stable mood and overall function could be maintained during extended duration spaceflights , such as manned missions to

Mars .

== Spaceflights ==

Soyuz TM @-@ 6 / Soyuz TM @-@ 7 ? August 28 , 1988 to April 27 , 1989 ? 240 days , 22 hours , 34 minutes

Soyuz TM @-@ 18 / Soyuz TM @-@ 20 ? January 8 , 1994 to March 22 , 1995 ? 437 days , 17 hours , 58 minutes

== Personal life ==

Polyakov retired from his position as a cosmonaut in June 1995 , with a total of just over 678 days in space . He participated in experiment SFINCSS @-@ 99 (Simulation of Flight of International Crew on Space Station) in 1999 . Polyakov is currently the Deputy Director of the Ministry of Public Health in Moscow , where he oversees the medical aspects of long @-@ duration space missions . He is a member of the Russian Chief Medical Commission , participating in the qualification and selection of cosmonauts . He also holds membership in the International Space Researcher 's Association and the International Academy of Astronautics . Polyakov is married and has one child .

Since returning from space , Polyakov remained active in the discipline of international spaceflight , becoming a " cosmonaut @-@ investigator " for the United States , Austria , Germany , and France during their respective space science missions to the Mir space station .

== Legacy ==

Polyakov has won several awards for his spaceflight and academic achievements , including the Hero of the Soviet Union / Russian Federation , Order of Lenin , Order of the Legion of Honour , and the Order of Parasat . He is a member of organizations related to astronautics , including the Russian Chief Medical Commission on cosmonauts ' certification .

Polyakov holds the title of " Pilot @-@ Cosmonaut of the USSR " and has published several works pertaining to life sciences , medical aspects of space missions , and the results of research conducted on long @-@ duration spaceflights .

Polyakov 's record for longest cumulative time in space of 678 days over two missions stood until surpassed in 1999 by cosmonaut Sergei Avdeyev with a total of 747 days in space during three different missions .

== Honours and awards ==

Hero of the Russian Federation

Hero of the Soviet Union

Pilot @-@ Cosmonaut of the USSR

Order of Lenin

Medal " For Merit in Space Exploration "

Order of Parasat (Kazakhstan)

Officer of the Legion of Honour (France)

Hero of the Republic of Afghanistan

Order " The Sun of Liberty " (Afghanistan)