**Understanding Mortality Through Ages**

**Brief Description:**

This course explores mortality through biology, philosophy, culture, and ethics.

It covers the biological processes of aging, the impact of genetics and environment, philosophical perspectives on death’s meaning, and cultural rituals around mourning.

Ethical issues like life extension and digital immortality are addressed alongside the evolving societal views of death.

Participants will reflect on personal beliefs, the fear of death, and how modern advancements shape our understanding of life and mortality.

Through diverse lenses, the course fosters a holistic view of death as a natural and transformative part of life.

**Learning Objectives:**

* Understand the biological processes of aging and the factors influencing mortality.
* Explore the impact of genetics and environmental factors on lifespan.
* Examine philosophical perspectives on the meaning and significance of death.
* Investigate cultural rituals and societal practices surrounding death and mourning.
* Analyse ethical dilemmas related to life extension technologies and digital immortality.
* Reflect on personal beliefs, the fear of death, and its influence on life choices.
* Evaluate how modern advancements are reshaping societal views on mortality.
* Develop a holistic perspective of death as a natural and transformative process.