Session types is a typing discipline for concurrent and distributed processes that can detect errors such as communication mismatches and deadlocks, statically or dynamically. This talk first gives a brief history of session types, along with a very gentle industry-friendly introduction of session types. I then talk how an extension of session types to multiparty interactions (multiparty session types) was discovered under the collaborations with industry. I then give a summary of our recent research developments on session types for verifying distributed, parallel and concurrent programs, and our collaborations with industry partners with demos.