8th International Leh Symposium 2026

Established in 2010

Therapeutic Targets and Molecular Mechanisms for Pulmonary Diseases in Hypoxia

October 23 - 27, 2026, Fortune Park Moksha, McLeodganj, India

The Leh Symposium and advantages to accrue

High-Altitude Health Challenges

A significant population resides in the Great Himalayas and other high-altitude (HA) regions worldwide. Notably, millions of individuals from lowland or Sealand areas journey to these regions for various purposes, including duty, recreation, and mountaineering. The hypobaric hypoxia prevalent in these altitudes poses challenges to living and may lead to multiple acute and chronic illnesses. High-altitude pulmonary hypertension and mountain sickness rank among the major diseases affecting a large population from high mountains; likewise, sojourners suffer from these altitude disorders. In recent years, we have included cardiopulmonary diseases and cardiac specialists in this Symposium. The aspirational goal of high-altitude research, focusing on predisposition and preventive measures before embarking on high-altitude journeys, also strongly aligns with global health promotion, which emphasizes illness prevention as essential for improving the population's overall health. Furthermore, the entire Himalayan belt is populated, with robust border defense in place.

Consequently, discussions aimed at enhancing survival under hypobaric hypoxia by preventing associated disorders will offer valuable insights to attendees. This will greatly bolster research endeavors within our nation, given the considerable importance and interest in high-altitude disorders. Additionally, Civil and Defense Organizations, along with pharmaceutical companies, stand to gain from participation in this symposium.

Research and Collaborations

The Leh symposium presents an interdisciplinary strategy for addressing pulmonary hypertension under both normobaric and hypobaric hypoxia conditions. It serves as an initiative to deepen our comprehension of life's pathophysiological facets, enhance existing technical skills and therapeutics, and elucidate predisposing factors for targeted everyday therapeutics. Notably, this Symposium has fostered numerous international collaborations among clinicians and researchers, earning it global recognition and respect.

In essence, the convergence of esteemed national and international researchers, physicians, professors, medical and industrial professionals, as well as young scientists and students, offers abundant opportunities to glean insights into field advancements and acquire novel strategies for patient care. Emerging clinical researchers inject a dynamic, competitive, and invigorating atmosphere into the discourse.

We are pleased that even Nobel Laureates deliver talks in our Symposium. It reflects the significance and popularity of our Symposium. Two Nobel Laureates will deliver talks in this Symposium. In The previous Symposium has also hosted a virtual talk of a Nobel Laureate. Other Nobel Laureates may attend the talks.

Thus, our biennial conference, established since 2010, significantly contributes to the global mission of raising awareness, fostering research, and promoting the development of innovative drug targets for pulmonary vascular diseases. Our team has been contributing to high altitude disorders since three decades. Notably, our team has undertaken two major therapeutic expeditions—INDEX2020 and 2022 (INDEX: India-Leh-dexamethasone-expedition)—with success.

Theme

The 8th International Leh Symposium 2026, centered on 'Therapeutic Targets and Molecular Mechanisms for Pulmonary Diseases in Hypoxia,' is meticulously crafted to feature cutting-edge presentations by field experts. Subsequent discussions aim to pinpoint potential predisposing markers/targets. A dynamic scientific program, including oral and poster presentations, renders the symposium an optimal platform for sharing information and results with international experts/researchers from both science and industry fields.

Expected outcomes

The 8th International Leh Symposium 2026 is specifically designed to bring together leading international experts working in the field of high-altitude biology, physiology, medicine, and related disciplines. The scientific program will feature state-of-the-art lectures, oral and poster presentations, and focused discussions aimed at identifying novel diagnostic biomarkers, therapeutic targets, and translational strategies for the prevention and management of high-altitude disorders. The symposium provides an exceptional platform for exchanging ideas, establishing collaborations, and discussing recent advances with experts from academia, clinical medicine, government organizations, and industry.

Participation in this symposium will provide first-hand exposure to the latest developments in high-altitude research, which closely aligns with our ongoing scientific activities. The knowledge gained will directly contribute to strengthening our research program and facilitate the adoption of emerging technologies and concepts relevant to high-altitude physiology and hypoxia-associated diseases.

The meeting is of particular strategic importance to India. A substantial proportion of India's borders lie in high-altitude regions where military personnel are routinely deployed under hypobaric hypoxic conditions. High-altitude illnesses, including high-altitude pulmonary edema (HAPE), continue to pose significant operational and medical challenges, affecting troop readiness, deployment efficiency, and healthcare logistics. In addition, an increasing number of civilians, including mountaineers, pilgrims, tourists, disaster-response teams, and workers in high-altitude infrastructure projects, are exposed to these environments every year, highlighting the growing public health relevance of high-altitude medicine.

Advances in understanding mechanisms of acclimatization, early prediction of susceptibility, biomarker discovery, and therapeutic interventions are therefore directly relevant to national priorities. The scientific discussions at this symposium are expected to accelerate research in these areas and foster collaborations that can translate into improved preventive and clinical strategies for populations exposed to extreme altitude. The knowledge acquired from the symposium will benefit not only our laboratory and CSIR but also other national organizations engaged in high-altitude research and healthcare, including DRDO, the Armed Forces Medical Services, academic institutions, and clinical research centers working on hypoxia-related disorders. The insights gained are expected to strengthen India's capabilities in high-altitude biomedical research, support evidence-based healthcare for high-altitude populations, and contribute to national preparedness in strategically important Himalayan regions.

Healthcare

We have been fortunate that several Pharmaceutical and Biological industries/companies have been part of this Symposium. Participation in the Leh symposium offers biotech and pharma companies a unique opportunity to engage with a diverse array of stakeholders and gain insights into the latest advancements and challenges in the field. By networking with renowned national and international researchers, physicians, and professionals, these companies can stay at the forefront of innovation and identify new avenues for research and development. Additionally, their involvement in the symposium underscores their commitment to promoting equity and diversity in healthcare.

Venue

The venue of our scientific event is Fortune Park Moksha Resort and Hotel, Strawberry Hills, Satobari, near Dal Lake, Satovari, Mcleodganj, Dharamshala, Bhatala, Himachal Pradesh 176216 (https://www.itchotels.com/in/en/fortuneparkmoksha-mcleodganj). McLeodganj is a land of serene spirituality, Tibetan culture, and breathtaking Himalayan beauty. Set within the renowned Fortune Park Moksha, the conference center embodies a seamless blend of contemporary comfort and serene Himalayan charm, creating an ideal environment for focused discussions and impactful engagements.