

# THE LEH SYMPOSIUM, 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 defence 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 Defence 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. 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. Notably, our team has undertaken two major therapeutic expeditions—INDEX2020 and 2022 (INDEX: India-Leh-dexamethasone-expedition)—with success.

## 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.

## Theme

Our International Leh Symposium always centres on the Molecular Mechanisms and Therapeutics of the cardiopulmonary system in hypobaric hypoxia. It has been meticulously crafted to feature cutting-edge presentations by distinguished experts. Subsequent discussions aim to pinpoint the potential of the field. A dynamic scientific program, including oral and poster presentations, renders the symposium an optimal platform for sharing information and results with worldwide experts, including clinicians, researchers and pharmacologists.

## Venue

The venue of our scientific event is primarily Leh, Ladakh, a land of spirituality with mystic Lamas and a traveler's paradise with mighty mountains and high passes with their splendid beauty. Nevertheless, occasionally we move out for a change. For example for the 2026 Symposium, we have decided to look for a different venue, which could be Dharamshala/McLeodganj, Dalhousie, Srinagar or Shillong. These places embody the ethos of the local traditions, offering a glimpse into India's rich cultural heritage and emphasizing the profound connection between nature and the soul. The scenic Himalayas add to the adventure offering various sight-seeing and trekking options to the nature-loving enthusiasts.