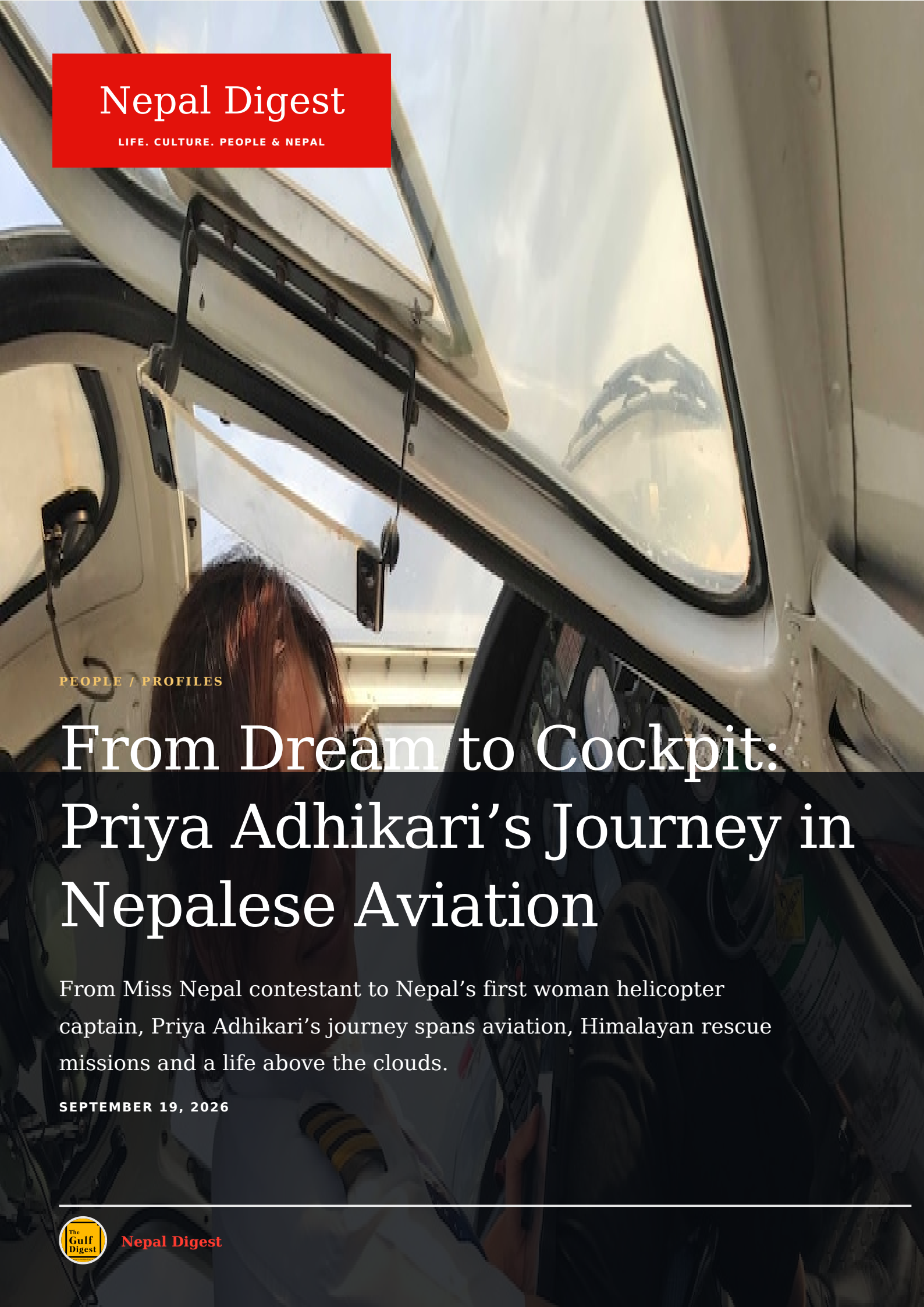


A woman with long dark hair, wearing a pilot's uniform, is seen from behind, looking out of the open door of an aircraft. The aircraft's interior and exterior structure are visible, and the sky is seen through the window.

Nepal Digest

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By Nepal Digest - September 19, 2026 - Nepal

Before the cockpit came the pageant stage. Before the rescue missions came cabin-crew work and a first helicopter ride that changed the direction of her life. Priya Adhikari's journey has moved through very different worlds, but today she is best known for something few people anywhere can do: flying helicopters into the Himalayas when lives depend on getting there.

There are careers that look inevitable in retrospect.

Priya Adhikari's is not one of them.

Long before she became known as Nepal's first woman helicopter captain, Adhikari had already stepped into another very public

arena. She was a **Miss Nepal 2008 contestant**. She later worked as cabin crew, studied environmental science, discovered helicopters almost by accident, travelled to the Philippines for flight training and eventually built a career in one of the most demanding forms of aviation in the world.

Her office today can be a mountain valley, a glacier, a rescue site or a narrow patch of ground where a pilot has only seconds to decide whether it is safe enough to land.

And in 2026, as floods and landslides devastated communities near Nepal's northern border, Adhikari's work again moved into the national and international spotlight. Reports from the operation said she flew roughly 100 rescue missions in six days around some of the hardest-hit areas, including Timure in Rasuwa.

The distance between the Miss Nepal stage and a helicopter cockpit in the Himalayas seems enormous.

Priya Adhikari somehow travelled it.

Before Aviation: Priya Adhikari and Miss Nepal

One of the less familiar chapters in Adhikari's story is her connection with **Miss Nepal**.

The official Miss Nepal archive identifies her as a **Miss Nepal 2008 contestant**. That detail later became particularly striking because her public identity changed so completely. The young woman who appeared in a national beauty pageant would, within a few years, become associated not with fashion or entertainment but with aviation, mountain rescue and emergency response.

The Miss Nepal connection did not disappear entirely.

In 2020, Adhikari returned to the same platform from a different position. The official Miss Nepal archive places her among the **judges for Miss Nepal 2020**, identifying her as a former 2008 contestant. By then, the reason she was noteworthy had little to do with pageantry. She had become a helicopter rescue pilot and a pioneering figure in Nepalese aviation.

There is something revealing in that return.

In 2008 she had been judged on a stage.

By 2020 she was sitting on the other side of it, carrying with her a career that had become far more unusual than anything a pageant biography could have predicted.

A Career That Began in the Cabin

Adhikari did not grow up following a straight path toward becoming a helicopter pilot.

Published profiles describe her studying **environmental science** while also working as cabin crew for a domestic airline. Aviation was already part of her working life, but from inside the passenger cabin rather than behind the controls.

Then came the flight that changed everything.

In 2010, while working as a flight attendant, Adhikari was at Kathmandu's Tribhuvan International Airport when a helicopter captain invited her to join a flight. Accounts differ slightly on the circumstances, but they agree on what followed: the experience convinced her that she wanted to fly helicopters herself.

The decision was remarkably fast.

ABC reported that within about four months she had gone to the **Philippines for helicopter training**. The World Bank later wrote that her family supported her decision to undertake the training needed for a rescue-flying career.

It was the beginning of a new professional identity.

Learning to Fly in a Country That Makes Flying Difficult

Getting a helicopter licence is one challenge.

Building the experience required to fly in Nepal is another.

Nepal combines several conditions that make helicopter aviation exceptionally demanding: high altitude, rapidly changing mountain weather, narrow valleys, limited landing areas and terrain that leaves pilots with little room for error.

For rescue pilots, the pressure is even greater.

The passenger may be injured or critically ill. The weather window may be closing. A safe landing site may not exist. At high altitude, aircraft performance changes as the air becomes thinner. And the pilot may need to operate close to mountains where cloud, wind and visibility can change within minutes.

Adhikari accumulated flying hours relentlessly after returning from training. According to AFAR, she flew whenever possible in order to build the experience needed to qualify as a captain.

By 2017, ABC was describing her as **Nepal's first female helicopter captain.**

A year later, according to AFAR, she was working full time as a helicopter pilot with Shree Airlines, carrying cargo, operating charter flights and performing rescue missions.

It was a profession almost entirely dominated by men.

Adhikari entered it anyway.

“I Don’t Climb, I Land”

For much of the outside world, Nepal’s mountains are symbols of adventure.

For a rescue pilot, they can look very different.

Adhikari became particularly known for high-altitude search-and-rescue work around the Himalayas, including the Everest region.

ABC accompanied her on a flight in 2019 and recorded a line that captures her relationship with the mountains. Asked whether she climbed them, she replied simply: **“I don’t climb, I land.”**

It is a light remark about very serious work.

A mountain rescue can involve landing—or hovering—at an altitude where pilots must constantly calculate aircraft weight, temperature, wind and available power. Sometimes a patient is waiting at a recognised landing point. At other times the pilot has to assess an improvised site from the air.

The mountains that attract trekkers and climbers from around the world also produce medical emergencies: altitude sickness, falls, fractures, exhaustion and other conditions that can quickly become life-threatening.

For many patients, a helicopter is not merely transportation.

It is the fastest route to survival.

More Than 1,000 Himalayan Rescues

By the time AFAR profiled Adhikari in 2022, the publication reported that she had performed **more than 1,000 rescue missions in the Himalayas**.

That number matters because it changes how her career should be understood.

Adhikari is sometimes introduced primarily through the novelty of being a woman in a male-dominated field. The milestone is important. Representation matters, particularly in a profession where women have historically been rare.

But after hundreds and then more than a thousand rescue missions, novelty is no longer the main story.

Experience is.

Each mission adds knowledge that cannot be learned entirely from a classroom: how cloud sits in a valley, which slopes generate dangerous winds, what a safe landing area looks like from above, how quickly conditions can deteriorate and when the correct decision is not to land at all.

Her career became a combination of technical flying and accumulated mountain judgement.

When the Rescue Pilot Became the Subject of a Film

Adhikari's career eventually reached television and documentary film as well.

This part of her story needs a small distinction.

There is no strong evidence that Priya Adhikari pursued a conventional career as a Nepali feature-film actress. Her verified screen appearance is more interesting because she appears **as herself**.

In 2022, the German documentary series ***Women Above the Clouds*** devoted an episode to her life and work.

Episode five is titled ***A Helicopter Heroine in the Himalayas***. Produced by NFP neue film produktion with partners including rbb and ARTE, the documentary follows Adhikari as a helicopter pilot operating in Nepal's mountains.

The programme presents not a fictional character but the real contradictions of her life: danger in the air, family life on the ground, and a career that places her in environments where hesitation can have consequences.

The production also identifies her as a former Miss Nepal contestant, bringing together two chapters of her public life that otherwise seem almost unrelated.

For viewers outside Nepal, the documentary offered a rare perspective on Himalayan aviation from inside the cockpit—and through the life of the woman flying the aircraft.

Returning to Miss Nepal as a Judge

By the time Adhikari returned to Miss Nepal as a judge in 2020, the symbolism was difficult to miss.

Beauty pageants are often debated in terms of what they represent for women, but Adhikari's own trajectory moved far beyond any single definition of success.

She had once been a contestant.

She returned as a professional whose accomplishments had been forged not on a stage but through years of flying.

Her presence among the judges placed aviation alongside medicine, entrepreneurship, entertainment and other professional fields represented on the panel.

It also quietly changed the image of what a former contestant might go on to become.

The Human Side of Rescue Flying

Helicopter rescue is easy to romanticise from a distance.

The reality can be disturbing.

Adhikari has spoken publicly about seeing death in the mountains and about the emotional weight that accompanies rescue work.

The documentary profile of her similarly highlights situations most people would find difficult even to imagine.

Rescue pilots do not choose which missions end happily.

Sometimes they arrive in time.

Sometimes they recover people who have died.

Sometimes weather or terrain means they cannot reach a location at all.

Adhikari has also lost colleagues in aviation accidents, something she mentioned in the World Bank's 2021 profile. That reality sits behind every discussion of courage in mountain flying.

The job requires confidence, but it also requires respect for risk.

2026: Flying Into Disaster

In late August 2026, Adhikari's career entered another intense chapter.

Floods and landslides devastated areas along Nepal's northern border, damaging roads and isolating communities. Helicopters became essential for evacuation, rescue and access to areas that could no longer be reached normally.

Adhikari was among the pilots operating around **Timure in Rasuwa district**.

In an interview broadcast by CNN, she described a rescue environment in which many helicopters were operating in the same confined area. Pilots had to communicate continuously by radio while several aircraft attempted to land and evacuate survivors from limited spaces.

Mud created another hazard.

Ground that appeared usable from above could be unstable. In some locations, pilots reportedly could not safely shut the aircraft down after touching down and instead had to remain powered while people boarded.

The workload was extraordinary.

Current reports put Adhikari's flying at roughly **100 rescue missions during the first six days** of the response.

CNN's transcript records her describing the exhaustion of the pilots involved while also explaining the professional mindset behind continuing the work: **"We've been trained for this."**

That sentence may be the most useful way to understand her.

Heroism is often described as spontaneous bravery.

Rescue aviation is usually something less dramatic and more demanding: years of training, repetition, judgement and preparation becoming useful at the exact moment a country needs them.

Why Helicopters Matter So Much in Nepal

Adhikari's story is also inseparable from Nepal's geography.

In many countries, helicopters are associated with tourism, private transport or specialised emergency services.

In Nepal, they can become part of the basic infrastructure of survival.

Road networks do not reach every settlement. Landslides can sever access in minutes. High-altitude trekking areas may be several days' walk from the nearest major medical facility. Earthquakes and floods can make existing routes unusable.

A helicopter can connect a remote village with a hospital, deliver emergency supplies, evacuate a climber or reach a disaster zone when the road has vanished.

That makes pilots like Adhikari part of a wider system connecting Nepal's difficult geography with its people.

A Woman in a Male-Dominated Cockpit

Being first carries its own burden.

Adhikari has described passengers reacting with everything from admiration to hesitation when they realise a woman is flying their helicopter.

Early in her career, she also encountered doubts about whether women belonged in the cockpit.

But competence eventually has a way of making the argument for itself.

A rescue passenger is unlikely to care about stereotypes when the helicopter has just arrived at a mountain landing zone.

The more significant legacy of Adhikari's career may therefore be what becomes ordinary after her.

The first woman entering a profession is a headline.

The second, third and tenth women entering it are evidence that the profession itself has changed.

From Pageant Stage to Mountain Cockpit

If Priya Adhikari's biography were reduced to a sequence of labels, it would sound almost improbable.

Miss Nepal contestant.

Cabin crew.

Environmental-science student.

Helicopter trainee in the Philippines.

Nepal's first woman helicopter captain.

High-altitude rescue pilot.

Miss Nepal judge.

Documentary subject.

Disaster-response pilot.

But the labels hide the more interesting part of the story.

At several points, Adhikari chose to change direction.

Aviation did not arrive as a childhood destiny. A helicopter ride opened a possibility. She acted on it. Training created another possibility. Flying hours turned it into a profession. Rescue experience transformed the profession into expertise.

Her journey is therefore not simply a story about breaking a gender barrier.

It is a story about allowing one experience to change what you think your life can become.

Where the Mountains Meet the Sky

There is a particular image of Nepal that travels easily around the world: snow peaks above the clouds, Everest in the distance, helicopters moving through extraordinary landscapes.

From the ground, it can look cinematic.

From Priya Adhikari's cockpit, the same landscape can be a workplace defined by calculations, weather reports, radio calls and decisions made under pressure.

That contrast is what makes her story compelling.

She has inhabited several public worlds—from the Miss Nepal stage to documentary television—but the place where her identity became clearest is the cockpit.

There, appearance gives way to judgement.

Public attention gives way to procedure.

And the mountains stop being scenery.

They become terrain that has to be understood well enough to bring someone home.

Priya Adhikari's journey began far from the role for which she is now known. But somewhere between a first helicopter ride, thousands of hours in the air and more than a thousand rescue missions, the sky above Nepal became not simply where she worked, but where her life's story found its direction.

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Reporting note: This profile was compiled from the official Miss Nepal archive and published reporting and profiles by ABC Australia, the World Bank, AFAR, CNN, NDTV and the producers/distributors of *Women Above the Clouds*. Where dates in older profiles differ slightly, the article distinguishes between Adhikari becoming a captain and beginning later full-time commercial helicopter work rather than forcing the accounts into a single date.

Sources and further reading

- Miss Nepal / The Hidden Treasure: 2020 archive and judges

- ABC Australia: Nepal's first female helicopter captain
- ABC Australia: Everest rescue pilot profile
- World Bank: Eye in the Sky
- AFAR: The Helicopter Pilot Saving Lives in the Himalayas
- Autentic: Women Above the Clouds
- CNN transcript: Priya Adhikari on the 2026 rescue operation
- NDTV: 2026 rescue missions

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