

FOR IMMEDIATE RELEASE

Australian-Nepali Doctor Dispatches to Front Lines of Nepal Flash Flood Disaster



MELBOURNE, AUSTRALIA | 7 October 2026 - Australian-Nepali medical doctor **Dr. Sambridhi Adhikari** is preparing to travel to Nepal on **18 October 2026** to provide urgent medical care and humanitarian assistance to remote, flood-affected communities. Returning on **9 November 2026**, she will work alongside local health professionals, hospitals and humanitarian organizations to support communities severely affected by recent flooding and other disaster-related challenges.

A press conference will be held outside the Victorian Parliament in Melbourne on Wednesday, 14 October 2026, at 10:00 AM to highlight the mission, its objectives, and the urgent healthcare needs of vulnerable communities in Nepal.

Bringing Medical Care and Compassion to Communities in Need

Dr. Sambridhi Adhikari is an Australian-Nepali medical doctor and medical missionary whose work is driven by a deep commitment to serving vulnerable populations, particularly in remote, resource-limited and emergency settings. Her extensive clinical experience spans general practice, integrative medicine, skin cancer medicine, sexual health, urgent and acute care, refugee and asylum seeker health, correctional health, and expedition and field medicine. Combining her professional expertise with a strong commitment to humanitarian service, Dr. Adhikari aims to make a meaningful difference in the lives of people facing significant barriers to healthcare.

During her mission, she will collaborate with local mission organisations, frontline health workers, district hospital teams, mobile medical units, and remote health posts. This collaborative approach aims to strengthen local healthcare responses while providing essential medical assistance to communities experiencing heightened health and humanitarian needs. *When asked what has driven her to give herself to this considerably dangerous calling, she quickly affirms, "When we serve people, we walk alongside them and hear their stories in an opportunity to bring hope, healing & restoration to broken things and broken hearts through love."*

Mission Itinerary: Reaching Nepal's Frontline Communities

The mission will cover several key locations across Nepal, combining clinical collaboration, hospital engagement and targeted disaster relief outreach.

- **Transit and operational hubs:** Kathmandu and Pokhara.
- **Hospital and clinical sites:** Okhaldhunga Hospital, Tansen Hospital and Green Pastures Hospital.
- **Disaster relief outreach zones:** Rasuwa and Nuwakot, where severe monsoon flooding has affected communities, damaged infrastructure and created significant challenges for transportation and access to essential services.

Operating in difficult geographical conditions, including flood-damaged roads and disrupted regional transport networks, the mission will prioritise reaching vulnerable populations while working in close partnership with local frontline health professionals.

Documenting a Journey of Humanity, Hope and Service

Beyond providing medical assistance, Dr. Adhikari's mission will document the human stories behind disaster response and humanitarian service. She has begun working with a Melbourne-based videographer to capture the mission's preparation and early stages. A second videographer is expected to accompany and document aspects of her work in Nepal. The footage and experiences gathered will contribute to an upcoming documentary and book exploring her journey through Mission Nepal. Through personal stories, real-life experiences and reflections on medical service in disaster-affected communities, the project seeks to highlight the power of compassion, faith, solidarity and collective action in times of crisis. The initiative also aims to inspire medical professionals, skilled volunteers and members of the wider community to recognise their capacity to contribute to humanitarian efforts, both locally and around the world.

About Mission Nepal

Mission Nepal is a humanitarian medical outreach and disaster relief initiative dedicated to bringing essential healthcare, medical support and community engagement to remote, underserved and disaster-affected populations across Nepal. By connecting medical professionals and humanitarian volunteers with local healthcare providers and community organisations, Mission Nepal seeks to address urgent health needs, promote equitable access to healthcare and foster a spirit of international solidarity.

Media Contact

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