

# JAGAN NATH TIMILSINA

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## SUMMARY

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Born and brought up in the picturesque village of Sarangkot, near Pokhara, one of the most popular tourist destinations of Nepal, Jagan was introduced to the trekking culture from a young age. He forayed into the trekking world in 1998, the year that the Government of Nepal had declared to be 'Visit Nepal Year.' He started out as a porter and later joined Himalayan Encounters, a world-renowned trekking company as a guide-cum-porter.

With every trek, Jagan's passion for mountains grew and eventually saw him focus on a career as a mountaineer. Since 2009, Jagan has climbed 25 snow peaks, including Mount Everest. If he is not busy climbing mountains, Jagan can be found working as an instructor for outdoor activities. Most recently expanded his teaching ability by successfully completing Alaska Mountain Instructor Course with NOLS (USA) and working with them as a Field Instructor.

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## TRAINING

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### NEPAL MOUNTAINEERING ASSOCIATION

#### *Helicopter Marshall Training*

Kathmandu, Nepal  
March 1<sup>th</sup> -3<sup>th</sup>, 2016

- The course was organized with an objective to train about the usage of helicopter during rescue activities in mountain region.

### NEPAL ACADEMY OF TOURISM AND HOTEL MANAGEMENT (NATHM)

#### *Mountain Liaison Officer Training*

Kathmandu, Nepal  
September 4<sup>th</sup> -10<sup>th</sup>, 2016

- Detailed study of Mountaineering rules and regulations for climbers, trained in mode of communication during rescue operations, taking responsibility and point of action during large-scale calamities in mountain areas, collecting necessary data from expeditions to assist in reformulation of mountaineering polices.

### NOLS

#### *Alaksa Mountaineering Instructor Course*

Alaska, America  
May 2016 – 35 Days

- Intensive course work on Avalanche Safety, Ice Climbing, Wilderness Medical/Rescue Training and Geological Formations. Instructors teach leadership, expedition behavior, environmental studies, first aid, outdoor living skills, navigation, Leave No Trace principles, and technical skills required.

### HIMALAYAN MEDICS

#### *Emergency First Aid Responder during 2015 earthquake*

Kathmandu, Nepal  
April – September 2015

- Worked extensively during disaster as emergency medic, instructor for disaster preparedness training to keep in check outbreak of diseases, distribution of relief materials and carried out shelter, toilets and temporary school construction projects.

### NOLS - WMI

#### *Wilderness First Aid Responder*

Kathmandu, Nepal  
December 2014 – 10 Days

- Course builds competency with the Patient Assessment System while exposing students to the assessment and management principles for a broad range of injuries, illness and environmental medical problems. Wilderness First Aid course builds competency with the Patient Assessment System while exposing students to the assessment and management principles for a broad range of injuries, illness and environmental medical problems.

### KHUMBU CLIMBING CENTER

#### *Advanced Mountaineering Course*

Kathmandu, Nepal  
January 2012 – 8 Days

- Intensive course work on Avalanche Safety, Ice Climbing, Wilderness Medical/Rescue Training and Geological Formations

### NEPALI MOUNTAINEERS ASSOCIATION

#### *Basic Mountaineering Course*

Kathmandu, Nepal  
January 2010 – 35 Days

- Glacial Travel, Anchor Building (Ice/Rock), Basic Rope work, Radio Communication, Navigation, Ice Climbing and Rescue Training with a summit ascent of Yala peak

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## EXPERIENCE

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### HIMALAYAN MEDICS

*Rural First aid Responder*

Kathmandu, Nepal  
3<sup>rd</sup> -6<sup>th</sup> Dec, 2016

- Teaching basic first aid, including CPR

### SOCIAL TOURS

*Outdoor Instructor*

Kathmandu, Nepal  
24<sup>h</sup> -25<sup>th</sup> Jan, 2017

- Planning course syllabus
- Designing interactive activities to demonstrate effective communication, teamwork, leadership and so forth.
- Evaluation of students performance and providing one to one feedback

### FREEDOM ADVENTURES

*Field leader for CNN's representative*

Pokhara, Nepal  
19<sup>th</sup> Dec, 2016 - 4<sup>th</sup> Jan, 2017

- Planning trip logistics
- Allocating working staff and arranging necessary equipment's
- Leading Trip and providing end of day info to base

### NOLS

*Field Instructor*

Chicago, Illinois, USA  
25th July - 4<sup>th</sup> August 2016

- Field Instructor for students belonging to age group 15 -17
- Enable students to understand environmental impact and make decision based on Leave No Trace (LNT) Principles
- Teach students soft skills required for outdoor living, improve risk assessment ability for crossing rivers and glacier.
- Advanced level first aid skills including initial assessment and life threats

### HIMALAYAN ENCOUNTERS

*Program Head/Lead Instructor: Outdoor Leadership course*

Nepal  
*Summer and winter 4 day programs 2011 – 2015*

- Led all program operations and staff. Coordinated program logistics, taught basic camping, group communication and risk management skills to 20 students, ages 20-40, while backpacking in Shivapuri National Park.

### INTREPID TRAVELS

*Program Head/Lead Instructor: High Altitude Illness Training*

Lhasa, China  
*April 2014 – 5 Days*

- Designed and coordinated program that trained guides in responding to high altitude illness.
- Focused on PAC use and oxygen cylinder operation in 3000m+ altitudes.
- Trained 5 Tibetan trekking guides who will be working in the High Himalayas.

### INITIATIVE OUTDOORS - GUIDING DISADVANTAGED YOUTH TO PROFESSION

*LEAD INSTRUCTOR*

Nepal  
*December – March 2013 – 3 Months*

- Providing disadvantaged youth with the technical, leadership, medical, and rescue training needed to secure employment in the outdoor industry of Nepal and to help youth to obtain independence and become active working members of society.

### HIMALAYAN ENCOUNTERS

*Professional Guide*

Nepal  
*2004 - 2015*

- Lead Guide for Himalayan Encounters Trekking agency
- During my work with Himalayan Encounters I have covered more than 100+ trekking trails in various parts of Nepal and Tibet.

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## ADDITIONAL INFORMATION

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Apart from the above-mentioned ability I have also partaken in following activities.

**White Water River:** Co-Raft Guide - 15 floats on 4+ rated rivers, received Water Rescue Training (WRT) from Rescue 3 International

**Rock Climbing:** Experience in various developing areas in Nepal. I am am Lead sport climber at the 6a/5.10 level

**Marathon:** Everest Marathon “Highest Marathon in the world ” – May 2012, Kathmandu Marathon - August 2012

**Canyoning:** I have spent time exploring new destinations in Nepal as well as 10 of the established areas, including first descents of Jalbire-150 meters, Pokhara powerhouse falls 60 meters.

**Paragliding:** Solo pilot with 35 flights with 15 hours flight time in Pokhara

**Cycling:** KTM to Pokhara 5 times 200 KM, Down hill mtb Pokhara trail system, KTM Valley rim Cycle trail 5 times in 3 days

**Environmental Activism:** I am a student of LNT and advocate it on all of my adventures. Whether teaching, leading, or adventuring for fun, I always practice the 7 principles of LNT.

**Foreign Travel:** I have travelled throughout Nepal, India and Tibet. I also have backpacked through Germany, Netherlands, Austria, Portugal, United Kingdom, and Ireland.

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## REFERENCES

*Reference available upon request.*