

**LILA K. CHAMLAGAI, BSc, MPH**  
**CURRICULUM VITAE**

**Current Address:**

86 South Angell Street  
Providence RI,  
Email: [lila\\_chamlagai@brown.edu](mailto:lila_chamlagai@brown.edu)

**Place of Birth:**

Bhutanese Refugee Camp  
Eastern Nepal, **Shelter No: 26**  
Languages: **Nepali**; Native | **Hindi**; Full Proficiency | **English**:  
Full Proficiency

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**EDUCATIONS:**

- 2026 **Doctor of Philosophy (PhD), (Anticipated May 2026)**  
Behavioral Health and Social Science Department  
Mental Health and Mindfulness Center  
Brown University School of Public Health, Providence RI
- 2022 **Master in Public Health (MPH)**  
Behavioral Health Science (Concentration)  
Global Health & Mindfulness Center  
Brown University School of Public Health, Providence RI
- 2019 **BSc, (1) Biology, (2) Sociology & Anthropology, (3) Human Services**  
Elmira College, Elmira, NY,  
Overall: Cum Laude, Major's GPA: 3.93/4.0
- 2015 **Springfield Central High School**  
Springfield, MA, GPA: 4.0/4.0
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**ADDITIONAL TRAINING:**

- 2021 Human Center Co-Design Training  
2018 End of Life Nursing Education Consortium (ELNEC)  
2016 Youth Empowerment Adolescence Health Network (YEAH)  
2015 Teen Mini Medical School; Bay State Medical Center  
2010 Certified Reiki Master and Yoga Instructor from Nepal
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**FELLOWSHIP & HONORS:**

- 2021- Full Ride Doctoral Fellowship; Brown University School of Public Health  
Behavioral Health and Social Science Department
- 2015- Bills and Milenda Gates Foundations Fellowship/ Scholarship Recipient
- 2019 Biology Honor Society
- 2017 Sociology & Anthropology Honor Society
- 2016 Elmira College Trustee Award Recipient
- 2014 National Honor Society Inducted
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**PUBLICATIONS:**

**Peer Review Journal Article:**

1. **Chamlagai L.K.**, Silva E, Alikhani A. The blame game of the US baby formula crisis. *Public Health Chall.* 2022;1:e36. <https://doi.org/10.1002/puh2.3>
2. Neville, S. E., DiClemente-Bosco, K., **Chamlagai, L.K.**, Bunn, M., Freeman, J., Berent, J. M., Gautam, B., et al.(2022). Investigating Outcomes of a Family Strengthening Intervention for Resettled Somali Bantu and Bhutanese Refugees: An Explanatory Sequential Mixed Methods Study. *International Journal of Environmental Research and Public Health*, 19(19), 12415. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/ijerph19191241>
3. Black C.J., Berent JM., Joshi U., Khan A., **Chamlagai L.K.**, Shrivastava R., Gautam B., Negeye A., Iftin AN., Ali H., Desrosiers A., Bhan A., Bhattacharya S., Naslund J.A., Betancourt T.S., Applying Human-Centered Design in Global Mental Health to Improve Reach Among Underserved Populations in the United States and India. *Glob Health Sci Pract.* 2023 Feb 28;11(1):e2200312, Doi: 10.9745/GHSP-D-22-00312. PMID: 36853639; PMCID: PMC9972370.
4. Lucero-Prisno, D. E., 3rd, Shomuyiwa, D. O., Vicente, C. R., Méndez, M. J. G., Qaderi, S., Lopez, J. C., Mogessie, Y. G., Alacapa, J., **Chamlagai, L.K.**, Ndayizeye, R., & Kinay, P. (2023). Achieving herd immunity in South America. *Global health research and policy*, 8(1), 2. <https://doi.org/10.1186/s41256-023-00286-2>

5. Qaderi, S., Miranda, A. V., Odey, G. O., Musa, S. S., Sy Lim, L. T., Vicente, C. R., Obnial, J. C., Ekpenyong, A., Negida, A. S., Ahmadi, A., Ntacyabukura, B., Wong, B. L., Shomuyiwa, D. O., Manirambona, E., Ogunkola, I. O., Lopez, J. C., Buban, J. M., **Chamlagai, L.K.**, Ukor, N. A., ... Lucero-Prisno, D. E. (2023). Taliban's war on educating girls and women must end now: A call for global actions. *Public Health Challenges*, 2(2). <https://doi.org/10.1002/puh2.80>

#### **Manuscript In Progress/Under Review**

1. Prasai, A., **Chamlagai, L.K.**, Frounfelker, R.L. Gautam, B., Mishra, T., Betancourt, T.S. (2023) "Honoring their Stories': Care Providers' Understanding of Psychosocial Concerns among Ethnically Nepali Bhutanese Older Adults with Refugee Life Experience" *Asian American Journal of Psychology: In Progress*....
2. **Chamlagai L.K.**, Suzuki K., Proulx J. "Effects Stress, Anxiety, Hope for Meaningful Life and Happiness after one week of Chakra Meditations among the former resettled Bhutanese American in the U.S". **In Progress**....
3. Lopez J.F., Creuza R., Shuaibu S., Ryan R., Deborah O., Joseph C., Emery M., **Chamlagai L.K.**, Yasir AE., "Learning Health Systems in Low- and Middle-Income Countries: Challenges and Way Forward" **In Progress**....

#### **Book Chapters:**

1. **Chamlagai, L. (2017)**. "Impact of Science and Technology on Youth Contemporary Society of the United States." *Elmira College Freshmen Essay Book*. Elmira, NY.

#### **Op-ed/Opinion:**

1. "Country in the Mirror": Summary and critic of the book that focuses on the physical and mental torture inflicted by the Bhutanese regime. <https://www.bhutannewsservice.org> In Nepali language. June 2021
2. "My Journey from Bhutanese Refugee Camp to Brown University", Washington DC. Smithsonian library. <https://americanhistory.si.edu/stories-of-2020/story/my-journey-bhutanese-refugee-camp-brown-university> January 2021

#### **ACADAMIC PRESENTATION (IN U.S). \*Indicates Presenter**

1. Prasai, A.\*, **Chamlagai, L. K.**, Frounfelker, R.L. Gautam, B., Mishra, T., Betancourt, T.S. (2022) Understanding the Formal and Informal Healthcare Needs of ethnically Nepali Bhutanese Elders AsianAmerican Psychological Association Convention. Poster Presentation, October 2022
2. **Chamlagai L. K\***, Osman R\*, & Betancourt T.S\*. Family-Based Mental Health Promotion for Refugee Resettled in the US: Community Partnerships and the Role of Implementation Science. Poster Presentation at Torture Treatment: Context, Rationale and Challenges in Creating Therapeutic Interventions. Virtual. March 7<sup>th</sup>, 2022
3. **Chamlagai L. K\***, & Betancourt T.S\*. Family-Based Mental Health Promotion for Refugee Resettled in the US: Community Partnerships and the Role of Implementation Science. Poster Presentation at Brown University School of Public Health, Behavioral Health Science Department. Virtual. Feb 2<sup>nd</sup>, 2022
4. Black, C. J\*, Berent, J. M., Sanchez, A., Wang, W., Nor Iftin, Gautam, B., Hussein, M., **Chamlagai, L. K.**, Negeye, A., McBrady, E., Mobley, M. Desrosiers, A., Bhattacharya, S., & Betancourt, T. S. Applying co-design methodology to improve acceptability, feasibility, usability, and reach of a digital Family Strengthening Intervention for Refugees: A mixed methods pilot study protocol. Poster presented at Academy Health's Annual Research Meeting, Virtual. June 14-17, 2021. <https://vimeo.com/558787300>
5. **Chamlagai, L. K\***, Backus, S\*, Zheng, P, Co-presented the research paper entitled "Understanding of the Trauma, Happiness and Meaning of life among the Bhutanese Refugees in Massachusetts". This event was hosted virtually by Eastern Psychology Association, Boston, MA from March 11-15, 2020, <https://www.youtube.com/watch?v=0GLm8eyFqps>
6. **Chamlagai, L.K\***, "Understanding Southern Bhutanese Refugees Suicide through Durkheim's Functional Perspective; Anomic Theory". Role of Religions and Social Institutions to Prevent Suicide. Poster Presentation at Elmira college, Elmira NY, May-2019.

#### **OTHER MEDIA APPERANCES:**

1. Zheng, P\*, **Chamlagai, L. K\***, "You are not alone during Covid-19": Co-presented and did interpretation in mass-awareness program which was hosted virtually by Community Upliftment Program Inc. <https://www.youtube.com/watch?v=WVwSHJqEoi8&t=21s>
2. Robinson, C. (2015, May 8). From refugee camp to top of class: Brother and Sister at Springfield High School win Gates Millennium Scholarship. *Mass Live*.

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## GRANTS SECURED:

### Academic/ Research Purpose

2023 Aug- Sep **International Research Travel Fund:**

Role: Research Student

- Secured the grants from International Research Travel Fund to go to Nepal in a Refugee Camp and conduct Community Need Assessment for future dissertation.
- Secured Funding: \$1,000

2023 Aug-Sep **Behavioral Health & Social Science (BHSS) Scholarly Development Fund:**

Role: Research Student

- Secured BHSS Scholarly Development Fund Travel Fund to go to Nepal in a Refugee Camp and conduct Community Need Assessment for future dissertation.
- Secured Funding: \$2,000

2022 Dec-Jan **Dr. Proulx Lab.**

Role: Research Student

- Secured funding from Dr. Proulx's Lab to travel the Nepal and conducted the "Community Mapping in a Bhutanese Refugee Camp Eastern Nepal" for future dissertation.
- Secured Funding: \$3,550

### Community Service & Empowerment Purpose

2020 Dec-Aug **Community Foundation of Western Massachusetts**

Role: Associate Executive Director & Grant Writer

- Title of Project: "Emergency COVID-19 Service Implementation & Awareness Program"
- Secured funding: \$20,000.

2020 Dec-Aug **Community Foundations of Western Massachusetts**

Role: Associate Executive Director & Grant Writer

- Title of Project: "Urgent Needs to Address the Issues of Homelessness amid of COVID-19 in Greater Springfield Area."
- Secured funding: \$10,000.

2019 Dec-Jan **Mass Cultural Center**

Role: Associate Executive Director & Grant Writer

- Title of Project: "Exploration of Hidden Talents and Culture of Bhutanese Refugees in Greater Springfield Area.
- Secured funding: \$1, 000.

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## RESEARCH EXPERIENCES:

2020-2022 **Research Program on Children and Adversity (RPCA) Lab, Boston College**

Director: Dr. Teresa S. Betancourt, Sc.D.

Research Title: Family Strengthening Intervention for Refugee (FSI-R)

Role: Co-Facilitators/Consultant (Community Advisory Board; CABs)

- Contribute to the finalization of the protocol for Community Co-Design groups and offer feedback on existing drafts.
- Contribute to the writing and development of a manuscript detailing the feedback and codesign stage of the project.
- Co-facilitate weekly Community Codesign Group.

2021-2022 **Mindfulness for Health Equity Lab (mHEAL)**

Brown University, School of Public Health

Role: Research Assistant

- Organized and assigned tasks for preparing data collection in Qualtrics, importing items & preparing measures.

2019 Jan-May **Department of Psychology and Sociology**

Elmira College, Elmira, NY

Role: Research Assistant

- Conducted the qualitative interview for research paper entitled "Understanding Southern Bhutanese Refugees Suicide through Durkheim's Functional Prospective".

- Collected data and conducted quantitative analysis to contributed to the manuscript for research paper “Understanding Trauma, Happiness and Meaning of life among the Bhutanese Refugees in Massachusetts.”
- Conducted literature review, translated, and transcribed the PTSD checklist, MLQ, and recorded the interview in Nepali languages and transcribed them in English.

2016 June-Sep **School of Nursing, Amherst, MA**  
University of Massachusetts, Amherst

Role: Research Assistant

- Collected data on “Designing Community-Based Mental Health Intervention To reduce Depression and Stress among Bhutanese refugees resettled in Massachusetts.”

## **PROFESSIONAL WORK EXPERIENCES:**

2019- 2020 **Community Upliftment Program Inc (CUP), Springfield, MA.**

Role: Associate Executive Director:

- Assisted in management and oversight of grant, reporting.
- Assisted in Massachusetts Department of Public Health to collect the COVID-19 contact tracing.
- Provided the information, distributed masks, and refer to the testing site if people have signs and symptoms of COVID-19.

2020 - 2021 **Mass Humanities and Asian American Commission, Springfield, MA**

Role: Interviewer and Transcriber:

- Responsible for simultaneous interview, transcription, and translation of 6-7 audio recordings of interviews with Nepali speaking Bhutanese elders entitled “Untold Story of Bhutanese American.”
- Work collaboratively with the interviewers and the Mass Humanities project team to ensure clear, detailed, and accurate transcriptions/translations.

2020 - 2021 **AmeriCorps: Springfield Central High School, Springfield, MA**

Role: Academic Support Specialist

- Tutored the various academic courses such as Algebra, Geometry, Basic Science, Biology, and History to high school student.
- Act as a liaison between school department, parents, and students to bridge the gap regarding language and cultural barriers and update students’ academic performance.

2012-2014 **Pioneer Valley Area Health Education Center (PVAHEC). Springfield, MA**

Role: Outreach Coordinator

- Participated in awareness activities regarding tobacco affects, obesity, and alcohol in the community.
- Address the concern about the effect of tobacco in state house of Massachusetts.
- Compete in HOSA-Future Health Professional event.

2010-2011 **Manokranti Yoga & Meditation Center, Bhutanese Refugee Camp,**

Role: CEO/ Founder

- Making major meditation center’s decisions, managing the overall resources of a yoga and meditation center,
- Acted as the main point of communication between the board of directors, administrations, & Staff.
- Worked as a Yoga instructor to perform all, yoga, meditation, and pranayama’s poses effectively.

2009-2010 **Transcultural Psychosocial Organization (TPO), Nepal**

Role: Field Worker

- Worked as a field report assistant to collect the data from the victims of fire disasters in Bhutanese refugee camp, Nepal.
- Connect with mental health counselor and provide resources to those who are struggling to cope from stress and anxiety of natural disaster.

## **STUDY & WORK ABROAD:**

2021 July- Aug **Bhutanese Refugee Camp, Nepal.**

Early Curriculum for Childhood Development (ECDC)

Role: Educator

- Lead weekly seminar in Nepal titled “Building Positive Reinforcement Between the Children, Parents and Teacher in Refugee Camp.”

- This event was hosted in collaboration with Peace Education Foundation, Miami Florida, and School Management Committee of refugee camp, Nepal.

2019 May-June **Thailand and Cambodia, “Globalizations and Change”**

Role: Ethnographic Research Student

- Went to Thailand and Cambodia to conduct ethnographic research-based project entitled “Influence of Hindus Architecture, Religious belief and Languages in Thailand and Cambodia” under professor’s supervision. It was academic course.

2018 April-June **Brazil, “Mosaic or Melting Pot”**

Role: Ethnographic Research Student

- Went to Brazil and completed qualitative research-based project, “The Impact of Drugs Poverty and Gangs on Health of Brazilian’s population from mental health perspective” under professor’s supervision. It was part of academic course.

2017 April-June **South Africa, “Multi Race and Culture”**

Role: Ethnographic Research Student

- Went to South Africa and Conducted the ethnographic paper entitled “Effectiveness of HIV/AIDS Prevention Program in a Contemporary Society of South Africa” under professor’s supervision.

#### **INTERNSHIPS:**

2018-2020 **Harvard University & Boston College: Schools of Social Work**

Role: Community Intern:

- Serve as a community advisory board member to provide input on the research program focused on children and adolescents.
- Bring a community’s concerns to the researchers’ attention, provides feedbacks about cultural contexts or other relevant topics of discussion.
- Report back to the community with any important communications from the meetings regarding stress reductions and research.

2018 June-Sep **Baystate Springfield Educational Partnership, Springfield, MA**

Role: Summer Scholar

- Collected patients’ health information and input in Redcap for statistical analysis.

#### **PROFESSIONAL SEMINAR ATTENDED:**

2023 **Mind and Life Summer Research Conference:**

Role: Attendee/ Participant

- Attended 10 days of Summer Research Conference at Garrison Institute of Garrison, NY entitled “Trauma Resilience and Flourishing”. Dr. John Kabat Zinn was a keynote, Speaker.

2022 **Immerging Youth Leadership Conference; Harrisburg, PA.**

Attendee/ Participant

- Attended 3 days seminar to understand the Mental Health Illness and ways to overcome those challenges that has been underlying in our communities and refugee camp, Nepal.

2021 **Harvard Medical School: Global Health and Social Medicine.**

Role: Student:

- Attended the seminar based one semester course entitled “Case Study in Global Mental Health Delivery” In Harvard Global Health and Social Medicine. This course was instructed by Dr. Vikram Patel, MBBS, PhD, and Dr. Shekhar Saxena, MD.
- Read Case Studies, discussed in the group of 5 to 6 people, collectively find the issue and solving strategies from those case studies regarding mental health illness and later present to the larger audience in classroom.

#### **COMMUNITY/VOLUNTEER SERVICES:**

2011-2022 **Bhutanese Society of Western Massachusetts (BSWM)**

Role: Community Volunteer

- Taught U.S history and civics courses to senior Bhutanese refugees, in groups of 15-20 people to prepare for U.S. Naturalize Certificate Test

2019- 2021 **Springfield Sakha Sewa Samaj, Springfield, MA**

Role: Community Volunteer

- Lead the overall project such as inviting the guest, yogi, and spiritual leader to discuss the positive impacts of Hindu's religions, yoga, and mindfulness activities.

2016 Dec-May **Arnot Medical Center, Elmira, NY**

Role: Volunteer

- Volunteered in the emergency department by helping doctors keep records of patient's file.

2015 Summer **Vivekananda Yoga Summer Camp, Springfield MA.**

Role: Volunteer

- lead youth by engaging them in spiritual leadership activities.
- Assisted the yoga instructors to lead regarding perform some yoga poses, meditations, chanting mantras, and pranayama's.

2013-2015 **Harvard University "School of Public Health"**

Community Liaison

- Provided critical assistance on the project, including assisting in outreach efforts.

2012-2014 **American Red Cross Society; Western Massachusetts Region**

Volunteer

- Helped to food drive, maintain the record of blood donor, and provide food and clothes to the victims of natural Disaster.

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**AFFILIATED ORGANIZATIONS/INSTITUTION:**

- Rhode Island Public Health Association <https://ripha.org/>
- Asian Refugee United, ARU. <https://sites.google.com/caasf.org/aru/>
- Community Upliftment Program, Springfield Massachusetts <http://www.communityupliftment.org/>
- Bhutan News Services <https://www.bhutannewsservice.org/>
- Life and Science Institution, Nepal and USA.
- Global Bhutanese Hindu Organization (GBHO)

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**SKILLS:**

- STATA,
- Red-Cap,
- Qualtrics
- N-Vivo

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**MENTORING AND ADVISING:**

- Kamana Dhimal 2022-Present : Drexel University, College of Health, and Science
- Gita Adhikari; 2021-2023: Westfield State University

**References:**

1. Dr. Jeffrey Proulx, PhD; Brown University School of Public Health,
2. Dr. Malavika Sarkar, MBBS, PhD; Brown University School of Public Health.
3. Dr. Theresa Betancourt, ScD; Boston College School of Social Work
4. Dr. Rochelle Frounfelder, ScD; Leghi University, College of Community Health, and Science
5. Dr. Candace J. Black, PhD; Marry University, School of Science, UK.

**Note:** Full Information such as Email Id and Phone Number will be sent upon requesting.