

Hrishikesh Lamichhane

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Education

Springfield College

Springfield, Massachusetts

September 2021 – May 2025

Bachelor of Science in Public Health

Bachelor of Science in Computer and Information Sciences

Honors Program

Relevant Coursework:

Principles of Epidemiology, Biostatistics, Linear Algebra,
Advance Python Programming, Global Health
Multivariable Calculus, Data Analysis using R, Database Management

Research Interests

- **Risk mitigation:** Assessing risk factors and behaviors associated with chronic illnesses and disintegrating interventional strategy to mitigate the risks
- **Machine learning algorithms implications:** Utilizing public health data to create machine learning models, using ML models to generate valuable insights
- **Mixed methods research:** Integrating qualitative and quantitative analysis in the research to solidify the results, correlating the findings from both analyses

Research Experience

Research Assistant

The Wellness Institute, Springfield College, Springfield, MA

August 2023 - Present

- Transcribed the participants' interviews using the software 'otter.ai' and organized them for coding
- Conducted literature review and managed the database using the software 'Zotero.'
- Assisted in conducting focus groups and participated in meetings to derive insights
- Employed R Studio and SPSS for exploratory statistics and utilized Python programming to build a k-means clustering algorithm

Research Assistant

NourishED Research Foundation, Wilmington, DE

July 2024 - Present

- Designed a research project on qualitative research tool under the mentorship of Dr. Bray
- Prepared an Institutional Review Board (IRB) research proposal and assisted in submission
- Conducted research and analyzed data, prepared manuscripts, conference posters, and abstracts
- Applied social network mapping tools to secondary data using kumu software and python

Professional Experience

April 2024 - Present

Academic Success Center, Springfield College

Peer Tutor: Epidemiology and Biostatistics

- Encouraged tutees to formulate learning strategies and provided alternative learning methods and resources
- Utilized probing questions to engage tutees and assigned work outside of the session to keep them engaged
- Facilitated tutees to apply the concept in real-life scenarios and understand the implications

May 2024-June 2024

Collaborative Educational Services, Northampton, MA

Strategic Planning Initiative for Families and Youth (SPIFFY) Intern

- Planned, brainstormed, and led the Alcohol and Cannabis Subcommittee meeting
- Led youth Steering Committee meeting to engage youths from Hampden and Hampshire County
- Designed flyers and one-pagers on evidence-based research on health topics targetted towards youths and families

August 2023 - December 2023

Massachusetts Health Officers Association, Boston, MA

Academic Public Health Corps Member

- Carried out team projects to provide healthcare consultation based on data-driven insights
- Utilized mapping tools like ArcGIS to map Smoking Cessation in the state of Massachusetts
- Shadowed local public health officials in healthcare equity projects and health inspection projects in Northampton, MA
- Attended consulting calls and facilitated problem-solving in local-level health in Ludlow, MA

July 2023 - August 2023

Jewish Family Service of Western MA, Springfield MA

Refugee Health Services Intern

- Analyzed data on demographic information of Refugee and updated their cases on the company database and led cultural orientation on health promotion classes to 200+ refugees
- Educated the newcomers on health systems and services in the Springfield Area and coordinated their screening appointments

December 2022-July 2023

Behavioral Health Network, Springfield, MA

Administrative Assistant

- Extended partnerships with faith-based organizations in Hampden County and collaborated to run health education on the most prevalent diseases in Hampden County
- Designed, implemented, and evaluated community interventions through community workshop outreach campaigns

Related Experiences

August 2024- Present

Armbrook Village Senior Living Residences, Westfield MA

Programming Assistant in Dementia Care

- Implemented and coordinated the balanced daily therapeutic programming schedule for 7 days per week
- Coordinated with guest lecturers, musicians, and fitness instructors and participated in scheduled outings, ensuring the safety of residents on transportation and off-site
- Assisted with a support group and educational sessions for families and staff and support with developing a monthly newsletter, taking photos, and updating social media

July 2022 - September 2022

Mental Health Association, Springfield, MA

Day Service Counselor in Acquired Brain Injury

- Designed wellness services and interventions to engage clients with Acquired Brain Injury and assisted them in setting personalized goals.
- Assessed every client's strength, progress, and goals and assisted the supervisor in collaborating with PT, OT, counselors, and social care workers
- Documented clients' daily activities in a database for research and grant purposes

Research Volunteer

Bhaskar-Tejshree Memorial Foundation (BTMF), Kathmandu, Nepal

October 2019

Volunteer, Fact-sharing Seminar on Changing Cardiovascular Risk Behavior among School Students

October 2017

Volunteer, Dissemination Seminar: Empower School Adolescents

October 2016 - October 2017

Student Volunteer in Cardiovascular Disease Risk Behavior Research

- Distributed questionnaires to collect data on cardiovascular disease risk behaviors among school students. Developed experiential learning materials to demonstrate habitual risk factors of heart diseases among adolescents.

Leadership Experience

September 2022- Present

Springfield College

Student Advocates for Wellness (SAW) Peer to Peer Educator

- Organized annual campus-wide sex-positive anonymous discussion event 'Sex In The Dark'
- Facilitated mirror-covering event for two years on National Eating Disorders Awareness Week
- Presented interactive and experiential materials on wellness topics, Alcohol ('weekend wipeout,') Cannabis ('Cannabis Candyland,') sexual and reproductive health ('Let's Talk about Sex'), and mental health ('Stressed Out') class presentations to incoming first-year students

January 2022-Present

Springfield College

Residential Assistant

- Created interactive and engaging community programs to engage students in a healthy on-campus living experience and increased participation by 25% through hall-wide marketing
- Inspected dorm rooms to check for violations of rules and regulations and adhere to the campus policy

Member, YMCA Club

- Represented Springfield College and Basketball Hall of Fame in a YMCA General Assembly in Atlanta, Georgia and fulfilled managerial and marketing tasks
- Volunteered at Cape Cod Y and Camp Lyndon in Sandwich, MA in week-long camp cleaning, painting and preventing erosion for alternative spring break
- Represented Y-Club at Silver Bay YMCA, New York, to facilitate recreational events
- Volunteered in a cross-cultural event on campus 'Food around the World'
- Collaborated with Y-Club members in designing and distributing gratitude cards to frontline workers in local hospitals

Co-editor of Alden Street Review, 2022

- Researched and fact-checked the content of the submissions
- Evaluated the writing style, convention, and grammar and refining the piece

Student Assistant for Multicultural Affairs, 2022

- Assisted the director of Spiritual Life with event planning and cultural celebrations on campus
- Worked with the Grad assistant to design flyers and distributed them around campus

Student Hall Security, Public Safety Department, Springfield College

- Assisted dispatch in monitoring the closed-circuit surveillance cameras throughout campus.
- Operated a radio to report to the Springfield College Police Department and provided safety escorts upon a student's request

Sales and Marketing Intern, Karkhana, 2021

- Used communication and storytelling tools like Facebook for business, Asana, Google apps, Figma, and Pipedrive for collaborating with members of Karkhana
- Created and posted interactive content and increased social media traffic by around 70%

Awards

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| - Emerging Leader Award | Student Leadership Awards 2022-2023 |
| - First Place in the category of posters- Social Sciences | April 2024 |
| - Oscar Elwell YMCA Book Award | January 2023 |
| - Academic Excellence Award, Department of Public Health and Health Professions | April 2024 |
| - Academic Excellence Award, Department of Health Sciences | April 2023 |
| - Academic Excellence Award, Department of Health Sciences | April 2022 |
| - Hearst Scholarship Award | 2022-2024 |

Trainings

CITI Training: Human Subjects Research (HSR) - Social-Behavioral-Educational Researchers

CITI Training: Responsible Conduct of Research - Researchers and Study Staff

CITI Training: Mental Health for Higher Ed and Healthcare

Abstract

Contributors of negative attitudes towards sleep data in biometric-tracking ring users: A qualitative study

Hrishikesh Lamichhane¹, Lydia Trainor, PhD², Barbara Araoz, MS¹, Marissa McElrone, PhD, RDN, CPH³ and Chelsea Allison, Ph.D., RDN⁴

Employee definitions of wellness at a higher education institution with a health-focused mission

Chelsea Allison, Ph.D., RDN¹, Lydia Trainor, PhD², Barbara Araoz, MS¹, **Hrishikesh Lamichhane**¹, Marissa McElrone, PhD, RDN, CPH³ and Christine Selby, PhD, CEDS, CMPC-E¹

In Preparation:

K-Means Clustering and Cluster Analysis: A data-driven technique of segmenting sleep data in Biometric Tracking Ring Users

Hrishikesh Lamichhane¹, Daniel Smith, PhD¹, Lydia Trainor, PhD², Barbara Araoz, MS¹, Marissa McElrone, PhD, RDN, CPH³ and Chelsea Allison, Ph.D., RDN⁴

Network Mapping Qualitative Data: A Side-by-Side Comparison of Two Novel Protocols

Hrishikesh Lamichhane^{1 2*}, Revo Tesha¹, Heather Zwickey^{1 3 4}, Ryan Bradley^{5 3 4}, Chris Bray⁶, Brenna Bray^{1 3}

Presentation

1. **Lamichhane H,*** Trainor L, Araoz B, McElrone M, Allison C. *Contributors of negative attitudes towards sleep data in biometric-tracking ring users: A qualitative study*. Submitted to the American Public Health Association conference, October 27-30, 2024: Minneapolis, Minnesota.
2. Allison C, Trainor L, Araoz B, **Lamichhane H**, McElrone M, Selby C. *Employee definitions of wellness at a higher education institution with a health-focused mission*. Submitted to the American Public Health Association conference, October 27-30, 2024: Minneapolis, Minnesota.
3. **Lamichhane H,*** Trainor L, Araoz B, McElrone M, Allison C. *Contributors of negative attitudes towards sleep data in biometric-tracking ring users: A qualitative study*. Scholars in Action Day, Springfield College, Springfield, Massachusetts

Skills

Data Analysis	Excel, Python programming, R Studio, SPSS
Data Visualization	Python programming, R Studio, Tableau
Interview Transcription and Qualitative Analysis	Otter.ai, Dedoose, MAXQDA
Designing skills	Figma, Canva
Reference Manager	Zotero
GIS Skills	ArcGIS, QGIS

Languages

Nepali	Native or bilingual proficiency
English	Full professional proficiency
Hindi	Professional working proficiency
French	Elementary proficiency