



REBECCA VANLALRUATI

EDUCATION

•	PHD (Area of Research: Sports Psychology) 2018-2024	Mizoram University
•	UGC-NET 2018	University Grants Commission
•	M. PHIL (Area of Research: Sports Psychology) 2018	Mizoram University
•	MA (Psychology) 2015	Mizoram University
•	BA (Psychology) 2013	Delhi University

EXPERIENCE

•	ASSISTANT PROFESSOR 2024 - Present	Madras Christian College Chennai Assistant Professor, Department of Psychology
•	CONSULTANT PSYCHOLOGIST 2018 - 2020	TATA Trusts Centre of Excellence Mizoram Psychologist at Tata Trusts "Centre of Excellence"
•	PSYCHOLOGIST FOR COVID CARE CENTRES 2020 - 2021	Government of Mizoram Mizoram Psychologist for Covid Care Centres under Covid-19 Committee on Psychological & Social Guidance, Govt. of Mizoram
•	PSYCHOLOGIST 2019 - 2022	Dawmtu Mizoram Psychologist at Dawmtu Adult Day Care Centre, Mizoram.
•	GUEST FACULTY June 2019 - May 2020	St. Xavier's College Lengpui, Mizoram
•	CONSULTANT PSYCHOLOGIST (HINDI COUNSELLING) 2021	2 Assam Rifles, c/o 99 APO Mizoram Consultant Psychologist (Hindi Counselling) at 2 Assam Rifle
•	CONSULTANT PSYCHOLOGIST 2022	Chhing Veng Spikers Mizoram Consultant Psychologist at Chhing Veng Spikers Volleyball Club
•	RESEARCH INVESTIGATOR January - June, 2016	Indian Council of Social Science Research Research Investigator in Major Research project under Indian Council of Social Science Research, entitled 'Psychological Root Causes of Rape'

CONTACT

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📍 M-2/20 Chhing Veng,
Aizawl, Mizoram
796001

SKILLS

- Creativity
- Teamwork
- Communication
- Hardwork

LANGUAGES

- English (Fluent)
- Hindi (Fluent)
- Mizo (Fluent)

CERTIFICATIONS

- **2022** - Distance Diploma in
Sports and Exercise
Psychology – Institute of
Sports Science & Technology
(ISST)
- **2020** - Certificate in Sports
Psychology – National School
of Leadership



AWARDS

Best Paper Award for the paper titled "Self-efficacy in sports: A study on Mizo Athletes" at the 57th National & 26th International Conference of Indian Academy of Applied Psychology (IAAP)

RESOURCE PERSON

- Certificate course in Sports Psychology, Kristu Jayanti College (Autonomous), Bengaluru 2024
- Mental Training WBC Youth World Title fight 2021
- Mental training organized by Bungkawn Games & Sports Association
- Mental Training organized by Bungkawn Branch YMA Basketball Team
- Psychological talk organized by Setea boxing Academy
- Motivational Workshop organised by AMKA Lunglei district
- Mental Training Republic Football team

PAPERS PUBLISHED

- "Motivational Training: Effects on Self-Regulation of Sportsmen and Non-Sportsmen" Varte, C. L. & Vanlalruati, R. The International Journal of Indian Psychology. Volume 11, Issue 1, January- March, 2023 ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
- "Empowering Mizo Sportsmen through Motivational Training: an Examination of its impact on Self-Efficacy and Performance" Vanlalruati, R. & Varte, C. L. Indian Journal of Natural Sciences (IJONS) Vol.14 / Issue 78 / June / 2023. ISSN: 0976 – 0997
- "A Comparative Study on Psychological Variables between Sport Trainees and Non-Sport Trainees in Mizoram" Contemporary Psychosocial Issues - 1, MZU Psychology Alumni Association
- "A Study On Well-being and Emotional Maturity of Trainees in Mizoram State Sport Academies" in the book "Young Adults and Emerging Trends in Psychology" published by All India Don Bosco Education Society (AIDBES) with ISBN 978-81-938038-2-0

PAPERS PRESENTED IN CONFERENCES, SEMINARS, WORKSHOP, SYMPOSIA

- "Self-efficacy in sports: A study on Mizo Athletes" at the 57th National & 26th International Conference of Indian Academy of Applied Psychology (IAAP) "Relevance of psychology in pandemic condition & it's impact on well-being in the digital world" organized by Department of Clinical Psychology and Department of Psychology, Mizoram University from on 27th-29th January, 2022
- "Perspective of the Mizo People towards the Mizoram Covid-19 Task Force" at an International Virtual Conference "Global Pandemic Outbreak: Role of Social Scientists" organized by Department of Liberal Arts and Department of Visual Communication on 18th & 19th June, 2020.
- "Psychological Variables Between Sport Trainees and Non- Sport Trainees in Mizoram" at an International Conference "Emerging Trends in Psychology" organized by Department of Psychology, University of Madras from 15th-17th March, 2018.
- "A Comparative Study on Psychological Variables between Sport Trainees and Non-Sport Trainees in Mizoram" ata National Seminar "Contemporary Psychosocial Issues" organized by Mizoram University Psychology Alumni Association in collaboration with Department of Psychology, Mizoram University on 19th October 2018.
- "A Study On Well-being and Emotional Maturity of Trainees in Mizoram State Sport Academies" at a National Conference "Young Adults and Emerging Trends in Psychology" organized by P.G. Department of Counselling Psychology & Don Bosco Youth Animation, South Asia, New Delhi in collaboration with Department of Psychology, Periyar University on 25" January, 2018.