

CURRICULUM VITAE

Personal Information

Name: Dr Lalbiaknii Hnamte

Designation:

Assistant Professor, Department of Psychology,
Madras Christian College, East Tambaram, Chennai
2023-Present



Language: English and Mizo

Educational Qualification

Year(s)	Degree	Institution	Percentage
2023	PhD Psychology	University of Madras, Chennai, Tamil Nadu	-
2013-2014	MPhil Psychology	Madras School of Social Work, Chennai, Tamil Nadu	77
2011-2013	MSc Counselling Psychology	Madras School of Social Work, Chennai, Tamil Nadu	80.2
2008-2010	BSc Psychology	Ethiraj College for Women, Chennai, Tamil Nadu	79.1
2007	Class 12 (Science-Biology, Physics and Chemistry)	Government Mizo Higher Secondary School, Aizawl, Mizoram	65.4
2004	Class 10	St Paul's Higher Secondary School, Aizawl, Mizoram	84.6

Educational Internship

- 1) Volunteers for Community Mental Health (VOLCOMH), Aizawl, Mizoram. Duration: January 2014
- 2) Schizophrenia Research Foundation (SCARF), Chennai. Duration: December – January 2013
- 3) Department of Psychiatry, Kulikawn Hospital, Aizawl, Mizoram. Duration: May – June 2012

Resource person

- 1) Workshop on “APA Guidelines for Research Papers” organized by PG Department of Psychology, Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai. (May,2021)
- 2) Soft Skill program on “APA Guidelines and Brief Introduction to SPSS” organized by Department of Family Counseling, Madras School of Social Work, Chennai. (March, 2023)
- 3) Soft skill on “Writing a research article/thesis” specific to APA guidelines at the Department of Psychology, University of Madras, Chennai. (March, 2023)

Paper presentations

- 1) Presented a paper on “Perspective of the Mizo People towards the Mizoram COVID-19 Task Force” at the International Virtual Conference conducted by the Department of Liberal Arts & Department of Visual Communication, Hindustan Institute of Science and Technology, Chennai on 18th – 19th June 2020.
- 2) Presented a paper on “Validation of the Harmful Substance Use Screening Tool for Adolescents- Mizo version” at the 55th International and 24th International Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Manonmaniam Sundaranar University, held on 23th – 25th January 2020.
- 3) Presented a paper on “Adaptation of the Extended Version of the Content-Based Media Exposure Scale (CME-2) for Mizo” at the International Conference organized by Department of Psychology, Anugraha Institute of Social Sciences, held on 8th-10th February 2019.
- 4) Presented a paper on “Influence of Perceived Parental Expectations and Self-Efficacy on Psychological Well-Being among Adolescents” at the International Conference on Emerging Trends in Psychology, organized by the Department of Psychology, University of Madras, held on 15th-17th March 2018.
- 5) Presented a paper on “Influence of Self-Love and Grandiose Narcissism on Pro-Social Behavior among Young Adults” at the 53rd National & 23rd International Conference of Indian Academy of Applied Psychology, organized by the Department of Psychology, Pondicherry University, held on 16th -18th February, 2018.
- 6) Presented a paper on “Validation of the Self-Esteem Questionnaire – Revised” at the 7th InSPA International Conference on School Psychology organized by Department of Studies in Psychology, University of Mysore, held on 9th – 11th November, 2017.

Publications

- 1) Hnamte, L., & Sasikala, S. (2020). Validation of the Harmful Substance Use Screening Tool for Adolescents – Mizo version. *Indian Journal of Psychology* [Special Issue], 202-209.
- 2) Hnamte, L., & Arulsubila, M. (2014). Impact of cognitive restructuring techniques on the emotional maturity and resilience of middle school children. In S. Thenmozhi & S. Sasikala (Eds.), *Research Studies in Child and Women Mental Health* (pp. 21-30). Today Publication.

Workshops Attended

- 1) “Qualitative Research Methods and Analysis” organized by Samarth held on 18th – 23rd January 2021.
- 2) “Drug Demand Reduction & Drug Abuse Prevention” training programme organized by The Department of Psychology, University of Madras and Department of Social Defense, Government of Tamil Nadu on 13th February 2022.
- 3) “Gestalt Based Art Therapy” organized by the Department of Psychology, SHASUN Jain College for Women, Chennai held on 14th September 2019.
- 4) “Instrument Development” organized by Samarth and Schizophrenia Research Foundation held on 13th – 14th November 2018.
- 5) “Substance Abuse Counselling” organized by the Department of Social Work, Guru Nanak College, Chennai, held on 6th September 2018.
- 6) “Emotion Competency” organized by the Department of Psychology, University of Madras, held on 20th December, 2017.
- 7) “Prevention of Interpersonal Violence” organized by Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College and Muktha Foundation, Chennai, held on 21st August, 2017.

Memberships

I am a member of the following organizations.

- 1) Indian Academy of Applied Psychology (IAAP)
- 2) Indian School Psychology Association (InSPA)
- 3) Mizoram Psychological Association (MPA)

Technical skills

- 1) Basic knowledge on how to use Microsoft Office such as Word, Excel and PowerPoint.
- 2) Basic knowledge on how to use SPSS software.
- 3) Basic knowledge on how to use Google forms
- 4) Basic knowledge on how to conduct online meetings through platforms such as Zoom, Google Meet, Microsoft Teams.