



**ISPAN'S Customized
PSYCHOLOGICAL EVALUATION REPORT**

Name: Aasra Sudhir

Age: 16/F

Sports: Swimming

Level: Advanced

Coach: Nataraj

Academy: BAC

PSYCHOLOGICAL EVALUATION

Anxiety	Competitive behavior	Attention & Concentration	Decision Making	Memory	Problem solving	Visualization	Reaction Time	Coordination
High	Low	Low	Low	Good	Good	Moderate	Low	Low

Recommendation:

- Group counseling sessions
- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training:
 - Combining psychological strategies with physical training to create a holistic approach.
 - Regular sessions with a psychologist to monitor progress and adjust strategies as needed.