**ISPAN’S Customized**

**PSYCHOLOGICAL EVALUATION REPORT**

**Name: Agasthya**

**Age: 7 years**

**Sports: Badminton**

**Level of sports: Intermediate**

**Coach: Mahesh, Tejas  
Academy: PBA**

**PSYCHOLOGICAL EVALUATION**

|  | **Low** | **Moderate** | **High** |
| --- | --- | --- | --- |
| Cognitive ability assessment  Forgetfulness |  | ✔ |  |
| Distractibility |  | ✔ |  |
| False Triggering | ✔ |  |  |
| Competitive Behavior questionnaire | ✔ |  |  |
| Sport competition anxiety test |  |  | ✔ |

**Recommendation:**

* Self-Compassion Training
* Personality development
* Integrated Mental and Physical Training:
  + Combining psychological strategies with physical training to create a holistic approach.