



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Amar Prakash Sahu

Age: 18/M

Sports: Swimming

Level: National

Coach: John Christopher

Academy: BAC

PSYCHOLOGICAL EVALUATION

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

Recommendation:

- Group counseling sessions
- Decision making skills enhancement
- 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.