



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Insiya Lodghar

Age: 10/F

Sports: Swimming

Level: Beginner

Coach: Nataraj

Academy: BAC

PSYCHOLOGICAL EVALUATION

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

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.