



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name: K Bala Ponni**

**Age: 18/F**

**Sports: Swimming**

**Level: National**

**Coach: Rajesh**

**Academy: BAC**

### PSYCHOLOGICAL EVALUATION

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

#### **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.