



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Lakshitha Dandapani

Age: 16/F

Sports: Swimming

Level: State

Coach: Rajeev

Academy: BAC

PSYCHOLOGICAL EVALUATION

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