



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name: Manas R S**  
**Age: 13/M**  
**Sports: Swimming**  
**Level: Advanced**  
**Coach: Nataraj**  
**Academy: BAC**

### PSYCHOLOGICAL EVALUATION

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

#### **Recommendation:**

- Group counseling sessions
- 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.