



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name: Samrudh**  
**Age: 10/M**  
**Sports: Swimming**  
**Level: State**  
**Coach: Manoj**  
**Academy: BAC**

### PSYCHOLOGICAL EVALUATION

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

