



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name:**Shikhar  
**Age:** 12/M  
**Sports:** Swimming  
**Level:** Beginner  
**Coach:** Benoy  
**Academy:** BAC

### PSYCHOLOGICAL EVALUATION

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