



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Tvishaa

Age: 15

Sports: Swimming

Level of sports: State Level

Coach: Karthik

Academy: Floating Arena

PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<u>Competitive Behavior questionnaire</u>	✓		
<u>Sport competition anxiety test</u>			✓

Recommendation:

- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training