



MENTATHLON

Age group 9-12 years

YOUNG CHAMPS

For Athletes above 12 years

Activity based Mental training Programs for athletes that address their psychological needs in a group setting.

BENEFITS OF THE PROGRAM

Helps athletes to cope with an intense environment.

Helps athletes improve their concentration.

Helps build resilience and increase confidence.

Helps athletes to perform to their full potential.



MODULES & DETAILS

Mentathlon

Introduction to Mental Training	Emotion Management
Self-Awareness	Concentration
Goal Setting	Resilience
Confidence building	Communication

Young Champs

Self- Awareness	Goal-Setting
Confidence Building	Visualisation & Relaxation Techniques

Details

Mentathlon

 Age group 12 years above

 8 sessions

Young Champs

 9 to 12 years

 4 sessions

 Each session duration - 50 minutes

ABOUT MINDSPORTS

Mindsports is the brainchild of Mugdha Bavare and has grown organically from her two life interests - Swimming and Psychology.

A Counselling Psychologist from the University of Mumbai, Mugdha is a founder of Mindsports, based in Mumbai. A swimmer par excellence, Mugdha has won several medals at National and International levels in various competitions across different age groups. She has also won the prestigious Chhatrapati Award, the highest state-level award for excellence in sports, in the year 1994-95.

The objective of Mindsports is to prepare athletes to deal with and enjoy the challenges in competitive sports by developing a strong and confident mental framework. Mindsports helps athletes in performance enhancement and strongly believes that excellence in performance is the product of a well-trained mind and body.

Globally, to a great extent athletes focus on physical training, however, mental training is an equally important part of achieving great performance when it really matters. Therefore, Sports Psychologists at Mindsports work towards balancing both of these to extract the best out of the athlete and help them achieve their true potential.

OUR TEAM



Mugdha Bavare

► Founder, Mindsports
Co-founder, Disha Counseling Centre
Sports Psychologist, Paris Olympics 2024
Sports Psychologist, Women's India Cricket Team

Kiran Salunkhe

► Sports Psychologist,
Mindsports
MSc Sport & Exercise Psychology
Former National Rhythmic Gymnast

Rasika Kalgutkar

► Sports and Counseling Psychologist,
Mindsports
MA Counseling Psychology
Former Table Tennis player

CONTACT US

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