



## Siddhant Rana

### Professional Summary:

I am a postgraduate in sports psychology with practical experience assisting athletes in rehabilitation, football, cycling, cricket, kabaddi and other sports. Currently, I am working with cricket players who are competing at the Ranji Trophy, Under-23, and Under-19 levels.

I am competent in providing evidence-based mental performance interventions to improve self-talk, goal-setting, emotional control, motivation, resilience, confidence, focus, and pressure management. I have played competitive cricket for more than 10 years, so I have a firm understanding of the psychological demands that athletes endure throughout practice and competition.

I am dedicated to providing athletes with useful, athlete-centered support that enhances both their performance and general well-being. I am well-known for my effective communication, empathy, and teamwork.

### EDUCATION:

1. Masters in Sports psychology  
Guru Nanak Dev University, Amritsar ( 2024 - 2026 )  
CGPA: 8.02
2. Humanities & Social Science Hons  
DR. B.R Ambedkar University New Delhi ( 2021 - 2024 )  
CGPA: 6.75
3. Class 12th: Lovely Public School, New Delhi ( 2021 )  
Percentage: 92%
4. Class 10th: Ryan International School, New Delhi ( 2019 )  
Percentage: 72%

### Contact Information

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[@mindbalance.sports](https://www.instagram.com/mindbalance.sports)  
Member : **Indian sports psychology association ( INSPA )**

### Research & Publications:

1. Mind Under Pressure: Fear of Failure and Its Psychological Correlates Among Cricketers  
Published in International Journal of Novel Research and Development ( 2026 )  
<https://ijnrd.org/papers/IJNRD2604672.pdf>
2. Presented my thesis : Exploring relationship between Fear of failure, resilience & personality traits among cricketers at International Conference on Physical Education and Sports Science ( 2026 Goa ) Feb 12 to Feb 14 2026

## **EXPERIENCE:**

### **Manas Mantra — June 2026 - Present, New Delhi**

#### **Sports psychologist**

As a Sports Psychologist at Manas Mantra, I work closely with athletes to help them enhance both their performance and overall well-being. Through psychological assessments and mental skills training, I support athletes in developing confidence, focus, resilience, emotional regulation, and effective stress-management strategies. I utilize evidence-based techniques such as goal setting, imagery, self-talk, relaxation training, and biofeedback to help athletes perform at their best. Additionally, I assist athletes during injury rehabilitation and return-to-play transitions, while collaborating with coaches and support staff to create a positive environment that fosters both personal growth and sporting excellence.

### **RCF Athletic testing team (January 2026), Kapurthala, Punjab : Sports psychologist**

1. Participated in Yo-Yo testing and performance evaluation processes as a member of a multidisciplinary athlete testing committee. Helped oversee and administer athlete evaluation procedures, such as psychological and physical performance evaluations.
2. Assisted accurately and efficiently record, arrange, and evaluate athlete testing data and performance outcomes.
3. Gained hands-on experience with multidisciplinary teamwork in a professional athletic setting, athlete assessment techniques, and sports performance evaluation.

### **Cricket Academy's (December - 2025), New Delhi: Sports psychologist**

1. Provided counselling and motivational support to enhance their self-confidence, concentration, emotional regulation, and general mental readiness. Facilitated team-building exercises to improve players' trust, cooperation, and communication.
2. Helped lead group discussions on motivation, relaxation methods, improving focus, and cultivating a positive outlook.
3. I worked towards increasing performance during practice and games, I worked one-on-one with athletes on fundamental relaxation training and concentration-boosting strategies.
4. Developed a supportive athletic environment by directly interacting with players to comprehend their mental and performance-related issues.

## **SKILLS**

- Performance Enhancement
- Mental Skills Training (MST)
- Goal Setting Interventions
- Psychoeducation for Athletes and Coaches
- Imagery and Visualization Training
- Self-Talk Interventions
- Attention and Concentration Training
- Confidence Building Strategies
- Performance Routine Development
- Pre-Competition Preparation
- Competition Anxiety & Stress Management
- Relaxation Training
- Team Cohesion Development
- Biofeedback and Neurofeedback Training
- VTS (Vienna Test System) Assessment
- Balance Assessment and Testing
- Psychometric and Psychological Testing
- Injury Rehabilitation Support
- Return-to-Play Psychological Readiness Assessment
- Athlete Well-being and Mental Health Support
- Emotional Regulation Training
- Motivation Enhancement

## **Sports Authority of India (June 2025),**

### **New Delhi : Sports psychologist intern**

1. Conducted psychological testing and athlete evaluation using VTS, balance testing systems, and various psychometric assessment tools.
2. Assisted in administering, scoring, and interpreting psychological and performance-based assessments for athletes from multiple sports disciplines.
3. Maintained detailed athlete performance records, testing reports, and assessment data with accuracy and efficiency. Supported the organization and analysis of athlete data while developing strong analytical and documentation skills.
4. Gained hands-on experience in sports performance analysis, athlete evaluation, and psychological assessment in a high- performance sporting environment.

## **Aradhya Cricket Tournament for Underprivileged Students**

### **(August 2025), New Delhi : Mentorship**

1. Performed the role of a mentor for underprivileged student-athletes during the competition by offering them inspiration, direction, and emotional support.
2. During practices and games, participants were encouraged to be cooperative, disciplined, self-assured, and to practice good sportsmanship.
3. Assisted athletes with staying motivated and enthusiastic during competition and managing the strain of competition.

## **Khelo India Girls Road Cycling Competition (October 2024), Amritsar, Punjab: Sports psychologist**

1. Provided psychological support and mental conditioning to athletes during the competition to enhance mental readiness and performance.
2. Assisted cyclists in improving focus, confidence, emotional regulation, and stress management under competitive pressure.
3. Gained practical exposure in athlete management, competition-day psychological support, and the application of sports psychology techniques in a high-pressure sporting environment.