

27 September 2022

To whom it may concern

I have known Aashima for 4.5 years in my capacity as a Chief Coach at Manav Rachna Shooting Academy, Manav Rachna Sports Academy. She started with us as a beginner and won medals at National level competitions and State level competitions. She came to range to shoot for the love of shooting which is the main thing that helped her excel in this sport. She surprised all of us in the academy with her wonderful natural control in this game. I would rate Aashima's performance in my sessions and in competitions also as superior.

The qualities I have observed in Aashima are as follows:

- One of the most disciplined student of my class.
- She is a very good listener.
- Her ability to keep doing and pushing the limits to get her bests even in tough times shows mental strength as one of her best weapons.
- She is a very supporting in nature.
- She is a smart worker.
- She becomes a very good part of the Team Work.
- Her ability to adapt and take right decisions even at last moments.

During my sessions and any other event I describe her to others as 'Silent Killer'. She listens to every small detail during training. Mostly it seems that it won't be easy for her to manage some steps or drills during training time due to her comparatively lower physical strength but she always emerges as a surprise, due to her determination and mental strength. One of her good qualities is also that she knows when to say 'NO' and take steps back to prepare strongly and then re-launch for excellence. In some national level competitions where she was average in the qualification scores but performed her best during the finals to win laurels for the state and academy. This reflects her mental strength and strong control.

As I mention her as a good listener I mean it actually. During sessions it seems she is listening like all others (doesn't show from her face how she is focusing on every small detail). It is easy to observe her applying the lessons on every single shot to get that ability in her faster. That is why she has performed excellent in many events, some after very less practice, due to her ability to accept the right things at right time.

One of my favourite recollections of Aashima's grit and determination is from December'21 after State Shooting Body announced the team selection trials which was during final exams season. Aashima who has always been studious was not been able to decide whether to participate or not, but to be a part of team was also very important.

On the day of the competition when I met Aashima, I observed from the way she looked at me and through her body language that she won't be able to manage her average. Since trap shooting is a reaction sport with mental readiness and Aashima been concentrating on her exams. Also she will be shooting 5 rounds so one or two will definitely be below average. After a practice round she came to

me and said Coach I am not even feeling the correct sensations and I felt she is sad inside too and about to come in tears. We then spoke in 1:1 in person and discussed what could have been wrong that day. She was waiting in the car, we had shared some thoughts about why's and how's. After which I was 100% sure that she is going to quit but she asked me to give her 10 minutes alone to be by herself.

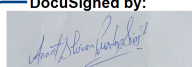
Just after, Something happened! She was walking towards me and her eyes were saying it all. Her body language too was positively changed. I felt like 'There She Is'.... Yes! Seems back in her feel. She is going to do it. It took a minute for her to say, "Coach I am not quitting...I will shoot. I am good now."

Rest is history - where she shot her best again and won the Gold medal in both senior and junior categories. That day the winning was not the priority. That turn she took was everything, how she took it was important, and how she maintained it for the whole competition was even more important than winning.

I enjoyed her flawless performance in all the rounds and also observed the energy she was carrying. That day I was proud as a coach and specially as the Coach of Aashima Khanna who always tried her best using what she had learnt and earned during her training hours.

In Conclusion, I would highly recommend Aashima to be a part of your Institution as she will be a positive addition in your team.

Sincerely,

DocuSigned by:

4702E8D640AA4C2...

Anant Shivan Pratap Singh
Chief Coach,
Manav Rachna Shooting Academy
anant.mrsa@mrvpl.in

DocuSigned by:

7A1A55051F6C486...

Daniele Di Spigno
Head Coach
Italian Junior National Team
dispigno.d@gmail.com