



# BODHI MEDITATION CLUB

## SCHOOL OF BUDDHIST STUDIES & CIVILIZATION

GAUTAM BUDDHA UNIVERSITY  
EXPRESS-WAY, GREATER NOIDA,  
DIST: GAUTAM BUDDHA NAGAR  
UTTAR PRADESH, 201312

### “Stress Management through Bodhi Meditation”

#### Member’s Application Form

##### Personal Student details

- Name: .....
- Age: ..... Date of Birth: .....
- Gender: Male / Female                      Roll No.....
- Name of Course and School: .....
- Mobile No.....Email-ID.....
- Your life Ideology/Inspiration: (Tick only)  
(1) Ambedkarism (2) Buddhism (3) Vedic/Upanishad (4) Islamic (5) Christianity (6) Rationalist (7) Others
- Your Career Goal/ Ambitions: .....
- Which class you pursuing in university:              Fresher/graduate/Post graduate/Doctoral

##### **Stress assessment questionnaire (Apply tick only)**

Sr No.	Questionnaire	Stress (Yes/No)	Slight stress	Average	Above average	Hard core
1	Living away from the home					
2	Money					
3	Job					
4	Grades					
5	Work load/classes					
6	Family					
7	Friend					
8	Health					
9	Sports					
10	Relationships (girlfriend/boyfriend)					
11	You feel lack of enough time					
12	Rate your personal level of stress					

**13 How do feel at your present level of stress (tick all that apply):**

Hostile/panicked/irritable/anxious/focused/unusually emotional/tired/headache/insomnia/loss of applitite /craving food or chocolate/upset stomach)

**14. How do you deal with stress condition (tick all that apply):**

Exercise/talk to friends/listen music/sleep/eat/not eat/work/read/hobby project/alcohol/herb home remedies/illegal/worship to god/fast/ drugs/smoking/meditation

**Emotional intelligence questionnaire (Apply tick only)**

<b>Sr</b>	<b>Questions</b>	<b>Not apply</b>	<b>Applies half</b>	<b>Always apply</b>
1	I realized immediately when I lose my temper control it soon.			
2	I know when I am happy and joyful.			
3	I usually understand when I am feeling stress.			
4	I could recognize when I am being emotional.			
5	Generally, I know when I am being unreasonable.			
6	I can tell if someone has disturbed or annoyed me.			
7	I can reframe unfavorable and bad conditions easily.			
8	Other can rarely tell what kind of mood I have.			
9	I could consciously change my state of mind or mood.			
10	I do not able to face stressful condition if people affect me once I have left the work.			
11	I rarely worry about life in general.			
12	I can able to suppress my emotion when I need to.			
13	Motivation is essential for success and it is a key for your achievement.			
14	I am always motivating myself to perform difficult work.			
15	I am usually priorities important work and get on with them.			
16	Always meet deadlines.			
17	Never waste time.			
18	Believe in action this day.			
19	I am interested to meet new people and get to know them.			
20	I build solid relationship with those I work with.			

***Thank you very much for your cooperation***

**Date:**

**Place:**

***Signature of Students***