



Consumable Booklet

of

S M S-KC

(English Version)

Dr. Vandana Kaushik (Udaipur)

Dr. Namrata Arora Charpe (Banasthali)

Please fill up the following Informations : Date

2 5 0 3 2 0 2 2

Name ARYAMAN MISHRA

Father's Name MR. VIKASH CHANDRA MISHRA

Date of Birth 13-10-2002 Sex : Male ☒ Female ☐

Marital Status : Married ☐ Unmarried ☒ Divorced ☐

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INSTRUCTIONS

On the following pages 36 items have been given. Read each item carefully and then decide your response on any of the six response points, viz., Strongly Agree, Agree (High), Agree (Low), Disagree (Low), Disagree (High) and Strongly Disagree and put a ☒ mark in the appropriate box ☐.

Respond to each statement.

Be assured, your responses will be kept confidential.

Scoring Table

Scoring Table

	Raw Score			z-Score	Grade	Stress Management Level
Page	2	3	4	+3	A	Excellent Management
Score	57	43	49			
Total Score	149					

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2. Consumable Booklet of SMS-kc

Sr. No.	STATEMENTS	RESPONSE						Score
		Strongly agree	Agree (high)	Agree (low)	Disagree (low)	Disagree (high)	Strongly disagree	
1.	I find my stressors.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
2.	I recognize my reaction to the stressors.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
3.	I do not try to identify reactions I like to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
4.	I try to reduce the intensity of my emotional reaction to the stressor.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
5.	I do not control physical reaction to the stressors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
6.	I try to keep smiling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2
7.	I take regular rest.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
8.	I do not manage my time properly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
9.	I do my work so that I feel proud of it.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
10.	I do not take full control of my task performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
11.	I try to be friendly with others.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
12.	I do not try to create the environment which would keep me calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5

Score **57**

Sr. No.	STATEMENTS	RESPONSE						Score
		Strongly agree	Agree (high)	Agree (low)	Disagree (low)	Disagree (high)	Strongly disagree	
13.	I try meditation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	1
14.	I do not analyze my deeds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
15.	I do not schedule time to relax.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
16.	I do not log my activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2
17.	I try to clear out the obligations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
18.	I try to meet the deadlines.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
19.	I do not try to organize my goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
20.	I try to delegate work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
21.	I do not try to identify my priorities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
22.	I use checklists to check the pending work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
23.	I do not focus on one goal at a time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5
24.	I try to be realistic.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5

Score 43

Sr. No.	STATEMENTS	RESPONSE						Score
		Strongly agree	Agree (high)	Agree (low)	Disagree (low)	Disagree (high)	Strongly disagree	

25. I do not plan for the unpredictable. ☐ ☐ ☐ ☐ ☒ ☐ ☐ 4
26. I try to motivate myself. ☒ ☐ ☐ ☐ ☐ ☐ ☐ 5
27. I do not utilize my capabilities. ☐ ☐ ☐ ☐ ☐ ☒ ☐ 5
28. I use my biological rhythms. ☐ ☐ ☒ ☐ ☐ ☐ ☐ 3
29. I do not plan my leisure time. ☐ ☐ ☐ ☐ ☒ ☐ ☐ 4
30. I understand my tasks and responsibilities to the fullest. ☒ ☐ ☐ ☐ ☐ ☐ ☐ 5
31. I stay updated for changes in the work environment. ☒ ☐ ☐ ☐ ☐ ☐ ☐ 5
32. I do not go for massages. ☒ ☐ ☐ ☐ ☐ ☐ ☐ 5
33. I exercise my muscles regularly. ☐ ☐ ☒ ☐ ☐ ☐ ☐ 3
34. I do not indulge in hobbies. ☐ ☐ ☐ ☐ ☐ ☒ ☐ 5
35. I do not take measures to relieve stress. ☐ ☐ ☐ ☐ ☐ ☒ ☐ 5
36. I do not take proper sleep. ☐ ☐ ☐ ☐ ☐ ☒ ☐ 5

Score 49