



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

1. Name:.....
2. Age:.....Date of Birth:.....
3. Gender: Male/Female Roll No.....
4. Name of Course and School:.....
5. Mobile No.....Email-ID.....
6. Your life Ideology/Inspiration: (Tick only)
(1)Ambedkarism (2) Buddhism (3) Vedic/Upanishad (4) Islamic (5) Christianity (6) Rationalist (7) Others
7. Your Career Goal/ Ambitions:.....
8. 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 lode/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 appetite/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)

Sr	Questions	Not apply	Applies half	Always apply
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 disturb 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 motivate 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

