GUJARAT TECHNOLOGICAL UNIVERSITY
BE- SEMESTER–I & II EXAMINATION – WINTER 2024

Subject Code:BE01000161   **Date:17-01-2025**
Subject Name:Integrated Personality Development Course
Time:10:30 AM TO 01:00 PM   **Total Marks:70**
Instructions:
   1. **Use only OMR to answer this question paper**
   2. **All questions are compulsory**
   3. **There are 40 questions (in 3 sections) in this question paper**
   4. **Make suitable assumptions wherever necessary.**
   5. **Figures to the right indicate full marks.**
   6. **Simple and non-programmable scientific calculators are allowed.**

Section A

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. All questions are compulsory. Answer according to what you learnt from the IPDC lectures and workbook.

Marks: 10

1. A single thought has the potential to change the entire world.
   A: True
   B: False

2. There is no difference between listening and hearing.
   A: True
   B: False

3. According to Robin Sharma, it only takes 11 days to develop a new habit.
   A: True
   B: False

4. In the face of difficult circumstances, we should try to remain steady and think clearly.
   A: True
   B: False

5. A good listener will have a conversation while also texting on their phone.
   A: True
   B: False

6. Bakhshali manuscript was written by Isaac Newton
   A: True
   B: False

7. To run an organization, one must have faith in its people.
   A: True

B: False

8. We should spend most of our time in the circle of concern.
   A: True
   B: False

9. Āryabhata rishi's estimation of Pi was near the actual value of π (Pi).
   A: True
   B: False

10. Focus on what you can control and do not waste energy on things that you cannot control.
    A: True
    B: False

Section B

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. All questions are compulsory. Answer according to what you learnt from the IPDC lectures and workbook.

Marks: 30

11. Which of these people had the following thought that led to their success – "What happens if you divide 0 by 0?"

a.   Srinivasa Ramanujan

b.   Isaac Newton

c.   Albert Einstein

d.   Abdul Kalam

12. Which of the following points is NOT one of the habits that Tom Corley, author of "Change Your Habits, Change Your Life" discussed in his study of 233 self-made millionaires over a period of 5 years?

   a. They get up early

   b. They sleep 4 hours or less

   c. They read a lot

   d. They make exercise a priority

13. How do habits form?

a.   Cue-> routine-> reward

b.   Practice -> perfect practice -> reward

c.   Learn -> practice -> success

d.   Learn -> patience -> success

14. Which of the following is NOT a key factor of Active Listening?

a.   Listening with our ears

b.   Listening with our eyes and body

c.   Listening with our mind and heart

d.   Listening with our opinion

15. Which of the following methods should we NOT adopt during difficult challenges?

   a. Find a positive attitude

   b. Find someone to blame

   c. Find workable solutions

   d. Find assistance

16. Around how many people studied at Takshashilā University for their post-graduation, at any one time?

   a. 100

   b. 1000

   c. 10,000

   d. 1,00,000

17. "We owe a lot to the Indians, who taught us how to count, without which no worthwhile

scientific discovery could have been made." Who said this statement?

a.   Ernest Rutherford

b.   Guillaume Le Gentil

c.   Albert Einstein

d.   K. V. Sharma

18. Which of the following is NOT mentioned as a flip-side (drawback) of Social Media in the

IPDC workbook?

   a.   FOMO

   b.   Negative body image

   c.   Healthy sleep patterns

   d.   Poor concentration

19. Which of the below scientist, calculated an accurate approximation for Pi(π)?

a.   Aryabhata

b.   Vikram

c.   Sushruta

d.   Vyasa

20. The IPDC lesson taught us to keep faith in three things. Which of the below was NOT one of

them?

   a.   Faith in ourselves

   b.   Faith in the system

   c.   Faith in others

   d.   Faith in God

21. Which of the following was NOT achieved by Dr Abdul Kalam?

a.   Bharat Ratna Award

b.   Padma Shri Award

c.   The name: 'The People's President'

d.   48 Honorary Doctorates

22. According to the IPDC workbook, family get-togethers should take place at least:

   a.   Once every week

   b.   Once every month

   c.   Once every year

   d.   Once every 2 years

23. Which of the following methods should we NOT use when performing seva?

   a.   Serve with love

   b.   Be thankful

   c.   Be prepared to sacrifice

   d.   Serve to get praised

24. What research does Zero Project Foundation do?

a.   The development of motor engines with zero carbon emissions

b.   The effect of zero-tolerance laws

c.   The origins of the digit zero

d.   The benefits of meditation

25. Change begins, simply, with _____?

a.   Talent

b.   An action

c.   Effort

d.   A thought

Section C

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. All questions are compulsory. Read each question carefully before answering. Apply what you have learnt from the IPDC lectures and workbook to choose the best option.

Marks: 30

26. Shilpa has had a difficult day at school and wants to talk to her cousin, Kinjal, about it. They have sat down in the sitting room and Kinjal is listening to Shilpa. During the conversation. Kinjal sees that her friend, Meena, is calling her phone, probably to discuss next week's shopping trip. What should Kinjal do now?

a. Kinjal should tell Shilpa to wait so she can answer her phone and talk to Meena. Shilpa is going to be at the house for the whole day so they can talk after the phone call.

b. Kinjal should ask Meena to call her later during the day and then give Shilpa her full attention.

27. 'First they break you and then they remake you'. What can we learn from this method that the USA Army use to train their recruits?

a.   We should be ready to come out of our own comfort zone to further our personal growth.

b.   We should break all limits and make new innovations.

28. The monsoon season saw some serious flooding. The structure of your house has been significantly damaged because of excessive water exposure. The repair work will cost you ₹5 lakh. How should you go about financing the repair?

a. Check if your insurance covers water damage, make the necessary insurance claim and withdraw the balance from your emergency fund.

b. Check if your insurance covers water damage, make the necessary insurance claim and borrow the balance of the money from a bank.

29. Nisha wants to start a new habit of running 10km daily. She downloaded a fitness app and even bought new trainers. But she struggles to stay motivated to continue every day, especially when her legs feel a bit sore. What can she do to make this habit more regular in her daily routine?

a.   Run an extra 5km on the next day as a punishment for skipping a day.

b. Allow herself a small reward every time she reaches her target.

30. Sonal has been invited to this year's National Youth Summit. As a medical student, she has been asked to prepare her view on the future of India and its medical practitioners. She is trying to decide which message she should convey. What do you think is the best option:

a. Youths should contribute to India by becoming doctors. Being a doctor means you can become wealthy and reputable.

b. Youths should contribute to India by becoming doctors. Being a doctor means you can serve your country by helping its citizens.

31. Which of the following do you think is the most effective method to become more productive?

a.   Create and follow a schedule while neglecting everything else.

b.   Find your biggest priorities and ensure they are scheduled and completed.

32. You have organised an online quiz. Students across your state have registered for this quiz in huge numbers. You and the participants are excited to take part. But just before the quiz, the server crashes due to a technical fault. What would you do?

a. You will immediately report this error to the principal and ask a technical person to provide a solution. Till then you will postpone the quiz.

b. You will cancel the quiz because you doubt the capacity of the server. In the future, you will conduct the quiz with limited capacity

33. Suraj is having a discussion with his friend Minesh about a recent argument they had at college. This incident has made Minesh feel disappointed. He believes that Suraj is to blame for the whole incident. But Suraj tries to calmly explain why he reacted in the way he did. What is the best way for Minesh to approach this conversation?

a.   Minesh should get up and leave the conversation. Then try to forget about the incident.

b.   Minesh should carefully listen and try to understand Suraj's perspective with an open mindset.

34. Minal has prepared for a cultural festival dance performance at her college. She has been practicing for many weeks. It is now the day before the event and Minal is feeling quite confident. But that was until she saw the other participants practicing. Seeing their dance routines, she felt that they were far superior to her. What would you recommend her to do?

a. She should remember her efforts and give her best performance possible.
b. She should give an excuse to the organizer and avoid her performance to prevent any potential embarrassment.

35. Bhavya has just completed her master's degree in Biophysics. She is now applying to take a PhD at five of the top 20 universities in America. She has received admission to two universities and is now

deciding which admission to accept. After weighing up both options, she has seen two deciding factors. Which of the below factors do you think she should prioritize as the most important?

a. The expertise and suitability of the PhD supervisor.
b. The reputation and prestige of the university.

36. "Death teaches about life." Which of the following statements best explains the importance of this quotation?

a. We should accept that everything has an ending point.

b. Realizing our life as finite can improve our productivity, clarity, and stability.

37. Chandresh has been using his phone at night before bedtime and now experiences sleeplessness. How would you suggest he solves this problem?

a. He should only use limited applications at night and avoid playing any games on his phone.

b. He should set a fixed time at night where he stops using social media. And he should not sleep with his phone within reach.

38. Dhyana has recently been feeling unhappy and lonely. For the last 2 weeks, she has been longing

to share her emotions with someone. What should she do?

a. She should reach out to people using social media and create new friendships.

b. She should express her feelings to family members with whom she feels comfortable

39. What is the closest interpretation of the following quote: "'Small things make perfection, but perfection is not a small thing"?

a. Try to bring perfection into the small tasks of your day-to-day life. Perfection in small tasks drives our life to perfection.

b. Perfection is very important for your career. Bring perfection into your important tasks as a student or as a professional.

40. Manish is upset because all his classmates have brand-name clothes and the latest mobile phones. Whereas his family's difficult financial situation means that Manish has no choice but to accept whatever used accessories his elder brother gives him. What advice do you think is the best advice for Manish right now?

a. Avoid focusing on what you do not have but learn to appreciate what you do have. This will bring positivity into your daily life.

b. This is life, just accept it. But if you work hard now, then you will earn enough money to buy whatever you want in the future. Then you will always be happy.

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