

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. 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
12. Complete the following phrase: "Home is where the is"
- a. mind
 - b. heart
 - c. life
 - d. light
13. The human brain takes approximately how long to process the things we see?
- a. 13 seconds
 - b. 13 nanoseconds
 - c. 13 milliseconds
 - d. 13 minutes
14. Arunima Sinha received a call letter from which organisation?
- a. CAPF
 - b. CISF
 - c. CRPF
 - d. CIA
15. 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
16. Which one of the following activities is harmful?
- a. Avoidance of phone usage in the middle of the night
 - b. Spending more than 5 hours a day on the phone
 - c. Prevention of the misuse of social media
 - d. Turn your phone on airplane mode while studying
17. 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
18. Which of these is NOT one of the principles of the Project Management Triangle?
- a. Environmental Impact
 - b. Quality of Project
 - c. Time Efficiency
 - d. Resources
19. Which Professor told Kalam, "This is not good enough Kalam, I expected much better from you."
- a. Prof. B.V. Buddhé
 - b. Prof. Satish Dhawan
 - c. Prof. Srinivasan
 - d. Dr Brahma Prakash.
20. Which pair of titles from below best suits Aryabhata Rishi?
- a. Astronomer-Mathematician
 - b. Physicist-Historian
 - c. Physicist-Biologist
 - d. Nuclear Scientist-Mathematician

21. In the book, '7 Habits of Highly Effective People', Stephen Covey says that we should stay in which one of these circles?

- a. Circle of influence b. Circle of miracles c. Circle of concern d. Circle of life

22. Complete the following quote from the workbook: "Life is 10% what happens to us and 90%

_____"

- a. What happens to others b. How we feel
c. Having fun d. How we respond to it

23. What should a person do while listening to someone?

- a. Think about what to do after the conversation
b. Make it look like they are listening
c. Brainstorm on homework
d. Give full attention to the speaker

24. How do habits form?

- a. Cue-> routine-> reward b. Practice -> perfect practice -> reward
c. Learn -> practice -> success d. Learn -> patience -> success

25. 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

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. As a student, you want to excel not just in your academics but your personal life too, should you....

- a. Seek to build a strong network with your teachers and classmates.
- b. Seek to build a strong network with classmates only, as teachers do not work in the industry, meaning that their knowledge is theoretically limited.

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 rule of 21" - What did we learn from this rule in the context of new habits, as mentioned by Robin Sharma in his book named - "Who will cry when you die?"

- a. You should develop a habit, by practising it for 21 days without a break. Initially, it is normal to feel uncomfortable for the first few days. But if you break them in for about three weeks, they will fit like a second skin.
- b. If you find it uncomfortable while developing a new habit then take a break and continue when it feels more natural to you. Continue this until you reach the 21 days target to develop a beneficial habit.

29. Radha 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. Mohan spends time on social media until late at night. Because of this, he is sometimes unable to wake up on time in the morning. On such occasions, he sometimes skips his scheduled workout session, so that he can catch the bus to work, to arrive on time. What do you think Mohan should do to become more consistent?

- a. He needs to break the habit of staying up late so that he can wake up on time and complete his morning workout as planned.
- b. Social media is also an important part of his nightly routine. So, he should buy a personal vehicle and use that to reduce travel time. That way he can exercise and reach his office on time

31. Mr. Honda is the CEO of a clothing manufacturing company. Over the last two years, Mr Honda has successfully opened 18 new factories around India. Today, he has a review meeting with his clients in Mumbai. Just as he was about to board his flight, he receives news of an accident in one of his

nearby factories. One of the machines temporary malfunctioned, injuring 15-20 of his workers. What should Mr Honda do?

- a. Mr. Honda should reschedule his meeting and visit the factory to personally provide emotional and financial support to his workers according to their needs.
- b. Mr. Honda should inform the manager to give the workers a financial package for their troubles and then continue to his meeting.

32. Two weeks ago, Abdul submitted his scientific research paper for his first review Due to the lack of support from his appointed research partner, Abdul had to rush the result analysis. Today, when he went to collect feedback, his Professor responded only with harsh criticism for his work. How do you think Abdul should handle the situation, going forward?

- a. He should ignore the Professor's harsh tone and keep trying amidst the difficult circumstances.
- b. He should try and use that criticism to improve his research paper

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. Anjali 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 Anjali 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. Ravi has recently developed a new start-up company providing an online delivery service. His company has been gaining many orders from his customers. His six employees have been working non-stop for the last 18 hours to meet the increased demands. As he is about to leave the office, he sees it is 10 PM, and his employees must still package 300 more products before they can rest tonight. As their leader, how should Ravi engage with his employees?

- a. Ravi should take out a few minutes to order his employees to work harder and faster.
- b. Ravi should stay with his employees to help them finish packaging the products.

37. Mithilesh 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. Arpita 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. Krisha spent her school vacation volunteering for a disaster relief project. This required her to spend two weeks packing and distributing food packets for flood victims. This seva was tiring and time-consuming. Despite her efforts she found the residents of one village to be very ungrateful. The residents took the food packets, but they did not say thanks, smile, or give any response. This made Krisha feel sad and unappreciated. What advice best suits Krisha's difficulty during this seva?

- a. We should not expect everyone to be thankful. Instead, we should be thankful that we have been given the opportunity to perform this important seva.
- b. Only a few residents were ungrateful. But some people from the other villages praised us, so we should remember those praises instead.

40. As a result of his good exam performance, Kirtan recently gained admission to a prestigious college. But upon exploring the college environment, he sees that most of the students are intelligent, wealthy and speak fluent English. Kirtan, coming from a lesser advantaged background, feels that he does not belong in this environment. What do you think Kirtan should do?

- a. Kirtan should remember that he has earned the right to admission through his academic ability. He should focus on working hard and not on his background.
- b. Kirtan needs to be more like the other students. If he starts wearing fancy clothes and copies the speaking style of the other students, then he will feel more comfortable.
