

Enrolment No./Seat No \_\_\_\_\_

**GUJARAT TECHNOLOGICAL UNIVERSITY**

BE- SEMESTER-V EXAMINATION – WINTER 2025

**Subject Code:3150005**

**Date:14-11-2025**

**Subject Name: Integrated Personality Development Course**

**Time:10:30 AM TO 01:00 PM****Total Marks:70**

**Instructions:**

1. All questions are compulsory.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.
4. Simple and non-programmable scientific calculators are allowed.
5. There are 40 questions (in 3 sections) in this question paper
6. Use only OMR to answer the question paper.

## 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. Family and community culture can have a significant positive impact on one's health and wellbeing.  
A: True                                      B: False
2. Excessive social media usage has been critically linked to loneliness and depression within youth.  
A: True                                      B: False
3. Relying only on ourselves is the only way of achieving our dreams  
A: True                                      B: False
4. Social media can change our perception of the world and ourselves, but not always for the better.  
A: True                                      B: False
5. Principles of project management make it harder to plan in advance.  
A: True                                      B: False
6. Networking is the process of calculating the net profit.  
A: True                                      B: False
7. Julius Caesar learnt Sanskrit so he could study the Bhagavad Gita and ancient Indian texts.  
A: True                                      B: False
8. Vijay Bhatkar became the chancellor of Nalanda University.  
A: True                                      B: False
9. Āryabhata Rishi mainly contributed to the field of Biology.  
A: True                                      B: False
10. We should spend most of our time in the circle of concern  
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. 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.

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### 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. The good health of the Rosetens was attributed to their family-based culture.  
A: True                      B: False
2. Consuming unfiltered media is a leading cause of conflict within the family.  
A: True                      B: False
3. Learning from legends is only about replicating their actions, and personal adaptation is not necessary.  
A: True                      B: False
4. A good listener will be able to understand how the speaker is feeling.  
A: True                      B: False
5. In ancient India, Indians were capable of using smallest unit of time equal to 1/34000 second.  
A: True                      B: False
6. The Vedic text, Baudhāyana Shulba Sutra, contains surgical techniques like the heart bypass surgery.  
A: True                      B: False
7. Julius Caesar learnt Sanskrit so he could study the Bhagavad Gita and ancient Indian texts.  
A: True                      B: False

8. Balkrishna Ganpatrao Matapurkar developed world's first organ generation technique.  
A: True                      B: False
9. Principles of project management make it harder to plan in advance.  
A: True                      B: False
10. Only Indian students used to come to study in Takshshila and Nalanda Universities.  
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. According to the IPDC workbook, Tendulkar and Tate are what type of people?  
a. Extraordinary  
b. Emotional  
c. Legendary  
d. Ordinary
12. Complete the following quotation of Sachin Tendulkar, "Don't stop \_\_\_\_\_ your dreams, because dreams do come true."  
a. Chasing  
b. Forgetting  
c. Sharing  
d. Caring
13. 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
14. 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

15. Which of the following is the one causes of disconnection among the family members ?
- a Fun time
  - b Transportation time
  - c Sad Time
  - d Screen time
16. 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
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. Management, in any field, brings forth which of the following?
- a. Optimal results with minimal effort
  - b. Minimal results with optimal efforts.
  - c. Hard work with no results
  - d. No work with no results
19. 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
20. Sant Tukaram was publicly insulted by being paraded around on a donkey .What was his reaction to incident ?
- a He felt insulted
  - b He left the village
  - c He committed suicide
  - d He had taken the incident positively as he got food worth of one week

21. 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

22. Before we go and change the world, we must first restructure \_\_\_\_\_.

- a. Our family
- b. Our community
- c. Our society
- d. Ourselves

23. Which Indian medical researcher developed the world's first organ regeneration technique?

- a. Balkrishna Matapurkar
- b. Ashima Anand
- c. Subrata Adak
- d. Srinivasa Ramanujan

24. What we can learn from Tata's response for Taj attack?

- a. Maintain relation on the cost of money
- b. We must do our social duties
- c. Our family first wants our time, then our money
- d. All of the above

25. 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

### 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. Megha 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 who she feels comfortable.

27. Chris Anderson (Chief Executive of 3D Robotics) once stated that "We have seen the dangers of technology first-hand. I've seen it in myself, I don't want to see that happen to my kids." Which statement best describes the important lesson to be learnt from this quote?

- a. Children under the age of 12 should be banned from using social media.
- b. The use of technology can be harmful, especially for youths. It should be limited and used cautiously.

28. Meenal recently presented her business proposal to a potential investor. Despite thorough preparation, the investor expressed disappointment and raised concerns about the financial projections. Meenal had worked hard on the proposal but felt demoralized by the negative feedback. How should Samantha handle the situation going forward?

- a. She should take some time to reflect on the investor's feedback, identify specific areas of improvement, and revise her business proposal accordingly.
- b. She should disregard the investor's comments, assuming they don't understand her business well, and continue with her original proposal.

29. 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.

30. 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.

31. Jenish works as a computer engineer for an upcoming technology company. His manager has set him the task to update an important function for a developing product. From the requirements given by the manager, Jenish predicts that it will take him at least 10 days to finish it. But his manager has challenged him to complete it in 4 days. How should Jenish react to such a request?

- a. Jenish should tell the manager that 4 days is impossible, but he will deliver it in 10 days.
- b. Jenish should meet his manager's challenge and try his hardest to try and complete it in 4 days.

32. Anamika 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.

33. Kirti and her colleague Ayush had a disagreement at work regarding a project they were collaborating on. Kirti feels upset about the incident and believes that Ayush is solely responsible for the conflict. When they decide to have a conversation about it, what is the best way for Kirti to approach this discussion?

- a. Kirti should immediately express her anger and frustration, pointing out all the perceived faults in Ayush's actions.
- b. Kirti should calmly listen to Ayush's perspective, allowing them to explain their point of view, and try to understand the factors that led to the disagreement.

34. Mac coaches his local soccer team. During the regional tournament, his team loses 3 matches in a row. What do you think Max should do to help his team?

- a. Mac will explain to his team that, " Those 3 teams were the toughest in the region. So, it was surely going to be a challenge to play them. But in the next game, it will be easy for us to win. So do not worry about our losses."

- b. Mac will review the mistakes that his team members made while playing. He will have both one-to-one and group meetings with his team members, to convey the tactics they need to use to improve.

35. Satya is currently studying at 9th standard. His schoolwork has moved online and he now studies at home all the time. He spends hours on his phone every day to keep himself entertained and to escape his boredom. He feels bad about it. What advice would you give him?

- a. It is a tough time right now, spending more time on social media will allow you to pass time quicker. Search for posts that are positive and useful.
- b. It is a tough time right now, so it is important to make sure we do not slip into harmful habits and lose control of our attention. So, limit the time in which you use social media.

36. Shruti, a budding women entrepreneur, producing handmade jewelry has received a huge order to be delivered before the festival season. Her all-women employees are working for 18 hours daily to complete the order. A night before the deadline, as she is about to leave, she sees it is 9 pm and her employees must still pack the last 250 jewelry sets before they can leave. As their leader, what should Shruti do?

- a. Shruti should give a speech and order her employees to work faster and harder to complete the order.
- b. Shruti should stay with her employees to help them finish packing the products.

37. 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.

38. 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.

39. 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.

40. 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.

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### Section A

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**Marks: 10**

1. Prayer can help us focus and create a positive mindset  
A: True                      B: False
2. My personal growth depends only on of my surroundings.  
A: True                      B: False
3. Your life will expand or contract in direct relationship to your good and bad habits.  
A: True                      B: False
4. A good listener will be able to understand how the speaker is feeling.  
A: True                      B: False
5. Within the circle of influence, there are things that you can control.  
A: True                      B: False
6. The Vedic text, Baudhāyana Shulba Sutra, contains surgical techniques like the heart bypass surgery.  
A: True                      B: False
7. Julius Caesar learnt Sanskrit so he could study the Bhagavad Gita and ancient Indian texts.  
A: True                      B: False
8. Time efficiency means to effectively complete the project within the deadline.  
A: True                      B: False

9. Principles of project management make it harder to plan in advance.

A: True

B: False

10. It is our duty to share India's glorious past.

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. According to APJ Abdul kalam, One must read \_\_\_\_\_ stories to get some idea of success.

- a Magic
- b Success
- c Happy
- d Failure

12. To adapt to new circumstances, changes are essential. This is explained in the lecture using

Which example?

- a. Mahindra
- b. Ford
- c. Honda
- d. Toyota

13. \_\_\_\_\_ is the highest most beautiful form of love.- Robert -muler

- a To Forgive
- b Tajmahal
- c A Rose
- d The moon

14. 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

15. Which of the following is the one causes of disconnection among the family members ?
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- a. Bharat Ratna Award
  - b. Padma Shri Award
  - c. The name: 'The People's President'
  - d. 48 Honorary Doctorates
17. Who is author of Harry potter book ?
- a J.K.Rowling
  - b APJ Abdul kalam
  - c Jack Ma
  - d Steve Jobs
18. Management, in any field, brings forth which of the following?
- a. Optimal results with minimal effort
  - b. Minimal results with optimal efforts.
  - c. Hard work with no results
  - d. No work with no results
19. Which one of the following activities is harmful?
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  - b. Spending more than 5 hours a day on the phone
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- a He felt insulted
  - b He left the village
  - c He committed suicide
  - d He had taken the incident positively as he got food worth of one week

21. Fill in the blanks with the correct words from the following quote: " Having someone to love is

\_\_\_\_ , having somewhere to go to is \_\_\_\_ , having both is \_\_\_\_."

- a. family, home, a blessing
- b. lovely, friendly, comfort
- c. good, great, fantastic
- d. rare, lucky, a wish fulfilled

22. Before we go and change the world, we must first restructure \_\_\_\_\_.

- a. Our family
- b. Our community
- c. Our society
- d. Ourselves

23. Which Indian medical researcher developed the world's first organ regeneration technique?

- a. Balkrishna Matapurkar
- b. Ashima Anand
- c. Subrata Adak
- d. Srinivasa Ramanujan

24. What we can learn from Tata's response for Taj attack?

- a. Maintain relation on the cost of money
- b. We must do our social duties
- c. Our family first wants our time, then our money
- d. All of the above

25. 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

### 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. Shruti suffers from the fear of missing out and embarrassment when she sees her classmates coming to school on their bikes and she has to go to school on her old second-hand bicycle due to the poor financial conditions of her family. What advice do you think is the best advice for Shruti right now?

- a. Accept your fate think of how you want your future to be and work hard to achieve it. Once you achieve your goal, you'll have enough money to fulfil your dreams and be happy.
- b. Be positive and grateful for what you have in your life. Don't cry for what you don't have, it will only make you sad, instead, focus on appreciating your haves.

27. 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

28. Samantha recently presented her business proposal to a potential investor. Despite thorough preparation, the investor expressed disappointment and raised concerns about the financial projections. Samantha had worked hard on the proposal but felt demoralized by the negative feedback. How should Samantha handle the situation going forward?

- a. She should take some time to reflect on the investor's feedback, identify specific areas of improvement, and revise her business proposal accordingly.
- b. She should disregard the investor's comments, assuming they don't understand her business well, and continue with her original proposal.

29. 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.

30. Sanvi wants to develop a new habit of writing an article every day. She has downloaded a Habits Tracker app to be committed to her goal. However, she fails to be consistent with her writing, especially when she cannot put her thoughts into words. What can she do to make her habit more regular in her daily routine?

- a. Keep a fast the next day as a punishment for skipping her writing routine.
- b. Allow herself a small reward every time she reaches her target.

31. 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.

32. Riya 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.

33. Kirti and her colleague Ayush had a disagreement at work regarding a project they were collaborating on. Kirti feels upset about the incident and believes that Ayush is solely responsible for the conflict. When they decide to have a conversation about it, what is the best way for Kirti to approach this discussion?

- a. Kirti should immediately express her anger and frustration, pointing out all the perceived faults in Ayush's actions.

- b. Kirti should calmly listen to Ayush's perspective, allowing them to explain their point of view, and try to understand the factors that led to the disagreement.

34. You have planned a cultural event at your college. You have planned to set a wonderful stage for the inauguration. Your institute has allocated a dedicated fund for the stage decoration. During the final selection, you find that your team will need more human resources to set the stage, in addition to the current labourers. What will you do?

- a. Train students for stage building and decoration
- b. Request your institute to increase the allocated budget to hire more labourers

35. Satya is currently studying at 9th standard. His schoolwork has moved online and he now studies at home all the time. He spends hours on his phone every day to keep himself entertained and to escape his boredom. He feels bad about it. What advice would you give him?

- a. It is a tough time right now, spending more time on social media will allow you to pass time quicker. Search for posts that are positive and useful.
- b. It is a tough time right now, so it is important to make sure we do not slip into harmful habits and lose control of our attention. So, limit the time in which you use social media.

36. Shruti, a budding women entrepreneur, producing handmade jewelry has received a huge order to be delivered before the festival season. Her all-women employees are working for 18 hours daily to complete the order. A night before the deadline, as she is about to leave, she sees it is 9 pm and her employees must still pack the last 250 jewelry sets before they can leave. As their leader, what should Shruti do?

- a. Shruti should give a speech and order her employees to work faster and harder to complete the order.
- b. Shruti should stay with her employees to help them finish packing the products.

37. Sara is the captain of her debate team, and they recently participated in a national debate competition. Unfortunately, they lost in the preliminary rounds. Now, Sara needs to decide how to help her team perform better in the upcoming debates. What should she do?

- a. Sara should choose to analyze the debates closely. She should schedule individual meetings with each team member to discuss their arguments, presentation styles, and areas for improvement.
- b. Sara should gather her team and say, "The teams we faced in the preliminary rounds were exceptionally strong, and the topics were challenging. Don't let these losses discourage you. In the next debate, we might have easier topics and less formidable opponents."

38. 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.

39. 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.

40. Rudra Goel, a proficient businessman, has been invited to this year's National Growth Summit. He has been asked to put forward his views on the future of entrepreneurship in India to budding entrepreneurs. He is thinking about what he should express to the audience. Which of these is the best option:

- a. Youths should develop new ventures and startups to become wealthy.
- b. Youths should invest in newer businesses and startups to solve people's problems and contribute to their well-being.

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Seat No.: \_\_\_\_\_

Enrolment No. \_\_\_\_\_

## **GUJARAT TECHNOLOGICAL UNIVERSITY**

**BE - SEMESTER-V (NEW) EXAMINATION – WINTER 2022**

**Subject Code:3150005**

**Date:21-01-2023**

**Subject Name:Integrated Personality Development Course**

**Time:10:30 AM TO 01:00 PM**

**Total Marks:70**

**Instructions:**

1. Attempt all questions.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.
4. Simple and non-programmable scientific calculators are allowed.
5. There are 40 questions (in 3 sections) in this question paper.

### **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. Your life will expand or contract in direct relationship to your good and bad habits.  
A: True  
B: False
2. There is no difference between listening and hearing.  
A: True  
B: False
3. Dr. Abdul Kalam lived an extraordinary life but only during his time as the President.  
A: True  
B: False
4. As a young adult, it is important to dream, to visualize a goal, and then contemplate on how to achieve it.  
A: True  
B: False
5. Networking involves building and maintaining relationships over time.  
A: True  
B: False
6. If technology is used without discretion, then it is a blessing. But with discretion, it is a curse.  
A: True  
B: False

7. To run an organization, one must have faith in its people.  
A: True  
B: False
8. Screen time generally has a positive effect on family bonding and relationships.  
A: True  
B: False
9. Family and community culture can have a significant positive impact on one's health and well-being.  
A: True  
B: False
10. Seva means to serve individuals with the expectation of praise and rewards.  
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. Change begins, simply, with\_\_?

- a. Talent
- b. An action
- c. Effort
- d. A thought

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. What did Tata do for the people of India?

- a. Tate created a free telephone service with unlimited data.
- b. Tate created an affordable car for every family.
- c. Tata created the largest hospital in Mumbai.
- d. Tata created a new submarine for the military.

14. What are the proven ways to show the other person that you are completely engaged in the conversation?

- a. Summarizing the main points
- b. Asking appropriate questions
- c. a & b both
- d. None of the above

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. 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.

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. Who told journalists that, his children have not used the iPad and he put a limit on how much technology his kids use at home?

- a. Mark Zuckerberg
- b. Steve Jobs

- c. Bill Gates
- d. Tim Cook

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. What intention should we keep when performing seva?

- a. To help others
- b. To gain rewards
- c. To get money
- d. To be appreciated

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. As per Pramukh Swami Maharaj, is technology a blessing or a curse?

- a. Blessing
- b. Curse

- c. It is a blessing with its discreet usage and is a curse without
- d. It is a curse with its discreet usage and is a blessing without

25. 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

### 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. 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.

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. Sanjay 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 Sanjay 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. Ram has just received his mid-term exam back from his teacher. He has scored the highest score in the class with an amazing 91%. After being praised by his teacher, Ram looks through his classmate's paper. His classmate, Shyam, has also scored very highly. Upon further inspection, Ram notices that one of Shyam's questions was marked incorrectly. If Ram informs the teacher then Shyam will gain 3 more marks. However, this will put Shyam as the highest scorer and Ram as second. What do you think Ram should do?

- a. Ram should not inform the teacher. The fault belongs to the teacher. So, Ram should just enjoy his well-earned first place.
- b. Ram should inform the teacher about the mistake and take pleasure in helping Shyam get a better grade.

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. 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. Megha 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. Nehal 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 Nehal feel sad and unappreciated. What advice best suits Nehal'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. Deepa is currently studying law at a world-renowned college in America. She has been asked to deliver a speech about gender equality at a regional student convention. Deepa is passionate about her subject, but she is worried that the audience members will quietly mock her Indian accent and origin. She is mostly prepared for her speech, but with 3 days to go, this worry is still playing in her mind. What should she do?

- a. Deepa should use these last few days to try and adopt a more American accent.
- b. Deepa should focus on channelling her passion to her audience.

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