

10. To become value-based citizens, we must learn asset valuation techniques.
- 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. "One should analyse oneself continually, introspect and think that ..."
- a. How can I get people to like me more?
 - b. I have enough time to do this task later.
 - c. This is still to be done, and what have I come to do, and what is happening?
 - d. What is the point of doing anything when one must die one day?
12. Drug addictions can negatively impact which of the following
- a. Health
 - b. Wealth
 - c. Family
 - d. All the above
13. According to the statistics presented in the IPDC workbook, how many adult smokers began before the age of 18?
- a. 3/10
 - b. 5/10
 - c. 7/10
 - d. 9/10
14. What does "S" stand for in the "SMART" method (used to define short-term goals)?
- a. Specific
 - b. Standard
 - c. Superb
 - d. Simple
15. What was the fate of the shining star Devashish Ghosh?
- a. He is currently working at NASA, even though he had initially declined their offer
 - b. He is working for ISRO since he declined NASA's offer to serve his country
 - c. He is working on aerospace research for Lockheed Martin
 - d. He is working at a clothing processing factory in Ahmedabad
16. Which one of the following services were NOT provided to the victims of the Gujarat earthquake in Bhuj?
- a. Postcards
 - b. Mobile phones
 - c. Psychological Trauma Centre
 - d. Last rites for the deceased
17. 'Performing exercise' best fits into which one of the below categories?
- a. Important & Urgent
 - b. Important but Not Urgent
 - c. Not Important but Urgent
 - d. Not Important & Not Urgent
18. Which of the following seva did the journalist, Carl Joss, NOT perform during the relief work of the Gujarat earthquake?
- a. Cutting vegetables
 - b. Serving food
 - c. Donating money
 - d. Driving the ambulance

19. Which of the following is a fixed-voluntary cost?
- a. Rent b. Gym membership c. Medicine d. Food
20. Mangesh Mhaskar scored 97% on the 10th standard board exams. But what caused his downfall?
- a. Lack of finance b. Illness
c. A lack of support from his parents d. Bad company
21. How did Tenzing Norgay climb Mount Everest?
- a. With unselfish teamwork b. With agility and recklessness
c. By trying to get ahead on his own d. With persistent fast speed
22. According to the Harvard School of Public Health, how much of a portioned plate should be filled with fruits and vegetables?
- a. 15% b. 25% c. 40% d. 50%
23. Who supported Mahatma Gandhi as his personal secretary for 25 years?
- a. Vallabhbhai Patel b. Vithalbhai Patel
c. Mahadev Desai d. V. P. Menon
24. What is the meaning of "begin with the end in mind"?
- a. You should end the task while remembering the start point
b. You should envision where you want to be in future and structure your life now to give direction to reach your goal
c. You should begin the task and later plan to end it depending on your initial progress
d. You should imagine how you want to begin the task before starting
25. Short term goals should be ...?
- a. vague
b. not be time-bound
c. relevant to your long-term goal
d. hard to achieve

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. Rajesh has cleared his 12th standard exam with good grades. He is confused about the selection of his degree course. What should Rajesh do?

- a. He should seek some advice in choosing a course that is relevant to his prospective career choice.
- b. He should select the course that is most popular with his friends and other students.

27. What can we learn from the following Alexander-The-Great quote: "Bury my body, do not build any monument, keep my hands outside so that the world knows the person who won the world had nothing in his hands when dying"?

- a. Great people often die unhappy.
- b. Material gain and reputation are not the most important things in life.

28. Devashish Ghosh, an intelligent youth, had great career prospects. But he became addicted to various drugs. The Defence Ministry found him in possession of drugs and blacklisted him. This ruined his career. How do you think Devashish Ghosh could have avoided this situation?

- a. Devashish should have only used drugs occasionally during his vacation time.
- b. Devashish should not have taken the risk. He should have avoided the use of drugs completely.

29 Sanjay is part of a district football team. So far, he has played a crucial role in getting his team to the finals of the state championship. Today, Sanjay has been scheduled to play in the final match, but Sanjay's back has started hurting in a way that affects his performance. Help him decide what advice he should take from the options below.

- a. Do not tell anyone and play the match even with the chance that your performance might get impacted. If you do not play the match, you might not get the recognition you deserve.
- b. Alert your coach about it, even if that means he may not let you play in the match. It is better to do what is best for the team even if it means missing out on a big opportunity.

30. 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.

31. Which attribute of a good team player is emphasised in the quote, “Teamwork: simply stated, it is less me and more we.”?
- A good team player should be able to sacrifice his personal gains for the success of the team
 - A good team player should be able to change his personality to fit in with the team.
32. Amit is a very bright student. He wants to be an engineer and get an entry in the best company of his field. He has just received admission into the engineering institute that he desired, now what should Amit follow:
- Amit should try to settle down into the new atmosphere, observe what others are doing and should follow in their footsteps.
 - Amit should define some short-term goals that will help get entry into the company of his choice
33. Manan is an intelligent college student. But he often gets late to class, and he rarely submits the assignments on time. His professor is new at his role and has not noticed Manan's absences. What should Manan do?
- Manan can maintain his lifestyle but should also stay aware such that his grades do not suffer as a result.
 - He should become more punctual in his attendance and submissions.
34. Neel’s friend encourages him to smoke some cigarettes because he believes that ‘there is no harm in trying it once’. Why should Neel decline his friend’s offer to smoke?
- Smoking is harmful and can become addictive.
 - Smoking can be an unpleasant experience for beginners.
35. What leadership style best describes the following quotation: “As we look ahead into the next century, leaders will be those who empower others.” [Bill Gates]
- Delegative Leadership
 - Servant Leadership
36. Every morning Steve Jobs asked himself: "If today was the last day of my life, would I want to do what I am about to do today?" From the following two statements, pick that which you think best explains Jobs' quote.
- Jobs wanted to remind himself of what is most important in his life and to continue working in that direction.
 - Jobs wanted to focus more on achieving short term benefits instead of making long term investments.
37. Anmol has been given the responsibility to lead a new project for an IT company. One of his responsibilities is to hire new people into his team. Which approach do you think is the best to take?
- Make a team with less diversity to help avoid conflicts and confusion.

- b. Make a team with more diversity to increase innovation, different perspectives, and greater acceptance.

38. Jatin has important exams approaching in three weeks and is trying to prepare himself accordingly. He is aware that he will need to commit a decent amount of time to study, but he would also like to give some time for exercise. How would you suggest that he balances his time?

- a. Jatin should schedule at least 30 minutes of exercising every morning before studying.
- b. Jatin should commit to exercising only on the days when he finds spare time after completing his studies and other responsibilities.

39. 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.

40. Anjali is an average Student. She has set a clear long-term goal to join the Civil Services. With the help from experts, she has set some short-term goals too, but she is struggling to achieve them. What should she do?

- a. Anjali should change her long-term goal to something easier
- b. Anjali should create a daily routine that will help her achieve her short-term targets

Enrolment No./Seat No _____

GUJARAT TECHNOLOGICAL UNIVERSITY
BE- SEMESTER-VI (NEW) EXAMINATION – WINTER 2024

Subject Code:3160003

Date:17-12-2024

Subject Name:Integrated Personality Development Course

Time:02:30 PM TO 05:00 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. Seva should be performed with compassion.
A: True
B: False
2. A problem well understood is problem half-solved
A: True
B: False
3. Being generous can make us happier.
A: True
B: False
4. The company we keep has little influence on our development and decisions.
A: True
B: False
5. Legends create everlasting impressions.
A: True

B: False

6. If you are internally strong to fight against any bad thing, then and then you can be a winner.

A: True

B: False

7. By completing the small things sincerely, it encourages you to do the big things better. .

A: True

B: False

8. Only with a sense and a spirit of togetherness, we can mitigate the darkness.

A: True

B: False

9. Forgiveness can release us from the burden of regret and guilt. It can bring peace to our minds.

A: True

B: False

10. Stress is a physical reaction to a mental state.

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. What would your face look like if you consume alcohol and tobacco regularly?

- a. Very bright and energetic
- b. You'll have smooth skin
- c. Faster ageing, dullness, and deformation
- d. You always look younger than your age

12. Which of the following is NOT an important component of financial planning?
- Using compound interest
 - Investing in an orient fund
 - Calculating your budget
 - Creating an emergency fund
13. Which of these is a trait of a good friend?
- Who feeds you poison
 - Ties you up for fun
 - Asks you to jump in a well with them
 - Stops you from having tobacco
14. According to the Harvard School of Public Health, how much of a portioned plate should be filled with healthy proteins?
- 15%
 - 25%
 - 40%
 - 50%
15. The unprecedented earthquake of _____ left _____ absolutely shattered, the worst ever disaster, in last 180 years.
- 26th January 2000 , Bhuj
 - 15th August 2000 , Ahemadabad
 - 26th January 2001 , Bhuj
 - 15th August 2001 , Ahemadabad
16. Asking for forgiveness is an act of ____.
- Courage
 - cowardice
 - Foolishness
 - Shyness
17. As per the video lecture of stress management what is reason for the releasing of Cortisol in the human body?
- Do something nice for someone

- b. Acknowledge someone is doing good for us
- c. Remembering these actual kindness of people.
- d. Trying to keep up and confirm to the latest trends

18. What was the reply from the sweeper at NASA when President John F. Kennedy asked him about his job?

- a. "I'm helping put a man on the moon."
- b. "I keep the NASA premises clean."
- c. "There is no significant contribution from me in NASA's success."
- d. "I clean the instruments to be used for NASA's moon mission."

19. Drug addictions can negatively impact which of the following

- a. Health
- b. Wealth
- c. Family
- d. All the above

20. ___ is to complete a required task or fulfill an obligation, before or at a previously decided time.

- a. Loyalty
- b. Sincerity
- c. Punctuality
- d. Honesty

21. Who supported Mahatma Gandhi as his personal secretary for 25 years?

- a. Vallabhbhai Patel
- b. Vithalbhai Patel
- c. Mahadev Desai
- d. V. P. Menon

22. What was the first thing that Pramukh Swami Maharaj did, after being appointed as the president of BAPS, in 1950?

- a. Take a selfie
- b. Delegate work to people
- c. Wash dishes and utensils

- d. Travel overseas

23. Which of the following does NOT contribute to being a good team player?

- a. Sacrifice
- b. Value each team member
- c. Make sure to claim your credit
- d. Learn to change, change to learn

24. Norgay and Hillary were able to successfully climb Mount Everest. What factor allowed them to do this while their predecessors (previous climbers) could not?

- a. They took permission of the government
- b. They were experienced in mountaineering
- c. They were part of a team that worked selflessly
- d. There was no disappointment in their team

25. According to the statistics presented in the IPDC workbook, how many adult smokers began before the age of 18?

- a. 3/10
- b. 5/10
- c. 7/10
- d. 9/10

Section C

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- a. Devashish should have only used drugs occasionally during his vacation time.
- b. Devashish should not have taken the risk. He should have avoided the use of drugs completely.

28. A charitable NGO is planning on building a school for the local orphans. During the discussion, one volunteer suggests installing air coolers into the school so that the students feel comfortable during the summer. Some other members disagree as it would mean increasing the fundraising target by 5%. What would you suggest?

- a. "It will be worth the extra effort of fundraising so that the students feel more comfortable."
- b. "We should only focus on the basic necessities needed to build the school."

29. Neel's friend encourages him to smoke some cigarettes because he believes that 'there is no harm in trying it once'. Why should Neel decline his friend's offer to smoke?

- a. Smoking is harmful and can become addictive.
- b. Smoking can be an unpleasant experience for beginners.

30. What is the best way to describe the leadership concept 'Leading Without Leading'?

- a. Great leaders should delegate as much work as possible to free up their time for the most important things.
- b. Great leaders can lead through a good example instead of a more commanding nature.

31. Manan is an intelligent college student. But he often gets late to class, and he rarely submits the assignments on time. His professor is new at his role and has not noticed Manan's absences. What should Manan do?

- a. Manan can maintain his lifestyle but should also stay aware such that his grades do not suffer as a result.
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32. Every morning Steve Jobs asked himself: "If today was the last day of my life, would I want to do what I am about to do today?" From the following two statements, pick that which you think best explains Jobs' quote.

- a. Jobs wanted to remind himself of what is most important in his life and to continue working in that direction.
- b. Jobs wanted to focus more on achieving short term benefits instead of making long term investments.

33. Avinash stays in a hostel. Raj is his roommate. Raj is very notorious and has a habit of mocking everyone most of the time. After a few months, Raj stopped teasing Avinash. But

Avinash has started to hate Raj because of his nature. He gets disturbed just by looking at Raj. What should Avinash do to feel more positive?

- a. Change rooms and avoid speaking to Raj. That way he cannot ruin his mood.
- b. Try and forgive Raj for his mocking nature. Focus on his positive qualities instead.

34. Anmol has been given the responsibility to lead a new project for an IT company. One of his responsibilities is to hire new people into his team. Which approach do you think is the best to take?

- a. Make a team with less diversity to help avoid conflicts and confusion.
- b. Make a team with more diversity to increase innovation, different perspectives, and greater acceptance.

35. Anjali sleeps for 7 hours a night and wakes up a few hours later on Sunday. However, on Monday mornings, Anjali often feels more tired than usual and finds it harder to concentrate. How do you think Anjali should adjust her sleep pattern so that she does not feel extra tired on Monday mornings?

- a. Anjali should try to sleep extra early on Sunday night so that she feels well-rested on Monday morning.
- b. Anjali should try to keep the same sleep schedule on weekdays and weekends so as not to disturb her body clock.

36. After graduating, Shivani started working as a data scientist for the last 4 years. She has been earning ₹7 lakh rupees every year. Now that her 25th birthday is approaching, she is wondering about the best time to start a retirement fund. What financial plan will allow her to benefit the most?

- a. Start investing into a retirement fund straight away to earn more money through compound interest.
- b. For the next 5-7 years, she should keep her money free so she can spend it. She can then start a retirement fund afterwards.

37. Which attribute of a good team player is emphasised in the quote, "Teamwork: simply stated, it is less me and more we."?

- a. A good team player should be able to sacrifice his personal gains for the success of the team
- b. A good team player should be able to change his personality to fit in with the team.

38. 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.

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. "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.

Seat No.: _____

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GUJARAT TECHNOLOGICAL UNIVERSITY

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Subject Code:3160003

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Time:02:30 PM TO 05:00 PM

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Total Marks:70

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. There is no risk of addiction when smoking cigarettes occasionally to please one's friends.
A: True
B: False
2. Being generous can make us happier.
A: True
B: False
3. Working in a team helps you gain new perspectives.
A: True
B: False
4. The biggest role of a team member is to take credit for the team's success.
A: True

B: False

5. A country without value-based citizens can create an environment of crime and corruption.

A: True

B: False

6. To become value-based citizens, we must learn asset valuation techniques.

A: True

B: False

7. Being punctual in the workplace is unimportant.

A: True

B: False

8. Our eating habits can affect stress levels.

A: True

B: False

9. Forgiveness can release us from the burden of regret and guilt. It can bring peace to our minds.

A: True

B: False

10. The recommended amount of moderate physical exercise is 100 minutes per week.

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. Short term goals should be ...?
 - a. vague
 - b. not be time-bound
 - c. relevant to your long-term goal
 - d. hard to achieve

12. What is the first step to begin with the end in mind?
 - a. Create good daily routines
 - b. Prepare short-term goals
 - c. Calculate your risk-outcome ratio
 - d. Visualize your long-term goal

13. What does "S" stand for in the "SMART" method (used to define short-term goals)?
 - a. Specific
 - b. Standard
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14. What was the fate of the shining star Devashish Ghosh?
 - a. He is currently working at NASA, even though he had initially declined their offer
 - b. He is working for ISRO since he declined NASA's offer to serve his country
 - c. He is working on aerospace research for Lockheed Martin
 - d. He is working at a clothing processing factory in Ahmedabad

15. Which of the following is the least likely reason for the formation of drug addiction?
 - a. Peer pressure
 - b. The search for an escape from stress
 - c. Curiosity
 - d. The desire to form an addiction

16. According to the statistics presented in the IPDC workbook, how many adult smokers began before the age of 18?

- a. 3/10
- b. 5/10
- c. 7/10
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17. How did Carl Joss, a reporter from the Swiss magazine Sonntagsblick, describe his experience after performing seva in the Gujarat Earthquake relief camp?

- a. "The best birthday gift that anyone could have given me"
- b. "It was a very memorable experience for me"
- c. "Tiring but definitely worthwhile"
- d. "It was hard to see the people suffering"

18. Which of the following is NOT a characteristic of a good team player?

- a. Selflessness
- b. Respect
- c. Half-heartedness
- d. Adaptability

19. Norgay and Hillary were able to successfully climb Mount Everest. What factor allowed them to do this while their predecessors (previous climbers) could not?

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22. According to the Harvard School of Public Health, how much of a portioned plate should be filled with fruits and vegetables?

- a. 15%
- b. 25%
- c. 40%
- d. 50%

23. After forgiving someone, what should we do next? Answer according to the lecture.

- a. Remind them of their mistake
- b. Tell others about their mistake
- c. Forget their mistake and move on
- d. Tell them to write a letter of apology

24. According to the workbook, which of the following is NOT one of the 6 important tips when asking for forgiveness?

- a. Apologize
- b. Make excuses
- c. Show empathy
- d. Trying to make things right

25. Which one of the following famous personalities received a cancer diagnosis from which they learnt to understand life as finite and encouraged them to create the most iconic technological advantages in the 21st century?

- a. Bill Gates
- b. Steve Jobs
- c. Sundar Pichai
- d. Mark Zuckerberg

Section C

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- b. Smoking can be an unpleasant experience for beginners.

29. Jeff Garcia, a former American football player, was admired for his leadership in the following way: "Jeff Garcia showed up every day to do the work - first one to practice, first one out the tunnel - and in the way he carried himself he demanded that you do the same." [Jon Dorenbos, Life is Magic], Which of the following leadership style best represents the above quote?

- a. Lead by example
- b. First in, is the first to win

30. What is the best way to describe the leadership concept 'Leading Without Leading'?

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- a. Start investing into a retirement fund straight away to earn more money through compound interest.
- b. For the next 5-7 years, she should keep her money free so she can spend it. She can then start a retirement fund afterwards.

37. Due to poor exam results, Rahul's father scolded him in front of his friends. Rahul felt it was insulting and had an argument with her father in the evening because of this reason. After the argument, Rahul felt even more disturbed. What advice would you give to Rahul?

- a. Meet your father and say sorry to him. A gentle talk may inspire your father to realise that he should not have scolded you in front of your friends.
- b. Meet your father and say sorry to him. Accept your fault and apologise for your improper behaviour. Promise him that you will work harder for your studies from now onward.

38. Avinash stays in a hostel. Raj is his roommate. Raj is very notorious and has a habit of mocking everyone most of the time. After a few months, Raj stopped teasing Avinash. But Avinash has started to hate Raj because of his nature. He gets disturbed just by looking at Raj. What should Avinash do to feel more positive?

- a. Change rooms and avoid speaking to Raj. That way he cannot ruin his mood.
- b. Try and forgive Raj for his mocking nature. Focus on his positive qualities instead.

39. 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.

40. Anil is currently learning to code while also working part-time as an IT consultant. Every morning after studying at home, he will drive to meet his client at 11 AM. The journey normally takes around 44 minutes. Anil is trying to decide how to fit this journey into his schedule. Which of the following options do you think is more appropriate?

- a. Anil should leave home at 10:15 AM, so as not to potentially waste any time waiting around.
- b. Anil should leave home at 10:05 AM, so to include buffer time into his schedule.

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-VI(NEW) EXAMINATION – WINTER 2022

Subject Code:3160003

Date:21-12-2022

Subject Name:Integrated Personality Development Course

Time:02:30 PM TO 05:00 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. When you live a life without any direction, you will not move far in any one direction.
 - a. True
 - b. False
2. An aggressive leadership style is generally the most effective.
 - a. True
 - b. False
3. Clear goals will give our lives a clear direction.
 - a. True
 - b. False
4. The biggest role of a team member is to take credit for the team's success.
 - a. True
 - b. False
5. Seva should be performed with the expectation of a reward.
 - a. True
 - b. False
6. Death can teach us about life.
 - a. True
 - b. False

7. Whatever happens, happens for the worst.
 - a. True
 - b. False

8. It is possible for a person to bring change in his/her attitude.
 - a. True
 - b. False

9. Moral values are a universal necessity.
 - a. True
 - b. False

10. Good character is essential in our personal lives, but not at the workplace.
 - 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 the below is NOT an effective method for relieving stress?
 - a. Meditation
 - b. Sufficient rest
 - c. Smoking cigarettes
 - d. Exercise

12. Which of the following is NOT a characteristic of a good team player?
 - a. Selflessness
 - b. Respect
 - c. Half-heartedness
 - d. Adaptability

13. According to the statistics presented in the IPDC workbook, how many adult smokers began before the age of 18?
 - a. 3/10
 - b. 5/10
 - c. 7/10
 - d. 9/10

14. Short term goals should be ...?
 - a. vague
 - b. not be time-bound
 - c. relevant to your long-term goal
 - d. hard to achieve

15. Which one of the following famous personalities received a cancer diagnosis from which he learnt to understand life as finite and it encouraged him to create the most iconic technological advantages in the 21st century?
 - a. Bill Gates
 - b. Steve Jobs
 - c. Sundar Pichai
 - d. Mark Zuckerberg.

16. What was the first thing that Pramukh Swami Maharaj did, after being appointed as the president of BAPS, in 1950?
- Take a selfie
 - Delegate work to people
 - Wash dishes and utensils
 - Travel overseas
17. 'Performing exercise' best fits into which one of the below categories?
- Important & Urgent
 - Important but Not Urgent
 - Not Important but Urgent
 - Not Important & Not Urgent
18. Drug addictions can negatively impact which of the following.
- Health
 - Wealth
 - Family
 - All the above
19. Which of the following is a fixed-voluntary cost?
- Rent
 - Gym membership
 - Medicine
 - Food
20. Mangesh Mhaskar scored 97% on the 10th standard board exams. But what caused his downfall?
- Lack of finance
 - Illness
 - A lack of support from his parents
 - Bad company
21. Which one of the following services were NOT provided to the victims of the Gujarat earthquake in Bhuj?
- Postcards
 - Mobile phones
 - Psychological Trauma Centre
 - Last rites for the deceased

22. According to the Harvard School of Public Health, how much of a portioned plate should be filled with fruits and vegetables?
- 15%
 - 25%
 - 40%
 - 50%
23. How did Carl Joss, a reporter from the Swiss magazine Sonntagsblick, describe his experience after performing seva in the Gujarat Earthquake relief camp?
- "The best birthday gift that anyone could have given me"
 - "It was a very memorable experience for me"
 - "Tiring but definitely worthwhile"
 - "It was hard to see the people suffering"
24. What is the meaning of "begin with the end in mind"?
- You should end the task while remembering the start point
 - You should envision where you want to be in future and structure your life now to give direction to reach your goal
 - You should begin the task and later plan to end it depending on your initial progress
 - You should imagine how you want to begin the task before starting
25. "One should analyse oneself continually, introspect and think that ..."
- How can I get people to like me more?
 - I have enough time to do this task later.
 - This is still to be done, and what have I come to do, and what is happening?
 - What is the point of doing anything when one must die one day?

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. What is the best way to describe the leadership concept 'Leading Without Leading'?
- Great leaders should delegate as much work as possible to free up their time for the most important things.
 - Great leaders can lead through a good example instead of a more commanding nature.
27. What can we learn from the following Alexander-The-Great quote: "Bury my body, do not build any monument, keep my hands outside so that the world knows the person who won the world had nothing in his hands when dying"?
- Great people often die unhappy.
 - Material gain and reputation are not the most important things in life.
28. Devashish Ghosh, an intelligent youth, had great career prospects. But he became addicted to various drugs. The Defence Ministry found him in possession of drugs and blacklisted him. This ruined his career. How do you think Devashish Ghosh could have avoided this situation?
- Devashish should have only used drugs occasionally during his vacation time.
 - Devashish should not have taken the risk. He should have avoided the use of drugs completely.
29. A charitable NGO is planning on building a school for the local orphans. During the discussion, one volunteer suggests installing air coolers into the school so that the students feel comfortable during the summer. Some other members disagree as it would mean increasing the fundraising target by 5%. What would you suggest?
- "It will be worth the extra effort of fundraising so that the students feel more comfortable."
 - "We should only focus on the basic necessities needed to build the school."
30. What is the closest interpretation of the following quote: "Small things make perfection, but perfection is not a small thing"?
- 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.

31. Which attribute of a good team player is emphasised in the quote, “Teamwork: simply stated, it is less me and more we.”?

- a. A good team player should be able to sacrifice his personal gains for the success of the team
- b. A good team player should be able to change his personality to fit in with the team.

32. Amit is a very bright student. He wants to be an engineer and get an entry in the best company of his field. He has just received admission into the engineering institute that he desired, now what should Amit follow:

- a. Amit should try to settle down into the new atmosphere, observe what others are doing and should follow in their footsteps.
- b. Amit should define some short-term goals that will help get entry into the company of his choice

33. Manan is an intelligent college student. But he often gets late to class, and he rarely submits the assignments on time. His professor is new at his role and has not noticed Manan's absences. What should Manan do?

- a. Manan can maintain his lifestyle but should also stay aware such that his grades do not suffer as a result.
- b. He should become more punctual in his attendance and submissions.

34. Jeff Garcia, a former American football player, was admired for his leadership in the following way: "Jeff Garcia showed up every day to do the work - first one to practice, first one out the tunnel - and in the way he carried himself he demanded that you do the same." [Jon Dorenbos, Life is Magic], Which of the following leadership styles best represents the above quote?

- a. Lead by example
- b. First in, is the first to win

35. What leadership style best describes the following quotation: “As we look ahead into the next century, leaders will be those who empower others.” [Bill Gates]

- a. Delegative Leadership
- b. Servant Leadership

36. Every morning Steve Jobs asked himself: "If today was the last day of my life, would I want to do what I am about to do today?" From the following two statements, pick that which you think best explains Jobs' quote.

- a. Jobs wanted to remind himself of what is most important in his life and to continue working in that direction.
- b. Jobs wanted to focus more on achieving short term benefits instead of making long term investments.

37. Avinash stays in a hostel. Raj is his roommate. Raj is very notorious and has a habit of mocking everyone most of the time. After a few months, Raj stopped teasing Avinash. But Avinash has started to hate Raj because of his nature. He gets disturbed just by looking at Raj. What should Avinash do to feel more positive?

- a. Change rooms and avoid speaking to Raj. That way he cannot ruin his mood.
- b. Try and forgive Raj for his mocking nature. Focus on his positive qualities instead.

38. Jatin has important exams approaching in three weeks and is trying to prepare himself accordingly. He is aware that he will need to commit a decent amount of time to study, but he would also like to give some time for exercise. How would you suggest that he balances his time?

- a. Jatin should schedule at least 30 minutes of exercising every morning before studying.
- b. Jatin should commit to exercising only on the days when he finds spare time after completing his studies and other responsibilities.

39. 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.

40. After graduating, Shivani started working as a data scientist for the last 4 years. She has been earning ₹7 lakh rupees every year. Now that her 25th birthday is approaching, she is wondering about the best time to start a retirement fund. What financial plan will allow her to benefit the most?

- a. Start investing into a retirement fund straight away to earn more money through compound interest.
- b. For the next 5-7 years, she should keep her money free so she can spend it. She can then start a retirement fund afterwards.
