

Enrolment No./Seat No _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-VI EXAMINATION – SUMMER 2025

Subject Code:3160003

Date:06-06-2025

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.
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. The more you visualize your long-term goals, the fewer chances there are of achieving them.
 - a. True
 - b. False
2. There is no risk of addiction when smoking cigarettes occasionally to please one's friends.
 - 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. 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. We should always be accountable for our actions and be honest with the people who are depending on us.
 - a. True
 - b. False

10. Realising our lifespan as finite can allow us to become more productive.
 - 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 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

12. "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?

13. 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

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. What does "S" stand for in the "SMART" method (used to define short-term goals)?
 - a. Specific
 - b. Standard
 - c. Superb
 - d. Simple

16. Complete this sentence: To achieve your short-term goal...
 - a. You should not work in time-limits
 - b. Your daily routine should include activities that help to achieve it
 - c. Do the same thing that your friends do
 - d. You should avoid focussing on your daily habits

17. Drug addictions can negatively impact which of the following
 - a. Health
 - b. Wealth
 - c. Family
 - d. All the above

18. 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

19. Which of these methods can help an addict overcome their addictions?
 - a. Firmly decide to give up
 - b. Reject assistance
 - c. Deny accountability
 - d. All the above

20. 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

21. 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

22. How does the 'cool factor' play a role in recreational drugs (e.g. cigarettes, alcohol)?
 - a. One will borrow money from their family to buy recreational drugs
 - b. One will use recreational drugs out of curiosity
 - c. One will start to use recreational drugs to improve concentration levels
 - d. One will use recreational drugs because of the belief that it improves one's social status

23. 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
24. 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"
25. Which of the following seva did the journalist, Carl Joss, NOT perform during the relief work of the Gujarat earthquake?
- Cutting vegetables
 - Serving food
 - Donating money
 - Driving the ambulance

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?

- 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 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."

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

33. Aniket 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 Aniket's absences. What should Aniket do?

- a. Aniket 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. Mehul 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 Mehul. But Mehul has started to hate Raj because of his nature. He gets disturbed just by looking at Raj. What should Mehul 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. Dhruv 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. Dhruv should schedule at least 30 minutes of exercising every morning before studying.
- b. Dhruv 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, Neha started working as a data scientist for the last 7 years. She has been earning ₹9 lakh rupees every year. Now that her 30th 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.

Enrolment No./Seat No _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-VI (NEW) EXAMINATION – SUMMER 2024

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Time:10:30 AM TO 01:00 PM

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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 biggest insult in the world is when you lower yourself in your own esteem and in your own eyes.
A: True
B: False
2. There is no risk of addiction when one is smoking cigarettes occasionally to please one's friends.
A: True
B: False
3. Moral values are not universal across the borders of culture, race, religion, economics, politics, etc.
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. Most of today's youth are completely drenched in alcohol and completely dry of ambition.
A: True
B: False

6. To become value-based citizens, we must learn asset valuation techniques.
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. The beginning of addiction is always occasional consumption
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. If you are internally strong to fight against any bad thing, then and then you can be a winner.
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. Dr. Bernie Siegel wrote a very famous book having name "Love, Medicine & _____."

- a. Miracles
- b. Obstacles
- c. Opportunities
- d. None of above

12. Which of the following is NOT an important component of financial planning?

- a. Using compound interest
- b. Investing in an orient fund
- c. Calculating your budget
- d. Creating an emergency fund

13. What is a potential effect of having good company?

- a. Increased stress levels
- b. Improved mental well-being
- c. Decreased productivity
- d. Enhanced feelings of isolation

14. According to the Harvard School of Public Health, how much of a portioned plate should be filled with healthy proteins?

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

15. How should one perform seva ?

- a. Keep the right intention

- b. serve with love
- c. Sacrifice
- d. All of the above

16. Asking for forgiveness is an act of ____.

- a. Courage
- b. cowardice
- c. Foolishness
- d. Shyness

17. Which of the following are NOT one of the powerful thoughts explored in the lecture - 'Timeless Wisdom for Daily Life'?

- a. Live every day as if it were your last
- b. Look beyond the body
- c. Whatever happens, happens for the best
- d. When the going gets tough, the tough get going

18. What is the name given of the fear of public speaking ?

- a. Glossophobia
- b. acrophobia
- c. aerophobia
- d. zoophobia

19. How did Mahadev Desai win the complete trust of Mahatma Gandhi?

- a. By being loyal
- b. By being sincere in his work
- c. By being punctual in all his duties
- d. All of the above

20. If we don't serve our country, If we don't serve our society, Than we are less of being _____

- a. a human
- b. a citizen
- c. a holy man
- d. a social man

21. Pramukh Swami Maharaj reacted to the workers' refusal to continue the construction by doing what?

- a. Lifting tiles
- b. Serving tea
- c. Giving a discourse
- d. Scolding them

22. Life is very simple, but what do we insist on making it?

- a. Easier
- b. Complicated
- c. Luxurious
- d. Nothing

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. 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"

25. Which of these is NOT a good way to deal with stress?

- a. Start drinking
- b. Talk to someone
- c. Accept the challenge and work hard
- d. Meditate

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. 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?

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- 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.
- b. He should become more punctual in his attendance and submissions.

32. 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.

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. 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

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. Anil is currently learning to code while also working part-time as an IT consultant. Every morning after studying at home, he has to 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 as to include buffer time into his schedule.

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. 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

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GUJARAT TECHNOLOGICAL UNIVERSITY

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Date:24-07-2023

Subject Name: Integrated Personality Development Course

Time:10:30 AM TO 01:00 PM

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Section A

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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. To achieve your long-term goals, you need to create smaller short-term goals to guide your life in the right direction.

- a. True
- b.False

3. The more you visualize your long-term goals, the fewer chances there are of achieving them.

- 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 good team member is willing to sacrifice something for the team.

a. True

b.False

6. Legends create everlasting impressions.

a. True

b. False

7. Realizing our lifespan as finite can allow us to become more productive.

a. True

b.False

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

a. True

b.False

9. Asking for forgiveness is an act of a coward.

a. True

b. False

10. Stress affects our health.

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 does "S" stand for in the "SMART" method (used to define short-term goals)?

- a. Specific
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12. Complete this sentence: To achieve your short-term goal...

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13. How did Mahadev Desai win the complete trust of Mahatma Gandhi?

- a. By being loyal
- b. By being sincere in his work
- c. By being punctual in all his duties
- d. All of the above

14. How did Walt Disney bring a change in the attitude of his employees at Disneyland?

- a. He doubled the salary of all the employees.
- b. He gave them a new perspective in which to view their role.
- c. He hired motivational speakers to inspire his employees
- d. He increased paid leaves for the employees.

15. According to the Harvard School of Public Health, how much of a portioned plate should be filled with healthy proteins?

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

16. Which of the following does NOT directly benefit from financial planning?

- a. Retirement
- b. Purchasing a house
- c. Exam technique
- d. Emergencies

17. Purchasing a smartphone is most likely to be which type of financial goal?

- a. Short-term
- b. Mid-term
- c. Maximization
- d. Strategic

18. 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

19. 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."

20. Reminding ourselves that 'life is finite' can benefit us in many ways. Which of the following are NOT one of those ways?

- a. It can make our life more meaningful

b. It can make us more productive

c. It can increase our lifespan

d. It can give us clarity

21. Drug addictions can negatively impact which of the following.

a. Health

b. Wealth

c. Family

d. All the above

22. How does the 'cool factor' play a role in recreational drugs (e.g. cigarettes, alcohol)?

a. One will borrow money from their family to buy recreational drugs

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23. 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

24. Which of these methods can help an addict overcome their addictions?

a. Firmly decide to give up

b. Reject assistance

c. Deny accountability

d. All the above

25. Asking for forgiveness is an act of _.

a. Courageous

b. Weak

c. Foolish

d. Shy

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.

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

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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. Sejal often gets stressed because she has financial difficulties. She is also addicted to cigarettes, smoking 15 cigarettes daily. She refuses to stop smoking because she says that it helps control her stress. Do you think it is beneficial for her to stop smoking?

- a. Yes. Spending money on cigarettes is wasting her money. If she can be strong and give up her addiction, then this will be more beneficial in the long term.

b. No. By trying to stop smoking she will get more stressed. Which will only make her situation worse.

31. The local community has organised a one-day cleanup event. The organisers have invited the local minister alongside sixty members of the community to clean all the trash in the village river. The local media has been asked to attend the event to record and publicise the good efforts of the minister and community. However, the media has not confirmed their invitation and so their attendance cannot be guaranteed. Upon hearing this, the minister is considering whether to attend the event or not, what would you advise him?

a. You should request the organisers to postpone the event until the media guarantees their attendance.

b. You should attend the event even if the media does not attend because it is a good cause.

32. 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.

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. 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.

35. Archana is a software engineer. She likes to work on program designing and coding. But she does not like to do the supporting documentation work. She finds it unimportant as it is not normally used by anyone. It needs to be done to adhere to the general organization standards. What should Archana do?

- a. Complete the documentation work by noting down only the biggest details. The supporting
- b. document feels unimportant and is unlikely to be used anyway. Complete the documentation work sincerely. Follow the organization guidelines to specify the details. Even if it seems unimportant, she should be sincere in completing her work.

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. "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.

38. Anamika and Aditi are friends. But Aditi forgot to invite Anamika to her birthday celebration. Anamika felt upset that she was left out. A few weeks later, Anamika's birthday anniversary is now soon approaching, and she is planning her birthday celebration. What should Anamika do?

- a. Invite Aditi to her birthday celebration. This will make Aditi realise her mistake and more likely to apologise.
- b. Invite Aditi to her birthday celebration and bridge the gap in their friendship.

39. 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.

40. 'Resentment is like drinking poison and then hoping it will kill your enemies.' - What is the most useful lesson to learn from this famous quote by Nelson Mandela?

a. Keeping bitter emotions for those who have hurt us will only prove to be self-destructive. So, we should learn to forgive others for our own peace of mind.

b. Keeping bitter emotions for your enemies is unlikely to inflict harm on them. It is better to act upon it instead.

Seat No.: _____

Enrolment No. _____

**GUJARAT TECHNOLOGICAL UNIVERSITY
BE - SEMESTER-VI (NEW) EXAMINATION – SUMMER 2022**

Subject Code:3160003

Date:18/06/2022

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. All questions are compulsory.**

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. There is no risk of addiction when one is smoking cigarettes occasionally to please one's friends.
A: True
B: False
3. Being generous can make us happier.
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. Legends create everlasting impressions.
A: True
B: False

6. To become value-based citizens, we must learn asset valuation techniques.
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. Realising our lifespan as finite can allow us to become more productive.
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 company you keep has the potential to make you or break you.
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 does "S" stand for in the "SMART" method (used to define short-term goals)?
- a. Specific
 - b. Standard
 - c. Superb
 - d. Simple

12. Which of the following is NOT an important component of financial planning?
- a. Using compound interest
 - b. Investing in an orient fund
 - c. Calculating your budget
 - d. Creating an emergency fund
13. How can we create a good environment for ourselves?
- a. by reading good books
 - b. by watching popular shows
 - c. by keeping negative thoughts
 - d. by eating more food
14. According to the Harvard School of Public Health, how much of a portioned plate should be filled with healthy proteins?
- a. 15%
 - b. 25%
 - c. 40%
 - d. 50%
15. 'Mindless web-browsing' 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

16. Asking for forgiveness is an act of ____.

- a. Courage
- b. cowardice
- c. Foolishness
- d. Shyness

17. Which of the following are NOT one of the powerful thoughts explored in the lecture - 'Timeless Wisdom for Daily Life'?

- a. Live every day as if it were your last
- b. Look beyond the body
- c. Whatever happens, happens for the best
- d. When the going gets tough, the tough get going

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. How did Mahadev Desai win the complete trust of Mahatma Gandhi?

- a. By being loyal
- b. By being sincere in his work
- c. By being punctual in all his duties
- d. All of 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. Pramukh Swami Maharaj reacted to the workers' refusal to continue the construction by doing what?

- a. Lifting tiles
- b. Serving tea
- c. Giving a discourse
- d. Scolding them

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. 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"

25. Which of these methods can help an addict overcome the addictions?

- a. Firmly decide to give up
- b. Reject assistance
- c. Deny accountability
- d. All the above

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. 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

27. 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.

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. 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 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.
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?
- 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.
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- Change rooms and avoid speaking to Raj. That way he cannot ruin his mood.
 - Try and forgive Raj for his mocking nature. Focus on his positive qualities instead.
34. 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?
- Jatin should schedule at least 30 minutes of exercising every morning before studying.
 - Jatin should commit to exercising only on the days when he finds spare time after completing his studies and other responsibilities.

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. Anil is currently learning to code while also working part-time as an IT consultant. Every morning after studying at home, he has to 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 as to include buffer time into his schedule.

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. 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.
