

GUJARAT TECHNOLOGICAL UNIVERSITY

BE- SEMESTER-I & II EXAMINATION – WINTER 2025

Subject Code:BE01000161

Date:01-01-2026

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.

MARKS

- Q.1** Answer the following MCQ question of one mark each
- (a) 1. '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? **01**
- 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.
2. 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? **01**
- 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.
3. As a student, you want to excel not just in your academics but your personal life too, should you... **01**
- 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.
- (b) 1. According to Robin Sharma, it only takes 11 days to develop a new habit. **01**
- a. True b. False
2. There is no difference between listening and hearing. **01**
- a. True b. False
3. The rishis of India have contributed greatly to the fields of Mathematics, Astronomy, and Physics. **01**
- a. True b. False
4. Staying in contact is key when building your network. **01**
- a. True b. False
- (c) 1. Complete the following phrase: "Home is where the _____ is" **01**
- a. mind b. heart c. life d. light

2. The IPDC lesson taught us to keep faith in three things. Which of the below was NOT one of them? **01**
 a. Faith in ourselves b. Faith in the system
 c. Faith in others d. Faith in God
3. Which of the following is NOT mentioned as a flip-side (drawback) of Social Media in the IPDC workbook? **01**
 a. FOMO b. Negative body image
 c. Healthy sleep patterns d. Poor concentration
4. Around how many people studied at Takshashilā University for their post-graduation, at any one time? **01**
 a. 100 b. 1000 c. 10,000 d. 1,00,000
5. Which of the below scientist, calculated an accurate approximation for Pi(π)? **01**
 a. Aryabhata b. Vikram c. Sushruta d. Vyasa
6. According to the workbook, which of these does NOT lead us to failure? **01**
 a. Self-doubts b. Fear of failure
 c. Finding support d. Making excuses
7. Complete the following quotation of Sachin Tendulkar, "Don't stop ___ your dreams, because dreams do come true." **01**
 a. Chasing b. Forgetting c. Sharing d. Caring
- Q.2** (a) How a single thought has potential to change the world? Explain it with real life example in detail. **03**
 (b) As per Tom Corley, which habits were found common in millionaires? **04**
 (c) What did you learn from life of legends Sachin Tendulkar and Ratan tata? **07**
- OR**
- (c) Explain all four Quotient explained in restructuring yourself Module with example. **07**
- Q.3** (a) Explain Three Key factors of active listening. **03**
 (b) Write a note on circle of concern and circle of influence, given by Stephen Covey. **04**
 (c) As per module Facing the failure, Which are the factors affecting failures? How can one overcome it. **07**
- OR**
- Q.3** (a) What made we Indians unaware about our glorious past? **03**
 (b) How we can retain India live in our personal lives? Elaborate based on four things mentioned by Pramukh swami Maharaj. **04**
 (c) List out great scientific contributions of ancient India to the world in the field of mathematics, astronomy and physics? **07**
- Q.4** (a) As per networking and Leadership module, which three soft skills are required for any young person who will eventually enter workforce? **03**
 (b) What is your learning from Dr APJ Abdul kalam's life? **04**
 (c) As per Networking and Leadership Module How should you build and grow your professional network? **07**
- OR**
- Q.4** (a) What does networking mean? Also state an example of networking. **03**
 (b) What is the role of a leader when it comes to completing tasks/work at any organization? **04**
 (c) Explain principles of project management in detail. **07**

- Q.5** (a) What are some reasons that cause disconnect within the family? **03**
(b) Write about incident of your life where you or your family encountered difficult circumstances and reached out to god. How that faith in god has helped you? **04**
(c) What was the role of your parents/family in your educational/professional journey? **07**
- OR**
- Q.5** (a) As per Handling Social media module, what are negative effect of social media on us? **03**
(b) What is your understanding of 'The Roseto Effect'? **04**
(c) As per module selfless service, While performing seva, which parameters should we keep in mind? Share your experience of same. **07**
