

Enrolment No./Seat No _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE- SEMESTER– V EXAMINATION – SUMMER 2026

Subject Code:3150005

Date:19-05-2026

Subject Name:Integrated Personality Development Course

Time:02:30 PM TO 05:00 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. 'Live every day as your last'. This thought allows us to prioritize our life and achieve those things that are more important sooner.
A: True B: False
2. The difference between who you are and who you want to be is what you believe. And that which you believe consistently is called a Habit.
A: True B: False
3. We should spend most of our time in the circle of concern.
A: True B: False
4. The Vedic text, Baudhāyana Shulba Sutra, contains surgical techniques like the heart bypass surgery.
A: True B: False
5. The origin of Takshashilā goes back at least to 1000 BCE
A: True B: False
6. Dr Abdul Kalam lived an extraordinary life but only during his time as the President.
A: True B: False
7. Networking is the process of calculating the net profit.
A: True B: False
8. Project Management should be done after completing the Project.
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. Excessive social media usage has been critically linked to loneliness and depression within youth
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 following are NOT one of IPDC's four quotients?

- a. Intelligence Quotient b. Emotional Quotient
- c. Adaptability Quotient d. Physical Quotient

12. Change begins, simply, with _?

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

13. What did Tata do for the people of India?

- a. Tata created a free telephone service with unlimited data.
- b. Tata 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. During the 1999 ICC World Cup, Sachin Tendulkar's Father passed away, at that time he _.

- a. Become emotionally unstable.
- b. Was unable to continue playing in the world cup.
- c. Refused to attend his father's final rites and continued to play cricket.
- d. Maintained balance of mind.

15. 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

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 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

18. 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
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. "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
21. Which pair of titles from below best suits Aryabhata Rishi?
- a. Astronomer-Mathematician b. Physicist-Historian
- c. Physicist-Biologist d. Nuclear Scientist-Mathematician
22. What kind of person is NOT effective at networking?
- a. Someone who is good at listening
- b. Someone who is good at asking the right questions
- c. Someone who stays in touch only when they need something
- d. Someone who is sincere
23. 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
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. Due to which one of the following reasons did Arunima Sinha lose her leg?
- a. A car ran over her leg
- b. A train crushed her leg
- c. Her leg got stuck in a factory machine
- d. She developed cancer in her leg

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. '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.

27. 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.

28. 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.

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. Dhaval has been visiting the cricket nets every day to practice for the upcoming regional trials in a few days. He feels confident in his ability and expects to gain a spot in the regional cricket team. Upon his regular visits, he gets familiar with another youth called Raj. Upon talking, Dhaval finds out that Raj is also applying for the trials. Raj requests Dhaval to give him some guidance on his batting style. Raj is not sure whether to help him or not, because competition is already high and Dhaval seems naturally talented. What do you think Raj should do?

- a. Dhaval should try his hardest to assist Raj to improve his batting technique.
- b. Dhaval should give Raj a few general tips before leaving to focus on his own technique.

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. 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.

33. 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.

34. 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.

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. 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.

38. 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.

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. Anjali has prepared for a cultural festival dance performance at her college. She has been practising 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 practising. Seeing their dance routines, she felt that they were far more superior than 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 organiser and avoid her performance to prevent any potential embarrassment.
