

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE- SEMESTER-V (NEW) EXAMINATION – WINTER 2020

Subject Code: 3150005

Date: 20/01/2021

Subject Name: Integrated Personality Development Course

Time: 10:30 AM TO 12:30 PM

Total Marks:56

Instructions:

1. Attempt all Section.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.
4. Student has to darken the circle in OMR answer sheet in Sr. No 1 to 40 only.

Section A

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. Attempt any 8 questions out of 10. Answer according to what you learnt from the IPDC lectures and workbook.

Marks:08

1. My personal growth depends only on my surroundings.
A: True
B: False
2. Most highly successful people keep the habit of reading 30 minutes or more.
A: True
B: False
3. Though a Legend may be not present physically, their value-based life can serve as an inspiration for others.
A: True
B: False
4. Principles of project management makes it harder to plan in advance.
A: True
B: False
5. Time efficiency means to effectively complete the project within the deadline.
A: True
B: False
6. Excessive social media usage has been critically linked to loneliness and depression within youth.
A: True
B: False

7. Asking for forgiveness is an act of a coward.
A: True
B: False
8. Failing means that one has no potential to achieve success.
A: True
B: False
9. Within the circle of influence, there are things that you can control.
A: True
B: False
10. Drinking alcohol is only harmful to the health of the elderly and not of the 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. Attempt any 12 questions out of 15. Answer according to what you learnt from the IPDC lectures and workbook.

Marks: 24

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. Which of these is NOT one of the 6 powerful thoughts?
 - a. Whatever happens, happens for the best
 - b. What am I grateful for?
 - c. How can I get people to like me?
 - d. Am I giving my 100%?
13. What you do ____ is called habit.
 - a. Punctually
 - b. Nicely
 - c. Consistently
 - d. Lovingly

14. Which of these people had the following thought that led to their success – “What happens if you divide 0 by 0?”
- Srinivasa Ramanujan
 - Isaac Newton
 - Albert Einstein
 - Abdul Kalam
15. Which of the following points is NOT one of the habits that Tom Corley, author of "Change Your Habits, Change Your Life" discussed in his study of 233 self-made millionaires over a period of 5 years?
- They get up early
 - They sleep 4 hours or less
 - They read a lot
 - They make exercise a priority
16. Which of the following is NOT a characteristic of a good team player?
- Selflessness
 - Respect
 - Half-heartedness
 - Adaptability
17. What did Tata do for the people of India?
- Tata created a free telephone service with unlimited data.
 - Tata created an affordable car for every family.
 - Tata created the largest hospital in Mumbai.
 - Tata created a new submarine for the military.
18. Which of these is NOT one of the principles of the Project Management Triangle?
- Environmental Impact
 - Quality of Project
 - Time Efficiency
 - Resources
19. Complete the following phrase: "Home is where the ___ is"
- mind
 - heart
 - life
 - light
20. How did Raj react to his father when he gave him a Bhagwat Gita instead of the car he asked for?
- He never spoke to his father again
 - He told his friend to buy him the car instead
 - He asked for an explanation
 - He moved to Japan and lived there

21. According to the workbook, which of the following is NOT part of the process of forgiving?
- a. Consider why you want to forgive this person
 - b. Choose to forgive
 - c. Think of the person's flaws and share it with others
 - d. When in doubt, take your time
22. What is atychiphobia?
- a. Fear of spiders
 - b. Fear of closed spaces
 - c. Fear of heights
 - d. Fear of failure
23. Which famous failure is best known for later success in writing the international best-selling book series Harry Potter?
- a. John Rolling
 - b. JK Rowling
 - c. George Orwell
 - d. JRR Tolkien
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. 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

Section C

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. Attempt any 12 questions out of 15. Read each question carefully before answering. Apply what you have learnt from the IPDC lectures and workbook to choose the best option.

Marks: 24

26. After being stuck in quarantine for 6 months, Manohar has not been able to take his usual journey to college. For the last 6 months, his usual routine consists of waking up at 11am, watching a movie, taking a nap, and then studying through the whole night while eating the fast food that he ordered online. Unfortunately, despite his hard efforts, he is finding it harder to concentrate while studying and he is feeling more tired than usual. Manohar explains his confusion to you, what do you think is the best way to advise him?
- a. Do not worry, you are genuinely trying your best. Once college opens again, everything will go back to normal and you will see the fruit of your hard effort.
 - b. Do not worry, you are trying your best. But you should consider exercising and eating healthier. You know what they say, a healthy body makes a healthy mind.

27. Samir is a 4th year engineering student. This year many companies visited his college for campus placement. He worked hard to prepare for his interview with his dream company, yet he was still not selected. What should Samir do now?
- He should find the placement officer and request him to ask the company executive to reconsider the interview.
 - Samir should analyse the interview and find the reasons of his non-selection. He should then try to improve those weak points and prepare himself for his next interviews.
28. You have planned a cultural event at your college. You have planned to set a wonderful stage for the inauguration. Your institute has allocated a dedicated fund for the stage decoration. During the final selection, you find that your team will need more human resources to set the stage, in addition to the current labourers. What will you do?
- Train students for stage building and decoration
 - Request your institute to increase the allocated budget to hire more labourers
29. Anjali has prepared for a cultural festival dance performance at her college. She has been practicing for many weeks. It is now the day before the event and Anjali is feeling quite confident. But that was until she saw the other participants practicing. Seeing their dance routines, she felt that they were far more superior than her. What would you recommend her to do?
- She should remember her efforts and give her best performance possible.
 - She should give an excuse to the organiser and avoid her performance to prevent any potential embarrassment.
30. "The rule of 21" - What did we learn from this rule in the context of new habits, as mentioned by Robin Sharma in his book named - "Who will cry when you die?"
- You should develop a habit, by practicing it for 21 days without a break. Initially, it is normal to feel uncomfortable for the first few days. But if you break them in for about three weeks, they will fit like a second skin.
 - If you find it uncomfortable while developing a new habit, then take a break and continue when it feels more natural to you. Continue this until you reach the 21 days target to develop a beneficial habit.
31. 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?
- We should be ready to come out of our own comfort zone to further our personal growth.
 - We should break all limits and make new innovations.
32. Megha has recently been feeling unhappy and lonely. Since for the last 2 weeks, she has been longing to share her emotions with someone. What should she do?
- She should reach out to people using social media and create new friendships.
 - She should express her feelings to family members who she feels comfortable with.
33. Pallavi was very close with her family as a child. But after finishing her 7th standard, she attended an out-of-state boarding school. And then later studied in college abroad. After 9 years, she finally returned to settle with her family at home. But she is finding

it difficult to connect with her family like she did as a child. What do you think Pallavi should do?

- a. Pallavi should give herself time to settle down and adjust to her new environment.
- b. Pallavi should regularly spend some quality time with her family.

34. 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.

35. On the 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.

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

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

37. Devashish Ghosh, an intelligent youth, had great career prospects. But he became addicted to various of 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.

38. Dhaval has been visiting the cricket nets every day to practice for the upcoming regional trials in a few days' time. 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 hard to assist Raj improve his batting technique.

- b. Dhaval should give Raj a few general tips before leaving to focus on his own technique.
39. Ram has just received his mid-term exam back from his teacher. He has scored the highest score in the class with an amazing 91%. After being praised by his teacher, Ram looks through his classmate's paper. His classmate, Shyam, has also scored very highly. Upon further inspection, Ram notices that one of Shyam's questions was marked incorrectly. If Ram informs the teacher then Shyam will gain 3 more marks. However, this will put Shyam as the highest scorer and Ram as second. What do you think Ram should do?
- a. Ram should not inform the teacher. The fault belongs to the teacher. So, Ram should just enjoy his well-earned first place.
 - b. Ram should inform the teacher about the mistake and take pleasure in helping Shyam get a better grade.
40. Anuj has an aspiration of becoming a credible IT consultant. He spends most of the time on his laptop and mobile to watch online certification training videos, track market trends, and to expand his professional network. However, this prevents him spending much time with his family even though they live in the same household. His parents often complain about him being 'always stuck to his laptop and mobile'. How should Anuj evaluate his routine?
- a. Anuj should keep his career as his prime focus. He should promise his parents that he will schedule them in some quality time for one weekend, next month. After his career is set then he will make more time to spend with his family.
 - b. Anuj should schedule some quality time for his parents every week. He can continue working on his career, but it will not hurt him to take a break from his electronics now and again.

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GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-V (NEW) EXAMINATION – WINTER 2021

Subject Code:3150005

Date:14/12/2021

Subject Name:Integrated Personality Development Course

Time:02:30 PM TO 05:00 PM

Total Marks: 70

Instructions:

1. Attempt all questions.
2. Figures to the right indicate full marks.
3. Simple and non-programmable scientific calculators are allowed.
4. 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. To run an organisation, it must have faith on its people.
A: True
B: False
2. Dr Abdul Kalam's academic intelligence was the only reason for his success.
A: True
B: False
3. Social media can change our perception of the world and ourselves, but not always for the better.
A: True
B: False
4. Staying in contact is key when building your network.
A: True
B: False
5. Āryabhata Rishi mainly contributed to the field of Biology.
A: True
B: False
6. We should spend most of our time in the circle of concern.
A: True
B: False

7. 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
8. A good listener will be able to understand how the speaker is feeling.
A: True
B: False
9. Screen time generally has a positive effect on family bonding and relationships.
A: True
B: False
10. '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

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 from of the following does NOT mean 'Listening with our body'?
- a. Using non-verbal cues to acknowledge that you are listening to the speaker
 - b. Nodding your head
 - c. Waving at someone at far while listening to the speaker
 - d. Smiling, laughing, or frowning when appropriate
12. According to the workbook, which of these does NOT lead us to failure?
- a. Self-doubts
 - b. Fear of failure
 - c. Finding support
 - d. Making excuses
13. "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

14. 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?
- Mark Zuckerberg
 - Steve Jobs
 - Bill Gates
 - Tim Cook
15. Complete the following quote from the workbook: "Life is 10% what happens to us and 90% _____"
- What happens to others
 - How we feel
 - Having fun
 - How we respond to it
16. What was the ideal example of project management that was used as a case study in the lecture?
- The Taj Mahal
 - The Burj Khalifa
 - The Swaminarayan Akshardham
 - The Pyramids of Egypt
17. Complete the following quote by Winston Churchill, 'We make a living by what we get. We make a life by ____.'
- how we react
 - what we earn
 - sharing love
 - what we give
18. Which of the following is NOT a key factor of Active Listening?
- Listening with our ears
 - Listening with our eyes and body
 - Listening with our mind and heart
 - Listening with our opinion
19. How do habits form?
- Cue-> routine-> reward
 - Practice -> perfect practice -> reward
 - Learn -> practice -> success
 - Learn -> patience -> success
20. During the 1999 ICC World Cup, Sachin Tendulkar's passed away, at that time he ____.
- Become emotionally unstable.
 - Was unable to continue playing the world cup.
 - Refused to attend his father's final rites and continued to play cricket.
 - Maintained balance of mind.

21. According to the IPDC workbook, family get-togethers should take place at least:
- a. Once every week
 - b. Once every month
 - c. Once every year
 - d. Once every 2 years
22. Due to which one of the following reasons did Arunima Sinha lose her leg?
- a. Car ran over her leg
 - b. Train crushed her leg
 - c. Her leg got stuck in factory machine
 - d. She developed cancer in her leg
23. Which of these is NOT one of the 6 powerful thoughts?
- a. Whatever happens, happens for the best
 - b. What am I grateful for?
 - c. How can I get people to like me?
 - d. Am I giving my 100%?
24. Management, in any field, brings forth which of the following?
- a. Optimal results with minimal effort
 - b. Minimal results with optimal efforts.
 - c. Hard work with no results
 - d. No work with no results
25. Change begins, simply, with ____?
- a. Talent
 - b. An action
 - c. Effort
 - d. A thought

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. Pranav wants to develop a habit of working out in the morning. But when he wakes up in the morning, he often forgets and ends up going back to sleep. What do you think is the best solution for him?
- a. He should create a positive cue, by keeping his gym clothes on his bed so he remembers straight away.
 - b. He should keep a flexible schedule. If he forgets, then he should go in the evening instead.

27. Saurabh got into a habit of betting on national cricket matches. But unfortunately today, he lost a lot of money. As he is just studying in college, he has no earnings and the money he lost is beyond his pocket money. He already got caught once by his father while betting and his father is quite against it. How should Saurabh come out of this trouble?
- a. Saurabh should ask his close friend Niraj and borrow the money from him and decide to stop betting for a while. Also, he should put a heavy cut on his pocket money, so he can give that money back to Niraj within a few months. And at the same time, he should not let this blunder be known to his family. They will only worry about him unnecessarily
 - b. Saurabh should trust that his parents will understand him as they did while he was a child and have been doing till now. He should talk to his father and confess this mistake, even though his father may scold him and make him promise to stop betting completely.
28. A group of students are developing an innovative product to reduce car pollution. While observing them working you get a unique idea that will be useful in the development of their product. What should you do?
- a. Share your idea with them and develop a network with them. All of you should work together to implement your idea in their project to make it more successful.
 - b. You should try to work more on your idea and develop a prototype by yourself with your limited resources.
29. Shreya is studying hard for her upcoming exams but keeps getting distracted by her phone notifications. She wants to remain focused but also does not want to miss out on the latest conversations with her friends. What should she do?
- a. Change her status to 'do not disturb', so that her friends only know to contact her if they have something really interesting to share.
 - b. Put her phone on silent and out-of-sight until she has finished studying.
30. Jenish works as a computer engineer for an upcoming technology company. His manager has set him the task to update an important function for a developing product. From the requirements given by the manager, Jenish predicts him that it will take him at least 10 days to finish it. But his manager has challenged him to complete it in 4 days. How should Jenish react to such a request?
- a. Jenish should tell the manager that 4 days is impossible, but he will deliver it in 10 days.
 - b. Jenish should meet his manager's challenge and try his hardest to try and complete it in 4 days.
31. You have organised an online quiz. Students across your state have registered for this quiz in huge numbers. You and the participants are excited to take part. But just before the quiz, the server crashes due to a technical fault. What would you do?
- a. You will immediately report this error to the principal and ask a technical person to provide a solution. Till then you will postpone the quiz.
 - b. You will cancel the quiz because you doubt the capacity of the server. In the future, you will conduct the quiz with limited capacity.

32. Deepa is currently studying law at a world-renowned college in America. She has been asked to deliver a speech about gender equality at a regional student convention. Deepa is passionate about her subject, but she is worried that the audience members will quietly mock her Indian accent and origin. She is mostly prepared for her speech, but with 3 days to go, this worry is still playing in her mind. What should she do?
- Deepa should use these last few days to try and adopt a more American accent.
 - Deepa should focus on channelling her passion to her audience.
33. 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?
- Mr. Honda should reschedule his meeting and visit the factory to personally provide emotional and financial support to his workers according to their needs.
 - Mr. Honda should inform the manager to give the workers a financial package for their troubles and then continue to his meeting.
34. After being stuck in quarantine for 6 months, Manohar has not been able to take his usual journey to college. For the last 6 months, his usual routine consists of waking up at 11am, watching a movie, taking a nap, and then studying through the whole night while eating the fast food that he ordered online. Unfortunately, despite his hard efforts, he is finding it harder to concentrate while studying and he is feeling more tired than usual. Manohar explains his confusion to you, what do you think is the best way to advise him?
- Do not worry, you are genuinely trying your best. Once college opens again, everything will go back to normal and you will see the fruit of your hard effort.
 - Do not worry, you are trying your best. But you should consider exercising and eating healthier. You know what they say, a healthy body makes a healthy mind.
35. There is an annual appraisal at Pratik's company. If the manager thinks Pratik's work is outstanding, then he has a good chance of getting promoted. However, his colleague and friend, Harsh, is requesting Pratik's help with his project. During this competitive period, Pratik is wondering how much time he should commit to Harsh. What do you think Pratik should do?
- Pratik should give Harsh a quick explanation and inform him where to find some more information online.
 - Pratik should spend time advising Harsh in detail, until Harsh feels satisfied that he has clear direction.
36. Riya has been invited to this year's National Youth Summit. As a medical student, she has been asked about to prepare her view on the future of India and its medical practitioners. She is trying to decide which message she should convey. What do you think is best option?
- Youths should contribute to India by becoming doctors. Being a doctor means you can become wealthy and reputable.
 - Youths should contribute to India by becoming doctors. Being a doctor means you can serve your country by helping its citizens.

37. Jatin is an assistant manager at a consultancy firm. He wants to know what role faith plays in a professional team. From what you learnt during the IPDC lectures, what is the best way to advise him?
- Faith can encourage each worker to become more confident and personally excel. Therefore they can stand out from their colleagues.
 - Colleagues and managers need faith in each other to productively work together to reach new heights. Without this disharmony and selfish motives can arise.
38. Samir is a 4th year engineering student. This year many companies visited his college for campus placement. He worked hard to prepare for his interview with his dream company, yet he was still not selected. What should Samir do now?
- He should find the placement officer and request him to ask the company executive to reconsider the interview.
 - Samir should analyse the interview and find the reasons of his non-selection. He should then try to improve those weak points and prepare himself for his next interviews.
39. Keval and his friends volunteer by cleaning the local beach every Saturday. He enjoys his seva a lot. However one time, a few tourists mocked and insulted Keval for picking up trash. This incident hurt Keval, and he is reconsidering his seva. What do you think is the best option for Keval?
- Keval should request the leader for a seva inside the recycling unit, that way he can continue doing seva and avoid criticism from the public.
 - Keval should remember that seva should be performed without the expectation of praise. He should stay positive and continue cleaning the beach.
40. Chintan's younger sister, Trupti, is describing a recent story she wrote for her English essay. But as usual she is taking a lot of time by describing every detail. Chintan is feeling impatient by her story and is trying to figure a way to ease his boredom. What should he do?
- Chintan should try to understand and appreciate how hard Trupti has worked in creating this story and should find joy in this.
 - Chintan should use his intelligence to guess the rest of the story. By carefully inputting his guesses into the conversation, he can finish the story quicker and leave.

Seat No.: _____

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GUJARAT TECHNOLOGICAL UNIVERSITY

BE- SEMESTER-V (NEW) EXAMINATION – SUMMER 2021

Subject Code: 3150005

Date: 04/09/2021

Subject Name: Integrated Personality Development Course

Time: 10:30 AM TO 01:00 PM

Total Marks: 70

Instructions:

- 1. Attempt all Section.**
- 2. Make suitable assumptions wherever necessary.**
- 3. Figures to the right indicate full marks.**
- 4. Student has to darken the circle in OMR answer sheet in Sr. No 1 to 40 only.**
- 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

01. We should learn to be adaptable when working in a team.

- a. True
- b. False

02. My personal growth depends only on my surroundings.

- a. True
- b. False

03. Though a Legend may be not present physically, their value-based life can serve as an inspiration for others.

- a. True
- b. False

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

- a. True
- b. False

05. Staying in contact is key when building your network.

- a. True
- b. False

06. Project Management should only be done after completing the project.
a. True
b. False
07. In the face of failure, we should try to see the positive angle.
a. True
b. False
08. There is no risk of addiction, when smoking cigarettes occasionally to please one's friends.
a. True
b. False
09. One of the ways social media developers have strategized to keep users engaged for a long time is by removing stopping cues.
a. True
b. False
10. Financial planning is useful when moving abroad or buying a house.
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 these people had the following thought that led to their success – “What happens if you divide 0 by 0?”
a. Srinivasa Ramanujan
b. Isaac Newton
c. Albert Einstein
d. Abdul Kalam
12. What should a person do while listening to someone?
a. Think on what to do after the conversation

- b. Make it look like they are listening
- c. Brainstorm on homework
- d. Give full attention to the speaker

13. What you do ____ is called a habit.

- a. Punctually
- b. Nicely
- c. Consistently
- d. Lovingly

14. 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.

15. What was the ideal example of project management that was used as a case study in the lecture?

- a. The Taj Mahal
- b. The Burj Khalifa
- c. The Swaminarayan Akshardham
- d. The Pyramids of Egypt

16. Complete the following phrase: "Home is where the ____ is"

- a. Mind
- b. Heart
- c. Life
- d. Light

17. According to the workbook, which of the following is NOT part of the process of forgiving?

- a. Consider why you want to forgive this person
- b. Choose to forgive
- c. Think of the person's flaws and share it with others
- d. When in doubt, take your time

18. Which of the following points is NOT one of the habits that Tom Corley, author of "Change Your Habits, Change Your Life" discussed in his study of 233 self-made millionaires over a period of 5 years?

- a. They get up early

- b. They sleep 4 hours or less
- c. They read a lot
- d. They make exercise a priority

19. Which famous failure is best known for later success in writing the best-selling book series Harry Potter?

- a. John Rolling
- b. JK Rowling
- c. George Orwell
- d. JRR Tolkien

20. Fill in the blanks with the correct words from the following quote: " Having someone to love is __, having somewhere to go is __, having both is __."

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

21. 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

22. Which one of the following activities is harmful?

- a. Avoidance of the usage of phone in the middle of the night
- b. Spending more than 5 hours a day on the phone
- c. Prevention of misusing social media
- d. Turn your phone on airplane mode while studying

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

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

25. According to the IPDC workbook, family get-togethers should take place at least:

- a. Once every week
- b. Once every month
- c. Once every year
- d. Once every 2 years

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. "The rule of 21" - What did we learn from this rule in the context of new habits, as mentioned by Robin Sharma in his book named - "Who will cry when you die?"

- a. You should develop a habit, by practicing it for 21 days without a break. Initially, it is normal to feel uncomfortable for the first few days. But if you break them in for about three weeks, they will fit like a second skin.
- b. If you find it uncomfortable while developing a new habit then take a break and continue when it feels more natural to you. Continue this until you reach the 21 days target to develop a beneficial habit.

27. 'First they break you and then they remake you'. What can we learn from this method that the USA Army uses to train their recruits?

- a. We should be ready to come out of our own comfort zone to further our personal growth.
- b. We should break all limits and make new innovations.

28. 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. She can then start a retirement fund afterwards.

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

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

30. Anuj has an aspiration of becoming a credible IT consultant. He spends most of the time on his laptop and mobile to watch online certification training videos, track market trends, and to expand his professional network. However, this prevents him spending much time with his family even though they live in the same household. His parents often complain about him being 'always stuck to his laptop and mobile'. How should Anuj evaluate his routine?

- a. Anuj should keep his career as his prime focus. He should promise his parents that he will schedule them in some quality time for one weekend, next month. After his career is set then he will make more time to spend with his family.
- b. Anuj should schedule some quality time for his parents every week. He can continue working on his career, but it will not hurt him to take a break from his electronics now and again.

31. Sanjay spends time on social media until late at night. Because of this, he is sometimes unable to wake up on time in the morning. On such occasions, he sometimes skips his scheduled workout session, so that he can catch the bus to work, to arrive on time. What do you think Sanjay should do to become more consistent?

- a. He needs to break the habit of staying up late, so that he can wake up on time and complete his morning workout as planned.
- b. Social media is also an important part of his nightly routine. So, he should buy a personal vehicle and use that to reduce travel time. That way he can exercise and reach his office on time

32. Two weeks ago, Abdul submitted his scientific research paper for his first review. Due to the lack of support from his appointed research partner, Abdul had to rush the result analysis. Today, when he went to collect feedback, his professor responded only with harsh criticism for his work. How do you think Abdul should handle the situation, going forward?

- a. He should ignore the Professor's harsh tone and keep trying amidst the difficult circumstances.
- b. He should try and use that criticism to improve his research paper

33. On the 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.

34. 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.

35. Smit's fashion design company recently released a new product. But so far sales have been very low. He has gathered with the sales team to find a solution before their product fails. Rita, the new intern, has been assigned to serve snacks and chai to the members in the meeting. While serving during the team's discussion, she asks to contribute an idea to increase the sales of the new product. What do you think Smit should do?

- a. Tell Rita that it is not appropriate to speak right now. She first needs to get more experience before trying to contribute any ideas.
- b. Let Rita share her ideas. She may have something worthwhile to contribute to the discussion.

36. 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.

37. Suraj is having a discussion with his friend Minesh about a recent argument they had at college. This incident has made Minesh feel disappointed. He believes that Suraj is to blame for the whole incident. But Suraj tries to calmly explain why he reacted in the way he did. What is the best way for Minesh to approach this conversation?

- a. Minesh should get up and leave the conversation. Then try to forget about the incident.
- b. Minesh should carefully listen and try to understand Suraj's perspective with an open mindset.

38. Kavya's friend, Arjun, is describing a recent bad experience he had with the police. This incident has made him frustrated, and he wants to explain what happened. How should Kavya, as a good listener, contribute to this conversation?

- a. Kavya should wait for a gap in the conversation, to agree, and voice her strong opinion on bad police conduct.
- b. Kavya should ask open-ended questions to better understand how Arjun feels.

39. Dhaval has been visiting the cricket nets every day to practice for the upcoming regional trials in a few days' time. 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 improve his batting technique.
- b. Dhaval should give Raj a few general tips before leaving to focus on his own technique.

40. 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.

GUJARAT TECHNOLOGICAL UNIVERSITY**BE - SEMESTER-V(NEW) EXAMINATION – SUMMER 2022****Subject Code:3150005****Date:20/06/2022****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. 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. '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. Excessive social media usage has been critically linked to loneliness and depression within youth.
A: True
B: False
3. Though a Legend may not be present physically, their value-based life can serve as an inspiration for others.
A: True
B: False
4. A good listener will be able to understand how the speaker is feeling.
A: True
B: False

5. Within the circle of influence, there are things that you can control.
A: True
B: False
6. The Vedic text, Baudhāyana Shulba Sutra, contains surgical techniques like the heart bypass surgery.
A: True
B: False
7. Julius Caesar learnt Sanskrit so he could study the Bhagavad Gita and ancient Indian texts.
A: True
B: False
8. Dr Abdul Kalam's academic intelligence was the only reason for his success.
A: True
B: False
9. Principles of project management make it harder to plan in advance.
A: True
B: False
10. Seva means to serve individuals with the expectation of praise and rewards
A: True
B: False

Section B

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. All questions are compulsory. Answer according to what you learnt from the IPDC lectures and workbook.

Marks: 30

11. Which of these people had the following thought that led to their success – “What happens if you divide 0 by 0?”
- a. Srinivasa Ramanujan

- b. Isaac Newton
- c. Albert Einstein
- d. Abdul Kalam

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

Which example?

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

13. 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.

14. What should a person do while listening to someone?

- a. Think about what to do after the conversation
- b. Make it look like they are listening
- c. Brainstorm on homework
- d. Give full attention to the speaker

15. "छादयतत शशी सूर्यं, शशशनं महती च भूच्छाया" This Sanskrit shloka is the scientific explanation of which theory?

- a. Earth's Gravity
- b. Solar and Lunar Eclipses
- c. Calculation of Pi
- d. Pythagorean theorem

16. Which of the following was NOT achieved by Dr Abdul Kalam?

- a. Bharat Ratna Award
- b. Padma Shri Award
- c. The name: 'The People's President'
- d. 48 Honorary Doctorates

17. 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

18. Management, in any field, brings forth which of the following?

- a. Optimal results with minimal effort
- b. Minimal results with optimal efforts.
- c. Hard work with no results
- d. No work with no results

19. Which one of the following activities is harmful?

- a. Avoidance of phone usage in the middle of the night
- b. Spending more than 5 hours a day on the phone
- c. Prevention of the misuse of social media
- d. Turning your phone on airplane mode while studying

20. The human brain has approximately how many neurons?

- a. 100 billion neurons
- b. 200 billion neurons
- c. 100 million neurons
- d. 200 million neurons

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

____ , having somewhere to go to is____ , having both is ____."

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

22. According to the IPDC workbook, family get-togethers should take place at least:

(Lecture – 14)

- a. Once every week
- b. Once every month
- c. Once every year
- d. Once every 2 years

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

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

24. According to the workbook, which of these does NOT lead us to failure?

- a. Self-doubts
- b. Fear of failure
- c. Finding support
- d. Making excuses

25. Complete the following quote from the workbook: "Life is 10% what happens to us and 90%

_____"

- a. What happens to others
- b. How we feel
- c. Having fun
- d. How we respond to it

Section C

Instructions: For each question choose ONLY ONE option and mark it on the answer sheet given to you. All questions are compulsory. Read each question carefully before answering. Apply what you have learnt from the IPDC lectures and workbook to choose the best option.

Marks: 30

26. After being stuck in quarantine for 6 months, Manohar has not been able to take his usual journey to college. For the last 6 months, his usual routine consists of waking up at 11 AM,

watching a movie, taking a nap, and then studying through the whole night while eating the fast food that he ordered online. Unfortunately, despite his hard efforts, he is finding it harder to concentrate while studying and he is feeling more tired than usual. Manohar explains his confusion to you, what do you think is the best way to advise him?

- a. Do not worry, you are genuinely trying your best. Once college opens again, everything will go back to normal and you will see the fruit of your hard effort.
- b. Do not worry, you are trying your best. But you should consider exercising and eating healthier. You know what they say, a healthy body makes a healthy mind.

27. Two weeks ago, Abdul submitted his scientific research paper for his first review. Due to the lack of support from his appointed research partner, Abdul had to rush the result analysis. Today, when he went to collect feedback, his Professor responded only with harsh criticism for his work. How do you think Abdul should handle the situation, going forward?

- a. He should ignore the Professor's harsh tone and keep trying amidst the difficult circumstances.
- b. He should try and use that criticism to improve his research paper

28. 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. Dhaval is not sure whether to help him or not, because competition is already high and Raj seems naturally talented. What do you think Dhaval 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.

29. Shilpa has had a difficult day at school and wants to talk to her cousin, Kinjal, about it. They have sat down in the sitting room and Kinjal is listening to Shilpa. During the conversation, Kinjal sees that her friend, Meena, is calling her phone, probably to discuss next week's shopping trip. What should Kinjal do now?

- a. Kinjal should tell Shilpa to wait so she can answer her phone and talk to Meena. Shilpa is going to be at the house for the whole day so they can talk after the phone call.
- b. Kinjal should ask Meena to call her later during the day and then give Shilpa her full attention.

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

- a. Mac will explain to his team that, " Those 3 teams were the toughest in the region. So, it was surely going to be a challenge to play them. But in the next game, it will be easy for us to win. So do not worry about our losses."
- b. Mac will review the mistakes that his team members made while playing. He will have both one-to-one and group meetings with his team members, to convey the tactics they need to use to improve.

31. As a result of his good exam performance, Kirtan recently gained admission to a prestigious college. But upon exploring the college environment, he sees that most of the students are intelligent, wealthy and speak fluent English. Kirtan, coming from a lesser advantaged background, feels that he does not belong in this environment. What do you think Kirtan should do?

- a. Kirtan should remember that he has earned the right to admission through his academic ability. He should focus on working hard and not on his background.
- b. Kirtan needs to be more like the other students. If he starts wearing fancy clothes and copies the speaking style of the other students, then he will feel more comfortable.

32. Riya has been invited to this year's National Youth Summit. As a medical student, she has been asked to prepare her view on the future of India and its medical practitioners. She is trying to decide which message she should convey. What do you think is the best option:

- a. Youths should contribute to India by becoming doctors. Being a doctor means you can become wealthy and reputable.
- b. Youths should contribute to India by becoming doctors. Being a doctor means you can serve your country by helping its citizens.

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

- a. Jenish should tell the manager that 4 days is impossible, but he will deliver it in 10 days.

- b. Jenish should meet his manager's challenge and try his hardest to try and complete it in 4 days.
34. You have planned a cultural event at your college. You have planned to set a wonderful stage for the inauguration. Your institute has allocated a dedicated fund for the stage decoration. During the final selection, you find that your team will need more human resources to set the stage, in addition to the current labourers. What will you do?
- a. Train students for stage building and decoration
- b. Request your institute to increase the allocated budget to hire more labourers
35. Satya is currently studying at 9th standard. His schoolwork has moved online and he now studies at home all the time. He spends hours on his phone every day to keep himself entertained and to escape his boredom. He feels bad about it. What advice would you give him?
- a. It is a tough time right now, spending more time on social media will allow you to pass time quicker. Search for posts that are positive and useful.
- b. It is a tough time right now, so it is important to make sure we do not slip into harmful habits and lose control of our attention. So, limit the time in which you use social media.
36. Anuj has an aspiration of becoming a credible IT consultant. He spends most of the time on his laptop and mobile to watch online certification training videos, track market trends, and to expand his professional network. However, this prevents him from spending much time with his family even though they live in the same household. His parents often complain about him being 'always stuck to his laptop and mobile'. How should Anuj evaluate his routine?
- a. Anuj should keep his career as his prime focus. He should promise his parents that he will schedule them in some quality time for one weekend, next month. After his career is set, then he will make more time to spend with his family.
- b. Anuj should schedule some quality time for his parents every week. He can continue working on his career, but it will not hurt him to take a break from his electronics now and again.
37. Mira and Bira are both medical students who have decided to volunteer for the college blood drive. They were both scheduled to spend one-hour taking blood from the donors, before leaving for their summer vacation. But the organiser has requested them to stay two hours longer to help deal with the unexpected increase of donors. Mira and Bira both have different responses, which one from the following do you think is more appropriate?
- a. Mira agrees to continue her seva as long as necessary.
- b. Bira decides to leave as she has completed the time that was originally agreed upon.
38. You have organised an online quiz. Students across your state have registered for this quiz in huge numbers. You and the participants are excited to take part. But just before the quiz, the server crashes due to a technical fault. What would you do?

- a. You will immediately report this error to the principal and ask a technical person to provide a solution. Till then you will postpone the quiz.
- b. You will cancel the quiz because you doubt the capacity of the server. In the future, you will conduct the quiz with limited capacity.

39. As a student, you want to excel not just in your academics but your personal life too, should you....

- a. Seek to build a strong network with your teachers and classmates.
- b. Seek to build a strong network with classmates only, as teachers do not work in the industry, meaning that their knowledge is theoretically limited.

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

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