

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

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

Subject Code:3160003

Date:08/12/2021

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. A good team member is willing to sacrifice something for the team.
A: True
B: False
2. Death can teach us about life.
A: True
B: False
3. To become value-based citizens, we must learn asset valuation techniques.
A: True
B: False
4. A mid-term financial goal cannot be achieved straight away but should only take a few years to achieve.
A: True
B: False
5. It is possible for a person to bring change in his/her own attitude.
A: True
B: False
6. Seva should be performed with the expectation of a reward.
A: True
B: False

7. An aggressive leadership style is generally the most effective.
A: True
B: False
8. The recommended amount of moderate physical exercise is 100 minutes per week.
A: True
B: False
9. Asking for forgiveness is an act of a coward.
A: True
B: False
10. Short term goals should be time-bounded.
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 did Anjali Ahuja do every Wednesday?
 - a. Take a nap
 - b. Meet with her mentor to review her progress
 - c. Serve employees lunch
 - d. Evaluate everyone's wages
12. Which one of the following statements are false?
 - a. Physical exercise can increase creativity
 - b. Physical exercise can sharpen memory
 - c. Physical exercise can improve brain power
 - d. Physical exercise can change the colour of the brain
13. How did Raj react to his father when he gave him a Bhagwat Gita instead of the car he asked for?
 - a. He never spoke to his father again
 - b. He told his friend to buy him the car instead
 - c. He asked for an explanation
 - d. He moved to Japan and lived there
14. Q. "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 has to die one day.

15. Pramukh Swami Maharaj reacted to the workers refusal to continue the construction by doing what?
- Lifting tiles
 - Serving tea
 - Giving a discourse
 - Scolding them
16. After forgiving someone, what should we do next? Answer according to the lecture.
- Remind them of their mistake
 - Tell others about their mistake
 - Forget their mistake and move on
 - Tell them to write a letter of apology
17. Which of these methods can help an addict overcome their addictions?
- Firmly decide to give up
 - Reject assistance
 - Deny accountability
 - All the above
18. 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 of given me"
 - "It was a very memorable experience for me"
 - "Tiring but definitely worthwhile"
 - "It was hard to see the people suffering"
19. How did Walt Disney bring a change in the attitude of his employees at Disneyland?
- He doubled the salary of all the employees.
 - He gave them a new perspective in which to view their role.
 - He hired motivational speakers to inspire to his employees
 - He increased paid leaves for the employees.
20. Which of the following does NOT contribute to being a good team player?
- Sacrifice
 - Value each team member
 - Make sure to claim your credit
 - Learn to change, change to learn
21. Purchasing a smart phone is most likely to be which type of financial goal?
- Short-term
 - Mid-term
 - Maximization
 - Strategic
22. Which of the following are NOT one of the powerful thoughts explored in the lecture - "Timeless Wisdom for Daily Life"?
- Live everyday as if it were your last
 - Look beyond the body
 - Whatever happens, happens for the best
 - When the going gets tough, the tough get going

23. Norgay and Hillary were able to successfully climb Mount Everest. What factor allowed them to do this while their predecessor (previous climbers) could not?
- a. They took permission of the government.
 - b. They were experienced in mountaineering.
 - c. They were part of a team who worked selflessly
 - d. There was no disappointment in their team
24. Performing exercise' best fits into which one of the below categories?
- a. important & Urgent
 - b. Important but Not Urgent
 - c. Not Important but Urgent
 - d. Not Important & Not Urgent
25. Mangesh Mhaskar scored 97% on the 10th standard board exams. But what caused his downfall?
- e. Lack of finance
 - f. Illness
 - g. A lack of support from his parents
 - h. Bad company

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'?
 - 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.
27. Resentment is like drinking poison and then hoping it will kill your enemies. - What is the best interpretation of this famous quote by Nelson Mandela?
 - a. Keeping bitter emotions for other people will only prove to be self-destructive for us. 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. Plus, it will harm us too. So, we should avoid such feelings as it can be a risk for us.
28. "Death teaches about life." Which of the the following statements best explains the importance of this quotation?
 - a. We should accept that even good things have to come to an end.
 - b. Realizing the ultimate deadline can improve our productivity, clarity, and stability.
29. Shikha wanted to become IAS officer since childhood. During her second semester of college, after having a conversation with her father, she realised she is not working hard enough to reach her long term goal. What should she do?
 - a. Shikha should visualize her long-term goal clearly and should start taking steps towards it by creating short term goals. She should work sincerely towards her graduation, such that her routine habits will help to achieve her long-term goal too.
 - b. Shikha should change her long-term goal to something easier.
30. Jeff Garcia, a former American football player, was admired for his leadership in the following way: "Jeff Garcia showed up everyday to do the work - first one to practice, first one out the tunnel - and in the way he carried himself he demanded that you do the same." [Jon Dorenbos, Life is Magic], Which of the following leadership style best represents the above quote?
 - a. Lead by example
 - b. First in, is the first to win
31. Your project team of 4 members has been given an assignment. During your weekly review session, the professor finds a silly mistake and scolds the whole team badly. Later, the team tries to find out who had made that mistake. You are aware that it was your mistake; but you are hesitant to own up. What should you do?
 - a. Do not reveal that it was your mistake; as others might think that you are unintelligent. But make sure you do not repeat such a mistake in the future.
 - b. Accept your mistake and express your genuine regret to the team. It will build trust and strengthen the relations within the team.
32. 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.
33. A charitable NGO is planning on building a school for the local orphans. During the discussion, one volunteer suggests on 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 10%. What would you suggest?
- "It will be worth the extra effort of fundraising so that the students feel more comfortable."
 - "We should only focus on the basic necessities needed to build the school."
34. What is the closest interpretation of the following quote: "Small things make perfection, but perfection is not a small thing" ?
- Try to bring perfection into the small tasks of your day-to-day life. Perfection in small tasks drives our life to perfection.
 - Perfection is very important for your career. Bring perfection into your important tasks as a student or as a professional.
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 member 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?
- Tell Rita that it is not appropriate to speak right now. She first needs to get more experience before trying to contribute any ideas.
 - Let Rita share her idea. She may have something worthwhile to contribute to the discussion.
36. 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?
- Anjali should try to sleep extra early on Sunday night so that she feels well rested on Monday morning.
 - Anjali should try to keep the same sleep schedule on weekdays and weekends so not to disturb her body clock.
37. Kunal has just graduated from university, he has just started a new job, earning Rs.50,000 a month. He has set himself a medium-term goal to buy a new car for himself and his parents, the car costs Rs.1.8 lakh. Which of these scenarios are a reasonable medium plan to buy the car?
- Save Rs.40,000 a month for 5 months
 - Save Rs.10,000 a month for 18 months

38. Which attribute of a good team player is emphasised in the quote, " Teamwork: simply stated, it is less me and more we."
- A good team player should be able to sacrifice his personal gains for the success of the team
 - A good team player should be able to change his personality to fit in with the team.
39. Avinash stays in a hotel. Raj is his room-mate. 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 keep / feel more positive.
- 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.
40. Lata is working on an important project which requires a collective team effort . The team has decided to meet at 8 AM every day to work together. Often, Lata is late as she does not have the habit of waking up early. Hence, the other team members have to wait until she arrives. What should Lata do ?
- She should start her work on time. Build a habit of sleeping early at night so that she can wake up early. It is important to be punctual at work and respect others' time.
 - She should try to reach for work on time. But her work efficiency is also very importance, she needs to have proper sleep. So, it is okay to be late occasionally.

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.**
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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. 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"
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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.
32. Every morning Steve Jobs asked himself: "If today was the last day of my life, would I want to do what I am about to do today?" From the following two statements, pick that which you think best explains Jobs' quote.
- Jobs wanted to remind himself of what is most important in his life and to continue working in that direction.
 - Jobs wanted to focus more on achieving short term benefits instead of making long term investments.
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?
- 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.
