



QUESTION BANK

IPDC - 1

SECTION - A

Instructions: For each question chose 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.

01. **A single thought has the potential to change the entire world. (Lecture - 1)**
 - a. True
 - b. False
02. **My personal growth depends only on of my surroundings. (Lecture - 1)**
 - a. True
 - b. False
03. **We should take out time every day to be grateful for what we have. (Lecture - 1)**
 - a. True
 - b. False
04. **According to Robin Sharma, it only takes 11 days to develop a new habit. (Lecture - 2)**
 - a. True
 - b. False
05. **Your life will expand or contract in direct relationship to your good and bad habits. (Lecture - 2)**
 - a. True
 - b. False
06. **Most highly successful people keep the habit of reading 30 minutes or more. (Lecture - 2)**
 - a. True
 - b. False
07. **Though a Legend may be not present physically, their value-based life can serve as an inspiration for others. (Lecture - 3)**
 - a. True
 - b. False
08. **We should learn to support and help others, even though they may not be in our team. (Lecture - 3)**
 - a. True
 - b. False
09. **If we face difficult circumstances, then we should panic and get upset. (Lecture - 3)**
 - a. True
 - b. False

10. Principles of project management makes it harder to plan in advance. (Lecture - 4)
 - a. True
 - b. False
11. Time efficiency means to effectively complete the project within the deadline. (Lecture - 4)
 - a. True
 - b. False
12. Project Management should only be done after the completing the project. (Lecture - 4)
 - a. True
 - b. False
13. Excessive social media usage has been critically linked to loneliness and depression within youth. (Lecture - 5)
 - a. True
 - b. False
14. Screen time generally has a positive effect on family bonding and relationships. (Lecture - 5)
 - a. True
 - b. False
15. Family and community culture can have a significant positive impact on one's health and wellbeing. (Lecture - 5)
 - a. True
 - b. False
16. Forgiveness can release us from the burden of regret and guilt. It can bring peace to our mind. (Lecture - 6)
 - a. True
 - b. False
17. Asking for forgiveness is an act of a coward. (Lecture - 6)
 - a. True
 - b. False
18. 'Always forgive'. This approach enables us to prevent ourselves from living in constant negativity. (Lecture - 6)
 - a. True
 - b. False
19. Overcoming our fear of failure helps us to achieve success. (Lecture -)
 - a. True
 - b. False

20. Failing means that one has no potential to achieve success. (Lecture - 7)
a. True
b. False
21. In the face of failure we should try to see the positive angle. (Lecture - 7)
a. True
b. False
22. Focus on what you can control and do not waste energy on things that you cannot control. (Lecture - 8)
a. True
b. False
23. We should spend most of our time in the circle of concern. (Lecture - 8)
a. True
b. False
24. Within the circle of influence, there are things that you can control. (Lecture - 8)
a. True
b. False
25. There is no risk of addiction, when smoking cigarettes occasionally to please one's friends. (Lecture - 9)
a. True
b. False
26. Drinking alcohol is only harmful to the health of the elderly and not of the youth. (Lecture - 9)
a. True
b. False
27. It is our duty to kindly encourage our family members to give up their bad addictions. (Lecture - 9)
a. True
b. False
28. We should learn to be adaptable when working in a team. (Lecture - 10)
a. True
b. False
29. The biggest role of a team member is to take credit of the team's success. (Lecture - 10)
a. True
b. False
30. A good team member is willing to sacrifice something for the team. (Lecture - 10)
a. True
b. False

31. Social media can change our perception of the world and ourselves, but not always for the better. (Lecture - 11)
a. True
b. False
32. Social media has been designed to keep users engaged on their device for only a brief amount of time. (Lecture - 11)
a. True
b. False
33. One of the ways social media developers have strategized to keep users engaged for a long time is by removing stopping cues. (Lecture - 11)
a. True
b. False
34. One key factor for active listening is to listen with our eyes and body. (Lecture - 12)
a. True
b. False
35. A good listener will be able to understand how the speaker is feeling. (Lecture - 12)
a. True
b. False
36. A good listener will have a conversation while also texting on their phone. (Lecture - 12)
a. True
b. False
37. Financial planning can help moving abroad or buying a house possible. (Lecture - 13)
a. True
b. False
38. Compounding is a process of growing. (Lecture - 13)
a. True
b. False
39. Networking involves building and maintaining relationships over time. (Lecture - 14)
a. True
b. False
40. Staying in contact is key when building your network. (Lecture - 14)
a. True
b. False

SECTION - B

*Instructions: For each question chose **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.*

41. Which of these people had the following thought that led to their success – “What happens if you divide 0 by 0?” (Lecture - 1)
- a. Srinivasa Ramanujan
 - b. Isaac Newton
 - c. Albert Einstein
 - d. Abdul Kalam
42. Which of the following are NOT one of IPDC’s four quotients? (Lecture - 1)
- a. Intelligence Quotient
 - b. Emotional Quotient
 - c. Adaptability Quotient
 - d. Physical Quotient
43. Which of these is NOT one of the 6 powerful thoughts? (Lecture - 1)
- 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%?
44. To adapt to new circumstance, changes are essential. This is explained in the lecture using which example? (Lecture - 2)
- a. Mahindra
 - b. Ford
 - c. Honda
 - d. Toyota
45. What you do ___ is called habit. (Lecture - 2)
- a. Punctually
 - b. Nicely
 - c. Consistently
 - d. Lovingly
46. 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? (Lecture - 2)
- a. They get up early
 - b. They sleep 4 hours or less
 - c. They read a lot
 - d. They make exercise a priority

47. According to the IPDC workbook, Tendulkar and Tate are what type of people? (Lecture - 3)
- a. Extraordinary
 - b. Emotional
 - c. Legendary
 - d. Ordinary
48. What is different about the meetings that Ratan Tata conducts? (Lecture - 3)
- a. He holds 6 annual general meetings on the same day at the same time.
 - b. He never holds any meetings.
 - c. He believes that meetings are a waste of time and so he holds dinner get-togethers.
 - d. He has his secretary attend all his meetings 10 times a year.
49. What did Tata do for the people of India? (Lecture - 3)
- 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.
50. What was the ideal example of project management that was used as a case study in the lecture? (Lecture - 4)
- a. The Taj Mahal
 - b. The Burj Khalifa
 - c. The Swaminarayan Akshardham
 - d. The Pyramids of Egypt
51. Which of these is NOT one of the principles of the Project Management Triangle? (Lecture - 4)
- a. Environmental Impact
 - b. Quality of Project
 - c. Time Efficiency
 - d. Resources
52. Management, in any field, brings forth which of the following? (Lecture - 4)
- a. Optimal results with minimal effort
 - b. Minimal results with optimal efforts
 - c. Hard work with no results
 - d. No work with no results
53. 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 __." (Lecture - 5)
- a. family, home, a blessing
 - b. lovely, friendly, comfort
 - c. good, great, fantastic
 - d. rare, lucky, a wish fulfilled

54. Complete the following phrase: "Home is where the __ is" (Lecture - 5)
- a. mind
 - b. heart
 - c. life
 - d. light
55. According to the IPDC workbook, family get-togethers should take place at least: (Lecture - 5)
- a. Once every week
 - b. Once every month
 - c. Once every year
 - d. Once every 2 years
56. How did Raj react to his father when he gave him a Bhāgwat Gita instead of the car he asked for? (Lecture - 6)
- 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
57. According to the workbook, which of the following is NOT one of the 6 important tips when asking for forgiveness? (Lecture - 6)
- a. Apologize
 - b. Make excuses
 - c. Show empathy
 - d. Trying to make things right
58. According to the workbook, which of the following is NOT part of the process of forgiving? (Lecture - 6)
- 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
59. Complete the following sentence from the lecture: 'The greatest discovery of our generation is that a human being can alter his life by altering his __' (Lecture - 7)
- a. Attitude
 - b. Career
 - c. House
 - d. Salary
60. What is atychiphobia? (Lecture - 7)
- a. Fear of spiders
 - b. Fear of closed spaces
 - c. Fear of heights
 - d. Fear of failure

61. Complete the following sentence: We look at failure as the opposite of success. In actuality, failure is the first step to _____. (Lecture - 7)
- a. Depression
 - b. Anxiety
 - c. Success
 - d. Faithfulness
62. According to the workbook, which of these does NOT lead us to failure? (Lecture - 8)
- a. Self-doubts
 - b. Fear of failure
 - c. Finding support
 - d. Making excuses
63. In the book, '7 Habits of Highly Effective People', Stephen Covey says that we should stay in which one of these circles? (Lecture - 8)
- a. Circle of influence
 - b. Circle of miracles
 - c. Circle of concern
 - d. Circle of life
64. Which famous failure is best known for later success in writing the international best-selling book series Harry Potter? (Lecture - 8)
- a. John Rolling
 - b. JK Rowling
 - c. George Orwell
 - d. JRR Tolkien
65. Drug addictions can negatively impact which of the following: (Lecture - 9)
- a. Health
 - b. Wealth
 - c. Family
 - d. All of the above
66. Which of these methods can help an addict overcome their addictions? (Lecture - 9)
- a. Firmly decide to give up
 - b. Reject assistance
 - c. Deny accountability
 - d. All the above
67. What was the fate of the shining star Devashish Ghosh? (Lecture - 9)
- 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

68. Which of the following is NOT a characteristic of a good team player? (Lecture - 10)
- a. Selflessness
 - b. Respect
 - c. Half-heartedness
 - d. Adaptability
69. How did Tenzing Norgay climb Mount Everest? (Lecture - 10)
- a. With unselfish teamwork
 - b. With agility and recklessness
 - c. By trying to get ahead on his own
 - d. With persistent fast speed
70. Which of the following does NOT contribute to being a good team player? (Lecture - 10)
- a. Sacrifice
 - b. Value each team member
 - c. Make sure to claim your credit
 - d. Learn to change, change to learn
71. Which of the following is NOT mentioned as a flip side of social media in the IPDC workbook? (Lecture - 11)
- a. FOMO
 - b. Negative body image
 - c. Healthy sleep patterns
 - d. Poor concentration
72. As per Pramukh Swami Maharaj, is technology a blessing or a curse? (Lecture - 11)
- 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
73. Which one of the following activity is harmful? (Lecture - 11)
- 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
74. Which of the following is NOT a key factor of Active Listening? (Lecture - 12)
- a. Listening with our ears
 - b. Listening with our eyes and body
 - c. Listening with our mind and heart
 - d. Listening with our opinion

75. What are the proven ways to show the other person that you are completely engaged in the conversation? (Lecture - 12)
- a. Summarizing the main points
 - b. Asking appropriate questions
 - c. a & b both
 - d. None of the above
76. What should a person do while listening to someone? (Lecture - 12)
- 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
77. Which of the following does NOT directly benefit from financial planning? (Lecture - 13)
- a. Retirement
 - b. Purchasing a house
 - c. Exam technique
 - d. Emergencies
78. Purchasing a smart phone is most likely to be which type of financial goal? (Lecture - 13)
- a. Short-term
 - b. Mid-term
 - c. Maximization
 - d. Strategic
79. As per the IPDC workbook, which of the following is NOT a leadership skill? (Lecture - 14)
- a. Go the extra mile
 - b. Become a Painter
 - c. Keep a balance
 - d. Become a MasterChef
80. As per the IPDC workbook, leadership is which of the following? (Lecture - 14)
- a. A title
 - b. An attitude
 - c. Reserved only for the rich & powerful
 - d. Reserved for people who manage a multi-national organisation

SECTION - C

*Instructions: For each question chose **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.*

81. 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? (Lecture - 1)
- a. Avoid focusing about 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.
82. '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? (Lecture - 1)
- 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.
83. 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? (Lecture - 1)
- 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.
84. 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? (Lecture - 2)
- 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

85. "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?" (Lecture - 2)
- 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.
86. 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? (Lecture - 2)
- 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.
87. 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? (Lecture - 3)
- 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.
88. 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? (Lecture - 3)
- a. Mr. Honda should postpone 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.
89. 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? (Lecture - 3)
- 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.

90. You have planned a cultural event at your college. You intend to create 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? (Lecture - 4)
- a. Train students for stage building and decoration
 - b. Request your institute to increase the allocated budget so as to hire more labourers
91. 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 will you do? (Lecture - 4)
- 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.
92. You are developing your dream home. You have put a lot of effort, time, and thinking behind your dream project. During the execution, you find that part of your design cannot be implemented as intended due to technical limitations. What will you do? (Lecture - 4)
- a. Seek advice from workers, as they may have the practical experience to modify your design as per the best suited option.
 - b. Try to innovate a new design yourself, that can overcome the technical limitations and still align with your vision.
93. 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? (Lecture - 5)
- 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.
94. Megha has recently been feeling unhappy and lonely. Since the last 2 weeks, she has been longing to share her emotions with someone. What should she do? (Lecture - 5)
- a. She should reach out to people using social media and create new friendships.
 - b. She should express her feelings to family members who she feels comfortable with.
95. 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? (Lecture - 5)
- 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

96. Anamika and Aditi are friends. But Aditi forgot to invite Anamika to her birthday celebration. Anamika felt upset that she was left out. A few weeks later, Anamika's birthday anniversary is now soon, approaching, and she is planning her birthday celebration. What should Anamika do? (Lecture - 6)
- a. Invite Aditi to her birthday celebration. This will make Aditi realise her mistake and more likely to apologise.
 - b. Invite Aditi to her birthday celebration and bridge the gap in their friendship.
97. 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? (Lecture - 6)
- 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.
98. "Resentment is like drinking poison and then hoping it will kill your enemies." - What is the best lesson we can learn from this famous quote by Nelson Mandela? (Lecture - 6)
- 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.
99. Mac coaches his local soccer team. During the regional tournament, his team loses 3 matches in a row. What do you think Mac should do to help his team? (Lecture - 7)
- 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.
100. 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? (Lecture - 7)
- 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.

101. 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? (Lecture - 7)
- 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
102. 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? (Lecture - 8)
- 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.
103. 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? (Lecture - 8)
- a. Deepa should use these last few days to try and adopt a more American accent.
 - b. Deepa should focus on channeing her passion to her audience.
104. Neel's friend encourages him to smoke some cigarettes, because he believes that 'there is no harm in trying it once'. Why should Neel decline his friend's offer to smoke? (Lecture - 9)
- a. Smoking is harmful and can become addictive.
 - b. Smoking can be an unpleasant experience for beginners.
105. 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? (Lecture - 9)
- 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.
106. 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? (Lecture - 9)
- 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.

107. 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 head has started hurting in a way that affects his concentration. Help him decide what advice he should take from the options below. (Lecture - 10)
- a. Do not tell anyone and play the match even with the chance that the team's 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 will 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.
108. Which attribute of a good team player is emphasised in the quote, "Teamwork: Simply stated, it is less me and more we." (Lecture - 10)
- a. A good team player should be able to sacrifice his personal gains for the success of the team.
 - b. A good team player should be able to change his personality to fit in with the team.
109. 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? (Lecture - 10)
- 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 idea. She may have something worthwhile to contribute to the discussion.
110. 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? (Lecture - 11)
- 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.
111. Chandresh has been using his phone at night before bedtime and now experiences sleeplessness. How would you suggest he mends this problem? (Lecture - 11)
- 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.
112. 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? (Lecture - 11)
- 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.

113. 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? (Lecture - 12)
- 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.
114. 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? (Lecture - 12)
- 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.
115. 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? (Lecture - 12)
- 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.
116. Kunal has just graduated from university, he has just started a new job, earning ₹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 ₹1.8 lakh. Which of these scenarios are a reasonable medium plan to buy the car? (Lecture - 13)
- a. Save ₹40,000 a month for 5 months
 - b. Save ₹10,000 a month for 18 months
117. 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? (Lecture - 13)
- 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.
118. As a student, you want to excel not just in your academics but your personal life too, should you.... (Lecture - 14)
- 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.

119. 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? (Lecture - 14)
- 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.
120. While talking to an individual at a networking event, you learn that they have created a strategy to sell products at an amazing rate. They are also highlighted as a 'Power Individual' in the networking booklet. How should you approach them?
- a. Ask the right questions to them, listen carefully, and try to understand their strategy. You should remain in touch with them to get updates.
 - b. Pretend that you are interested in their field and try to get them to employ you.