

**GUJARAT TECHNOLOGICAL UNIVERSITY**  
**B.Ph. - SEMESTER- V EXAMINATION – SUMMER -2022**

**Subject Code:BP507TP****Date: 10/06/2022****Subject Name: Integrated Personality Development Course****Time: 02:30pm to 05:30pm****Total Marks: 80****Instructions:**

- 1. Use Only OMR to answer this question paper**
  - 2. Attempt all section.**
  - 3. Make suitable assumptions wherever necessary.**
  - 4. Figures to the right indicate full marks.**
  - 5. Student has to darken the circle in OMR answer sheet with the same serial number as per the Serial number of question paper.**
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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: 16**

1. Your life will expand or contract in direct relationship to your good and bad habits.  
A: True  
B: False
2. We should spend most of our time in the circle of concern.  
A: True  
B: False
3. Āryabhata rishi's estimation of Pi was near the actual value of  $\pi$  (Pi).  
A: True  
B: False
4. Sushruta is famous for his work on astronomy and mathematics.  
A: True  
B: False
5. Bakhshali manuscript was written by Isaac Newton.  
A: True  
B: False
6. Dr Abdul Kalam lived an extraordinary life but only during his time as the President.  
A: True  
B: False

7. Networking involves building and maintaining relationships over time.  
A: True  
B: False
8. The more you visualize your long-term goals, the fewer chances there are of achieving them.  
A: True  
B: False
9. Drinking alcohol is only harmful to the health of the elderly but not to the youth.  
A: True  
B: False
10. Seva should be performed with compassion.  
A: True  
B: False
11. It is possible to lead with humility.  
A: True  
B: False
12. We should always be accountable for our actions and be honest with the people who are depending on us.  
A: True  
B: False
13. Focus on perfecting only the big things. The small things are not as important.  
A: True  
B: False
14. Failure makes a person worthless.  
A: True  
B: False
15. Our eating habits can affect stress levels.  
A: True  
B: False
16. The recommended amount of moderate physical exercise is 100 minutes per week.  
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: 32**

17. 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%?

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

- a. Tate created a free telephone service with unlimited data.
- b. Tate created an affordable car for every family.
- c. Tata created the largest hospital in Mumbai.
- d. Tata created a new submarine for the military.

19. As per the IPDC workbook, which of the following is NOT a leadership skill?

- a. Go the extra mile
- b. Become a Painter
- c. Keep a balance
- d. Become a MasterChef

20. 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

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. What is the meaning of "begin with the end in mind"?

- a. You should end the task while remembering the start point
- b. You should envision where you want to be in future and structure your life now to give direction to reach your goal
- c. You should begin the task and later plan to end it depending on your initial progress
- d. You should imagine how you want to begin the task before starting

23. Complete this sentence: To achieve your short-term goal...
- You should not work in time-limits
  - Your daily routine should include activities that help to achieve it
  - Do the same thing that your friends do
  - You should avoid focusing on your daily habits
24. Drug addictions can negatively impact which of the following.
- Health
  - Wealth
  - Family
  - All the above
25. How does the 'cool factor' play a role in recreational drugs (e.g. cigarettes, alcohol)?
- One will borrow money from their family to buy recreational drugs
  - One will use recreational drugs out of curiosity
  - One will start to use recreational drugs to improve concentration levels
  - One will use recreational drugs because of the belief that it improves one's social status
26. Which of the following seva did the journalist, Carl Joss, NOT perform during the relief work of the Gujarat earthquake?
- Cutting vegetables
  - Serving food
  - Donating money
  - Driving the ambulance
27. Pramukh Swami Maharaj reacted to the workers' refusal to continue the construction by doing what?
- Lifting tiles
  - Serving tea
  - Giving a discourse
  - Scolding them
28. As per the IPDC workbook, what is NOT one of the ways to bring a positive change in your perception?
- Make others feel your importance
  - Don't Understand Small Things to be Small
  - Look at the Bigger Picture
  - None of the above

29. How did Walt Disney bring a change in the attitude of his employees at Disneyland?

- a. He doubled the salary of all the employees.
- b. He gave them a new perspective in which to view their role.
- c. He hired motivational speakers to inspire his employees
- d. He increased paid leaves for the employees.

30. Reminding ourselves that 'life is finite' can benefit us in many ways. Which of the following are NOT one of those ways?

- a. It can make our life more meaningful
- b. It can make us more productive
- c. It can increase our lifespan
- d. It can give us clarity

31. 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

32. After forgiving someone, what should we do next? Answer according to the lecture.

- a. Remind them of their mistake
- b. Tell others about their mistake
- c. Forget their mistake and move on
- d. Tell them to write a letter of apology

### 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: 32**

33. Rajesh has cleared his 12th standard exam with good grades. He is confused about the selection of his degree course. What should Rajesh do?

- a. He should seek some advice in choosing a course that is relevant to his prospective career choice.
- b. He should select the course that is most popular with his friends and other students.

34. Anjali is an average Student. She has set a clear long-term goal to join the Civil Services. With the help from experts, she has set some short-term goals too, but she is struggling to achieve them. What should she do?

- a. Anjali should change her long-term goal to something easier
- b. Anjali should create a daily routine that will help her achieve her short-term targets

35. 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.

36. The local community has organised a one-day cleanup event. The organisers have invited the local minister alongside sixty members of the community to clean all the trash in the village river. The local media has been asked to attend the event to record and publicise the good efforts of the minister and community. However, the media has not confirmed their invitation and so their attendance cannot be guaranteed. Upon hearing this, the minister is considering whether to attend the event or not, what would you advise him?

- a. You should request the organisers to postpone the event until the media guarantees their attendance.
- b. You should attend the event even if the media does not attend because it is a good cause.

37. Which attribute of a good team player is emphasised in the quote, "Teamwork: simply stated, it is less me and more we."?

- 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.

38. What leadership style best describes the following quotation: "As we look ahead into the next century, leaders will be those who empower others." [Bill Gates]

- a. Delegative Leadership
- b. Servant Leadership

39. 'Resentment is like drinking poison and then hoping it will kill your enemies.' - What is the most useful lesson to learn from this famous quote by Nelson Mandela?

- a. Keeping bitter emotions for those who have hurt us will only prove to be self-destructive. 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. It is better to act upon it instead.

40. Which of the following do you think is the most effective method to become more productive?

- a. Create and follow a schedule while neglecting everything else.
- b. Find your biggest priorities and ensure they are scheduled and completed.

41. 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.

42. 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

43. 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.

44. 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.

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

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

46. 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.

47. 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.

48. 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.

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