

GUJARAT TECHNOLOGICAL UNIVERSITY**B.Ph. - SEMESTER-V • EXAMINATION – WINTER -2022****Subject Code: BP507TP****Date: 04/01/2023****Subject Name Integrated Personality Development Course****Time: 10:30am to 01:30pm****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. 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
2. A good listener will be able to understand how the speaker is feeling.
A: True
B: False
3. Focus on what you can control and do not waste energy on things that you cannot control.
A: True
B: False
4. Āryabhata rishi's estimation of Pi was near the actual value of π (Pi).
A: True
B: False
5. Dr Abdul Kalam's academic intelligence was the only reason for his success.
A: True
B: False
6. Social media can change our perception of the world and ourselves, but not always for the better.
A: True
B: False

7. Ask for forgiveness because relationships are more important than our ego.
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. Death can teach us about life.
A: True
B: False
10. Children are not affected by stress
A: True
B: False
11. Your life will expand or contract in direct relationship to your good and bad habits.
A: True
B: False
12. There is no difference between listening and hearing.
A: True
B: False
13. Dr. Abdul Kalam lived an extraordinary life but only during his time as the President.
A: True
B: False
14. As a young adult, it is important to dream, to visualize a goal, and then contemplate on how to achieve it.
A: True
B: False
15. Networking involves building and maintaining relationships over time.
A: True
B: False
16. If technology is used without discretion, then it is a blessing. But with discretion, it is a curse.
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. Change begins, simply, with _____?
- a. Talent
 - b. An action
 - c. Effort
 - d. A thought

18. How do habits form?

- a. Cue-> routine-> reward
- b. Practice -> perfect practice -> reward
- c. Learn -> practice -> success
- d. Learn -> patience -> success

19. During the 1999 ICC World Cup, Sachin Tendulkar's 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.

20. 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

21. Which of the following are NOT one of IPDC's four quotients?

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

22. 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

23. 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. Turn your phone on airplane mode while studying

24. 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_____."
- family, home, a blessing
 - lovely, friendly, comfort
 - good, great, fantastic
 - rare, lucky, a wish fulfilled
25. What intention should we keep when performing seva?
- To help others
 - To gain rewards
 - To get money
 - To be appreciated
26. What is the meaning of "begin with the end in mind"?
- You should end the task while remembering the start point
 - You should envision where you want to be in future and structure your life now to give direction to reach your goal
 - You should begin the task and later plan to end it depending on your initial progress
 - You should imagine how you want to begin the task before starting
27. Drug addictions can negatively impact which of the following
- Health
 - Wealth
 - Family
 - All the above
28. Norgay and Hillary were able to successfully climb Mount Everest. What factor allowed them to do this while their predecessors (previous climbers) could not?
- They took permission of the government
 - They were experienced in mountaineering
 - They were part of a team that worked selflessly
 - There was no disappointment in their team

29. As per the IPDC workbook, what is NOT one of the ways to bring a positive change in your perception?

- a. Make others feel your importance
- b. Don't Understand Small Things to be Small
- c. Look at the Bigger Picture
- d. None of the above

30. 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 them with others
- d. When in doubt, take your time

31. '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

32. Which of the following methods should we NOT adopt during difficult challenges?

- a. Find a positive attitude
- b. Find someone to blame
- c. Find workable solutions
- d. Find assistance

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

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

34. Radha wants to start a new habit of running 10km daily. She downloaded a fitness app and even bought new trainers. But she struggles to stay motivated to continue every day, especially when her legs feel a bit sore. What can she do to make this habit more regular in her daily routine?

- a. Run an extra 5km on the next day as a punishment for skipping a day.
- b. Allow herself a small reward every time she reaches her target.

35. 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.

36. 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.

37. 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

38. 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.

39. 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.

40. Megha has recently been feeling unhappy and lonely. For the last 2 weeks, she has been longing to share her emotions with someone. What should she do?

- a. She should reach out to people using social media and create new friendships.
- b. She should express her feelings to family members with who she feels comfortable.

41. 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.

42. 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?

- a. Smoking is harmful and can become addictive.
- b. Smoking can be an unpleasant experience for beginners.

43. 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."

44. 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?

- a. Manan can maintain his lifestyle but should also stay aware such that his grades do not suffer as a result.
- b. He should become more punctual in his attendance and submissions.

45. Archana is a software engineer. She likes to work on program designing and coding. But she does not like to do the supporting documentation work. She finds it unimportant as it is not normally used by anyone. It needs to be done to adhere to the general organization standards. What should Archana do?

- a. Complete the documentation work by noting down only the biggest details. The supporting document feels unimportant and is unlikely to be used anyway.
- b. Complete the documentation work sincerely. Follow the organization guidelines to specify the details. Even if it seems unimportant, she should be sincere in completing her work.

46. 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?

- a. Change rooms and avoid speaking to Raj. That way he cannot ruin his mood.
- b. Try and forgive Raj for his mocking nature. Focus on his positive qualities instead.

47. 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.

48. Nehal spent her school vacation volunteering for a disaster relief project. This required her to spend two weeks packing and distributing food packets for flood victims. This seva was tiring and time-consuming. Despite her efforts she found the residents of one village to be very ungrateful. The residents took the food packets, but they did not say thanks, smile, or give any response. This made Nehal feel sad and unappreciated. What advice best suits Nehal's difficulty during this seva?

- a. We should not expect everyone to be thankful. Instead, we should be thankful that we have been given the opportunity to perform this important seva.
- b. Only a few residents were ungrateful. But some people from the other villages praised us, so we should remember those praises instead.
