

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-V (NEW) EXAMINATION – WINTER 2022

Subject Code:3150005

Date:21-01-2023

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.

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. Your life will expand or contract in direct relationship to your good and bad habits.
A: True
B: False
2. There is no difference between listening and hearing.
A: True
B: False
3. Dr. Abdul Kalam lived an extraordinary life but only during his time as the President.
A: True
B: False
4. 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
5. Networking involves building and maintaining relationships over time.
A: True
B: False
6. If technology is used without discretion, then it is a blessing. But with discretion, it is a curse.
A: True
B: False

7. To run an organization, one must have faith in its people.
A: True
B: False
8. Screen time generally has a positive effect on family bonding and relationships.
A: True
B: False
9. Family and community culture can have a significant positive impact on one's health and well-being.
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. Change begins, simply, with__?

- a. Talent
- b. An action
- c. Effort
- d. A thought

12. 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

13. 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.

14. What are the proven ways to show the other person that you are completely engaged in the conversation?

- a. Summarizing the main points
- b. Asking appropriate questions
- c. a & b both
- d. None of the above

15. 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

16. Around how many people studied at Takshashilā University for their post-graduation, at any one time?

- a. 100
- b. 1000
- c. 10,000
- d. 1,00,000

17. Which Professor told Kalam, "This is not good enough Kalam, I expected much better from you."

- a. Prof. B.V. Buddhé
- b. Prof. Satish Dhawan
- c. Prof. Srinivasan
- d. Dr Brahma Prakash.

18. Which of the following is NOT mentioned as a flip-side (drawback) of Social Media in the IPDC workbook?

- a. FOMO
- b. Negative body image
- c. Healthy sleep patterns
- d. Poor concentration

19. 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?

- a. Mark Zuckerberg
- b. Steve Jobs

- c. Bill Gates
- d. Tim Cook

20. The IPDC lesson taught us to keep faith in three things. Which of the below was NOT one of them?

- a. Faith in ourselves
- b. Faith in the system
- c. Faith in others
- d. Faith in God

21. What intention should we keep when performing seva?

- a. To help others
- b. To gain rewards
- c. To get money
- d. To be appreciated

22. 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

23. Which of the following methods should we NOT use when performing seva?

- a. Serve with love
- b. Be thankful
- c. Be prepared to sacrifice
- d. Serve to get praised

24. As per Pramukh Swami Maharaj, is technology a blessing or a curse?

- 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

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. 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?

- a. Avoid focusing on 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.

27. '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.

28. "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 practising 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.

29. 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.

30. 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

31. 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?

- a. Mr. Honda should reschedule 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.

32. 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.

33. 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.

34. 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 superior to her. What would you recommend her to do?

- a. She should remember her efforts and give her best performance possible.
- b. She should give an excuse to the organizer and avoid her performance to prevent any potential embarrassment.

35. Bhavya has just completed her master's degree in Biophysics. She is now applying to take a PhD at five of the top 20 universities in America. She has received admission to two universities and is now deciding which admission to accept. After weighing up both options, she has seen two deciding factors. Which of the below factors do you think she should prioritize as the most important?

- a. The expertise and suitability of the PhD supervisor.
- b. The reputation and prestige of the university.

36. 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.

37. Chandresh has been using his phone at night before bedtime and now experiences sleeplessness. How would you suggest he solves this problem?

- 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.

38. 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 whom she feels comfortable

39. 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.

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 channelling her passion to her audience.
