

**GUJARAT TECHNOLOGICAL UNIVERSITY****B.PHARM - SEMESTER-5 EXAMINATION – WINTER -2023****Subject Code: BP507TP****Date: 16/12/2023****Subject Name: Integrated Personality Development Course****Time: 10.30 a.m. to 1.30 p.m.****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. Prayer can help us focus and create a positive mindset  
A: True  
B: False
2. According to Billionaire Richard Branson, his morning routine of waking up at 5 am to play tennis or cycle, has doubled his productivity  
A: True  
B: False
3. Āryabhata rishi's estimation of Pi was near the actual value of  $\pi$  (Pi).  
A: True  
B: False
4. According to Robin Sharma, it only takes 11 days to develop a new habit.  
A: True  
B: False
5. Our mental stability only depends upon the people we meet throughout the day.  
A: True  
B: False

6. One key factor for active listening is to listen with our eyes and body.  
A: True  
B: False
  
7. Networking involves building and maintaining relationships over time.  
A: True  
B: False
  
8. Albert Einstein taught the world how to count.  
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. It is our duty to share India's glorious past.  
A: True  
B: False
  
11. It is possible to lead with humility.  
A: True  
B: False
  
12. Time efficiency means to effectively complete the project within the deadline.  
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 best way to understand our local family members is by building close social media connections with them  
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. My \_\_\_\_ is my vehicle to achieve my dreams.

- a. car
- b. phone
- c. body
- d. food

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. Who was the first-ever blind and deaf person to earn a BA (Bachelor of Arts degree) from Harvard University?

- a. Hannah Steller
- b. Ludwig van Beethoven
- c. Marilyn Monroe
- d. Helen Keller

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. Change begins, simply, with \_\_\_\_?

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

22. Which pair of titles from below best suits Aryabhata Rishi?

- a. Astronomer-Mathematician
- b. Physicist-Historian
- c. Physicist-Biologist
- d. Nuclear Scientist-Mathematician

23. Which of the following is the one causes of disconnection among the family members ?

- a Fun time
- b Transportation time
- c Sad Time
- d Screen time

24. Drug addictions can negatively impact which of the following.

- a. Health
- b. Wealth
- c. Family
- d. All the above

25. Who is known as father of south Africa?

- a Nelson mandela
- b Mahatma Gandhi
- c Albert Einstein
- d Matamela Cyril Ramaphosa

26. 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

27. Which Indian medical researcher developed the world's first organ regeneration technique?

- a. Balkrishna Matapurkar
- b. Ashima Anand
- c. Subrata Adak
- d. Srinivasa Ramanujan

28. 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

29. 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

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. \_\_\_\_\_ is the highest most beautiful form of love.- Robert -muler

- a. To Forgive
- b. Tajmahal
- c. A Rose
- d. The moon

### 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. 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 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.

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. 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?

- 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

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. 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.

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. 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

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 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 11am, 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?

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