

Gujarat Technological University
B.Ph. SEMESTER- V EXAMINATION – WINTER 2024

Subject Code: BP507TP**Date 02/12/2024****Subject Name: Integrated Personality Development Course****Time: 10:30am to 01:30pm****Total Marks:80****Instructions:**

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- 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. Seva means to serve individuals with the expectation of praise and rewards.
A: True
B: False
2. We should spend most of our time in the circle of concern.
A: True
B: False
3. Social media has been designed to keep users engaged on their device for only a brief amount of time.
A: True
B: False
4. Sushruta is famous for his work on astronomy and mathematics.
A: True
B: False
5. Staying in contact is key when building your network.
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. It is our duty to share India's glorious past.
A: True
B: False

8. Short term goals should be time-bound.
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. Good character is essential in our personal lives, but not in the workplace
A: True
B: False
13. Focus on perfecting only the big things. The small things are not as important.
A: True
B: False
14. Unfair treatment promotes a productive environment.
A: True
B: False
15. Our eating habits can affect stress levels.
A: True
B: False
16. Working in a team helps you gain new perspectives.
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 people had the following thought that led to their success – “What happens if you divide 0 by 0?”

- a. Srinivasa Ramanujan
- b. Isaac Newton
- c. Albert Einstein
- d. Abdul Kalam

18. Change begins, simply, with _?

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

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. 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

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. 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.
24. 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
25. "We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made." Who said this statement?
- a. Ernest Rutherford
 - b. Guillaume Le Gentil
 - c. Albert Einstein
 - d. K. V. Sharma
26. Which of the following seva did the journalist, Carl Joss, NOT perform during the relief work of the Gujarat earthquake?
- a. Cutting vegetables
 - b. Serving food
 - c. Donating money
 - d. Driving the ambulance
27. 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

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 these is NOT one of the principles of the Project Management Triangle?

- a. Environmental Impact
- b. Quality of Project
- c. Time Efficiency
- d. Resources

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. 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

32. The human brain has approximately how many neurons?

- a. 100 billion neurons
- b. 200 billion neurons
- c. 100 million neurons
- d. 200 million neurons

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 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.

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. '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.

36. "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.

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. 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.

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. 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

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. What is the best way to describe the leadership concept 'Leading Without Leading'?

- a. Great leaders should delegate as much work as possible to free up their time for the most important things.
- b. Great leaders can lead through a good example instead of a more commanding nature.

46. "Death teaches about life." Which of the following statements best explains the importance of this quotation?

- a. We should accept that everything has an ending point.
- b. Realizing our life as finite can improve our productivity, clarity, and stability.

47. 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.

48. What can we learn from the following Alexander-The-Great quote: "Bury my body, do not build any monument, keep my hands outside so that the world knows the person who won the world had nothing in his hands when dying"?

- a. Great people often die unhappy.
- b. Material gain and reputation are not the most important thing in life.
