

**GUJARAT TECHNOLOGICAL UNIVERSITY****B.PHARM – SEMESTER – 5 EXAMINATION – WINTER-2025****Subject Code:BP507TP****Date:28-11-2025****Subject Name: Integrated Personality Development Course****Time:10:30 AM TO 01:30 PM****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. According to Robin Sharma, it only takes 11 days to develop a new habit.  
A: True                      B: False
2. You should focus on what you can control and do not waste energy on things that you cannot control.  
A: True                      B: False
3. The Vedic text, Baudhāyana Shulba Sutra, contains surgical techniques like the heart bypass surgery.  
A: True                      B: False
4. Sushruta is famous for his work on astronomy and mathematics.  
A: True                      B: False
5. Vijay Bhatkar became the chancellor of Nalanda University.  
A: True                      B: False
6. Networking is the process of calculating the net profit.  
A: True                      B: False
7. Social media can change our perception of the world and ourselves, but not always for the better.  
A: True                      B: False

8. Relying only on ourselves is the only way of achieving our dreams  
A: True                      B: False
9. The more you visualize your long-term goals, the fewer chances there are of achieving them.  
A: True                      B: False
10. Working in a team helps you gain new perspectives.  
A: True                      B: False
11. Focus on perfecting only the big things. The small things are not as important.  
A: True                      B: False
12. Death can teach us about life.  
A: True                      B: False
13. The company we keep has little influence on our development and decisions.  
A: True                      B: False
14. Failure makes a person worthless.  
A: True                      B: False
15. Compounding is a process of growing.  
A: True                      B: False
16. Asking for forgiveness is an act of a coward.  
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. To adapt to new circumstance, changes are essential. This is explained in the lecture using which example?  
a. Mahindra      b. Ford      c. Honda      d. Toyota
19. Which of the following is NOT a key factor of Active Listening?  
a. Listening with our ears                      b. Listening with our eyes and body  
c. Listening with our mind and heart      d. Listening with our opinion
20. 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

21. In the book, '7 Habits of Highly Effective People', Stephen Covey says that we should stay in which one of these circles?

- a. Circle of influence    b. Circle of miracles    c. Circle of concern    d. Circle of life

22. "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

23. What research does Zero Project Foundation do?

- a. The development of motor engines with zero carbon emissions  
b. The effect of zero-tolerance laws  
c. The origins of the digit zero  
d. The benefits of meditation

24. Which of the following western scientists did NOT read our Indian scriptures to seek ideas and inspiration.

- a. Erwin Schrodinger    b. Werner Heisenberg    c. Robert Hooke    d. Niels Bohr

25. Arunima Sinha received a call letter from which organisation?

- a. CAPF    b. CISF    c. CRPF    d. CIA

26. What is the first step to begin with the end in mind?

- a. Create good daily routines    b. Prepare short-term goals  
c. Calculate your risk-outcome ratio    d. Visualize your long-term goal

27. Drug addictions can negatively impact which of the following

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

28. According to the statistics presented in the IPDC workbook, how many adult smokers began before the age of 18?

- a. 3/10    b. 5/10    c. 7/10    d. 9/10

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?
- He never spoke to his father again
  - He told his friend to buy him the car instead
  - He asked for an explanation
  - He moved to Japan and lived there
32. Which of the following is NOT a characteristic of a good team player?
- Selflessness
  - Respect
  - Half-heartedness
  - Adaptability

### 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?
- We should be ready to come out of our own comfort zone to further our personal growth.
  - We should break all limits and make new innovations.
34. 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?
- He should ignore the Professor's harsh tone and keep trying amidst the difficult circumstances.
  - He should try and use that criticism to improve his research paper
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?
- 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.
  - No. By trying to stop smoking she will get more stressed. Which will only make her situation worse.
36. 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?
- Minesh should get up and leave the conversation. Then try to forget about the incident.
  - Minesh should carefully listen and try to understand Suraj's perspective with an open mindset.
37. Which attribute of a good team player is emphasised in the quote, "Teamwork: simply stated, it is less me and more we."?
- A good team player should be able to sacrifice his personal gains for the success of the team
  - A good team player should be able to change his personality to fit in with the team.

38. 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?
- The expertise and suitability of the PhD supervisor.
  - The reputation and prestige of the university.
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?
- 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.
  - 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?
- Create and follow a schedule while neglecting everything else.
  - Find your biggest priorities and ensure they are scheduled and completed.
41. As a student, you want to excel not just in your academics but your personal life too, should you....
- Seek to build a strong network with your teachers and classmates.
  - Seek to build a strong network with classmates only, as teachers do not work in the industry, meaning that their knowledge is theoretically limited.
42. Chandresh has been using his phone at night before bedtime and now experiences sleeplessness. How would you suggest he solves this problem?
- He should only use limited applications at night and avoid playing any games on his phone.
  - He should set a fixed time at night where he stops using social media. And he should not sleep with his phone within reach.
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?
- Deepa should use these last few days to try and adopt a more American accent.
  - 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?
- 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.
  - 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. 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?
- She should reach out to people using social media and create new friendships.
  - She should express her feelings to family members with who she feels comfortable.

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. Anil is currently learning to code while also working part-time as an IT consultant. Every morning after studying at home, he will drive to meet his client at 11 AM. The journey normally takes around 44 minutes. Anil is trying to decide how to fit this journey into his schedule. Which of the following options do you think is more appropriate?

- a. Anil should leave home at 10:15 AM, so as not to potentially waste any time waiting around.
- b. Anil should leave home at 10:05 AM, so to include buffer time into his schedule.

48. Jeff Garcia, a former American football player, was admired for his leadership in the following way: "Jeff Garcia showed up every day to do the work - first one to practice, first one out the tunnel - and in the way he carried himself he demanded that you do the same." [Jon Dorenbos, Life is Magic], Which of the following leadership style best represents the above quote?

- a. Lead by example
- b. First in, is the first to win

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