

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-VI (NEW) EXAMINATION – SUMMER 2023

Subject Code:3160003

Date:24-07-2023

Subject Name: Integrated Personality Development Course

Time:10:30 AM TO 01:00 PM

Total Marks:70

Instructions:

1. There are 40 questions (in 3 sections) in this question paper. All questions are compulsory.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.
4. Simple and non-programmable scientific calculators are allowed.

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. When you live a life without any direction, you will not move far in any one direction.

- a. True
- b. False

2. To achieve your long-term goals, you need to create smaller short-term goals to guide your life in the right direction.

- a. True
- b.False

3. The more you visualize your long-term goals, the fewer chances there are of achieving them.

- a. True
- b. False

4. The biggest role of a team member is to take credit for the team's success.

- a.True
- b.False

5. A good team member is willing to sacrifice something for the team.

a. True

b. False

6. Legends create everlasting impressions.

a. True

b. False

7. Realizing our lifespan as finite can allow us to become more productive.

a. True

b. False

8. Forgiveness can release us from the burden of regret and guilt. It can bring peace to our minds.

a. True

b. False

9. Asking for forgiveness is an act of a coward.

a. True

b. False

10. Stress affects our health.

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. What does "S" stand for in the "SMART" method (used to define short-term goals)?

- a. Specific
- b. Standard
- c. Superb
- d. Simple

12. Complete this sentence: To achieve your short-term goal...

- a. You should not work in time-limits
- b. Your daily routine should include activities that help to achieve it
- c. Do the same thing that your friends do
- d. You should avoid focussing on your daily habits

13. How did Mahadev Desai win the complete trust of Mahatma Gandhi?

- a. By being loyal
- b. By being sincere in his work
- c. By being punctual in all his duties
- d. All of the above

14. 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.

15. According to the Harvard School of Public Health, how much of a portioned plate should be filled with healthy proteins?

- a. 15%
- b. 25%
- c. 40%
- d. 50%

16. Which of the following does NOT directly benefit from financial planning?

- a. Retirement
- b. Purchasing a house
- c. Exam technique
- d. Emergencies

17. Purchasing a smartphone is most likely to be which type of financial goal?

- a. Short-term
- b. Mid-term
- c. Maximization
- d. Strategic

18. After forgiving someone, what should we do next? Answer according to the lecture.

- a. Remind them of their mistake
- b. Tell others about their mistake
- c. Forget their mistake and move on
- d. Tell them to write a letter of apology

19. What was the reply from the sweeper at NASA when President John F. Kennedy asked him about his job?

- a. "I'm helping put a man on the moon."
- b. "I keep the NASA premises clean."
- c. "There is no significant contribution from me in NASA's success."
- d. "I clean the instruments to be used for NASA's moon mission."

20. 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

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

a. Health

b. Wealth

c. Family

d. All the above

22. How does the 'cool factor' play a role in recreational drugs (e.g. cigarettes, alcohol)?

a. One will borrow money from their family to buy recreational drugs

b. One will use recreational drugs out of curiosity

c. One will start to use recreational drugs to improve concentration levels

d. One will use recreational drugs because of the belief that it improves one's social status

23. Which of the following is the least likely reason for the formation of drug addiction?

a. Peer pressure

b. The search for an escape from stress

c. Curiosity

d. The desire to form an addiction

24. Which of these methods can help an addict overcome their addictions?

a. Firmly decide to give up

b. Reject assistance

c. Deny accountability

d. All the above

25. Asking for forgiveness is an act of _.

a. Courageous

b. Weak

c. Foolish

d. Shy

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. Amit is a very bright student. He wants to be an engineer and get an entry in the best company of his field. He has just received admission into the engineering institute that he desired, now what should Amit follow:

- a. Amit should try to settle down into the new atmosphere, observe what others are doing and should follow in their footsteps.
- b. Amit should define some short-term goals that will help get entry into the company of his choice

27. 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

28. 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

29. 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.

30. 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.

31. The local community has organised a one-day cleanup event. The organisers have invited the local minister alongside sixty members of the community to clean all the trash in the village river. The local media has been asked to attend the event to record and publicise the good efforts of the minister and community. However, the media has not confirmed their invitation and so their attendance cannot be guaranteed. Upon hearing this, the minister is considering whether to attend the event or not, what would you advise him?

a. You should request the organisers to postpone the event until the media guarantees their attendance.

b. You should attend the event even if the media does not attend because it is a good cause.

32. Sanjay is part of a district football team. So far, he has played a crucial role in getting his team to the finals of the state championship. Today, Sanjay has been scheduled to play in the final match, but Sanjay's back has started hurting in a way that affects his performance. Help him decide what advice he should take from the options below.

a. Do not tell anyone and play the match even with the chance that your performance might get impacted. If you do not play the match, you might not get the recognition you deserve.

b. Alert your coach about it, even if that means he may not let you play in the match. It is better to do what is best for the team even if it means missing out on a big opportunity.

33. 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.

34. What is the closest interpretation of the following quote: "Small things make perfection, but perfection is not a small thing"?

a. Try to bring perfection into the small tasks of your day-to-day life. Perfection in small tasks drives our life to perfection.

b. Perfection is very important for your career. Bring perfection into your important tasks as a student or as a professional.

35. 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
- b. document feels unimportant and is unlikely to be used anyway. 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.

36. Every morning Steve Jobs asked himself: "If today was the last day of my life, would I want to do what I am about to do today?" From the following two statements, pick that which you think best explains Jobs' quote.

- a. Jobs wanted to remind himself of what is most important in his life and to continue working in that direction.
- b. Jobs wanted to focus more on achieving short term benefits instead of making long term investments.

37. "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.

38. Anamika and Aditi are friends. But Aditi forgot to invite Anamika to her birthday celebration. Anamika felt upset that she was left out. A few weeks later, Anamika's birthday anniversary is now soon approaching, and she is planning her birthday celebration. What should Anamika do?

- a. Invite Aditi to her birthday celebration. This will make Aditi realise her mistake and more likely to apologise.
- b. Invite Aditi to her birthday celebration and bridge the gap in their friendship.

39. 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.

40. '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.
