

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

B.Ph. SEMESTER- V EXAMINATION – SUMMER 2024

Subject Code: BP507TP

Date: 17/05/2024

Subject Name: Integrated Personality Development Course

Time: 02:30pm to 05:30pm

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.

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. Stress is a physical reaction to a mental state.
A: True
B: False
2. We should spend most of our time in the circle of concern.
A: True
B: False
3. Āryabhata rishi's estimation of Pi was near the actual value of π (Pi).
A: True
B: False
4. Sushruta is famous for his work on astronomy and mathematics.
A: True
B: False
5. 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

6. If you make your personality like ice no one can destroy it.
A: True
B: False

7. Networking involves building and maintaining relationships over time.
A: True
B: False

8. Leadership is about being inspirational to people about what they should do.
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. If you are internally strong to fight against any bad thing, then and then you can be a winner.
A: True
B: False

12. The beginning of addiction is always occasional consumption.
A: True
B: False

13. Focus on perfecting only the big things. The small things are not as important.
A: True
B: False

14. If famous personalities and celebrities smoke and drink on TV, you must do it too if you want fame
A: True
B: False

15. Our eating habits can affect stress levels.
A: True
B: False

16. To become value based citizens, we must first become world tops billionaire.
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. What does networking involve?

- a. Building and maintaining relationships
- b. Not meeting new people
- c. Avoiding professional events
- d. Avoiding replying to messages/calls

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. From which scripture Balkrishna Matapurkar got inspiration to develop technique for organ regeneration?

- a. Mahabharat
- b. Ramayan
- c. Garud puran
- d. Samveda

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. 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

22. Wisdom of India teaches us_____.

- a. to be intelligent
- b. to be powerful
- c. to be better human being
- d. to be wealthy

23. Complete this sentence: To achieve your short-term goal...
- You should not work in time-limits
 - Your daily routine should include activities that help to achieve it
 - Do the same thing that your friends do
 - You should avoid focusing on your daily habits
24. How old our four vedas are according to David Frawly, a western vedantacharya?
- 1500 BCE
 - 550 BCE
 - 1000 BCE
 - 750 BCE
25. How does the 'cool factor' play a role in recreational drugs (e.g. cigarettes, alcohol)?
- One will borrow money from their family to buy recreational drugs
 - One will use recreational drugs out of curiosity
 - One will start to use recreational drugs to improve concentration levels
 - One will use recreational drugs because of the belief that it improves one's social status
26. Whose work gave the birth to trigonometry?
- Kanad Rishi
 - Newton
 - Pythagoras
 - Aryabhata Rishi
27. Pramukh Swami Maharaj reacted to the workers' refusal to continue the construction by doing what?
- Lifting tiles
 - Serving tea
 - Giving a discourse
 - Scolding them
28. Which statement best describes the impact of good friends on one's overall life satisfaction?
- Good friends have little influence on life satisfaction.
 - Good friends significantly contribute to higher life satisfaction.
 - Good friends usually lead to decreased life satisfaction.
 - Good friends primarily cause stress and dissatisfaction.
29. What is the one of the reasons for more of the fights and tensions at home?
- Misunderstanding
 - Lacking of love
 - Lacking of trust
 - Less education

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. How can we create a good environment for ourselves?

- a. Read good books
- b. Watch popular shows
- c. Keep negative thoughts
- d. Eat more food

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. 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.

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. Anmol has been given the responsibility to lead a new project for an IT company. One of his responsibilities is to hire new people into his team. Which approach do you think is the best to take?

- a. Make a team with less diversity to help avoid conflicts and confusion.
- b. Make a team with more diversity to increase innovation, different perspectives, and greater acceptance.

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. As a student, you want to excel not just in your academics but your personal life too, should you....

- a. Seek to build a strong network with your teachers and classmates.
- b. Seek to build a strong network with classmates only, as teachers do not work in the industry, meaning that their knowledge is theoretically limited.

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. 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. Anuj has an aspiration of becoming a credible IT consultant. He spends most of the time on his laptop and mobile to watch online certification training videos, track market trends, and to expand his professional network. However, this prevents him from spending much time with his family even though they live in the same household. His parents often complain about him being 'always stuck to his laptop and mobile'. How should Anuj evaluate his routine?

- a. Anuj should keep his career as his prime focus. He should promise his parents that he will schedule them in some quality time for one weekend, next month. After his career is set, then he will make more time to spend with his family.
- b. Anuj should schedule some quality time for his parents every week. He can continue working on his career, but it will not hurt him to take a break from his electronics now and again.

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. 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.
