

Enrolment No./Seat No _____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE- SEMESTER– VI EXAMINATION – SUMMER 2026

Subject Code:3160003

Date:20-05-2026

Subject Name:Integrated Personality Development Course

Time:10:30 AM TO 01:00 PM

Total Marks:70

Instructions:

1. 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.
5. There are 40 questions (in 3 sections) in this question paper.
6. Use only OMR to answer the 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: 10

1. When you live a life without any direction, you will not move far in any one direction.
a. True b. False
2. It is our duty to kindly encourage our family members to give up their bad addictions.
a. True b. False
3. The company we keep has little influence on our development and decisions.
a. True b. False
4. Physical exercise impacts our mental wellbeing.
a. True b. False
5. Our eating habits can affect stress levels.
a. True b. False
6. Failure makes a person become worthless.
a. True b. False
7. Asking for forgiveness is an act of a coward.
a. True b. False
8. Good character is essential in our personal lives, but not in the workplace.
a. True b. False
9. An aggressive leadership style is generally the most effective.
a. True b. False
10. Moral values are a universal necessity.
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 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
12. Short term goals should be ...?
 - a. vague
 - b. not be time-bound
 - c. relevant to your long-term goal
 - d. hard to achieve
13. Drug addictions can negatively impact which of the following
 - a. Health
 - b. Wealth
 - c. Family
 - d. All the above
14. What does "S" stand for in the "SMART" method (used to define short-term goals)?
 - a. Specific
 - b. Standard
 - c. Superb
 - d. Simple
15. Norgay and Hillary were able to successfully climb Mount Everest. What factor allowed them to do this while their predecessors (previous climbers) could not?
 - a. They took permission of the government
 - b. They were experienced in mountaineering
 - c. They were part of a team that worked selflessly
 - d. There was no disappointment in their team
16. Which of the following is NOT a characteristic of a good team player?
 - a. Selflessness
 - b. Respect
 - c. Half-heartedness
 - d. Adaptability
17. 'Performing exercise' best fits into which one of the below categories?
 - a. Important & Urgent
 - b. Important but Not Urgent
 - c. Not Important but Urgent
 - d. Not Important & Not Urgent
18. Pramukh Swami Maharaj reacted to the workers' refusal to continue the construction by doing what?
 - a. Lifting tiles
 - b. Serving tea
 - c. Giving a discourse
 - d. Scolding them
19. Which of the following is a fixed-voluntary cost?
 - a. Rent
 - b. Gym membership
 - c. Medicine
 - d. Food
20. 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

21. 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
22. 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
23. 'Mindless web-browsing' best fits into which one of the below categories?
- a. Important & Urgent
 - b. Important but Not Urgent
 - c. Not Important but Urgent
 - d. Not Important & Not Urgent
24. _____ is to complete a required task or fulfil an obligation, before or at a previously decided time.
- a. Loyalty
 - b. Sincerity
 - c. Punctuality
 - d. Honesty
25. 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.

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 entry to the best company in his field. He has just got 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. 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

28. 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.

29. 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.

30. A charitable NGO is planning on building a school for the local orphans. During the discussion, one volunteer suggests installing air coolers into the school so that the students feel comfortable during the summer. Some other members disagree as it would mean increasing the fundraising target by 5%. What would you suggest?

- a. "It will be worth the extra effort of fundraising so that the students feel more comfortable."
- b. "We should only focus on the basic necessities needed to build the school."

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. 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.

33. 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.

34. 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

35. 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

36. 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.

37. 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 document feels unimportant and is unlikely to be used anyway.

b. 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.

38. "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.

39. Due to poor exam results, Rahul's father scolded him in front of his friends. Rahul felt it was insulting and had an argument with her father in the evening because of this reason. After the argument, Rahul felt even more disturbed. What advice would you give to Rahul?

a. Meet your father and say sorry to him. A gentle talk may inspire your father to realise that he should not have scolded you in front of your friends.

b. Meet your father and say sorry to him. Accept your fault and apologise for your improper behaviour. Promise him that you will work harder for your studies from now onward.

40. 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 10:05 AM, so to include buffer time into his schedule.

b. Anil should leave home at 10:15 AM, so as not to potentially waste any time waiting around
