

Seat No.: \_\_\_\_\_

Enrolment No. \_\_\_\_\_

## GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-VI(NEW) EXAMINATION – WINTER 2022

Subject Code:3160003

Date:21-12-2022

Subject Name:Integrated Personality Development Course

Time:02:30 PM TO 05:00 PM

Total Marks:70

Instructions:

1. Attempt all questions.
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.

### 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. An aggressive leadership style is generally the most effective.
  - a. True
  - b. False
3. Clear goals will give our lives a clear direction.
  - 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. Seva should be performed with the expectation of a reward.
  - a. True
  - b. False
6. Death can teach us about life.
  - a. True
  - b. False

7. Whatever happens, happens for the worst.
  - a. True
  - b. False
  
8. It is possible for a person to bring change in his/her attitude.
  - a. True
  - b. False
  
9. Moral values are a universal necessity.
  - a. True
  - b. False
  
10. Good character is essential in our personal lives, but not at the workplace.
  - 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. Which of the below is NOT an effective method for relieving stress?
  - a. Meditation
  - b. Sufficient rest
  - c. Smoking cigarettes
  - d. Exercise
  
12. Which of the following is NOT a characteristic of a good team player?
  - a. Selflessness
  - b. Respect
  - c. Half-heartedness
  - d. Adaptability
  
13. 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
  
14. Short term goals should be ...?
  - a. vague
  - b. not be time-bound
  - c. relevant to your long-term goal
  - d. hard to achieve
  
15. Which one of the following famous personalities received a cancer diagnosis from which he learnt to understand life as finite and it encouraged him to create the most iconic technological advantages in the 21st century?
  - a. Bill Gates
  - b. Steve Jobs
  - c. Sundar Pichai
  - d. Mark Zuckerberg.

16. What was the first thing that Pramukh Swami Maharaj did, after being appointed as the president of BAPS, in 1950?
- Take a selfie
  - Delegate work to people
  - Wash dishes and utensils
  - Travel overseas
17. 'Performing exercise' best fits into which one of the below categories?
- Important & Urgent
  - Important but Not Urgent
  - Not Important but Urgent
  - Not Important & Not Urgent
18. Drug addictions can negatively impact which of the following.
- Health
  - Wealth
  - Family
  - All the above
19. Which of the following is a fixed-voluntary cost?
- Rent
  - Gym membership
  - Medicine
  - Food
20. Mangesh Mhaskar scored 97% on the 10th standard board exams. But what caused his downfall?
- Lack of finance
  - Illness
  - A lack of support from his parents
  - Bad company
21. Which one of the following services were NOT provided to the victims of the Gujarat earthquake in Bhuj?
- Postcards
  - Mobile phones
  - Psychological Trauma Centre
  - Last rites for the deceased

22. According to the Harvard School of Public Health, how much of a portioned plate should be filled with fruits and vegetables?
- 15%
  - 25%
  - 40%
  - 50%
23. How did Carl Joss, a reporter from the Swiss magazine Sonntagsblick, describe his experience after performing seva in the Gujarat Earthquake relief camp?
- "The best birthday gift that anyone could have given me"
  - "It was a very memorable experience for me"
  - "Tiring but definitely worthwhile"
  - "It was hard to see the people suffering"
24. What is the meaning of "begin with the end in mind"?
- You should end the task while remembering the start point
  - You should envision where you want to be in future and structure your life now to give direction to reach your goal
  - You should begin the task and later plan to end it depending on your initial progress
  - You should imagine how you want to begin the task before starting
25. "One should analyse oneself continually, introspect and think that ..."
- How can I get people to like me more?
  - I have enough time to do this task later.
  - This is still to be done, and what have I come to do, and what is happening?
  - What is the point of doing anything when one must die one day?

### 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. What is the best way to describe the leadership concept 'Leading Without Leading'?
- Great leaders should delegate as much work as possible to free up their time for the most important things.
  - Great leaders can lead through a good example instead of a more commanding nature.
27. 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"?
- Great people often die unhappy.
  - Material gain and reputation are not the most important things in life.
28. Devashish Ghosh, an intelligent youth, had great career prospects. But he became addicted to various drugs. The Defence Ministry found him in possession of drugs and blacklisted him. This ruined his career. How do you think Devashish Ghosh could have avoided this situation?
- Devashish should have only used drugs occasionally during his vacation time.
  - Devashish should not have taken the risk. He should have avoided the use of drugs completely.
29. 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?
- "It will be worth the extra effort of fundraising so that the students feel more comfortable."
  - "We should only focus on the basic necessities needed to build the school."
30. What is the closest interpretation of the following quote: "Small things make perfection, but perfection is not a small thing"?
- 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.

31. 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.

32. 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

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. 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 styles 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. 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. 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.

38. Jatin has important exams approaching in three weeks and is trying to prepare himself accordingly. He is aware that he will need to commit a decent amount of time to study, but he would also like to give some time for exercise. How would you suggest that he balances his time?

- a. Jatin should schedule at least 30 minutes of exercising every morning before studying.
- b. Jatin should commit to exercising only on the days when he finds spare time after completing his studies and other responsibilities.

39. 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.

40. After graduating, Shivani started working as a data scientist for the last 4 years. She has been earning ₹7 lakh rupees every year. Now that her 25th birthday is approaching, she is wondering about the best time to start a retirement fund. What financial plan will allow her to benefit the most?

- a. Start investing into a retirement fund straight away to earn more money through compound interest.
- b. For the next 5-7 years, she should keep her money free so she can spend it. She can then start a retirement fund afterwards.

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