

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

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

## GUJARAT TECHNOLOGICAL UNIVERSITY

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

Subject Code:3160003

Date:20-12-2023

Subject Name:Integrated Personality Development Course

Time:02:30 PM TO 05:00 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 these question paper.

**Total Marks:70**

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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: 10**

1. There is no risk of addiction when smoking cigarettes occasionally to please one's friends.  
A: True  
B: False
2. Being generous can make us happier.  
A: True  
B: False
3. Working in a team helps you gain new perspectives.  
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 country without value-based citizens can create an environment of crime and corruption.

A: True

B: False

6. To become value-based citizens, we must learn asset valuation techniques.

A: True

B: False

7. Being punctual in the workplace is unimportant.

A: True

B: False

8. Our eating habits can affect stress levels.

A: True

B: False

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

A: True

B: False

10. The recommended amount of moderate physical exercise is 100 minutes per week.

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. Short term goals should be ...?
  - a. vague
  - b. not be time-bound
  - c. relevant to your long-term goal
  - d. hard to achieve
  
12. 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
  
13. What does "S" stand for in the "SMART" method (used to define short-term goals)?
  - a. Specific
  - b. Standard
  - c. Superb
  - d. Simple
  
14. What was the fate of the shining star Devashish Ghosh?
  - a. He is currently working at NASA, even though he had initially declined their offer
  - b. He is working for ISRO since he declined NASA's offer to serve his country
  - c. He is working on aerospace research for Lockheed Martin
  - d. He is working at a clothing processing factory in Ahmedabad
  
15. 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

16. 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

17. How did Carl Joss, a reporter from the Swiss magazine Sonntagsblick, describe his experience after performing seva in the Gujarat Earthquake relief camp?

- a. "The best birthday gift that anyone could have given me"
- b. "It was a very memorable experience for me"
- c. "Tiring but definitely worthwhile"
- d. "It was hard to see the people suffering"

18. Which of the following is NOT a characteristic of a good team player?

- a. Selflessness
- b. Respect
- c. Half-heartedness
- d. Adaptability

19. 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

20. Who supported Mahatma Gandhi as his personal secretary for 25 years?

- a. Vallabhbhai Patel
- b. Vithalbhai Patel
- c. Mahadev Desai
- d. V. P. Menon

21. \_\_\_\_\_ 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

22. According to the Harvard School of Public Health, how much of a portioned plate should be filled with fruits and vegetables?

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

23. 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

24. According to the workbook, which of the following is NOT one of the 6 important tips when asking for forgiveness?

- a. Apologize
- b. Make excuses
- c. Show empathy
- d. Trying to make things right

25. Which one of the following famous personalities received a cancer diagnosis from which they learnt to understand life as finite and encouraged them to create the most iconic technological advantages in the 21st century?

- a. Bill Gates
- b. Steve Jobs
- c. Sundar Pichai
- d. Mark Zuckerberg

## 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. The monsoon season saw some serious flooding. The structure of your house has been significantly damaged because of excessive water exposure. The repair work will cost you ₹5 lakh. How should you go about financing the repair?

- a. Check if your insurance covers water damage, make the necessary insurance claim and withdraw the balance from your emergency fund.
- b. Check if your insurance covers water damage, make the necessary insurance claim and borrow the balance of the money from a bank.

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. 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

30. 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.

31. 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.

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. 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.

34. 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

35. "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.

36. 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.

37. 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.

38. 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.

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. 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.

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