

Enrolment No./Seat No \_\_\_\_\_

## GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER-VI (NEW) EXAMINATION – SUMMER 2024

Subject Code:3160003

Date:01-06-2024

Subject Name:Integrated Personality Development Course

Time:10:30 AM TO 01:00 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.
6. Use only OMR to answer 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. The biggest insult in the world is when you lower yourself in your own esteem and in your own eyes.  
A: True  
B: False
2. There is no risk of addiction when one is smoking cigarettes occasionally to please one's friends.  
A: True  
B: False
3. Moral values are not universal across the borders of culture, race, religion, economics, politics, etc.  
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. Most of today's youth are completely drenched in alcohol and completely dry of ambition.  
A: True  
B: False
  
6. To become value-based citizens, we must learn asset valuation techniques.  
A: True  
B: False
  
7. By completing the small things sincerely, it encourages you to do the big things better. .  
A: True  
B: False
  
8. The beginning of addiction is always occasional consumption  
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. If you are internally strong to fight against any bad thing, then and then you can be a winner.  
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. Dr. Bernie Siegel wrote a very famous book having name "Love, Medicine & \_\_\_\_\_."

- a. Miracles
- b. Obstacles
- c. Opportunities
- d. None of above

12. Which of the following is NOT an important component of financial planning?

- a. Using compound interest
- b. Investing in an orient fund
- c. Calculating your budget
- d. Creating an emergency fund

13. What is a potential effect of having good company?

- a. Increased stress levels
- b. Improved mental well-being
- c. Decreased productivity
- d. Enhanced feelings of isolation

14. 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%

15. How should one perform seva ?

- a. Keep the right intention

- b. serve with love
- c. Sacrifice
- d. All of the above

16. Asking for forgiveness is an act of \_\_\_\_.

- a. Courage
- b. cowardice
- c. Foolishness
- d. Shyness

17. Which of the following are NOT one of the powerful thoughts explored in the lecture - 'Timeless Wisdom for Daily Life'?

- a. Live every day as if it were your last
- b. Look beyond the body
- c. Whatever happens, happens for the best
- d. When the going gets tough, the tough get going

18. What is the name given of the fear of public speaking ?

- a. Glossophobia
- b. acrophobia
- c. aerophobia
- d. zoophobia

19. 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

20. If we don't serve our country, If we don't serve our society, Than we are less of being \_\_\_\_\_

- a. a human
- b. a citizen
- c. a holy man
- d. a social man

21. 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

22. Life is very simple, but what do we insist on making it?

- a. Easier
- b. Complicated
- c. Luxurious
- d. Nothing

23. Which of the following does NOT contribute to being a good team player?

- a. Sacrifice
- b. Value each team member
- c. Make sure to claim your credit
- d. Learn to change, change to learn

24. 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"

25. Which of these is NOT a good way to deal with stress?

- a. Start drinking
- b. Talk to someone
- c. Accept the challenge and work hard
- d. Meditate

### 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. 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.

27. 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?

- a. Devashish should have only used drugs occasionally during his vacation time.
- b. Devashish should not have taken the risk. He should have avoided the use of drugs completely.

28. 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."

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. 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. 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.

33. 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.

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. 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.

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. Anil is currently learning to code while also working part-time as an IT consultant. Every morning after studying at home, he has to 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 as to include buffer time into his schedule.

38. 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.

39. 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.

40. 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

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