

P P SAVANI UNIVERSITY

Third Semester of B.Sc. Nursing Examination

February - 2021

SEPD3040: Integrity Personality Development Course-I

23.02.2021, Tuesday.

Time: 10:00am to 12:00pm

Maximum Marks: 60

SECTION - I

- Q -1 **Answer the following question selecting the most appropriate option given below it.** [20]
- (1) **What is the common thing in the life of Michael Jordan, Amitabh Bachchan, J.K. Rowling and Steve Jobs?**
(A) They all are famous writers. (B) They are very fortunate.
(C) They all have tasted failure in their lives. (D) They surrendered themselves before the perspectives of others.
- (2) **Which type of person puts an everlasting imprint on this earth during their life span?**
(A) Ordinary (B) Extraordinary
(C) Legends (D) Industrialist
- (3) **Physical fitness requires exercise and _____.**
(A) a lot of money (B) Important and attractive gadgets
(C) Nutritious diet (D) Ambitious nature
- (4) **Which are the habits that successful people share?**
(A) Getting up early (B) Reading books
(C) Priority to exercise and avoiding time-wasters (D) all of them
- (5) **How many days are required to develop a new habit?**
(A) 29 days (B) 21 days
(C) 15 days (D) 10 days
- (6) **Complete the sentence. "Learn to Change, _____."**
(A) Change to Learn (B) Change to Habit
(C) Change to work (D) Chang to View
- (7) **"Most people do not listen with the intent to understand; they listen with the intent to reply." Who said above line?**
(A) Robin Sharma (B) Stephen Covey
(C) Aristotle (D) Mahatma Gandhiji
- (8) **"We have two ears and one mouth so we can listen as much as we speak." Who said above line?**
(A) Stephen Covey (B) Sri Aurobindo
(C) Osho (D) Epictetuson
- (9) **"If technology is used with discretion then it is a blessing. But without discretion it is a curse." Who said above sentence?**
(A) Steve Jobs (B) Pramukh swami maharaj
(C) Mahatma Gandhiji (D) Swami Vivekananda
- (10) **Who was the first to reach the Everest**
(A) Maurice Wilson (B) Hillary Kelantan
(C) Edmund Hillari (D) Mark Smith
- (11) **What would be the correct steps on how to forgive someone?**
1. Choose to forgive 2. Forget 3. Consider why you want to forgive 4. When in doubt, take your time.
(A) 1-3-2-4 (B) 3-1-4-2
(C) 4-3-1-2 (D) 2-4-1-3
- (12) **"To forgive is the highest most beautiful of love in return you will receive untold peace and happiness." Who said above line?**
(A) L F Kennedy (B) Aristotle
(C) Stephen Covey (D) Robert Muller
- (13) **Complete the sentence. "Forgiveness plays an essential role in experiencing _____."**
(A) Happiness (B) Inner peace
(C) Successes (D) Learning

- (14) **Forgiveness is charity, sacrifice, truth, glory and dharma." Where is it written?**
 (A) Ramayana (B) Bible
 (C) Mahabharata (D) Upanishad
- (15) **What is Key factors for active listening? Listening with our_____.**
 (A) Ears (B) Eyes & Body
 (C) Mind and Heart (D) All of above
- (16) **How many key factors to Active Listening.**
 (A) 5 (B) 2
 (C) 4 (D) 4
- (17) **"They haven't used it. We limit how much technology our kids use at home" Who said above line?**
 (A) Lilly Shingh (B) Steve Jobs
 (C) Robin Sharma (D) Warren Buffett
- (18) **"Decide to forgive: For resentment is negative; resentment is poisoning; resentment diminishes and devours the self." Who said above line?**
 (A) L F Kennedy (B) Aristotle
 (C) Stephen Covey (D) Robert Muller
- (19) **"Harmony makes small things grow, lack of it makes great things decay." Who said above line?**
 (A) Sallust (B) Aristotle
 (C) Robert Muller (D) Stephen Covey
- (20) **"Alone we can do so little, together we can do so much." Who said above line?**
 (A) Stephen Covey (B) Helen Keller
 (C) Robert Muller (D) Aristotle

Q-2 Answer the following sentences into two or three sentences. (Write any Five) [10]

- (i) Why is it better to win as a team?
 (ii) 'My body is my Vehicle to Achieve my Dreams.'- Explain it.
 (iii) Which four quotients can help you in restructuring yourself?
 (iv) How can we develop good habits?
 (v) Which incident inspired Dr. Abdul Kalam 'to fly' in the sky?
 (vi) Why is project management important?

Section- II

Q-1 Write the short notes on the following topic in about 100 words. Each short note contains five marks. (Write any six) [30]

- (i) Describe the incident of the ICC world cup, 1999 from the life of Sachin Tendulkar. What can we learn from it?
 (ii) "Write, Scratch and Replace", Explain this Activity.
 (iii) "Failure is the first step to success." Explain this statement.
 (iv) Write a short note: "Social media addiction".
 (v) "A powerful thought can change the world." Explain it.
 (vi) Write a disadvantage of social media- any five.
 (vii) "The Roseto Effect"- Explain This Research.
