

# P P SAVANI UNIVERSITY

Fifth Semester of B.P.T. Examination

January - 2020

SEPD3040 Integrated Personality Development Course-I

30.01.2020, Thursday

Time: 9:00 A.M. to 11:30 A.M.

Maximum Marks: 60

## Instructions:

1. The question paper comprises of two sections.
2. Section I and II must be attempted in separate answer sheets.
3. Make suitable assumptions and draw neat figures wherever required.
4. Use of scientific calculator is allowed.

## SECTION - I

**Q-1 Answer the following question selecting the most appropriate option given below it. [05]**

**(i) How many times Ratan tata read MOU.**

- (A) 15 (B) 17  
(C) 12 (D) 10

**(ii) Which type of person puts an everlasting imprint on this earth during their life span?**

- (A) Ordinary (B) Extraordinary  
(C) Legends (D) Industrialist

**(iii) What if I run at the speed of light? Will I see \_\_\_\_\_.**

- (A) Light stable (B) Photon  
(C) Neutrino star (D) Ultra sound wave

**(iv) 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

**(v) Roseto's Root Country is.....?**

- (A) USA (B) India  
(C) Japan (D) Italy

**Q-2 Write whether the following sentences are TRUE or FALSE. [05]**

- (i)** Warren Buffett says that he develop 'listening relaxing music' as a most crucial habit.  
**(ii)** According to Ratan Tata, none can destroy a person but his own mind set can.  
**(iii)** Alexander believes that habits decide your future.  
**(iv)** According to George Washington, 99% of the failures come from people who have the habit of making excuses.  
**(v)** According to Richard Branson, reading books would double his productivity.

**Q-3 Fill in the blanks in the following sentences selecting appropriate answer from the bracket. [05]**

- (i)** Hellen keller earn a Bachelors of Arts degree from \_\_\_\_\_ university. (Stanford, Harvard, Oxford)  
**(ii)** Ratan Tata is known to donate \_\_\_\_\_ of his wealth to different charitable causes. (65-70%, 30-35%, 50-55%)  
**(iii)** Which one is not a technique of Insignificance of failure? (Keep a learning attitude, The 24-hour Rule, 21- Day Challenge)  
**(iv)** Complete the equation. Hard work + \_\_\_\_\_ = Success (Prayer, Habit, Strong work)  
**(v)** Healthy group of friends is important, but don't forget that family is \_\_\_\_\_. (also important, first, forever)

**Q-4 Answer the following sentences into two or three sentences. (Write any three)**

**[06]**

- (i) Explain IPDC Challenge: Get-Together
- (ii) Write the five powerful techniques to make failures insignificant.
- (iii) Write the Four Quotient.
- (iv) How can we develop good habits?

**Q-5 Answer the following sentences into five or six sentences. (Write any three)**

**[09]**

- (i) 'My body is my Vehicle to Achieve my Dreams.'- Explain it.
- (ii) Explain: The 24-Hour Rule.
- (iii) "Write, Scratch and Replace", Explain this Activity.
- (iv) "Live everyday as if it were your last day." Explain this statement.

**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) How do Habits Form?
- (ii) Explain: 21-Day Challenge.
- (iii) "The Roseto Effect"- Explain This Research.
- (iv) "Failure is the first step to success." Explain this statement.
- (v) What is the Message of Devashish Ghosh Life story?
- (vi) "Good habits formed at youth make all the difference." Throw the light on this statement.
- (vii) "A powerful thought can change the world." Explain it.

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