**Week 5**

**Name:**

**Mobile:**

| **Personal Development Workouts** |
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| 1. Watch the movie “Shawshank Redemption” 2. Finish the book “Discipline Equals Freedom” by Jocko Willink |
| *Write a short description about this task*  *Link to the folder containing your audio summary* |
| *Write a short description about this task*  *Link to the folder containing your audio summary of each chapter* |

| **Technical Workouts** |
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| * Understand Network topologies-Mesh, Bus, Star, Tree&Ring * Ethernet Devices( Hubs, Switches), Difference between them * LAN, WAN, MAN * Learn about OSI Model, explain the 7 layers in OSI Model * Protocols associated with each OSI layer. * Understand about firewalls, different types * Packet filtering firewalls * Circuit-level gateways * Stateful inspection firewalls * Application-level gateways(proxy) * Unified Threat management firewalls with examples * Next-generation firewall NGFW with examples * Explain about latest cybersecurity threats and cyber-attacks happened in last 1 month * Analyzing protocols with Wireshark-Setup Wireshark and learn basics of packet analyzing. |

| **Miscellaneous Workouts** |
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| 1. Practice typing for at least one hour each day. Finish as many chapters as possible as you can. Don’t spend more than an hour each day. 2. Prepare a topic for the tech seminar. Record and upload it on youtube as an unlisted video. 3. Conduct a Feedback session by the end of this week. 4. Prepare your progress video for the last week. Record and upload it on youtube as an unlisted video. |
| *Write a short description about this task*  *Link to screenshot image* |
| *Write a short description about this task*  *Link to your seminar video* |
| *Link to the document containing notes for your feedback session* |
| *Write a short description about this task*  *Link to your progress video* |