**Week 1:**

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| **Personal Development Workouts** |
| 1. Prepare a vision board. 2. Prepare and start practicing your affirmations. |
| ***1.*** *Vision board is a powerful tool used for personal development and goal setting. It is a visual representation of one's aspirations, dreams, and goals, created by compiling a collage of images, words, and symbols that resonate with the individual's desires.*  *Link to the image of your vision board* |
| *Write a short description about this task*  *Link to your affirmations* |

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| **Technical Workouts** |
| 1. Learn HTML, CSS by the end of this week. 2. Design at least two public website’s home page using HTML & CSS with maximum components.(For Eg: Home page of LinkedIn) |
| *Write a short description about this task*  *Link to the tutorials that you have followed* |
| *Write a short description about this task*  *Link to your public websites*  *1.*  *2.*  *3.* |

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| **Miscellaneous Workouts** |
| 1. Practice typing for at least one hour each day on typing club, <http://typingclub.com/> . 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. Topic eg: TCP/IP 3. Prepare and 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* |