**Week 21**

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| **Personal Development Workouts** |
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| 1. Watch at least 7 Ted talks (Minimum one Ted talk per day) and do its audio note. |
| *Write a short description about this task*    *"The Power of Vulnerability" by Brené Brown: In this talk, Brené Brown explores the concept of vulnerability and its impact on human connection. Her engaging storytelling and insightful research make a compelling case for embracing vulnerability as a source of strength and authenticity.*    *"How Great Leaders Inspire Action" by Simon Sinek: Simon Sinek delves into the power of inspiring leadership in this talk. He introduces the concept of the "Golden Circle" and explains how great leaders communicate from the inside out, starting with why they do what they do. It's a thought-provoking talk that encourages individuals and organizations to find their purpose.*    *"The Puzzle of Motivation" by Dan Pink: Dan Pink challenges traditional notions of motivation and introduces the idea of intrinsic motivation in this talk. He presents compelling evidence that autonomy, mastery, and purpose are key drivers of high performance and engagement in the workplace.*    *"Your Body Language Shapes Who You Are" by Amy Cuddy: Amy Cuddy explores the relationship between body language and confidence. She shares research on how adopting "power poses" can significantly impact one's sense of self and influence interactions with others. This talk provides practical insights on using nonverbal cues to boost confidence.*    *"The Danger of a Single Story" by Chimamanda Ngozi Adichie: In this thought-provoking talk, Chimamanda Ngozi Adichie highlights the consequences of viewing others through a single narrative. She emphasizes the importance of embracing multiple perspectives and recognizing the complexities of human experiences, ultimately promoting empathy and understanding.*    *"How to Make Stress Your Friend" by Kelly McGonigal: Kelly McGonigal challenges the negative perception of stress and suggests that our mindset toward stress can impact its effects on our health. She presents evidence that viewing stress as a helpful response can lead to better outcomes, ultimately helping us build resilience.*    *"The Art of Asking" by Amanda Palmer: Amanda Palmer shares her experiences as a musician and the lessons she learned about the power of asking for help. Through personal anecdotes, she advocates for embracing vulnerability and fostering genuine connections through asking, receiving, and giving.*    *Link to the folder containing your audio summary*  [*https://drive.google.com/drive/folders/1JoWyfZzF21InDzz5uqdDUSaRCKCzRF3q?usp=sharing*](https://drive.google.com/drive/folders/1JoWyfZzF21InDzz5uqdDUSaRCKCzRF3q?usp=sharing) |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a short description about this task*  *this is my project first i have completed my tasks and this is a tour package system Iam using mogodb as the database and node as the backend and react as the front end .*  *Admin can manage the users and agents ,agent can add the packages user can see the packages* |

| **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*  *Daily one hour practice of typing really improved my typing style and typing speed although now typing has already become a daily habit in my life. This week I improved very much considering the previous week.*  *Link to screenshot image*  [*https://drive.google.com/drive/folders/1sEzm-9PAkUrUNyjweCCypIbvabdyztp3?usp=sharing*](https://drive.google.com/drive/folders/1sEzm-9PAkUrUNyjweCCypIbvabdyztp3?usp=sharing) |
| *Write a short description about this task*  *The interconnection of computer networks refers to the process of linking multiple separate networks together to create a larger, more expansive network that enables communication and data exchange between different devices and systems. This interconnection can be achieved through various technologies, protocols, and devices. One of the most common forms of interconnecting computer networks is through the use of the Internet.*  *Here are some key aspects of interconnecting computer networks:*  *Switching: The mechanism of forwarding data packets from one network segment to another. Switches are used in local networks (LANs) to efficiently manage data flow.*  *Gateways: Devices or software that serve as intermediaries between different networks with differing protocols or communication methods. Gateways translate data between different formats, allowing them to communicate seamlessly.*  *Protocols: Communication protocols define the rules and conventions for data exchange between devices and networks. Common protocols include TCP/IP (used for Internet communication), HTTP, FTP, and more.*  *IP Addressing: Internet Protocol (IP) addresses are assigned to devices on a network, allowing them to be uniquely identified and facilitating data routing.*  *Subnetting: Dividing a larger network into smaller subnetworks to improve performance, security, and management.*  *Firewalls: Security devices that control and monitor incoming and outgoing network traffic, protecting networks from unauthorized access and cyber threats.*  *Virtual Private Networks (VPNs): Securely extend a private network across a public network (like the Internet), enabling remote users to access the private network's resources.*  *Load Balancing: Distributing network traffic evenly across multiple servers or resources to optimize performance and prevent overloading.*  *Cloud Services: Interconnecting networks with cloud-based services, allowing scalable and flexible access to resources and applications.*  *Peering: Agreements between Internet Service Providers (ISPs) to exchange traffic directly, reducing the need to route data through other networks.*  *Network Address Translation (NAT): Translating private IP addresses to a single public IP address, enabling multiple devices on a local network to share a single public IP.*  *Bridging: Connecting two or more separate network segments to function as a single network, often used to extend LANs.*  *Link to your seminar video*  [*https://youtu.be/4sW4APIHH1g*](https://youtu.be/4sW4APIHH1g) |
| *Link to the document containing notes for your feedback session*  [*https://drive.google.com/drive/folders/11MgeITtqkPL3PfgAVyzmijERrUwlGJl9?usp=sharing*](https://drive.google.com/drive/folders/11MgeITtqkPL3PfgAVyzmijERrUwlGJl9?usp=sharing) |
| *Write a short description about this task*  *This is my 21 st week and this is my project first i have completed my tasks and this is a tour package system Iam using mogodb as the database and node as the backend and react as the front end .*  *Link to your progress video*  [*https://youtu.be/V9s3QfKxFak*](https://youtu.be/V9s3QfKxFak) |