**Week 8**

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| **Personal Development Workouts** |
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| 1. Finish reading the first 50 pages of the book Atomic Habits by James Clear and prepare an audio note on each chapter. |
| *Write a short description about this task*  *"Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" is a bestselling self-help book written by James Clear. Published in 2018, it focuses on the idea of making small, incremental changes to create significant improvements in one's life. The book emphasizes the role of habits in shaping our behaviors and outlines a framework for building good habits and breaking bad ones. Clear introduces the concept of "atomic habits," which are tiny, consistent changes that compound over time, leading to remarkable results.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1RL4Tr199eEv3tKTvi8-knNtJJetwuUZb/view?usp=drive\_link*](https://drive.google.com/file/d/1RL4Tr199eEv3tKTvi8-knNtJJetwuUZb/view?usp=drive_link) |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a description about this task*  *This is my first week of project. I am creating a complete website for a dress boutique named Impress. IN this week I have done user login and signup using Otp verification. Also I have done product listing and product View Page. Also I have made an admin Page where admin can control the functionality of the website. Admin can add ,edit or block products , categories and even user.* |

| **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*  *Learning to touch-type can improve our speed and efficiency at the computer. Typing skills can also help me grow my confidence in the workplace. Depending on how I learn, typing might improve my spelling skills and writing fluency too.Touch typing makes working at a computer more comfortable.* I*t enhances communication between colleagues and customers. Tt improves the accuracy of documents. From a productivity standpoint, an individual's typing speed increases when switching from two finger typing to touch typing.*  *Link to screenshot image*  [*https://drive.google.com/file/d/17tPrkUrhWIvoq4c3Lm8WcQyBAbGy3dxU/view?usp=drive\_link*](https://drive.google.com/file/d/17tPrkUrhWIvoq4c3Lm8WcQyBAbGy3dxU/view?usp=drive_link) |
| *Write a short description about this task*  *Natural language processing (NLP) is a machine learning technology that gives computers the ability to interpret, manipulate, and comprehend human language. Organizations today have large volumes of voice and text data from various communication channels like emails, text messages, social media news feeds, video, audio, and more. They use NLP software to automatically process this data, analyze the intent or sentiment in the message, and respond in real time to human communication.NLP utilizes various techniques, including machine learning, deep learning, statistical models, and linguistic rules, to process and understand human language*  *Link to your seminar video*  [*https://youtu.be/vL33TosG1aM?si=I46hMBFb-JqSTs6H*](https://youtu.be/vL33TosG1aM?si=I46hMBFb-JqSTs6H) |
| *Link to the document containing notes for your feedback session*  [*https://docs.google.com/document/d/1EbwD5bH2iEqLiUCsotC9ReHFujsvfNd3/edit?usp=drive\_link&ouid=101763395800205194740&rtpof=true&sd=true*](https://docs.google.com/document/d/1EbwD5bH2iEqLiUCsotC9ReHFujsvfNd3/edit?usp=drive_link&ouid=101763395800205194740&rtpof=true&sd=true) |
| *Write a short description about this task*  *I have recorded a video about my progress after joining here.Recording a video helps in improving my communication skills, overcoming the fear of talking. Also it will help to analyze myself so that I can find out my strong and weak parts. Now I am at eighth week and I have started my project. Also the communication round helps in the overall improvement of myself. It helps to improve my speaking skills and also helps in improving my english speaking skills*  *Link to your progress video*  [*https://youtu.be/zLeSCdGxgKQ?si=jNmY5nuJB5WmDT5B*](https://youtu.be/zLeSCdGxgKQ?si=jNmY5nuJB5WmDT5B) |