**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*  *In the opening pages of "Atomic Habits," James Clear introduces the concept of atomic habits, emphasizing the power of small changes to bring about significant transformation. He shares a personal story about a life-altering accident that led him to understand the importance of habits in shaping our lives.Clear delves into the idea that habits are the compound interest of self-improvement, illustrating how consistent, small actions can accumulate over time to produce remarkable results. He explores the 1% rule, suggesting that getting 1% better each day can lead to substantial progress in the long run.*  *Link to the folder containing your audio summary*  [*Audio Task*](https://drive.google.com/drive/folders/1TObR20ku_nBEMbfuLHK6u917G2U0oxRi?usp=drive_link) |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a description about this task*  *My project seamlessly integrates user and admin functionalities with secure login and signup features. Users can explore a diverse range of products through well-organized listings and categories. Admins have efficient control with advanced category management tools. The addition of Multer ensures secure file uploads, coupled with robust validation, enhancing the overall reliability and security of the platform.* |

| **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*  *Before discovering the typing club, my keystrokes lacked efficiency. Initially, I typed conventionally, avoiding special characters. The F and J divisions enhanced my typing speed. Though I haven't fully utilized the typing club, I plan to dedicate at least 30 minutes to elevate my typing proficiency. This practice has enlightened me on proper finger positioning, crucial for my programming journey. Appreciate your recommendation; I'll persist with the typing club for skill enhancement.*  *Link to screenshot image*  [*Typing Task*](https://drive.google.com/drive/folders/1-4bSq3vLYOdFs-te2RgXHrAOoQ-b3yYJ?usp=sharing) |
| *Write a short description about this task*  *Topic:Augmented reality and virtual reality*  *Augmented reality (AR) and virtual reality (VR) are two emerging technologies with the potential to change the way we interact with our surroundings.*  *AR superimposes digital information on the real world, whereas VR creates a fully immersive digital environment. Both technologies have numerous applications, including gaming, entertainment, education, training, and healthcare.*  *Link to your seminar video*  [*https://youtu.be/NKtTjS\_Lzd8*](https://youtu.be/NKtTjS_Lzd8) |
| *Link to the document containing notes for your feedback session*  [*Feedback*](https://drive.google.com/drive/folders/1PMl8gyXp_XBU7eEBw8r5nzC8KW1Zrv1s?usp=sharing) |
| *Write a short description about this task*  *This week's progress involved mastering the seamless integration of user and admin functionalities in our project. Focused on secure login/signup mechanisms and ensured user-friendly exploration of diverse products. Implemented advanced category management tools for efficient admin control. Introduced Multer for secure file uploads, coupled with robust validation, elevating platform reliability and security. The week's practical applications enhanced my understanding, marking significant strides in project development.*  *Link to your progress video*  [*https://youtu.be/mf1tbwhI-iI*](https://youtu.be/mf1tbwhI-iI) |