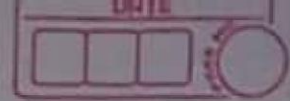


# Practical No. 1.



Aim :- Identify Strengths and Weaknesses  
OF SELF.

Theory :-

## • Strengths -

i Flexibility - I am capable of adjusting things quickly and calmly, so I can deal with unexpected problems.

ii Versatility - I am able to manage several tasks and functions with balance.

iii Creativity - Thinking in new ways is one of my strength.

iv Focused - I can take action with clear direction to achieve what I want.

v Organized - one of my biggest strength is my organization skills.

## • Weaknesses -

i Lack of confidence - Sometimes, I find it hard to maintain ~~weak~~ balance being confident when speaking in public.

ii Perfectionism - I get highly concerned about getting it right 100 percent of something which I work on.

iii Multitasking - I try to do all things quickly and that leads me to multitasking which makes me inefficient.

iv Insecure - I trust people easily and which I am a ~~shy~~ introvert person that led me to feel insecure about sharing my thoughts and ideas.

v Presentation Skills - As I am an Introvert, my biggest weakness is presenting to a large group of people.

Conclusion :- Hence, we have successfully Identified my strengths and weaknesses.

## Practical No. 2

Aim:- Identify topics of interest, technical/non technical presentation.

Theory :-

### Cryptocurrency

A cryptocurrency is a digital asset designed to work as a medium of exchange using cryptography to secure the transaction and to control the creation of additional units of the currency.

- Difference between Conventional and Cryptocurrency

	Conventional currency	Cryptocurrency
Type	Real	Digital/Virtual
Intermediates	Yes	No (peer-to-peer)
Portability	Yes (except heavy cash)	highly portable
Durable	Moderate	Highly durable
Acceptance	National	Global
Supply	Unlimited	Limited
Secure	Moderate	High



Decentralized	No (Central Bank Control)	Yes (control by complex math)
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### • Why use Cryptocurrency?

- i fast, Safe and cheap
- ii Ease of use and highly portable
- iii Untraceable
- iv Transparent and Neutral
- v Active Involvement of User
- vi Low inflation and collapse risk

There are various types of cryptocurrencies in the market. Some ~~are~~ <sup>have</sup> very cheap <sup>value</sup> and some are very high value.

Example: , Bitcoin, Ethereum, Ripple, Dogecoin, etc

Conclusion: Hence, we have identified and presented a topic of interest in non-technical / technical.

## Practical No. 3

Aim :- Identify signs and signals that comes under non-verbal communication.

Theory :-



It means no smoking

ii



Men Only

iii



Women Only

iv



At the rate

v



Internet Option

Conclusion: Hence, we have successfully identified these signs and signals.



## Practical No. 4

Aim :- Identify the factors in self esteem.

Theory :-

1. Worthy of living - I have a high degree of self-worth and also feels worthy of good things of me.
2. Self Control - Stress management and effective strategies with stable and conscientious personality.
3. Working style - Detailed, careful and neat
4. Management Style - Patient, stable and predictable.
5. Learn new things - Improving myself by learning new things for more opportunities
6. Become physically fit - Regular exercise helps me to build confidence by improving body image.

Conclusion :- Hence, we have identified factors in myself of self-esteem.



Aim:- Identify career goals and list down the activities to achieve goals.

Theory :-

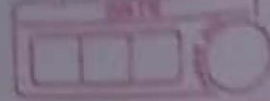
A career goal is a well defined statement explaining the profession that an individual intends to pursue throughout the career. In my case, my career goals are gaining new skills which will boost my networking ability and making approximately ~~15~~ to ~~18~~ 15 to 18 Lacks per annum

Following are the activities to achieve my goals:

- i Learning new skills as many as possible
- ii Implementing them with my portfolio projects
- iii Intern with a Large Company to gain experience
- iv Making career switch after becoming expert in that field
- v Becoming a freelancer and working on my skill, experience
- vi starting side hustle with crypto mining

Conclusion :- Hence, we have identified my career goals and listed down required activities to achieve goals.





Aim: Write importance of time management assuming any activity.

Theory:

Time Management is the process of planning and controlling how much time to spend on specific activities.

- Importance of Time Management

- Improves Your Performance
- Produce Better Work
- Deliver Work on Time
- Reduces Stress of work
- Become more Efficient

- Managing Time as a Organizer of College Events

- i First, I will use a to-do list
- ii after listing, I will set a time limit to each task
- iii I will 'prioritize' tasks that need to be done most urgently and important task.
- iv I will try to reduce multitasking by recruiting more members and assigning each person a specific task.
- v I will make undisciplined and troublesome members to leave from the team if they are creating any distractions.
- vi I will set some own deadline to manage time effectively.

Conclusions- Hence, we have write down the the activities importance of time management assuming organizer of college event.



## Practical. No. 7

Aim :- Construct a diet chart for self

Theory :-

In Morning :-

- i) Pre-workout - 2-3 bananas,  
1 boiled potato,  
yogurt
- ii) Post-workout - Protein shake,  
Oats, peanut butter & bread
- iii) Breakfast - fruits, 1 cup of milk / buttermilk  
spinach salad, etc.

In Afternoon :-

- i) Lunch - rice full plate, daal, 3-4 rotis,  
1 cup of yogurt / buttermilk
- ii) Snack - Bread and peanut butter with  
protein shake, banana

In Evening :-

- i) Dinner - Rice & Daal, 3-4 rotis, buttermilk,  
banana shake, etc.

Conclusion :- Hence, we have successfully constructed a diet chart for self.

## Practical No. 8

Aim :- Demonstrate technical skills of different Subjects.

Theory :-

Technical skills are the abilities and knowledge needed to perform specific tasks. They are practical and relate to various fields.

• My Technical Skill of different subjects.

i. C, C++ programming - As it was a academic course, I have learnt about it and also created some mini projects.

ii. Java Programming - It was also a academic course, so I know very much about it.

iii. Android Development - It tends to learn new things, so I started learning android development as start and also ~~have~~ created some projects on it.

iv. Python - It is now in trend in IT sector, so I also started learning python ~~and~~

v. Linux - It is a most easiest operating system ~~and~~ to learn and I started with Kali for ethical hacking courses and ubuntu or Red hat Enterprise Linux for academic course.



vi AWS - Amazon Web Server is a cloud platform which I have started learning recently.

Conclusion:- Hence, we have successfully identified my technical skills of different languages.

## Practical No. 9

Aim:- Compose a creative essay of your choice

Theory :-

### Cryptocurrency as a Legal Tender

In the time, cryptocurrency would be the single internationally accepted and used currency. But before this happens all government and individual can go until it grows substantial and can seem to exist.

The new substantial pattern on economics, wealths and administration needs to be explained first.

The economic system makes it possible for human to get together and develop as a country. El Salvador has becomes the first country in the world to formally accept bitcoin as legal tender to embrace the cryptocurrency. However the technology behind cryptocurrency and bitcoin can be applied to other currency or payment systems which could have a lasting on how people spend money in the future.

Conclusion :- Hence, we have compose a essay of our choice of 100-150 words, successfully.



# Practical No.10

Aim: Prepare resume for self

Theory: