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### Day 1: Introduction and Basics
**SQL (Morning)**
- 09:00 - 10:00: Introduction to SQL and setting up the environment
- 10:00 - 11:00: SQL Syntax and Basics
- 11:00 - 12:00: Basic Queries (SELECT, WHERE, ORDER BY, LIMIT)
**Break**
**React (Evening)**
- 17:00 - 18:00: Introduction to React
- 18:00 - 19:00: Setting up the environment and understanding JSX
- 19:00 - 20:00: Components and Props
- 20:00 - 21:00: State and Lifecycle
### Day 2: Advanced Concepts
**SQL (Morning)**
- 09:00 - 10:00: Aggregate Functions (COUNT, SUM, AVG, MIN, MAX)
- 10:00 - 11:00: GROUP BY Clause
- 11:00 - 12:00: HAVING Clause
**Break**
**React (Evening)**
- 17:00 - 18:00: Conditional Rendering
- 18:00 - 19:00: Lists and Keys
- 19:00 - 20:00: Forms and Controlled Components

    20:00 - 21:00: Introduction to Hooks (useState and useEffect)

### Day 3: State Management and Joins
**SQL (Morning)**
- 09:00 - 10:00: INNER JOIN
- 10:00 - 11:00: LEFT JOIN, RIGHT JOIN, FULL JOIN
- 11:00 - 12:00: CROSS JOIN
**Break**
**React (Evening)**
- 17:00 - 18:00: Custom Hooks
- 18:00 - 19:00: Context API Basics
- 19:00 - 20:00: Using Context API for State Management
- 20:00 - 21:00: Introduction to Redux (Actions, Reducers, Store)
### Day 4: Routing and Subqueries
**SQL (Morning)**
- 09:00 - 10:00: Basic Subqueries
- 10:00 - 11:00: Correlated Subqueries
- 11:00 - 12:00: Using Subqueries with SELECT, FROM, and WHERE
**Break**
**React (Evening)**
- 17:00 - 18:00: Setting up React Router
- 18:00 - 19:00: Basic Routing and Navigation
- 19:00 - 20:00: Dynamic Routing
- 20:00 - 21:00: Nested Routes
### Day 5: Styling and Advanced Querying
**SQL (Morning)**
- 09:00 - 10:00: UNION and UNION ALL
- 10:00 - 11:00: INTERSECT and EXCEPT
- 11:00 - 12:00: Introduction to Window Functions
**Break**
**React (Evening)**
- 17:00 - 18:00: CSS Modules
- 18:00 - 19:00: Styled-components
- 19:00 - 20:00: Emotion
- 20:00 - 21:00: CSS Transitions and Animations
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### Day 6: Advanced Topics and Data Manipulation
**SQL (Morning)**
- 09:00 - 10:00: INSERT INTO
- 10:00 - 11:00: UPDATE
- 11:00 - 12:00: DELETE
**Break**
**React (Evening)**
- 17:00 - 18:00: Introduction to Server-Side Rendering (SSR)
- 18:00 - 19:00: Next.js Basics
- 19:00 - 20:00: React.lazy and Suspense
- 20:00 - 21:00: Code Splitting with Webpack
### Day 7: Testing, Deployment, and Advanced SQL
**SQL (Morning)**
- 09:00 - 10:00: Transactions (COMMIT, ROLLBACK, Savepoints)
- 10:00 - 11:00: Creating and Using Stored Procedures and Functions
- 11:00 - 12:00: Introduction to Triggers and Query Optimization Techniques
**Break**
**React (Evening)**
- 17:00 - 18:00: Introduction to Testing
- 18:00 - 19:00: Jest and React Testing Library
- 19:00 - 20:00: End-to-End Testing with Cypress
- 20:00 - 21:00: Building for Production and Deployment
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Summary

This schedule ensures you dedicate the mornings to SQL and the evenings after 5 PM to React. Adjust the hours and breaks according to your pace and comfort. Regular practice and consistent effort will help you cover all the essential topics effectively. Good luck!