**Week 9**

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| **Personal Development Workouts** |
| 1. Finish reading the next 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" is a popular self-help book written by James Clear and published in 2018. The book focuses on the idea that small, incremental changes or "atomic habits" can lead to significant personal and professional growth over time. James Clear argues that understanding the science of habit formation and implementing tiny, consistent changes in behavior can help individuals achieve their goals and make lasting improvements in their lives.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1tIc8N3tVT2biHv7tOpDjunkhJjBSaBe1/view?usp=drive\_link*](https://drive.google.com/file/d/1tIc8N3tVT2biHv7tOpDjunkhJjBSaBe1/view?usp=drive_link) |

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| **Technical Workouts** |
| 1. Complete your project according to the instructions. |
| *Write a description about this task*  *This week I am on my project second week , as per the previous week review , Reviewer suggest the tasks such as Use Datatable in admin panel,Add to cart,Add profile in user side,Product Filter in user side, Add category filter in product page,use multiselect on secondary image in add product page. Product details view on the side image zoom. I choose a template to complete this task my product is guitar. This week is more challenging but somehow is learning all modules.* |

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| **Miscellaneous Workouts** |
| 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*  *Practicing typing on a daily basis, whether through a platform like Typing Club. Regular practice help to increase my typing speed over time. As become more familiar with the keyboard layout and the placement of keys, I'll find that I can type more quickly and efficiently. Typing daily can also lead to improved accuracy*  *Link to screenshot image*  *Link to screenshot image*  [*https://drive.google.com/file/d/14HkHRHlfJIb8kfbVzot-cQrplYwCBmnz/view?usp=drive\_link*](https://drive.google.com/file/d/14HkHRHlfJIb8kfbVzot-cQrplYwCBmnz/view?usp=drive_link) |
| *Write a short description about this task*  *Nanotechnology is a cutting-edge field of science and engineering that focuses on manipulating matter at the nanoscale, typically at dimensions less than 100 nanometers. At this tiny scale, the unique properties of materials emerge, enabling the design and creation of novel structures, devices, and systems with unprecedented precision and efficiency. Nanotechnology has diverse applications in medicine, electronics, materials science, and more, promising breakthroughs in drug delivery, energy storage, and the development of advanced nanomaterials.* |

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| *Link to your seminar video*  [*https://youtu.be/u-H6bE7NmoQ?feature=shared*](https://youtu.be/u-H6bE7NmoQ?feature=shared) |
| *Link to the document containing notes for your feedback session*  [*https://docs.google.com/document/d/1Wqha8yKgEqZ0Gk0P0weR9pVqT7yTV8WhGOcbRwUc6sg/edit?usp=share\_link*](https://docs.google.com/document/d/1Wqha8yKgEqZ0Gk0P0weR9pVqT7yTV8WhGOcbRwUc6sg/edit?usp=share_link) |
| *Write a short description about this task*  *I wanted to give you an update on the exciting progress we've made with our e-commerce website. It's been an incredible journey, and I can't wait to share what we've accomplished so far.  I wanted to give you an update on the exciting progress I've made with our e-commerce website. It's been an incredible journey, and I can't wait to share what I've accomplished so far.So, that's where i stand with my e-commerce website project. I've made significant strides, but there's still work to be done*  *Link to your progress video*  [*https://youtu.be/u-H6bE7NmoQ?feature=shared*](https://youtu.be/u-H6bE7NmoQ?feature=shared) |