MERN Stack Training
Company: Sensation Software Solutions
Student Name: Gurvinder Singh
Training Duration: 6 Months
Days: 46

Day 46 – MERN Stack Industrial Training Diary

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Objective of the Day

The objective of Day 46 was to understand **authentication concepts**, user management, and why security is important in web applications.

Work Done on Day 46

The training session started with an explanation of **authentication vs authorization**. The trainer clarified that authentication verifies the identity of a user, while authorization controls access to resources.

Real-world examples such as login systems and access-controlled dashboards were discussed to explain the importance of authentication.

User Authentication Concepts

The following topics were explained:

- User registration process
- Login flow
- Session-based vs token-based authentication

The trainer explained common security issues faced by applications without authentication.

Password Security

We learned why passwords should **never be stored in plain text**. Concepts discussed included:

- Password hashing
- Importance of encryption
- Using hashing libraries for security

Hands-on Practice

Practical understanding included:

- Designing user authentication flow
- Understanding secure login logic
- Learning common authentication errors

Conclusion

Day 46 laid the foundation for **secure backend development** by introducing authentication and user security concepts.