**Week 7**

**Name:**

**Mobile:**

| **Personal Development Workouts** |
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| 1. Watch this video about Atomic Habits by James Clear. [The Surprising Power of Small Habits | James Clear | SNAPS Leadership Conference](https://www.youtube.com/watch?v=g2S2mhOisso) 2. Watch James Clear’s interview on London Real.   [JAMES CLEAR - ATOMIC HABITS: HOW TINY CHANGES CREATE REMARKABLE RESULTS - Part 1/2 | London Real](https://www.youtube.com/watch?v=Q8ApZXWgJq4)   1. Prepare an audio note about Atomic Habits. |
| *Write a short description about this task* |
| *Write a short description about this task* |
| *Link to the folder containing your audio summary* |

| **Technical Workouts** |
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| 1. Choose a database. Complete basics of database operations using terminal. (Do not use any language or framework you have chosen). 2. Prepare a video presentation on what you have learnt about databases. Record and upload it on youtube as an unlisted video. 3. Learn the following concept concept    1. ACID properties    2. Normalization    3. Constraints    4. Relationships    5. Joins    6. 3-Schema architecture    7. Indexing    8. Aggregate functions    9. Scalar functions    10. SQL queries    11. Foreign key Primary key (Other keys)    12. Closure    13. Groupby    14. Having    15. Transactions    16. DML, DDL, DCL |
| *Write a short description about this task* |
| *Link to your presentation video* |
| *Write a short description about this task* |

| **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*  *Link to screenshot image* |
| *Write a short description about this task*  *Link to your seminar video* |
| *Link to the document containing notes for your feedback session* |
| *Write a short description about this task*  *Link to your progress video* |