**Week 4**

**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. Complete basic tutorial on the backend Framework you have chosen. For example, if your domain is Node.js Express, complete a basic tutorial of Node.js and Express.js Framework. 2. Have a clear idea about View Engine and its working. Complete at least 3 sample works using view engine concepts and bootstrap. For example, list dummy items/ cards using loop or display table items etc. 3. Design a login and a home page. Use bootstrap & View engine. 4. Have a clear idea about Session and Cookies. Complete one or two sample works for session management. 5. Complete server side development for the login page.    1. Login page should accept username and password from the user.    2. Username and password should be validated at the server side with a predefined value.    3. If correct, give access to the home page.    4. If incorrect, display incorrect username or password message on the login page.    5. Home page should contain a signout button. On click signout button - redirect to login page.   Note: Session handling should work properly. Signout shouldnt happen unless the user presses the signout button. Also, once the user has signed out, the home page shouldnt be loaded on pressing the back button.   1. Have a clear idea about HTTP methods. |
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| **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* |