**Week 5**

**Name:**

**Mobile:**

| **Personal Development Workouts** |
| --- |
| 1. Watch the movie “Shawshank Redemption” 2. Finish the book “Discipline Equals Freedom” by Jocko Willink |
| *Write a short description about this task*  *Link to the folder containing your audio summary* |
| *Write a short description about this task*  *Link to the folder containing your audio summary of each chapter* |

| **Technical Workouts** |
| --- |
| 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. |
| *Write a short description about this task* |
| *Link to your presentation video* |

| **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*  *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* |