

Week 6

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Personal Development Workouts

1. Watch the movie “Invictus”
2. Watch the London Real interview of David Goggins “You can't hurt me”

Write a short description about this task

"Invictus" is an inspiring sports drama directed by Clint Eastwood, based on Nelson Mandela's efforts to unite a post-apartheid South Africa through the Rugby World Cup. Morgan Freeman's portrayal of Mandela is remarkable, and Matt Damon shines as rugby captain Francois Pienaar. The film effectively captures the spirit of reconciliation and the power of sports to bridge divides. It's a heartwarming story of leadership and unity, with a message of hope that resonates. The film's direction and performances make it a must-watch, and it leaves a lasting impact.

Link to the folder containing your audio summary

https://drive.google.com/file/d/1GPK5vIOwl2o8hlyR7l062PLVJz8240ge/view?usp=drive_link

Write a short description about this task

"Can't Hurt Me" is a memoir written by David Goggins, a former Navy SEAL and ultramarathon runner. Published in 2018, the book provides an intimate and raw account of Goggins' life, detailing his struggles with obesity, poverty, racism, and physical limitations. Goggins shares how he transformed his life through an extraordinary mindset and relentless work ethic, pushing himself to become one of the toughest men on the planet. The book incorporates lessons and challenges, encouraging readers to confront their fears, embrace discomfort, and push beyond perceived limits. Goggins' story is one of resilience, self-discovery, and the pursuit of personal greatness.

Link to the folder containing your audio summary

https://drive.google.com/file/d/1Xj9Y5O38Zre9dxSld2W9kinwoQVMrg5u/view?usp=drive_link

Technical Workouts

1. Create a web application.
 - a. Should have login, signup and home page for users.
 - b. Should store the user data on a database.
 - c. Login should be validated.
2. Create an admin panel.
 - a. Admin panel should have a login with validation.
 - b. Should be able to view and perform a search on user data.
 - c. Should be able to create, delete and edit user data.
 - d. Should handle sessions and cookies properly.
3. Prepare for your full domain review.

Write a short description about this task

Creating a web application with login, signup, and home pages for users is a multifaceted and rewarding endeavor. Implementing these features ensures a seamless and secure user experience. The login and signup functionalities, backed by database storage, offer a robust foundation for user management. The validation mechanisms incorporated into the login process enhance security, ensuring that only authorized users gain access.

Link to your screen record video

https://drive.google.com/drive/folders/1wqITh59F96SLN38RmIEnJqr-xACqwl3m?usp=drive_link

Write a short description about this task

Building an admin panel involves creating a secure login system with thorough validation, enabling authorized access for administrators. The panel facilitates

efficient user data management through features like viewing, searching, creating, editing, and deleting records. Proper handling of sessions and cookies enhances security, ensuring a smooth and reliable experience. This comprehensive approach not only meets immediate needs but also establishes a foundation for scalability and future improvements, showcasing a commitment to user satisfaction and effective administrative tasks.

Link to your screen record video

https://drive.google.com/drive/folders/1ldpn5nHFSjYprLKdoVNBsXUpCgIeqJEz?usp=drive_link


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 regularly has really made me a faster and more accurate typer. At first, I focused on getting the hang of the basic keys, then slowly worked my way to using the whole keyboard. Doing typing exercises over time has not only boosted how many words I can type per minute but has also made me more precise. Now, I'm getting the hang of touch typing, relying less on looking at the keys. It's not only making me more productive, but typing has become easier and more fun.

Link to screenshot image

 typing task.png

Write a short description about this task

Autonomous vehicles, often referred to as self-driving cars, represent a groundbreaking innovation in transportation technology. These vehicles are equipped with advanced sensors, artificial intelligence, and connectivity that enable them to navigate and make decisions on the road without human intervention. They have the potential to revolutionize the way we commute, offering benefits such as increased safety, reduced traffic congestion, improved accessibility, and potential environmental advantages. However, the development and widespread adoption of autonomous vehicles also pose significant challenges, including regulatory and safety concerns, ethical dilemmas, cybersecurity risks, and the need for upgraded infrastructure

Link to your seminar video

<https://youtu.be/4Yp0nwlXnBI>

Link to the document containing notes for your feedback session

 This is a summary of a meeting where I talked with my friends about MERN web dev...

Write a short description about this task

I Am very excited to complete this week,because it's my domain week. What I had to study was full domain. In this week I have improved very much in tech and communication,and also i learned to create a web application with user and admin panel,and also i gradually improved in my typing speed and skills.i have an hope that i will improve very much in my communication and typing.

Link to your progress video

<https://youtu.be/mmnAAwR-IiI>