**Week 4**

**Name: Murukadas VA**

**Mobile: 8921653181**

| **Personal Development Workouts** |
| --- |
| 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. |
| *This presentation on the power of small habits was given to the 2015.Leadership Conference Attendees at University of Texas at Arlington.*  *James Clear writes about behavioral psychology, habit formation, and performance improvement. His work has been covered by dozens of major media outlets like TIME, Entrepreneur, Forbes, and more.*  *In this popular talk, James Clear explains a simple and powerful strategy for how to stick to good habits and break bad ones. His practical framework will break down the proven science of how habits work and explain how every person can build high performance habits. After delivering this talk for the closing keynote at Stanford University for the Habit Summit, conference founder Nir Eyal declared, “His talk on building better habits, driving behavior change, and improving performance wowed the crowd of startup founders, consultants, and venture capitalists. I couldn’t be happier with my choice to bring in James to speak to our audience.”* |
| *James Clear has spent years educating millions of readers on the importance of habits, decision-making, and continuous improvement. He is a regular speaker at Fortune 500 companies, and his work is used in the NFL, NBA, and MLB.*  *His new book, ‘Atomic Habits’, details his system of building good habits and breaking bad ones, showing how small changes can have a transformative effect in every aspect of your life.* |
| [*https://drive.google.com/file/d/1fcs28z-zaca6\_VqG-Mhwfu9JbjiDWwDv/view?usp=sharing*](https://drive.google.com/file/d/1fcs28z-zaca6_VqG-Mhwfu9JbjiDWwDv/view?usp=sharing) |

| **Technical Workouts** |
| --- |
| 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. |
| *In this task i need to learn the backend framework which is node js and express.so i did watch lots of video tutorials from youtube.still now i need to know more from that .i am a little bit confused also. The working of this backend framework.*  *Node.js is an* *open-source*, *cross-platform, back-end JavaScript runtime environment that runs on the V8 engine and executes JavaScript code outside a web browser. Node.js lets developers use JavaScript to write command line tools and for server-side scripting—running scripts server-side to produce dynamic web page content before the page is sent to the user's web browser. Consequently, Node.js represents a "JavaScript everywhere" paradigm, unifying web-application development around a single programming language, rather than different languages for server-side and client-side scripts.*  *Express.js, or simply Express, is a back end web application framework for Node.js, released as free and open-source software under the MIT License. It is designed for building web applications and APIs. It has been called the de facto standard server framework for Node.js.*  *The original author, TJ Holowaychuk, described it as a Sinatra-inspired server, meaning that it is relatively minimal with many features available as plugins. Express is the back-end component of popular development stacks like the MEAN, MERN or MEVN stack, together with the MongoDB database software and a JavaScript front-end framework or library.* |
| *I did watch tutorials from youtube about the view engine, but I am not able to understand the workings of the view engine.i think i need more time to understand this.still i am watching videos and referring to lots of documents also.i hope it will be ok after sometime i will understand.it will take time .* |
| *Designing a login page and home page with bootstrap and view engine is very interesting,but the only problem is I don't understand the working of it.its a little bit confusing the coding of backend works.* |
| *Session and cookies are interesting.need to understand more.need to refer more documents and watch videos also.* |
| *Complete server side development for the login page is to implement a login page that should accept username and password from user.and it should be validated.if its correct access homepage ,if incorrect display incorrect massage on the login page.there is a signout button in the home page it should be redirect to the login page .* |
| *I did refer to this topic with so many documents. HTTP methods are The Hypertext Transfer Protocol (HTTP) is designed to enable communications between clients and servers.HTTP works as a request-response protocol between a client and server.* |

| **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. |
| *Learning typing is an interesting activity for me.it is helping me to achieve much faster when I am typing .but a little bit of aching is feeling on my hand these days.but I am trying to cover the levels as much as possible.* |
| *This week I chose to take a seminar topic about local host.so,I did learn about local host and its working.its functions and uses as well.*  *Localhost is a machine which a web server can be accessed from directly in your computer. It allows you to develop web project on your system without having to upload the project to an internet hosted sever.*  *Localhost is a neat website for testing if your PHP site is running. Point website visitors to localhost instead and you will see what it looks like if they do not have your page cached. Useful for testing changes and making sure that things still work.*  [*https://youtu.be/pY7yg7wPP5U*](https://youtu.be/pY7yg7wPP5U) |
| *We conducted a feedback session, and we got a task to sell unwanted items. Everyone presented well.The most common issue was being unable to find the proper words to convey the idea. Jiyad was our team lead. He gave grades to everyone. And we discussed how we improve our communication skills and what are the things we need to focus on.Everyone struggled with a lack of vocabulary Everyone presented well. Lal, Midlaj, Akhil had an excellent performance for me, and everyone tried to do their best. This section was fun. because the items were difficult to sell. We must sell at least one item. I choose to sell a knife.i said, i am a representative from das & das company and they sent to me for selling this knife.then i explained the feature of knife.it has no sharpness ,so anyone can easily use.regular knife has sharpness but this one has no.so no one can harm because of sharpness.and they can cut themselves or can be used to cut someone else also f.it is mainly used for some prank situation.not for normal situation.only for pranking.*  *Its actual price is 500 Rs/.our company will give a discount price of 50/.so the final price is 450/ only. I tried to talk to them but no one was interested at this time .They said come next week.*  *that's it.* |
| *This is my 4th week.in this week i had to complete a lot of things.the tasks are the same as before personal development workouts,technical,and miscellaneous workouts.*  *In personal development workout has to watch the youtube video about atomic habits written by james clear.it is the show which he is explaining the surprising power of small habits.it was very interesting video because he is explaining how we can change our life with power of small habits.then i watched another video about james clear and his atomic abits.it was an interview video.he is explaining about , how can use the power of habits in our life . Then I prepared an audio note about it, and the file has been linked to the task page.*  *The technical task was to learn backend frameworks such as node.js and express and working of the view engine also.and then need to finish at least 3 sample works using view engine concepts and bootstrap.*  *And then I need to design a login and home page with bootstrap and view engine.*  *And then the session and cookies and also need to complete server side development for the login page with some requirements.and need to learn about HTTPS also.*  *These were the technical tasks.*  *Then the miscellaneous tasks have the typing and need to finish as many chapters as possible.then the seminar ,and the video has to be uploaded into youtube channel.*  *Then the feedback session.in this session we had a subject to demonstrate .the subject was to sell a product.so we can try to sell that product with speaking in english.son in that session everyone did well.and then the progress for last last week.progress video has to be uploaded in youtube channel .*  *So these are the tasks and these are the progres in this week.*  [*https://youtu.be/E1qjra5IFbU*](https://youtu.be/E1qjra5IFbU) |