**Week 8**

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| **Personal Development Workouts** |
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| 1. Finish reading the first 50 pages of the book Atomic Habits by James Clear and prepare an audio note on each chapter. |
| *Write a short description about this task*  *Atomic Habits by James clear is one of the top selling books worldwide. In this book he had very well mentioned what he had done in his own life to become discipline and*  *Successfully. Also the power of small habits. Atomic Habits is the definitive guide to breaking bad behaviors and adopting good ones in four steps, showing you how small, incremental, everyday routines compound into massive, positive change over time.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1qydJQsw8EPvW2nJ0UwTwP9hor25ZDswK/view?usp=sharing*](https://drive.google.com/file/d/1qydJQsw8EPvW2nJ0UwTwP9hor25ZDswK/view?usp=sharing) |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a description about this task*  *In this week I had started my first project*  *User login and Sign up*  *OTP login*  *Admin panel(Product management)*  *Admin adding products to database and displaying it on homepage*  *Edit product*  *User Management(User block and unblock)* |

| **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*  *Typing tasks is very good for every developer to increase their typing speed or potential.*  *By practicing typing everyday we can become more familiar with the keyboard keys and*  *Our typing speed has become fast. I practice typing in “typing club.com’’ it is a good website to practice typing for both beginners and experts. Mechanical keyboards are very*  *Good for practicing typing. Typing fast and accurately is also a skill and if we practice consistently it will become a lot easier..*  *Link to screenshot image* |
| *Write a short description about this task*  *My seminar topic this week was virtual reality. I had very well collected the contents*  *from google and youtube for my seminar video preparation and presentation. Seminar presentations are very good for improving our technical knowledge and also improves our presentation skills and english language. We also will uptodate to new and upcoming technologies and science.*  *Link to your seminar video*  [*https://youtu.be/yOrP3QaMUW8*](https://youtu.be/yOrP3QaMUW8) |
| *Link to the document containing notes for your feedback session*  *Feedback section was very useful and effective because the things we had done that whole week and the whole week task we can self understand. And also we can share our ideas and thoughts on various learning resources and tutorials. And we can also improve our public speaking ability. Also helps in reducing stress and tension of long time coding.It also improves our productivity and happiness….* |
| *Write a short description about this task*  *Progress video is very good for improving our english language and for overviewing our*  *All tasks which we had done in the whole week. In this week's progress video I had mentioned all the tasks which I did in my current week.*  *Link to your progress video*  [*https://youtu.be/y6OIu1xSsEs*](https://youtu.be/y6OIu1xSsEs) |