**Week 4**

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| **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. |
| *Atomic habits says that habits are the compound interest of self improvement.This video is all about having small habits which result in a big change.* |
| *Atomic habits says that habits are the compound interest of self improvement.This video is all about having small habits which result in a big change.While many people believe that making big changes is the key to success, it’s the small things we do each day that have the biggest impact on our lives. Our small daily habits will affect the person we become in the future, so it’s critical that we adopt healthy habits to ensure we live long, successful lives* |
| [*https://drive.google.com/file/d/1LBPFJZAb9Zp4hZGqACjbJhyRpIAnigYa/view?usp=share\_link*](https://drive.google.com/file/d/1LBPFJZAb9Zp4hZGqACjbJhyRpIAnigYa/view?usp=share_link) |

| **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. |
| *This week I have learned about node and express .Node is a runtime environment for running javascript on a system* |
| *View engines are used to make a web page dynamic. There are many view engines available like ejs,hbs,express-handler. I have used ejs as my view engine in this task* |
| *Using view engine and bootstrap I have created a login page* |
| *Session is a series of browser requests coming from the same client during a given period of time, it contains data about the client.*  *Cookies are stored in browser and it contains session id* |
| *I have created a server which validates user and I have also managed session.I used express-session module to handle session* |
| *HTTP is a stateless protocol. It contains many methods like get,post,put, delete.*  *It was designed for communication between web browsers and web servers, but it can also be used for other purposes* |

| **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. |
| *In typing I have reached level 153.my wpm has improved now it’s more than 20 wpm*  [week-4 typing.png](https://drive.google.com/file/d/1g-S9vg14iYKla2aQmv2jJgpYij-9InbU/view?usp=share_link) |
| *This week I have created a video about firewall. In this video I have explained about use of firewall ,type of firewall etc*  [*https://youtu.be/SH2WYBi1v4Q*](https://youtu.be/SH2WYBi1v4Q) |
| *Facing wifi issue, Getting task onlly day after the review* |
| *I have improved my english speaking,I’m building confidence in speaking in front of crowd*  [*https://youtube.com/shorts/v0Qt2dO7yi0?feature=share*](https://youtube.com/shorts/v0Qt2dO7yi0?feature=share) |