**Week 8**

**Name: Hrudhik krishna**

**Mobile: 6282970299**

| **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*  *In Atomic Habits, James Clear explains how small, consistent changes compound into remarkable results. The first chapters introduce the idea of focusing on systems (daily habits) rather than goals to achieve lasting success. Clear highlights the* ***Habit Loop****: cue, craving, response, and reward, which drives all behaviors. He emphasizes identity-based habits, where you focus on becoming the type of person who embodies the habits you want (e.g., "I am a runner" instead of "I want to run a marathon"). Progress may feel slow initially, but consistent effort leads to exponential growth. Small habits, tied to your identity, create big transformations.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1tIU0lyRH7Nx9fXFFcYjRNx\_pLJpcS1yt/view?usp=drivesdk*](https://drive.google.com/file/d/1tIU0lyRH7Nx9fXFFcYjRNx_pLJpcS1yt/view?usp=drivesdk) |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a description about this task*  *I really like this task. I create a ecommerce website user authentication, in this week i completed my sign up, OTP verification and resend OTP, login , admin login and user listing. In this week i want to complete lot of task balance because of this reason, in the working timer meane coding time i faced some bugs. The code is correct and no errors but the functionalities isn't working that time i fully out of control i didn't understand anything. Then i sit more than a half day to fix taht problem then i fix but this kind bugs is very difficult to handle error is ok but the bugs is very complicate and yesterday i started my admin side i don't know how many problems waiting for me in admin side. I need more time to fix this problems and finish my project .* |

| **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*  *In this week im note typed well but i improved. Im using typing club to improve my type speed and accuracy now i finished almost 218 level and 517 stars the typing club is very nice im refer to my sister to improve his skill, now she is on going. Really thank to typing club to giving this platform.*  *In my free tyme and the sleepy afternoon im just using typing club and complete 2/3 level and im return my studies i really like the typing club and and i still im using this and if you are a typing is very slow you can use typing club and improve youre typing speed and accuracy. I strongly saying the typing club is very effective we regularly using this definitely we will improve our self and we can type very fastly*  *Link to screenshot image*  *Link to screenshot image*  [*https://drive.google.com/file/d/1\_DC145iycE0EUVPr5ps5g7c\_ex5OVxGI/view?usp=sharing*](https://drive.google.com/file/d/1_DC145iycE0EUVPr5ps5g7c_ex5OVxGI/view?usp=sharing) |
| *Write a short description about this task*  *Figma is a cloud-based design tool that enables real-time collaboration, making it ideal for UI/UX design, prototyping, and team workflows. It offers powerful features like vector editing, responsive layouts, interactive prototypes, and version control. With team libraries, seamless design handoff, and integration with tools like Slack and JIRA, Figma streamlines the design-to-development process. Its cross-platform accessibility and live commenting features foster efficient collaboration, making it a top choice for modern design teams.*  *Link to your seminar video*  [*https://youtu.be/36C4bRIWO24*](https://youtu.be/36C4bRIWO24) |
| *Link to the document containing notes for your feedback session*  *In this week i really enjoyed but i feel a main problem is time, this much thins in one week is difficult for me and now i reache some this but the finished things is note good i meane that is not perfect just only do that only . i'm facing a main problem is time.*  *And in this week i use so many thins i learned in previous weeks i really happy about that.*  *And in this week some communication meetings and session on the time 10/10.30 that time is very productive that time this guys conduct any session that is very irritating i m didn’t like that time communication and meetings any option to avoid this kind of things,just a request* |
| *Write a short description about this task*  *In this week progress is i think i have some improve on my debugging and problem solving and this is only my feel im have some improvement in my communication in the first week im very struggled to communicate with others and now that is a problem to me that why i am say that. In the first days i ask something anyone didn't understand but now the problem almost cleared*  *Link to your progress video*  [*https://youtu.be/soh3ppINcb0*](https://youtu.be/soh3ppINcb0) |