Firstly,

Creating the Javascript - React app and Python - Django

Creating the react app and installing all the required node modules.

Create a signup and login pages using react and also for better UI we can choose any otherlibraries like MUI, bootstrap etc.

Creating the required components and handling the submit, make sure the password strength as well.

Creating the routes to access and navigate throughout the app.

When it comes to the backend,

Create a Python Django backend app.

Install rest framework and simple jwt for the token implementation.

# Token Authentication can be implemented here using the rest frame work.

# we get the access token and refresh token we describe the life span of the token in the settings.py file. Make sure to allow all CORS to allow the front end as well.

For uploading file in the backend,

We have different approaches like upload to a cloud and storing the URL in our database or else convert the file into binary and store the binary data in database.

For task management,

We create few **abstract** models in django to make the user create, update, delete the tasks.

We can write the API’s accordingly.

We can add index to the columns which ever are mostly used.(which makes query faster)

Also, we add validations in the model as well to validate if required before creating a row.