**Week 6**

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| **Personal Development Workouts** |
| 1. Watch the movie “Invictus” 2. Watch the London Real interview of David Goggins “You can't hurt me” |
| *Write a short description about this task*  *Invictus (2009) tells the story of South Africa’s journey toward unity after apartheid. Nelson Mandela, recently elected as the country’s first Black president, faces the challenge of bringing people together despite years of division. To bridge the racial gap, he turns to rugby, a sport mostly loved by the white community, and sees the 1995 Rugby World Cup as an opportunity to unite the country. He reaches out to François Pienaar, captain of the South African team, the Springboks, inspiring him to believe in something bigger than just winning games.*  *Together, Mandela and Pienaar lead the Springboks on a journey that captures the country’s hope. Against all odds, the team’s victory symbolizes the power of unity, showing how South Africa, despite its painful history, can come together as one.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1zFwiFwQv4rRyQN5aB4ApbOd8okgg9QLw/view?usp=drive\_link*](https://drive.google.com/file/d/1zFwiFwQv4rRyQN5aB4ApbOd8okgg9QLw/view?usp=drive_link) |

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| *Write a short description about this task*  *In his London Real interview, David Goggins talks about his journey of personal growth and strength. He came from a tough childhood with poverty and abuse but later became a Navy SEAL and an ultra-endurance athlete. Goggins believes that being mentally tough is the key to going beyond what most people think they can do. He explains his idea of “callousing the mind,” which means training ourselves to handle pain and challenges, seeing them as ways to grow stronger, not as problems.*  *Goggins encourages everyone to accept struggle and discomfort because it helps us grow, even if it’s hard. He thinks most people only use about 40% of their true ability, held back by fear and doubt. His main message is that by facing challenges and working on our mental strength, we can take control of our lives and find success. As he says, “Suffering is the true test of life.” Goggins reminds us that the biggest achievements are found outside our comfort zones.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1npUc1zOLdKAd1tnANKvqL1KZN9bQ25\_F/view?usp=drive\_link*](https://drive.google.com/file/d/1npUc1zOLdKAd1tnANKvqL1KZN9bQ25_F/view?usp=drive_link) |

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| **Technical Workouts** |
| 1. Create a web application.    1. Should have login, signup and home page for users.    2. Should store the user data on a database.    3. Login should be validated. 2. Create an admin panel.    1. Admin panel should have a login with validation.    2. Should be able to view and perform a search on user data.    3. Should be able to create, delete and edit user data.    4. Should handle sessions and cookies properly. 3. Prepare for your full domain review. |
| *Write a short description about this task*  *This project is about creating a simple user authentication web app using Node.js, Express, and the HBS view engine. Its main goal is to let users register, log in, and access a secure home page with content just for them. The design focuses on being easy to use and secure.*  *The app has three main pages: Signup, Login, and Home. On the Signup Page, new users can create an account by entering basic information, which is then securely stored in a MongoDB database. The page checks that only correct information is saved, keeping the data clean and accurate.*  *On the Login Page, returning users enter their details, which are checked against the stored records to ensure they’re allowed access. If login is successful, the user is directed to the Home Page, where they can see content meant only for logged-in users. This app uses server-side checks to keep user information safe, providing a secure and customized experience for each user.*  *Link to your screen record video*  [*https://www.loom.com/share/6dc684f6bf3042c5a846fb48f7aa43cd?sid=31bb5e91-88c4-4748-b35a-94507fa6e9e6*](https://www.loom.com/share/6dc684f6bf3042c5a846fb48f7aa43cd?sid=31bb5e91-88c4-4748-b35a-94507fa6e9e6) |
| *Write a short description about this task*  *This project is an Admin Panel for a user authentication website built with the HBS view engine. It offers a secure Login with Validation, using both client-side and server-side checks to restrict access to authorized users only. This feature enhances security by verifying usernames and passwords before granting access.*  *The User Management system allows administrators to view all registered users and perform searches, enabling quick access to specific user profiles. To protect user privacy, Session and Cookie Management is handled carefully, maintaining user authentication states securely and clearing them on logout. This ensures a seamless and secure experience.*  *Altogether, the Admin Panel offers a powerful yet simple interface for managing user data while keeping security and usability as top priorities.*  *Link to your screen record video*  [***https://www.loom.com/share/43082496895248d0a473a7b18e87ca7b?sid=3260a934-c6bc-483c-a6c2-371bf96de0a8***](https://www.loom.com/share/43082496895248d0a473a7b18e87ca7b?sid=3260a934-c6bc-483c-a6c2-371bf96de0a8) |
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| **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. |
| *Write a short description about this task*  *I've been practicing typing regularly, which has really boosted my typing speed and accuracy. This has helped my programming by cutting down the time I spend typing, so I can focus more on solving problems and improving my code.*  *With this steady practice, I've built a strong typing foundation, increasing my speed, accuracy, and confidence when programming. This progress has also made it easier to use different programming languages and tools. I’m committed to keep practicing to improve even more, which will make my programming faster and help me take on harder tasks with confidence.*  *Link to screenshot image*  [*https://drive.google.com/file/d/1\_oNJLXCwXBJCVTxIb42LXjHS7z5TqzrL/view?usp=drive\_link*](https://drive.google.com/file/d/1_oNJLXCwXBJCVTxIb42LXjHS7z5TqzrL/view?usp=drive_link) |
| *Write a short description about this task*  *In this seminar, I focused on the fundamentals of Artificial Intelligence (AI). This presentation allowed me to improve my presentation skills and deepen my understanding of how AI works and its real-world applications. I discussed key concepts such as machine learning, deep learning, and natural language processing, which are essential for developing intelligent systems that can learn and adapt.*  *Preparing for this seminar not only enhanced my knowledge of AI but also helped me practice conveying complex ideas clearly and confidently.*  *Link to your seminar video*  <https://youtu.be/Yq08qM-Ui8I> |

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| *Link to the document containing notes for your feedback session*  [*https://docs.google.com/document/d/1qZiNegCv8XR3qAZIEobNbInQVS2g\_unY1kzz40Wl3a8/edit?usp=drive\_link*](https://docs.google.com/document/d/1qZiNegCv8XR3qAZIEobNbInQVS2g_unY1kzz40Wl3a8/edit?usp=drive_link) |
| *Write a short description about this task*  *In my sixth week, I focused on both personal and technical development to build a well-rounded skill set. For personal growth, I watched \*Invictus\*, which inspired me with Nelson Mandela's leadership in uniting South Africa, and the London Real interview with David Goggins, where he emphasized the importance of resilience and mental toughness. These resources taught me valuable lessons on overcoming adversity and pushing past limits, which are crucial qualities in both personal and professional life. I created audio summaries to capture my key takeaways and deepen my understanding.*  *On the technical side, I developed a web application with a user login, signup, and home page, securely storing user data in a database with validated login functionality. I also created an admin panel with search, create, delete, and edit options for user data, alongside proper session and cookie management for added security. To sharpen my skills further, I practiced typing daily and prepared a tech seminar video, enhancing both my technical fluency and presentation abilities. I also recorded progress and feedback videos to assess my weekly advancements and stay focused on my development path.*  *Link to your progress video*  [*https://youtu.be/mIuL5HKCv4s*](https://youtu.be/mIuL5HKCv4s) |