**Week 5**

**Name:**

**Mobile:**

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| **Personal Development Workouts** |
| 1. Watch the movie “Shawshank Redemption” 2. Finish the book “Discipline Equals Freedom” by Jocko Willink |
| In this task I have watched the movie “Shawshank Redemption” and its one of the favorite movies that I have watched. It is a classic American film directed by Frank Darabont and released in 1994. The film is based on the novella "Rita Hayworth and Shawshank Redemption" by Stephen King. It has gained widespread acclaim and is often regarded as one of the greatest films in cinematic history. The story revolves around Andy Dufresne, a banker who is sentenced to life in Shawshank State Penitentiary for the murder of his wife and her lover. Despite maintaining his innocence, Andy adapts to life in prison and befriends fellow inmate Ellis "Red" Redding. The film unfolds as Andy uses his financial skills to help the prison staff and fellow inmates. Over the years, he develops a profound friendship with Red and works on a long-term plan to escape from Shawshank.  [*https://drive.google.com/file/d/1OtDGQ\_6IKg\_wgyw59UeSoEVOIPVcPRwt/view?usp=sharing*](https://drive.google.com/file/d/1OtDGQ_6IKg_wgyw59UeSoEVOIPVcPRwt/view?usp=sharing) |
| In this task I have read the book “Discipline Equals Freedom” by Jocko Willink and it’s a wonderful motivational and inspiring book. Jocko Willink, a retired Navy SEAL commander, leadership consultant, and podcaster. The book was first published in 2017 and reflects Willink's philosophy on discipline, leadership, and achieving personal freedom. The central theme of the book revolves around the idea that discipline is not a restriction but a pathway to freedom. Willink argues that by embracing discipline in all aspects of life whether it's fitness, work, relationships, or personal development one can achieve true freedom and fulfillment.  [*https://drive.google.com/file/d/1A225cPipOudSMfpS3BKaoCDHeMruG2Dr/view?usp=sharing*](https://drive.google.com/file/d/1A225cPipOudSMfpS3BKaoCDHeMruG2Dr/view?usp=sharing) |

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| **Technical Workouts** |
| 1. Choose a database. Complete basics of database operations using terminal. (Do not use any language or framework you have chosen). 2. Prepare a video presentation on what you have learnt about databases. Record and upload it on youtube as an unlisted video. |
| In this week I need to learn about database and its operations so as I took my domain as  MEARN I would need to choose MongDB as database. So delved into the world of databases and decided to work with MongoDB. Throughout this journey, I tackled the fundamental aspects of database operations using the terminal. From setting up the database to executing various commands, I made sure to grasp the essentials thoroughly. I’m pleased to share that I successfully completed all the assigned tasks, gaining a solid understanding of how databases function. To enhance my knowledge, I explored a variety of resources, including YouTube videos and documentation. These references provided valuable insights and different perspectives, enriching my overall comprehension of database operations. |
| [*https://youtu.be/mSPDg7y4v1o*](https://youtu.be/mSPDg7y4v1o) |

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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. |
| In this week, I dedicated time to honing my typing skills, successfully completing tasks up to level 137. Witnessing a noticeable improvement in my typing abilities is quite satisfying. Unfortunately, recent heavy workloads limited my task completion, hindering my progress temporarily. Despite this challenge, my commitment to refining my typing proficiency remains unwavering. I recognize the importance of continued practice and plan to allocate more time in the upcoming weeks to further enhance my skills. I'm optimistic about overcoming the hurdles and achieving even greater milestones in my journey to becoming a more proficient typist.  [*https://drive.google.com/file/d/1YHES6N342qrccqgEGJgAPnx4XS579Klu/view?usp=sharing*](https://drive.google.com/file/d/1YHES6N342qrccqgEGJgAPnx4XS579Klu/view?usp=sharing) |
| In this week I have decided to take my tech seminar on the topic of "Fast Charger vs. Normal Charger: Unveiling the Charging Dynamics." In this presentation, you'll delve into the intricacies of charging technology, exploring the pros and cons of fast chargers versus normal chargers. Your goal is to provide a comprehensive understanding of the dynamics involved, considering factors such as charging speed, battery health, and the evolving infrastructure. The audience should leave with insights into which charging solution aligns best with their needs and the future of technology. It's an opportunity to engage your audience in a thought-provoking discussion about the evolving landscape of charging technologies.  [*https://youtu.be/8rqaDqAYFrg*](https://youtu.be/8rqaDqAYFrg) |
| [*https://docs.google.com/document/d/1zaxjoocpYaYykYSqWEYV7V-253Gfom6R/edit?usp=sharing&ouid=112663675991128295442&rtpof=true&sd=true*](https://docs.google.com/document/d/1zaxjoocpYaYykYSqWEYV7V-253Gfom6R/edit?usp=sharing&ouid=112663675991128295442&rtpof=true&sd=true) |
| In this week, I made a video to show what I've been up to this week. First, I watched a cool movie, "Shawshank Redemption," learning about resilience and freedom. Then, I read a powerful book called "Discipline Equals Freedom" by Jocko Willink, which was all about being disciplined to be truly free. I also took on a tech challenge, choosing a database and learning how to use it with the terminal. I made a video talking about what I learned it was a bit tricky, but super rewarding. I didn't forget to practice typing, and guess what? I got better! It's been a week of learning and growing, and I'm excited to keep it going![*https://youtu.be/sobLLeM3gWA*](https://youtu.be/sobLLeM3gWA) |