**Week 6**

**Name:**

**Mobile:**

| **Personal Development Workouts** |
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| 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*  The film INVICTUS, directed by Clint Eastwood, tells the inspiring and true story of how newly elected President Nelson Mandela joins forces with the captain of South Africa’s rugby team, Francois Pienaar , to help unite their country through sport and overcome economic and racial division in the wake of apartheid. In the film, Mandela calls upon Pienaar to lead his team to greatness, joining forces to turn their individual hopes — the president, to unite his country; the captain, to lead the nation’s team to World Cup glory — into one shared goal with the motto “One team, one country” and citing a poem that was a source of inspiration and strength to him during his years in prison. It is later revealed that the poem is “Invictus” by William Ernest Henley.  *Link to the folder containing your audio summary*  [*https://drive.google.com/drive/folders/1\_Rb64EZU\_7rv-C\_dn1jZX79hENpxr5vn?usp=share\_link*](https://drive.google.com/drive/folders/1_Rb64EZU_7rv-C_dn1jZX79hENpxr5vn?usp=share_link) |
| *Write a short description about this task*  The interview of David Goggins “You can’t hurt me” is really an inspirational and motivational one. In his interview he puts forward various challenges for helping ourselves to analyse our failures and at the same time observe our achievements and thereby acquiring self-development.  *Link to the folder containing your audio summary*  [*https://drive.google.com/drive/folders/1Jx1v0ohWKkVnIuIrNRmE2zsEW\_GH-sjC?usp=share\_link*](https://drive.google.com/drive/folders/1Jx1v0ohWKkVnIuIrNRmE2zsEW_GH-sjC?usp=share_link) |

| **Technical Workouts** |
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| 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 login with validation    2. Should be able to view and perform 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*  The task of creating a web application helped me to analyze my knowledge in all the languages and frameworks that I have been learning for the past 6 weeks. I have used all materials including HTML, CSS, Bootstrap, Javascript, Node.js and finally Mongo DB to complete my work.  *Link to your screen record video*  [*https://drive.google.com/file/d/1T7K1NiXDbV-C7mhSvI4sZjyrachXRsfh/view?usp=share\_link\*](https://drive.google.com/file/d/1T7K1NiXDbV-C7mhSvI4sZjyrachXRsfh/view?usp=share_link%5C) |
| *Write a short description about this task*  The task of creating the admin panel helped me to make me know how much I have learned about javascript, how well I know Node.js and how much more I have learn MongoDB to be good developer.  *Link to your screen record video*  [*https://drive.google.com/file/d/1Ryo\_t9o3Yi2l07jOKDv6GVAWZ8XVSX63/view?usp=share\_link*](https://drive.google.com/file/d/1Ryo_t9o3Yi2l07jOKDv6GVAWZ8XVSX63/view?usp=share_link) |

| **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*  Practicing typing in typingclub is quite beneficial. After I started practicing typing, my typing pattern has changed a little bit. So this task is found to be good in improving the typing skills. Nowadays I am able to type faster without even looking the keyboard.  *Link to screenshot image*  [*https://drive.google.com/file/d/12ZJ61r8eFt\_IGqlqfOH1\_BMxannws3Zz/view?usp=share\_link*](https://drive.google.com/file/d/12ZJ61r8eFt_IGqlqfOH1_BMxannws3Zz/view?usp=share_link) |
| *Write a short description about this task*  This is one of the tasks which I found a little bit difficult. Until now the way I presented a seminar was by just reading out the contents which I have noted down related to the topic. But during this task, I was supposed to face the viewers and communicate with them which was a different approach for me. So I learnt the topic very well before presenting it by searching for the best sources to provide good content.  *Link to your seminar video*  [*https://youtu.be/jpZSinqWNDU*](https://youtu.be/jpZSinqWNDU) |
| *Link to the document containing notes for your feedback session*  [*https://docs.google.com/document/d/1rx9UaRd3MdqLJyZlL8wATa6nL\_b5BrZQ/edit?usp=share\_link&ouid=100204791935058812723&rtpof=true&sd=true*](https://docs.google.com/document/d/1rx9UaRd3MdqLJyZlL8wATa6nL_b5BrZQ/edit?usp=share_link&ouid=100204791935058812723&rtpof=true&sd=true) |
| *Write a short description about this task*  Just like the previous task of seminar video, This task was also a little bit difficult for me since I have to shoot. I felt too conscious when I saw myself in the cam while sharing my progress. But I find completing this task was also a part of my progress.  *Link to your progress video*  [*https://youtu.be/e8-19EM6it8*](https://youtu.be/e8-19EM6it8) |