**Week 3:**

**Name: ADARSH B**

**Mobile: 9847400666**

| **Personal Development Workouts** |
| --- |
| 1. Watch Jocko’s interview about Discipline equals Freedom.   [Why Discipline Equals Freedom](https://www.youtube.com/watch?v=j3UkRFyaALI)   1. Prepare an audio note about this interview and the concept of discipline equals freedom. |
| *Write a short description about this task*  *The core message behind "Discipline Equals Freedom" is that through self-discipline, individuals gain control over their actions, habits, and mindset. By practicing discipline consistently, people can overcome obstacles, achieve their goals, and ultimately experience freedom in all areas of life.*  *1. Personal Accountability: Taking full responsibility for one's actions, decisions, and outcomes, without making excuses or blaming external factors.*  *2. Consistency and Routine: Establishing consistent daily routines, habits, and rituals that align with personal goals and priorities.*  *3. Focus and Prioritization: Identifying the most important tasks or objectives and devoting the necessary time and effort to accomplish them.*  *4. Mental Toughness: Developing resilience, perseverance, and the ability to push through challenges and setbacks.*  *5. Self-Control: Exercising restraint and making conscious choices that align with long-term goals rather than succumbing to short-term gratification.*  *The concept of "Discipline Equals Freedom" encourages individuals to embrace the discomfort and difficulties that come with discipline, as they are seen as essential steps toward personal growth, achievement, and ultimately, freedom.* |
| *Link to the folder containing your audio summary*  [*Audio summary*](https://drive.google.com/file/d/1KTsLZca7KbavjXOoHDnKilyyzcXKJiDw/view?usp=drive_link) |

| **Technical Workouts** |
| --- |
| 1. Complete basic programming fundamentals in your domain.   For example, if your domain is Node.js, learn basic programming fundamentals in JavaScript such as variables, conditional statements, loops, arrays, functions, class, objects, etc.   1. Complete all the assignments in the following document using the language you have chosen in your domain.   [*Assignments*](https://docs.google.com/document/d/1LuMjpWamcUNTd_nf-pssOeJMoE-_gntbbYm-2FOuu0M/edit?usp=share_link)   1. Also learn ES6 features (like map, filter, reduce, spread, rest, ternary, optional chaining, callback, promise, async-await). 2. Refer to this website [W3School](https://www.w3schools.com/js/). |
| *Write a short description about this task*  *This was week 3 and this is the first domain week in brocamp for us. I took mern stack as my domain. So it was Javascript that I needed to study. I used Aswin Saini on youtube mainly as my reference. I also used w3 schools along with web diaries yt channel and brototype yt channel*  *Link to the tutorials that you have followed*  [*Aswin Saini javascript playlist*](https://www.youtube.com/playlist?list=PLlasXeu85E9cQ32gLCvAvr9vNaUccPVNP)  [*Brototype web development challenge*](https://www.youtube.com/watch?v=Y_cI7L6818U&ab_channel=BrototypeMalayalam)  [*W3 schools*](https://www.w3schools.com/js/default.asp) |
| *Write a short description about this task*  *The first few tasks were comparatively easy, after the 15th question it became hard, but I was able to do the tasks after referring online. Friends here at brocamp also helped in doing the assignments.*  *Link to the folder containing the code and the screenshot of the output*  [JavaScript: Domain Fundamentals Assignments](https://docs.google.com/document/d/1LuMjpWamcUNTd_nf-pssOeJMoE-_gntbbYm-2FOuu0M/edit?usp=share_link) |
| *Write a short description about this task*  *I used w3 schools and youtube to study these topics. As these are features added in the newest version of javascript, it is difficult to find documentation of these topics.* |
| *Write a short description about this task*  *W3 schools was very helpful in studying these topics since they also provide an inbuilt compiler to run codes that are displayed in the website. So we could see how the code works in action without closing the browser.* |

# 

| **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 improved a lot in typing after I started using the typing club. My speed and accuracy has drastically increased. I’ve reached level 155.*  *Link to screenshot image*  [typing club.png](https://drive.google.com/file/d/1_fqA_wvjL_SZtiNv0nX8lVg57fNhImOE/view?usp=drive_link) |
| *Write a short description about this task*  *This week I presented a seminar on the topic of crypto currency. Crypto currency is booming day by day across the world. So it was an apt topic to take for a tech seminar.*  *I used chat gpt to get more infos about crypto currencies and its uses. I myself have invested a bit in cryptocurrency. In the video I talked about the underlying technology of crypto currency, I've also included the darker side of cryptocurrency in the video. I've uploaded it to youtube and pasted the link below.*  *Link to your seminar video*  [*Tech seminar*](https://youtu.be/dVlV9CfGA58) |
| *Link to the document containing notes for your feedback session*  [Feedback session](https://docs.google.com/document/d/1Wc_0Yo-Dw1CfTgKrrdAqlpKqDWJkpoJ4zgtv79HT_uw/edit?usp=drive_link) |
| *Write a short description about this task*  *This week was a rollercoaster ride because there was so much to cover and had very little time. I also lost the first two days because I went home. I watched the videos and studied the basics of javascript in the first few days then I started doing the assignments given. I've completed the assignments and studied the given topics. In the last week I've actively participated in communication sessions everyday. It also helped me to improve my communication skills and my language. My typing skill has also increased by the continuous usage of typing club.*  *Link to your progress video*  [*Progress video*](https://youtu.be/h6tVy8UgLxE) |