**Week 3:**

**Name: Sreya Shine**

**Mobile: 7736870567**

| **Personal Development Workouts** |
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| 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*  *Jocko Willink's interview about "Discipline Equals Freedom" revolves around his philosophy on achieving personal and professional success through self-discipline. In this discussion, Jocko emphasizes that discipline is not a restriction but a pathway to freedom. He argues that by embracing discipline in various aspects of life, such as fitness, leadership, and time management, individuals can gain control over their circumstances and ultimately experience greater freedom, autonomy, and fulfillment. Jocko's powerful insights and experiences as a former Navy SEAL commander resonate with listeners as he encourages them to adopt a disciplined mindset to unlock their full potential and lead more purposeful lives.*  *He tried to convey the idea that true freedom is achieved through rigorous self-discipline and structure in one's life. Throughout the interview, Jocko shares practical advice and real-life anecdotes that demonstrate the transformative power of discipline.He also says that discipline is a tool for liberation, allowing individuals to overcome obstacles, conquer challenges, and lead with purpose. Jocko's passion for this philosophy is really inspiring listeners to embrace discipline as a means to unlock their potential and attain true freedom in their personal and professional pursuits.* |
| *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1ehXg6jGZBNdcUyHZr6PQX8ZL-FppsfzP/view?usp=drivesdk*](https://drive.google.com/file/d/1ehXg6jGZBNdcUyHZr6PQX8ZL-FppsfzP/view?usp=drivesdk) |

| **Technical Workouts** |
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| 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*  *Javascript is a widely used programming language primarily used for building dynamic and interactive web applications.There are some fundamental programming concepts in javascript ,they are:variables,data types,operators,conditional statements,loops,functions,arrays,objects,events,dom manipulation,error handling,asynchronous programming,modules,scope and closure,strict mode,debugging etc.These fundamental concepts form the foundation of JavaScript programming. Mastering these basics is essential for anyone looking to become proficient in JavaScript and develop interactive web applications.*  *Link to the tutorials that you have followed*  [*https://youtu.be/QISarFWdV94?si=g7KStGb8yFa3GkO4*](https://youtu.be/QISarFWdV94?si=g7KStGb8yFa3GkO4)  [*https://youtu.be/XzmwwMgO5Jk?si=aZyAkRbTWjtv5Hf6*](https://youtu.be/XzmwwMgO5Jk?si=aZyAkRbTWjtv5Hf6) |
| *Write a short description about this task*  *Assignments contain twenty nine questions in total and suppose to do in javascript.The first ten questions were easy to do.After that ,it was a bit tough .Even though i managed to complete it.Array was a little bit hard to study,especially 2D arrays.*  *Link to the folder containing the code and the screenshot of the output*  [*https://docs.google.com/document/d/144RwEaGV0AQ7DgJagMU3M1jP9a6cj4sV\_7Q0tn5CAS8/edit?usp=sharing*](https://docs.google.com/document/d/144RwEaGV0AQ7DgJagMU3M1jP9a6cj4sV_7Q0tn5CAS8/edit?usp=sharing) |
| *Write a short description about this task*  *ES6, or ECMAScript 2015, introduced a significant enhancement to JavaScript, offering a host of new features and improvements to make the language more powerful and developer-friendly.These ES6 features have revolutionized JavaScript development by improving code readability, maintainability, and the ability to handle asynchronous operations effectively. They have become essential tools for JavaScript developers, enabling them to write cleaner and more efficient code.* |
| *Write a short description about this task*  *W3Schools is a popular online resource for learning web development technologies and programming languages. It provides a vast collection of tutorials, examples, and reference materials aimed at helping individuals acquire and enhance their skills in areas such as HTML, CSS, JavaScript, SQL, and many other web-related technologies.W3Schools is a valuable resource for beginners looking to start their journey in web development and programming, as well as for experienced developers seeking quick reference materials and code examples* |

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| **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*  *We are asked to do typing for one hour every day.We use a website typing club.I really like this task because of typing club.The cool and colorful activities in the site makes me to practice typing and making typing more interesting.Which gradually improving my typing skills.Typing club is an excellent website to practice typing and enhance your typing skills.*  *Link to screenshot image*  [*https://drive.google.com/file/d/1eMeO\_267eHv1rx1jG4kHmuVJal0djp\_h/view?usp=drive\_link*](https://drive.google.com/file/d/1eMeO_267eHv1rx1jG4kHmuVJal0djp_h/view?usp=drive_link) |
| *Write a short description about this task*  *My tech seminar video is about Internet of Things(IoT).Its a five minutes long video which describes various attributes of IoT such as about its benefits,evolution,concepts,types etc.*  *Link to your seminar video.I have tried to explain the main points in a clear way.I have tried my best to make the video informative.*  [*https://youtu.be/-TkY217vZFM*](https://youtu.be/-TkY217vZFM) |
| *Link to the document containing notes for your feedback session*  [*https://drive.google.com/file/d/1wWRimfRyK7m5mipNKMKXMeY5X1xwJCoE/view?usp=drive\_link*](https://drive.google.com/file/d/1wWRimfRyK7m5mipNKMKXMeY5X1xwJCoE/view?usp=drive_link) |
| *Write a short description about this task*  *I have uploaded my progress video regarding the current week i am going through ,which was a little tough week for me .As its our first week after domain selection we have a lot of topics to cover within a limited period of time.Now l have improved a little bit in javascript compared to my last week.I have made a notisable improvement in my typing skills also.*  *In case of communication sessions,my confidence level to speak english as well as to stand in front of audience has also being increased.So these are the progress that happened to me in this week.*  *Link to your progress video*  [*https://youtu.be/FFmLIOTdoDc*](https://youtu.be/FFmLIOTdoDc) |