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ASSIGNMENT ON DIGITAL MARKETING

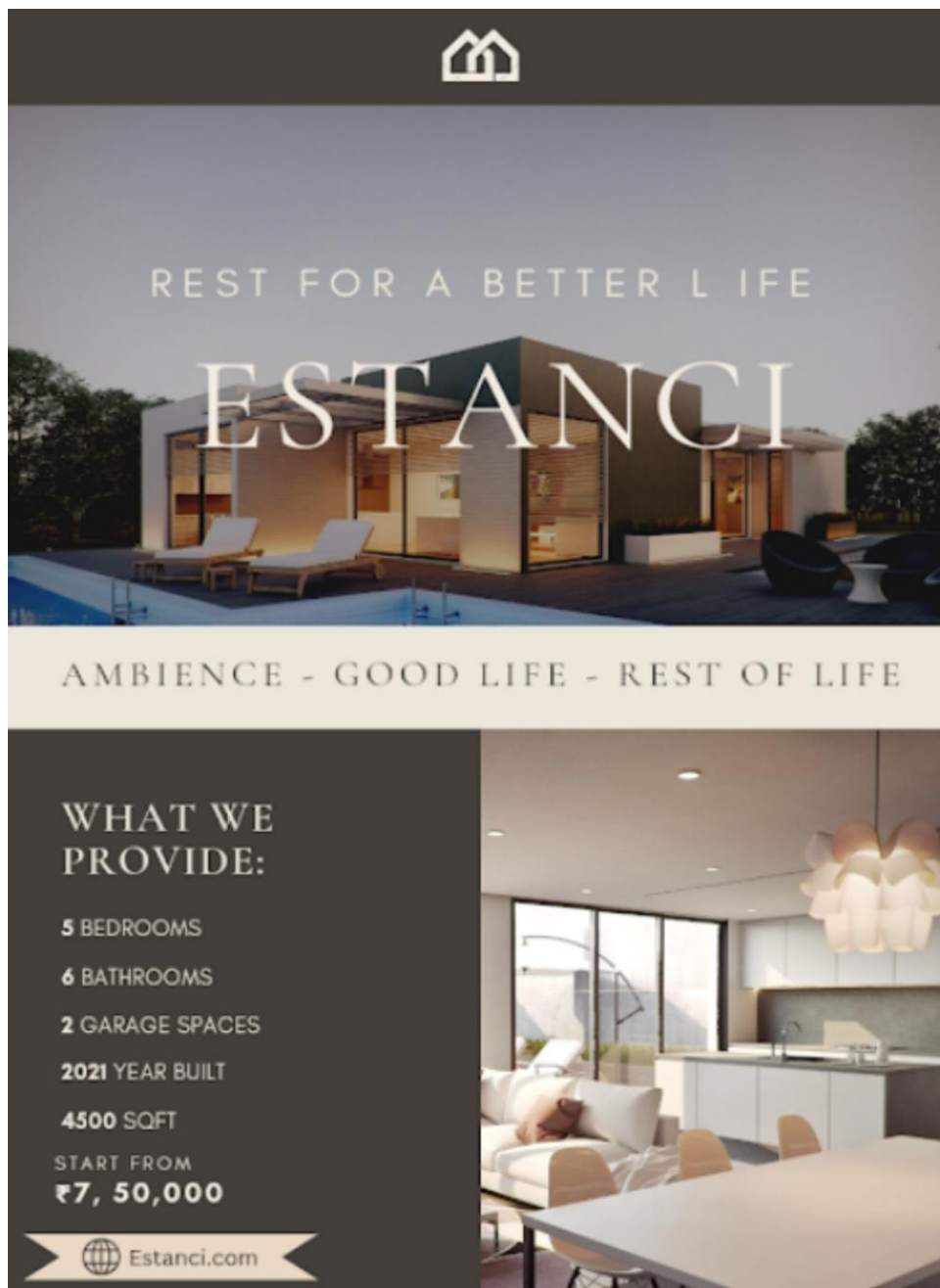
1. Create a blog or website using BlogSpot and WordPress. Customize the theme design and post new article with 500 words.

BlogSpot:

<https://estanciresidency.blogspot.com/?m=1>

WordPress:

<https://wordpress.com/home/estancia7.wordpress.com>




2.Create a new Facebook business page and post one social media poster for your brand.

<https://www.facebook.com/profile.php?id=61552573509018>

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3. Create and design a social media advertisement poster using Canva.

THE BEST HEALTH APPS

One rarely falls in love without being as much attracted to what is interestingly wrong with someone as what is objectively healthy

by Stephanie Potter

1 THERMOMETER APP

A further sign of health is that we don't become undone by fear and trembling, but we take it as a message that it's time to stop struggling and look directly at what's threatening us, said Pema Chödrön.

2 HEART RATE MONITOR

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.

3 PERIOD TRACKER

The greatest miracle on Earth is the human body. It is stronger and wiser than you may realize, and improving its ability to self heal is within your control, said Dr Fabrizio Mancini.

4 INSULIN MONITOR

Freedom from obsession is not about something you do: it's about knowing who you are. It's about recognizing what sustains you and what exhausts you, says Geneen Roth.

5 HEART RATE MONITOR

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.

6 GLUTEN-FREE RECIPES

The human body has been designed to resist an infinite number of changes brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.

7 SLEEP ANALYSIS

Learn to follow the inner self, healing is simply attempting to do more of those things that bring joy and fewer of those things that bring pain, said O. Carl Simonton .

8 TRAINING CLUB

I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear, said Steve Maraboli.



Research on this article is done with the help of Heath Thomas, a health technology expert teaching at University of Louisiana.

4.Create email newsletter design using Mailchimp or Canva tool.

6 WAYS TO BE MORE PRODUCTIVE



STOP MULTITASKING

Research studies have shown that multitasking have shown to slows down thinking ability, so avoid it.



TAKE A BREAK

Taking a break can help you perform better, working under stress no longer produce a quality work.



TIME BLOCKING

Only human species have a sense of time running, find ways to manage your time



LIMIT DISTRACTIONS

Set your personal works away from your professional so that you can work at minimal distractions.