

NAME : KIRTIKAA CHEZHIAN

DEPARTMENT : INDUSTRIAL BIOTECHNOLOGY

COLLEGE : GOVERNMENT COLLEGE OF TECHNOLOGY COIMBATORE 13

NAAN MUDHALVAN COURSE : DIGITAL MARKETING

NAAN MUDHALVAN ID : FE94F83DDEE37DA81A54B75515833ECC

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

WORDPRESS:

<https://positivethoughtsblog7.wordpress.com/2023/10/30/positivity/>

POSITIVITY

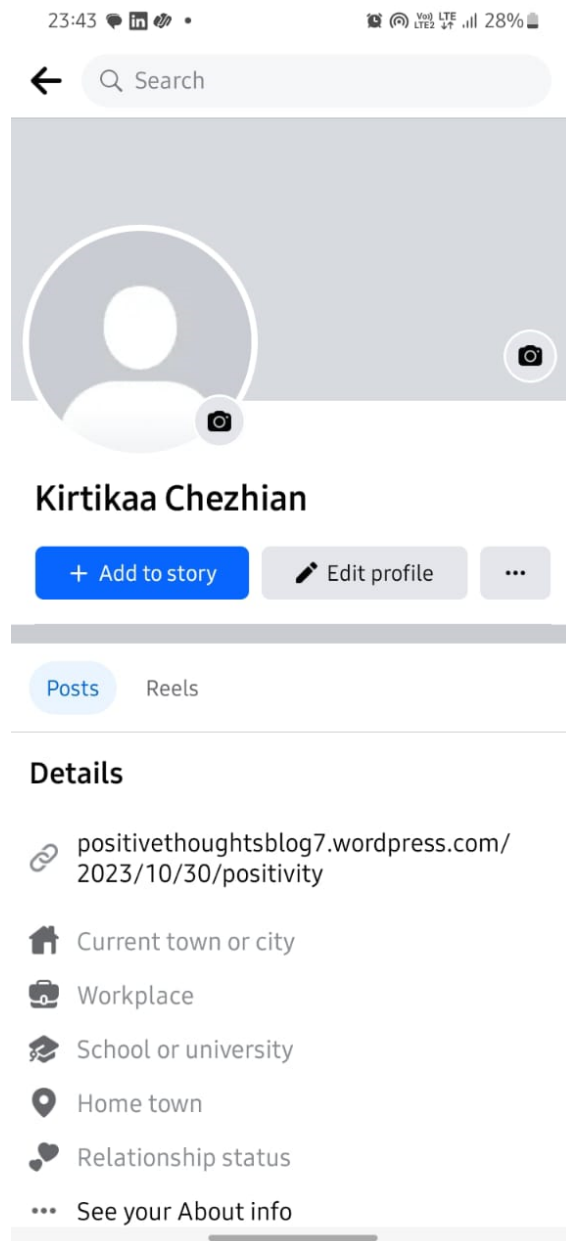
In the fabric of our daily lives, positivity acts as the thread that weaves together hope, resilience, and progress. It serves as the beacon guiding us through the darkest of times, reminding us that even amidst adversity, there exists a world of possibilities. The essence of positivity lies not only in its ability to uplift our spirits but also in its profound impact on our mental and physical well-being. By fostering an optimistic outlook, individuals and communities can cultivate an environment conducive to growth, creativity, and collective success.

Positivity is a transformative force that transcends the barriers of negativity and doubt. Its influence extends beyond personal well-being, significantly impacting interpersonal relationships, professional accomplishments, and societal progress. Through the lens of optimism, challenges metamorphose into opportunities, setbacks into stepping stones, and failures into lessons that pave the way for success. Research has repeatedly emphasized the link between positive thinking and enhanced mental health, demonstrating how a resilient mind can alleviate stress, anxiety, and depression, thereby promoting emotional stability and overall well-being.

Furthermore, the radiance of positivity radiates outward, nurturing the development of robust and supportive communities. In times of crisis, the collective spirit of optimism fosters unity and collaboration, enabling individuals to stand together and confront challenges with unwavering determination. It fosters a culture of empathy, compassion, and understanding, laying the foundation for a harmonious society that celebrates diversity and thrives on inclusivity. As positivity becomes a shared value, it ignites a ripple effect, inspiring individuals to contribute to the greater good and create a world where kindness and altruism reign supreme.

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

www.facebook.com/profile.php?id=61550750192875&mibextid=ZbWKwL



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

https://www.canva.com/design/DAFywVGqP1Q/k70Nv7f4pcaPF7j5DTE8Zw/edit?utm_content=DAFywVGqP1Q&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton



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

<http://infograph.venngage.com/pl/s7s9AQbgxa8>



The yawn
/yɒn/
verb

The Mystery of Yawning

Involuntarily open one's mouth wide and inhale deeply due to tiredness or boredom.

We all do it, humans and animals alike. We wake up, we yawn and straight and make strange noises. In the middle of the day, hunched over our computer monitors, typing away. At night, halfway through our Netflix show. But why do we yawn, does it have an effect on us, and what should we do if we keep yawning?



The Many Theories

We don't have a bullet-proof answer for why we yawn. Instead, we only have a set of theories.



- 1 Yawning helps your body bring in more oxygen.
- 2 Yawning helps your body get rid of excess carbon dioxide.
- 3 Yawning is evolutionary and a form of prehistoric man intimidating predators.
- 4 Yawning was a sign that a change in activities is needed.
- 5 Yawning is a result of feeling bored.
- 6 Yawning cools the brain, allowing for clear thinking (the current theory).

What Happens When We Yawn?



We take a very deep breath



Our muscles stretch and flex, along with our joints



Our lungs expand, taking in a large amount of oxygen



Our facial muscles stretch, forcing more blood to flow to those areas (including the brain)

