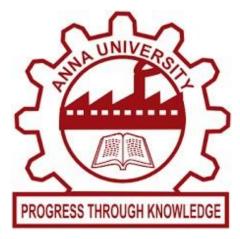
UNIVERSITY COLLEGE OF ENGINEERING TINDIVANAM

(A Constituent College of Anna University)



Electronics and Communication Engineering

NAAN MUDHALVAN DIGITAL MARKETING ASSIGNMENT

NAME: Hemalatha

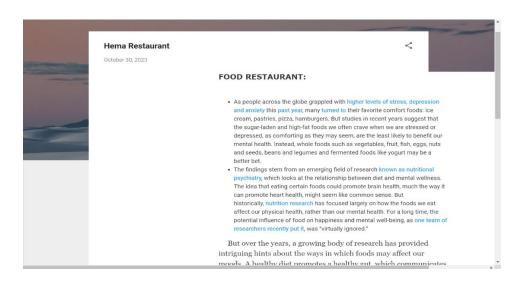
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USER NAME: au422420106013

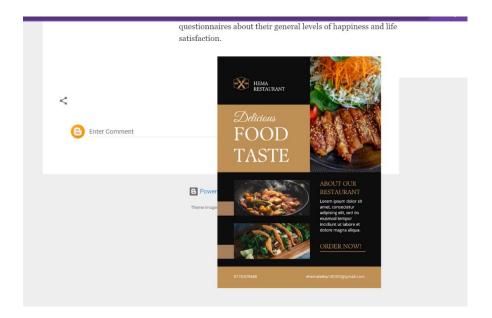
1.Create a blog or website using Blogspot and Customize the theme design and post new article with 500 words.

LINK: https://hemalatha2003.blogspot.com/

SCREENSHOTS:

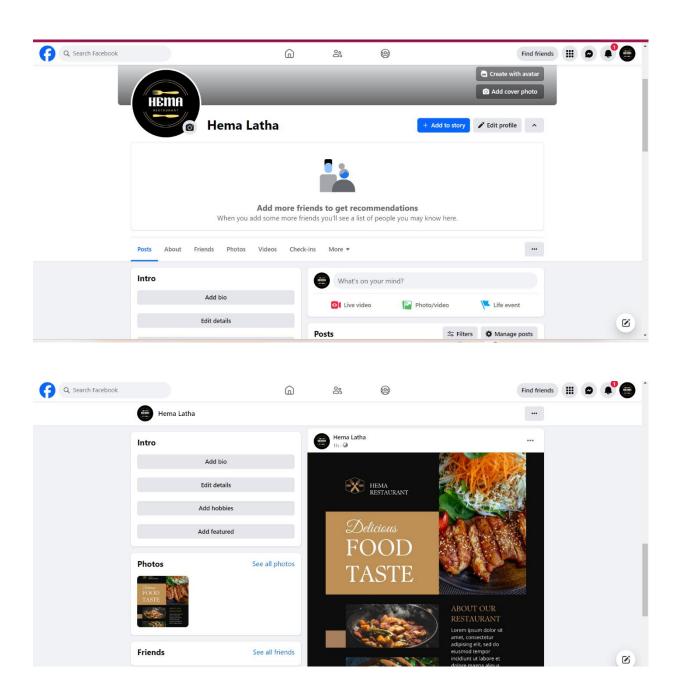


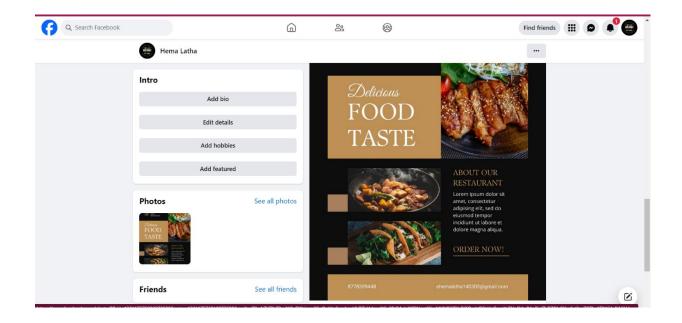
← Hemalatha142003 intriguing hints about the ways in which foods may affect our moods. A healthy diet promotes a healthy gut, which communicates with the brain through what is known as the gut-brain axis. Microbes in the gut produce neurotransmitters like serotonin and dopamine, which regulate our mood and emotions, and the gut microbiome has been implicated in mental health outcomes. "A growing body of literature shows that the gut microbiome plays a shaping role in a variety of psychiatric disorders, including major depressive disorder," a team of scientists wrote in the Harvard Review of Psychiatry last year. Large population studies, too, have found that people who eat a lot of nutrient-dense foods report less depression and greater levels of happiness and mental well-being. One such study, from 2016, that followed 12,400 people for about seven years found that those who increased their consumption of fruits and vegetables during the study period rated themselves substantially higher on questionnaires about their general levels of happiness and life



2. Create a New Facebook Business Page and post one social media poster for your brand.

LINK: https://www.facebook.com/profile.php?id=61552207666228&mibextid=ZbWKwL **SCREENSHOT:**





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

SCREENSHOTS:



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4. Create Email Newsletter design using Canva tool.

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