

NAME	KANISHKA K
DEPARTMENT	INDUSTRIAL BIOTECHNOLOGY
COLLEGE	GOVERNMENT COLLEGE OF TECHNOLOGY
NAANMUDHALVAN	DIGITAL MARKETING
COURSE:	
NAANMUDHALVAN ID:	07BA95AAAEAF264BA7941A60DE2C614C

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://www.blogger.com/blog/post/edit/1759056679309874145/7189153963911189345>

Wordpress:kkani451.wordpress.com

Basic skin care

18h ago

A Simple Guide to Basic Skin Care Routine: Your Path to Healthy Skin

your skin is essential for maintaining a healthy, youthful complexion. A basic skin care routine can work wonders in ensuring your skin remains radiant and glowing. In this article, we will guide you through a simple and effective skin care routine tailored for everyone, regardless of skin type.

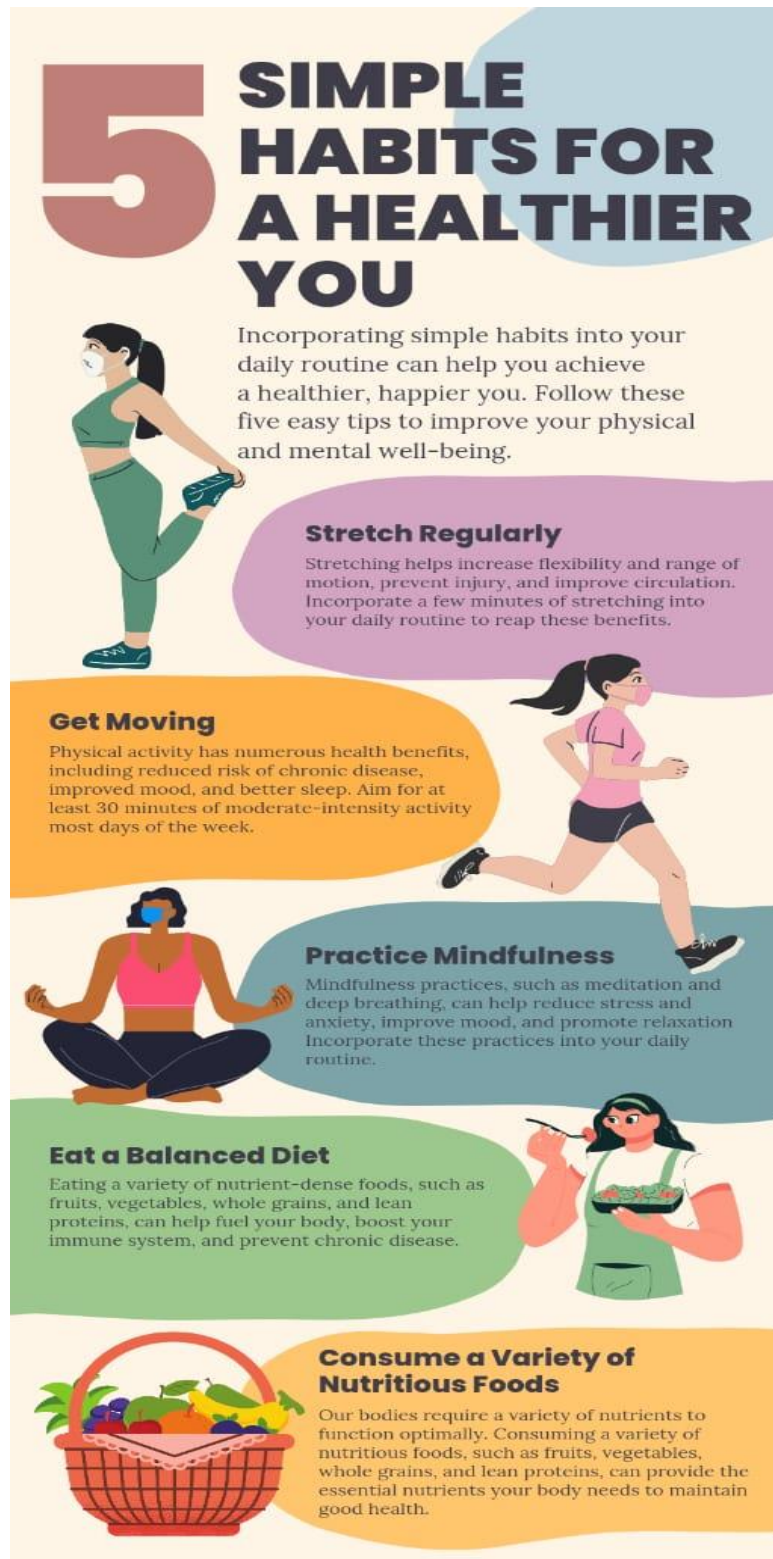
1. Cleansing :

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

<https://www.facebook.com/profile.php?id=100050336614985>






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



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

HEALTHY DIET




The Foundation of a Healthy Diet:

Balanced Meals: Learn to balance carbs, proteins, and fats.

Portion Control: Manage portions to prevent overeating.

Hydration: Stay well-hydrated for overall health.

Balanced diet



Category	Percentage
Fruits and vegetables	40%
Protein	25%
Fibre-rich carbohydrates	25%
Fats	10%

● Fruits and vegetables ● Protein
● Fibre-rich carbohydrates ● Fats

Fruits and Vegetables:

Aim to fill half your plate with colorful fruits and vegetables. They provide essential vitamins, minerals, and fiber.

Protein:

Incorporate lean sources of protein like poultry, fish, beans, and tofu. Protein is crucial for muscle repair and overall body function.

Whole Grains:

Choose whole grains like brown rice, quinoa, and whole wheat bread over refined grains. They offer more nutrients and sustained energy.

Healthy Fats:

Include sources of healthy fats like avocados, nuts, and olive oil. These fats are good for your heart and brain.

