NAAN MUDHALVAN

ASSIGNMENT DOCUMENT

COURSE TITLE : DIGITAL MARKETING

COLLEGE CODE : 1105

COLLEGE NAME : GOJAN SCHOOL OF BUSINESS AND TECHNOLOGY

NM ID : 6091A10FEBC70B1B2794228343078165

NAME : INDHUMATHI R

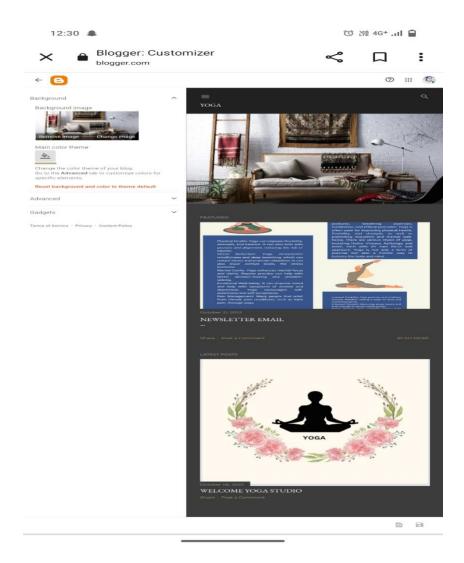
REGISTER NUMBER: 110520106315

YEAR $: 4^{TH} YEAR$

DEPARTMENT : ELECTRONICS AND COMMUNICATION ENGINEERING

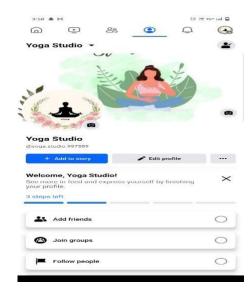
1. Create a blog or website using Blogspot and Wordpress. Customize the theme design and post new article with 500 words.

Link: https://kriyayoga21.blogspot.com/2023/10/welcome-yoga-studio.html

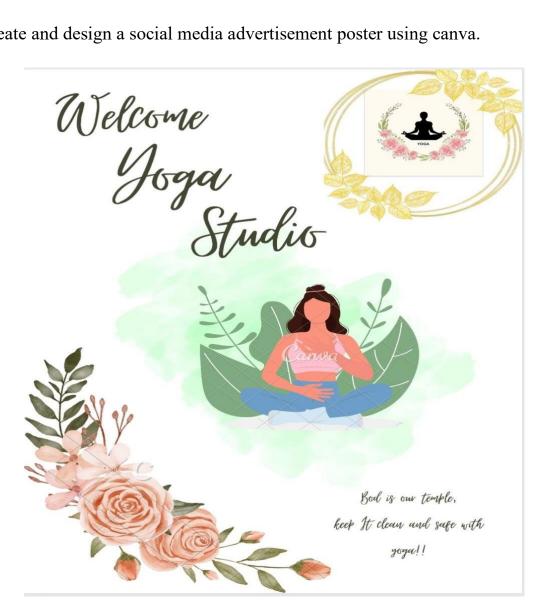


2. Create a New Facebook Business Page and post one social media poster for your brand.

Link: https://www.facebook.com/yoga.studio.997589?mibextid=ZbWKwL



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



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

Link: https://kriyayoga21.blogspot.com/2023/10/newsletter-email 21.html





Physical Health: Yoga can improve flexibility, strength, and balance. It can also help with posture and alignment, reducing the risk of

Stress Reduction: Yoga incorporates mindfulness and deep breathing, which can reduce stress and promote relaxation. It can also lower cortisol levels, the stress

Mental Clarity: Yoga enhances mental focus and clarity. Regular practice can help with better decision-making and problem-

Emotional Well-being: It can improve mood and help with symptoms of anxiety and depression. Yoga encourages selfawareness and self-acceptance.

Pain Management: Many people find relief from chronic pain conditions, such as back pain, through yoga.



Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a combination of physical breathing meditation, and ethical principles. Yoga is often used for improving physical health, flexibility, and strength, as well as promoting relaxation and mental wellbeing. There are various styles of yoga, including Hatha, Vinyasa, Ashtanga, and approach. Yoga is not only a form of balance the body and mind.



build strength in various muscle groups. Better Posture: Yoga promotes better body alignment and posture, reducing strain on the

Stress Reduction: Mindfulness and deep breathing techniques in yoga can lower stress levels and

promote relaxation.

Mental Clarity: Yoga enhances focus and concentration, helping with cognitive functions

symptoms of anxiety and depression, promoting emotional stability.

Pain Management: It can be effective for

managing chronic pain conditions, such as back pain and arthritis.