NAME SHWETA RAVI

:

DEPARTMENT INDUSTRIAL

: BIOTECHNOLOGY

COLLEGE GOVERNMENT COLLEGE

: OFTECHNOLOGY

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

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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

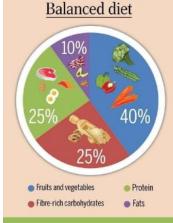


The Foundation of a Healthy Diet:

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

Portion Control: Manage portions to prevent overeating.

Hydration: Stay well-hydrated for overall health.



Fruits and Vegetables:

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



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.







