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AN ID: 9691D8F

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>

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

- 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.



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