NAME : S DHARNEESH

**DEPARTMENT**: INDUSTRIAL BIOTECHNOLOGY

**COLLEGE** : GOVERNMENT COLLEGE OF TECHNOLOGY

NAAN MUDHALVAN COURSE : DIGITAL MARKETING

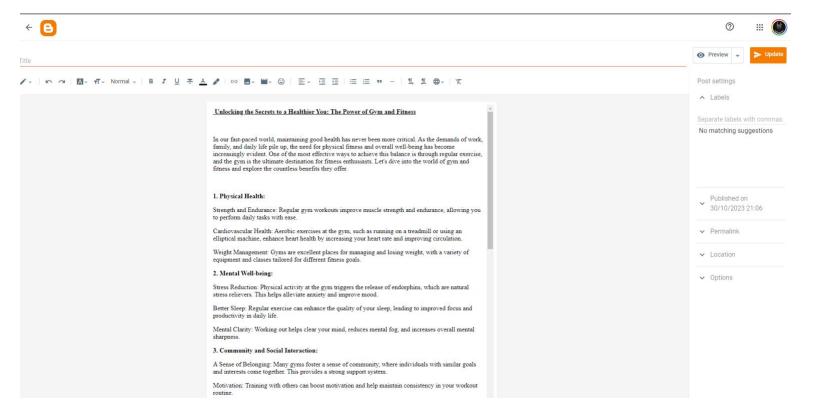
NAAN MUDHALVAN ID : 8D9EBB47F7D544AB2BD4B17DE7229F63

### 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**: <u>Click here.</u>
WordPress: <u>Click here.</u>

### **BLOG POSTED IN BLOGSPOT:**



### **BLOG POSTED IN WORDPRESS:**



2. Create a new Facebook business page and post one social media poster for your brand. *Click here* 

# **SOCIAL MEDIA POSTER:**



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

## **ADVERTISEMENT:**

# THE POWER OF SPORT

HEALTH AND WELL-BEING



# EMOTIONAL WELL-BEING

Prioritize self-compassion and mindfulness in gym classes to enhance emotional well-being, focusing on your own progress, maintaining positive self-talk, and fostering social connections for a more enjoyable and supportive experience.



#### **BREATHING**

Focus on controlled, rhythmic breathing, matching your breath to your exercise movements to maximize performance and prevent injury during gym classes.



### RESTORATIVE SLEEP

Create a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends, to regulate your bodys internal clock and improve sleep quality.



# SOCIAL RELATIONSHIPS

Find a workout partner or join a fitness class to foster social relationships that can boost your motivation, make gym sessions more enjoyable, and help you stay committed to your exercise routine.



#### **HEALTHY LIVING**

Prioritize balanced nutrition by incorporating a variety of whole foods, lean proteins, vegetables, and fruits into your diet to support muscle growth, energy levels, and overall well-being.

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

## **Email Newsletter:**

