Title: To create an effective Story.

Objective:

1. *Search/locate and download any Data of Your Choice (Use same dataset if it contains location information)*
2. *To learn how to create Story*
3. *Include the dashboard/s and worksheet/s into story*
4. *Apply best practices to create Story(Colour, font, caption, title).*

Course Outcome:
CO1:   Learn how to locate and download datasets, extract insights from that data and present their findings in a variety of different formats
CO3:   Apply data visualization best practices
CO4:   Design static charts, interactive Dashboards and data stories**Books/ Journals/**

Websites referred:
Google, Kaggle

Resources used: Excel, Tableau

Theory:

Describe content related to story:

Describe content related to story: Creating an effective data story involves several key theoretical aspects in data visualization:

1. Data Relevance: Selecting a dataset with a focus on location information highlights the importance of data relevance. A theoretically sound data story must use data that aligns with the intended message, ensuring that it conveys a coherent and meaningful insight.

2. Narrative Flow: Building a data story requires an understanding of narrative flow. It involves structuring the content logically and sequentially, ensuring that each component, such as dashboards and worksheets, contributes to the overarching Title: To create an effective Story narrative. The theoretical aspect here is the art of storytelling, guiding the audience through a cohesive and engaging journey.

3. Dashboard and Worksheet Integration: The integration of dashboards and worksheets into the story embodies theoretical principles related to user experience and information architecture. The story's structure should follow a logical flow, allowing users to explore the data with ease. Dashboards and worksheets serve as narrative milestones, making the theoretical concept of modularity and structure come to life.

4. Visual Design Principles: The application of best practices in terms of color, fonts, captions, and titles is grounded in principles of visual communication and information design theory. It acknowledges that the visual elements are not mere embellishments but critical components of the story. Theoretical aspects of color psychology, typography, and data-to-ink ratios come into play, ensuring that the story's visuals are not only aesthetically pleasing but also enhance comprehension.

In summary, creating an effective data story is a harmonious blend of data relevance, narrative structure, user experience, and visual design principles. A theoretically robust data story combines these elements to create a compelling and informative experience for the audience.

Following points should be written by students

1. Create Story workspace
2. Best practices for telling best stories.
3. Integrate the Dashboard and multiple sheets in story.
4. Present the story as per the points considered.
5. Interpret the each slide of story in detail.

Note: Detail observation needed along screenshots wherever required

In a fast-paced world where the pursuit of productivity and success often overshadows the importance of rest, it's imperative to take a step back and delve into the fascinating world of sleep health. The quality of our sleep can significantly impact our overall well-being, cognitive function, emotional stability, and even our physical health. This narrative explores the intricate relationship between sleep health and various aspects of our lives, including sleep duration, sleep quality, stress levels, and physical activity.

**Sleep Health vs. Sleep Duration:**
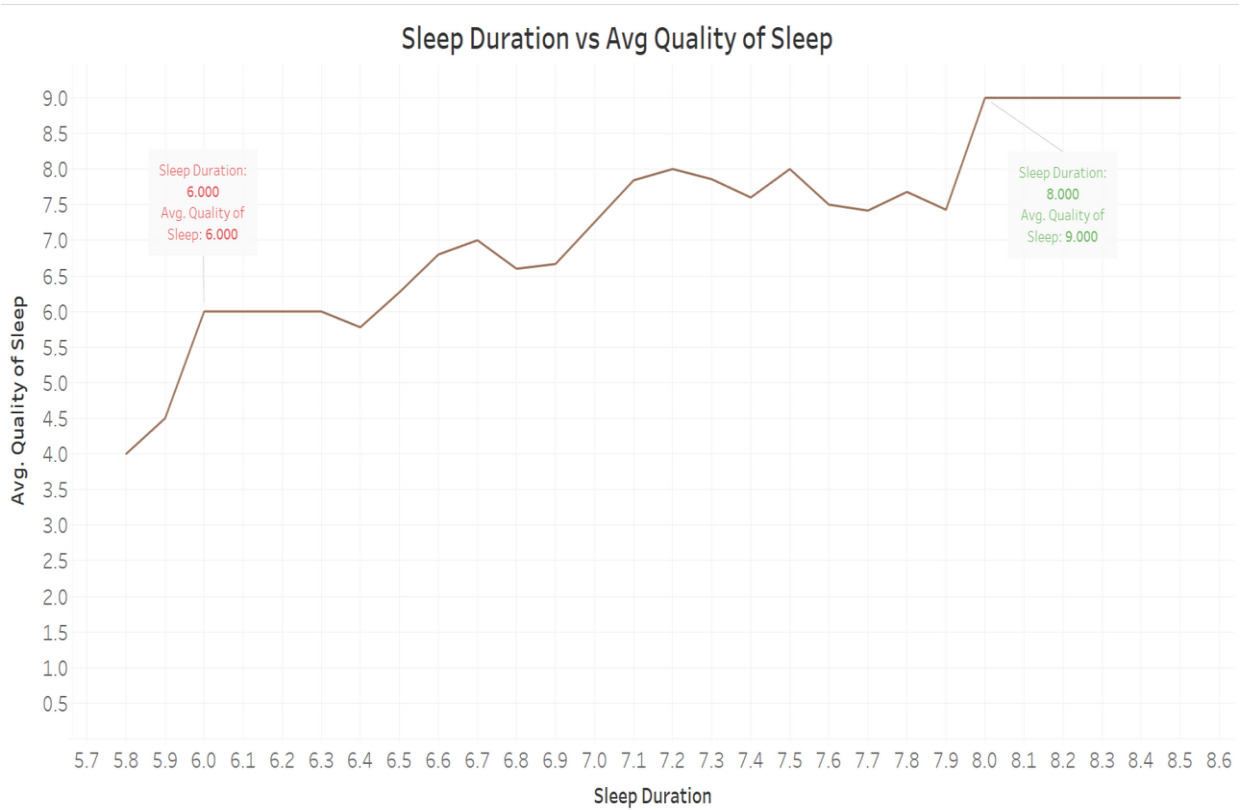
Many believe that the key to a good night's sleep is to simply get more hours of rest. However, the reality is more complex. Sleep health is not solely dependent on sleep duration, but it's about the balance between the two. Research indicates that adults generally require 7-9 hours of sleep per night, with individual variations. Too little sleep can lead to cognitive impairment, mood disturbances, and increased risk of chronic diseases. Conversely, excessive sleep can also be detrimental to one's health. Striking the right balance is crucial.

Sleep Quality vs. Stress Levels:
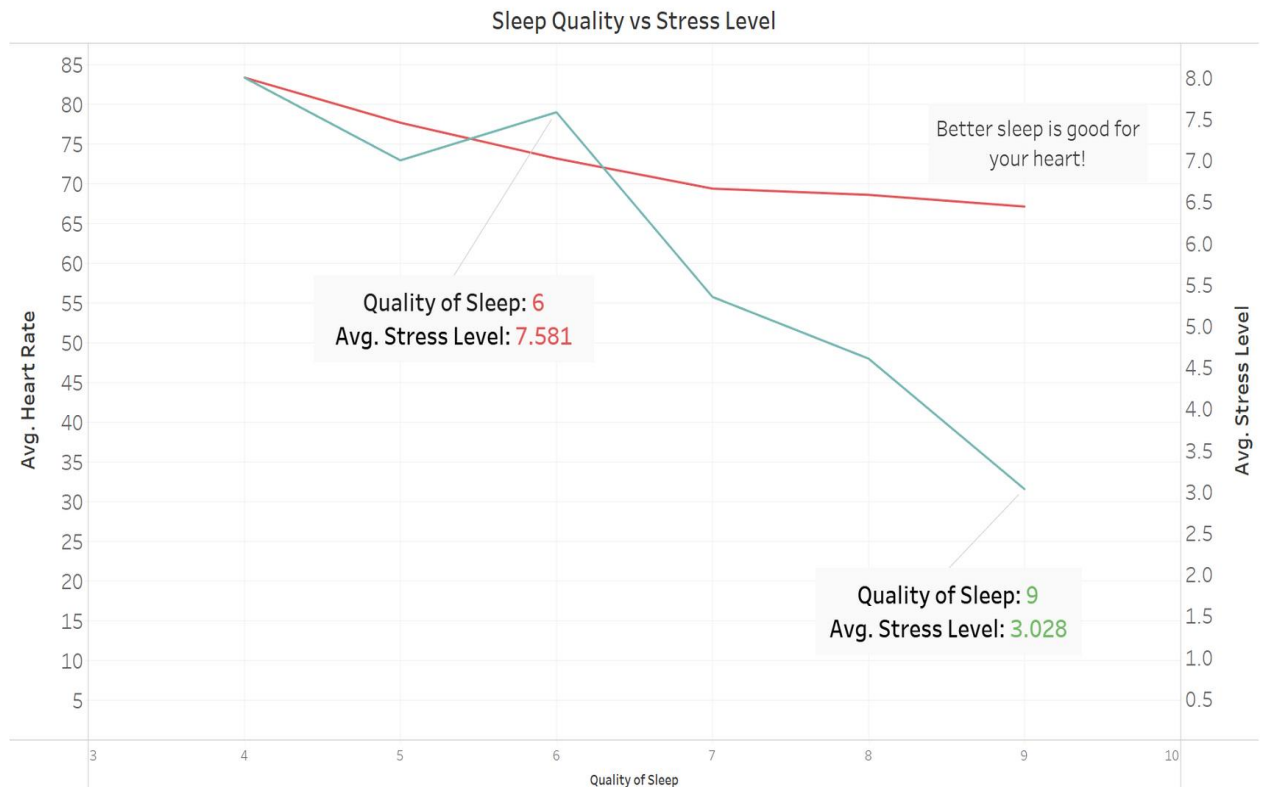
The quality of sleep, as opposed to its duration, plays a pivotal role in our overall well-being. Sleep quality is influenced by various factors, including stress levels. High levels of stress can lead to restless nights, frequent awakenings, and an inability to enter deep, restorative sleep stages. Chronic stress not only disrupts sleep but can also contribute to serious health issues such as cardiovascular diseases, anxiety, and depression. Therefore, managing stress through relaxation techniques, mindfulness, and stress reduction strategies is essential for improving sleep quality.

Physical Activity vs. Quality of Sleep:
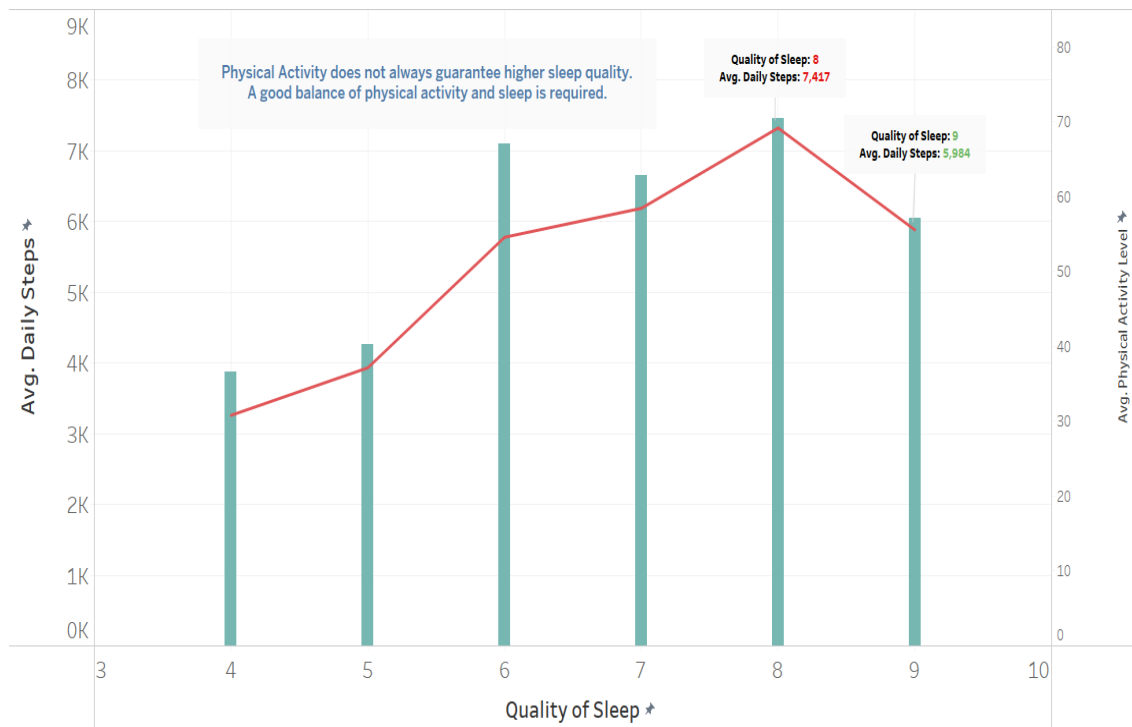
Physical activity and exercise have a profound impact on sleep health. Regular exercise has been shown to improve the quality of sleep by promoting deeper sleep stages and reducing the time it takes to fall asleep. However, the timing of physical activity is crucial, as exercising too close to bedtime can have a stimulating effect that disrupts sleep. A consistent exercise routine, ideally during the daytime, can significantly contribute to better sleep quality. Exercise not only enhances sleep but also helps in managing stress, creating a positive cycle of better sleep and reduced stress levels.

In conclusion, achieving optimal sleep health involves finding the right balance between sleep duration, prioritizing sleep quality, managing stress effectively, and incorporating regular physical activity. By doing so, we can enhance our overall well-being, cognitive function, and emotional stability, ultimately leading to a higher quality of life. So, let's make the commitment to better sleep a priority in our lives for a healthier and more fulfilling future.

Conclusion (Students should write in their own words, comparative conclusion needed):

Through this experiment, you can observe how selecting the right data, crafting a clear and logical story, integrating it into your dashboard, and applying good design principles all contribute to enhancing understanding and communication.

Post Lab Question:

1. Explain the need of story in your words.

Ans:

The need for storytelling is deeply ingrained in human nature and serves several essential purposes:

1. **Communication:** Stories are a powerful means of conveying information, values, and emotions. They simplify complex concepts, making them relatable and easy to understand. They connect people by sharing experiences, knowledge, and emotions.

2. **Retention:** Stories are memorable. We tend to remember narratives much better than raw data or facts. This makes them a valuable tool for passing down cultural knowledge and preserving history.

3. **Engagement:** Stories captivate our attention. They draw us into their world, making the information they carry more engaging and enjoyable. This engagement can be harnessed for educational, marketing, or entertainment purposes.

4. **Emotional Connection:** Stories evoke emotions, which can lead to empathy and understanding. They can inspire action, influence beliefs, and create a sense of connection between the storyteller and the audience.

5. **Persuasion:** Stories are persuasive tools. They allow the presenter to convey a message or idea in a way that resonates with the audience. Whether in advertising, politics, or everyday conversations, storytelling is a potent instrument of persuasion.

In essence, storytelling is a fundamental aspect of human communication and culture, serving as a bridge between individuals, generations, and cultures while making information more accessible, memorable, and impactful.