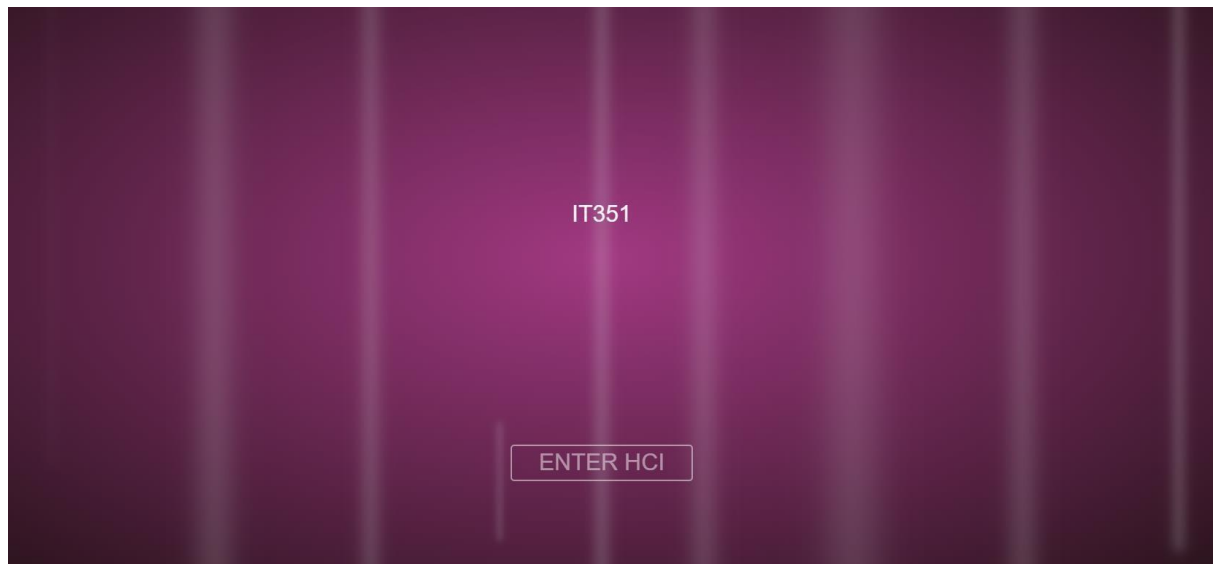


LAB ASSIGNMENT-3

Name :H Jaya Chandra

ROLL NO:201IT123

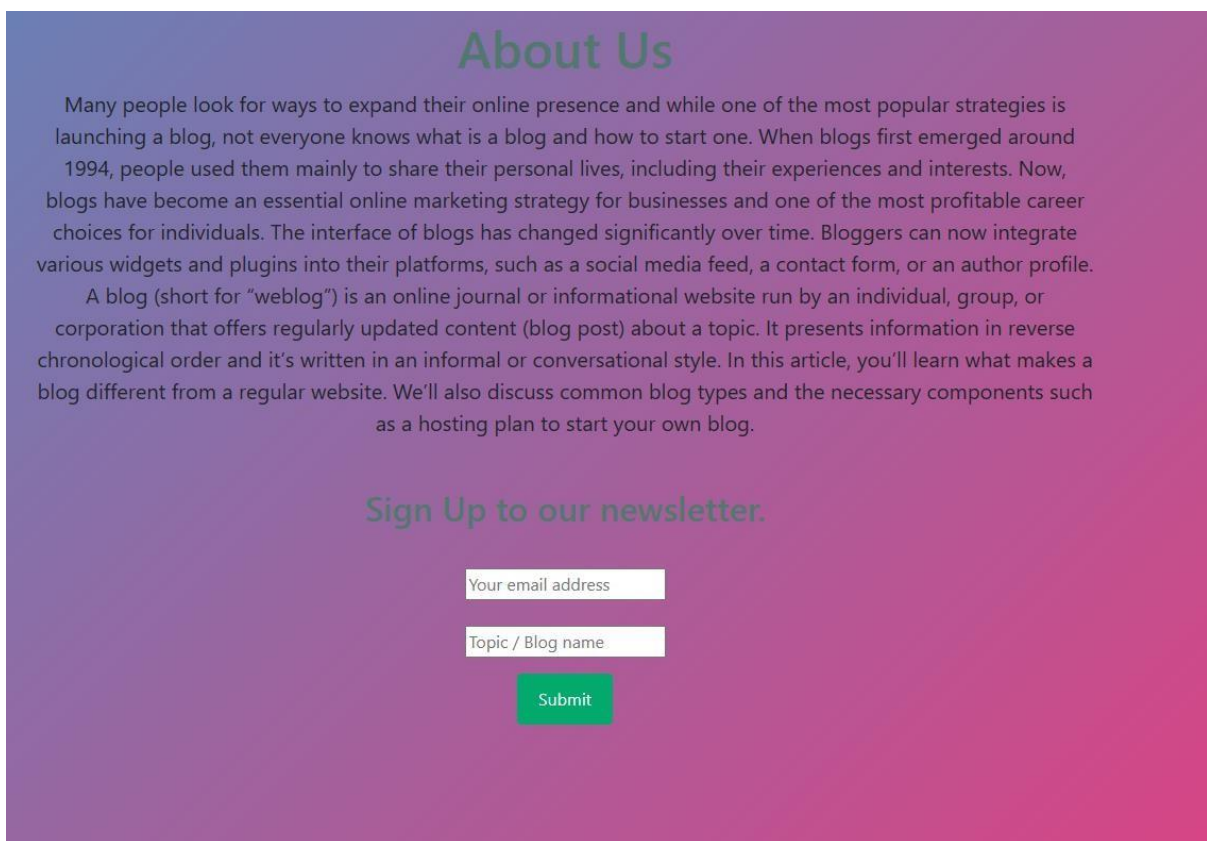
I have developed a blog website and the CMS tool I have chosen is GitHub. GitHub isn't a CMS tool exactly but it has In-Built features of CMS tools and which indeed helps to manage our content in real time experience with collaboration and it has very good community which indeed helps us to deploy our website with best combination technologies.



When the enter button is pressed we'll be entering into the main home page.



About us page give us information regarding the website.



A page to share a persons thoughts regarding a particular topic.

Inform Us

First Name

Your name

Last Name

Your last name

Email

Your email address

Subject

Write your message

Submit

Health blog page:

Health and fitness blogs



Habits to Adopt to Live a Healthier Life

In this day and age of instant fast food seemingly on every corner, it can be rough trying to live a healthy lifestyle. Overly processed foods are usually packed with calories and carbs, and if that wasn't bad enough, they offer very little nutritional value at all. In addition, they serve you a meal the size enough for two people. All of these things quickly add up and they not only affect our health but also our lifestyle. In addition, there are hundreds of different fitness classes to choose from, so you probably have a good variety of ones that you will live in. You have never lived until you have taken a kickboxing class with the song Kung Fu Fighting playing on blast!



Eat Smaller Portions

More than anything, the amount of food we eat is getting out of control. In this super-size-me era, with just a few words, we can receive larger and larger portions. This is a recipe for disaster. Many times it is not what we are eating that is making us gain weight, but the abundance of it. By limiting your portions, you will be cutting back on calories and any extra weight you are carrying around will slowly start coming off.

It is easier to stay in shape when you can do it with friends and other like-minded individuals. All of you have the same goal to become healthier, so a little motivation goes a long way. Therefore, joining a group fitness class is the perfect way to increase your exercise time and have fun doing it. For many of us, if it isn't enjoyable, then we stop doing it after a bit.

Food blog page:

Food Blogs



Where do we need food?

If you've ever wanted to learn how to make bagels, you are in the right place! his traditional bagel recipe includes all of the tips for making homemade bagels that taste authentic, including refrigerating overnight, boiling, and baking. If you like regular ol' plain bagels, then you can just stop right here, but this recipe is a fantastic jumping-off point for all sorts of add-in and toppings ideas The Bread Baker's Apprentice by Peter Reinhart was one of the very first cookbooks that I purchased, and in it was this recipe. After trying my hand at a number of other bread recipes, I finally dug in and tackled these. There are some special ingredients and techniques, but we're talking through everything below so you can create the most amazing, authentic-tasting bagels in your own kitchen.



Tapisserie

Years ago, at a flea market in Paris I pickup up some old metal letters from a bakery in France that spelled out PATISSERIE. Being a baker, of course I was thrilled (although still despondent that someone else snatched up the matching BOULANGERIE letters...) and proudly displayed them on the shelf of my apartment. Since my apartment at the time was so small, shelf space was at a super-premium. Yet I was happy to give a lot of it up to have those letters reminding me of my métier. When I lent my apartment to some visiting friends, I noticed the P and the T had been reversed, and it spelled TAPISSERIE. I got a kick out of it and thought that was very clever. When a new bakery in Paris called Tapisserie from the team of a noted restaurant, I figured it wasn't a place to purchase a tapestry, but a clever – and original – place to get terrific desserts.

Travel blog page :

Travel Blogs

THE CELIAC'S GUIDE TO NORTHERN INDIA

A huge part of my excitement over visiting Northern India was, of course, the food. Everyone I knew ranted and raved about dishes throughout the country, their eyes glazing over and slightly losing focus, minds reeling with memories of tastes and smells. From those who had visited Rajasthan, tales of vegetables coated in spices and crunchy street snacks grabbed wherever possible flowed freely. I imagined tiny corner stalls piled high with treats, fried on-the-go. I wasn't wrong. But as a celiac in Northern India, what could I eat? Here is my guide to gluten free Indian food, from my weeks in the country.

Notwithstanding the fact that many Indian meals do have rice, Northern India's tastes often skew toward wheat—more than I realized. While Punjab is referred to as the "breadbasket" of the country, during our time in Rajasthan we were showered with wheat add-ons to our meals, local breads such as chapatis and rotis for all. Well, except me.

TRAVEL TO NORTHERN INDIA: THE GOOD, THE BAD, & THE UGLY

I've said this every time I have returned from travels, my cloud fixation reignited immediately upon landing. Light and airy, the clouds still had heft, their bottoms flat and tops puffed outward, tumbling layers of white. After the wide open skies of India and Bangkok, Montreal clouds appeared to hang by a thread, as though they would at any point come careening down, flattening me. Rationally, I knew that clouds don't crash. But in the haze of jetlag, my face pressed to the window on the drive back to my parents' place, I had my doubts.

Everyone notices something different upon a return to what is familiar. For me, clouds. For my mother, sitting in traffic on that drive back home, the quiet. No horns, no yelling, no whistles being blown and no cows, goats or camels in the road. Turning to stare out of the window, she smiled "I kinda miss the cows, though."