

1. Create a blog or website using Blogspot and WordPress. Customize the theme design and post new article with 500 words.

The screenshot shows the Blogger 'Post Edit' interface in a web browser. The browser's address bar displays the URL: `blogger.com/blog/post/edit/3812617408552195900/8251066275869232837`. The page title is 'Title'. The main content area contains the following text:

An **online pharmacy**, **internet pharmacy**, or **mail-order pharmacy** is a [pharmacy](#) that operates over the [Internet](#) and sends orders to customers through mail, shipping companies, or online pharmacy web portal.

Online pharmacies include:

- [Pharmacy benefits managers](#) – Entities that administrate corporate prescription drug plans.
- Legitimate Internet pharmacies in the same country as the person ordering.
- Legitimate Internet pharmacies in a different country than the person ordering. This type of pharmacy is usually licensed by its home country and follows those regulations, not those of the international orders.
- Illegal or unethical internet pharmacies. The [web page](#) for an illegal pharmacy may contain lies about its home country, procedures, or certifications. The "pharmacy" may send outdated (expired [shelf life](#)) or [counterfeit medications](#) and may not follow standard procedural safeguards.

Home delivery [\[edit \]](#)

Conventional [brick and mortar](#) pharmacies usually have controlled [drug distribution](#) systems from the manufacturer, sufficient [validation](#), and follow good distribution practices. Home delivery of pharmaceuticals can be a desirable convenience, but sometimes it can lead to problems with uncontrolled distribution.

The shipment of drugs through the [mail](#) and [parcel post](#) is sometimes a concern for temperature-sensitive pharmaceuticals. Uncontrolled shipping conditions can include high and low temperatures outside the listed storage conditions for a drug. For example, the US FDA found the temperature in a mailbox in the sun could reach 136 °F (58 °C) while the ambient air temperature was 101 °F (38 °C).^[1]

Shipment by [express mail](#) and [couriers](#) reduces transit time and often involves delivery to the door, rather than a mailbox. The use of [insulated shipping containers](#) also helps control drug temperatures, reducing risks to drug safety and efficacy.

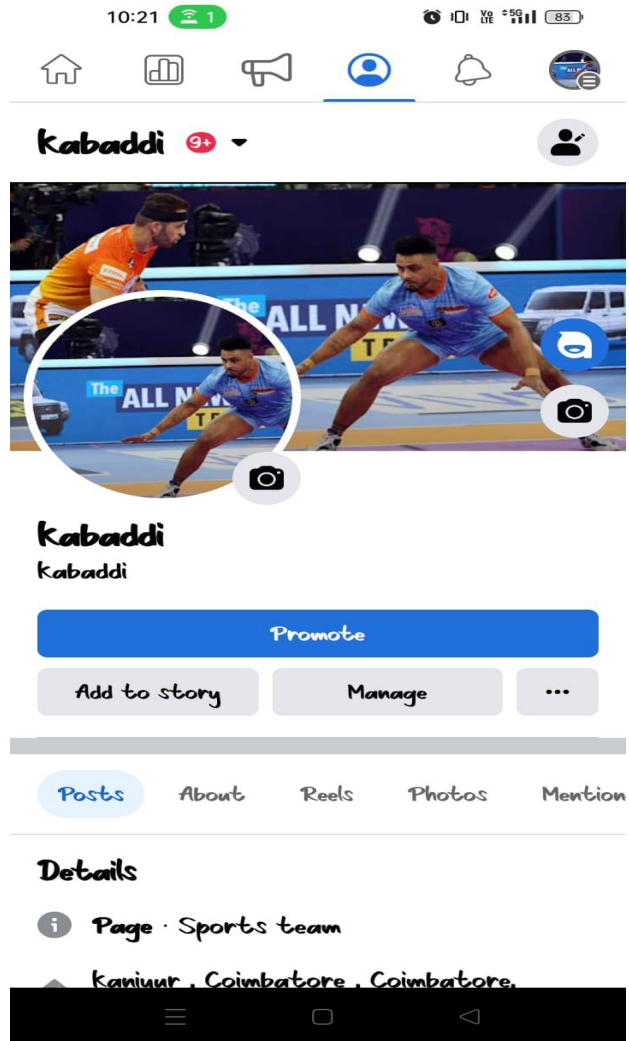
Risks and concerns [\[edit \]](#)

- Illegal or unethical pharmacies sometimes send outdated, substituted, or [counterfeit medications](#) to the person who ordered the drug instead of the real medication.^{[2][3][4][5]}

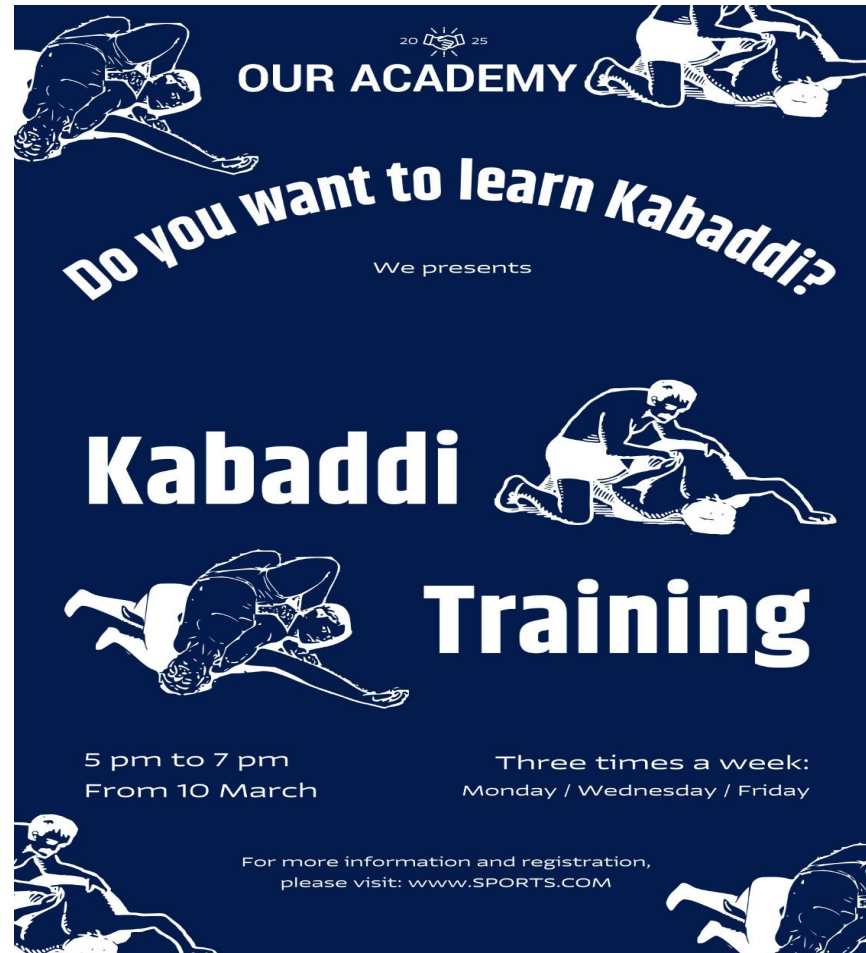
On the right side of the interface, there is a 'Post settings' panel with the following options:

- Labels: No matching suggestions
- Published on: 10/10/23 10:10 PM
- Permalink
- Location
- Options

2. Create a New Facebook Business Page and post one social media poster for your brand.



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



4. Create email newsletter design using MailChimp or canva tool.

SPORTS



Sport pertains to any form of physical activity or game, often competitive and organized, that aims to use, maintain, or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators. Sports can, through casual or organized participation, improve participants' physical health. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals.

Sport is generally recognised as system of activities based in physical athleticism or physical dexterity, with major competitions such as the Olympic Games admitting only sports meeting this definition. Other organisations, such as the Council of Europe, preclude activities without a physical element from classification as sports