

# PROJECT REPORT TEMPLATE

## 1 INTRODUCTION

### 1.1 Overview



### 1.2 Purpose

We are creating this social media post for the purpose of spread awareness about the benefits of yoga and meditation world wide.

## 2 PROBLEM DEFINITION AND DESIGN THINKING

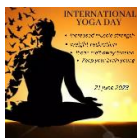
### 2.1 Empathy map



### 2.2 Ideation and Brainstorming Map



## 3 RESULT



## 4 ADVANTAGES AND DISADVANTAGES

There is no age limited to practice yoga. It disadvantage is common side effects of yoga include musculoskeletal injury, abnormal increase in blood pressure due to forceful breathing back injury, muscle strain.

## 5 APPLICATIONS

It is use for the students and who all are want to learn or practice yoga to proper way.

## 6 CONCLUSION

We learn how to professional graphic designer in canva by creating real world projects then we learn how to use canva professionally.