BRAND NAME	TEA BREAK
NM.TEAM.ID	NM2023TMID03536
COLLEGE	UNIVERSITY COLLEGE OF ENGINEERING (BIT CAMPUS) TRICHY
ZONE	18
TITTLE	DIGITAL MARKETING
ASSESSMENT	CREATE EMAIL NEWSLETTER DESIGN USING MAILCHIMP OR CANVA TOOL

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Step 1: Log In or Sign Up for Canva

- If you don't already have a Canva account, go to Canva's website and sign up for a free account. If you have an account, log in.

Step 2: Create a New Design

- After logging in, click on the "Create a design" button in the top-right corner.

Step 3: Choose an Email Newsletter Template

- In the search bar, type "Email Newsletter" and select the template size suitable for email newsletters (usually 600-800 pixels wide).

Step 4: Select a Template

- Browse through Canva's library of email newsletter templates and select one that matches your content and style.

Step 5: Customize Your Template

- Edit the template to fit your content and branding:

    - Click on the text elements in the template and replace the text with your newsletter content.

    - Click on images in the template and replace them with your own images or Canva's stock photos.

    - Adjust colors, fonts, and other design elements to match your brand by clicking on those elements and using the editing options.

Step 6: Add Additional Elements

- Enhance your newsletter by adding elements like icons, shapes, lines, and more from Canva's library.

    - Click the "Elements" tab on the left side of the Canva interface.

    - Drag and drop elements onto your design as needed.

Step 7: Include Your Logo

- If applicable, upload your company logo:

    - Click on the "Uploads" tab.

    - Select your logo file.

    - Add your logo to your newsletter design.

Step 8: Preview Your Design

- Use Canva's preview feature to check how your email newsletter design appears on both desktop and mobile devices.

Step 9: Download Your Design

- When you're satisfied with your design:

    - Click the "Download" button in the top-right corner.

    - Choose the format that suits your needs. For email newsletters, it's typically best to download it as a high-quality image (e.g., JPG or PNG).

Step 10: Upload to Your Email Marketing Platform

- If you're using an email marketing platform (e.g., MailChimp), upload the image or HTML of your design according to their instructions.

NEWS LETTER

Unique Facts TEA

Drinking TEA Lowers Cancer Risk.

Tea's potential benefits come from antioxidants. This is how the antioxidants in tea help you stay healthy. Most of the research on tea and cancer prevention has focused on the natural antioxidant epigallocatechin-3-gallate, EGCG. In some studies, ECGC was found to reduce the risk of cancer, particularly bladder cancer.

Tea reached Europe in the 16th Century but people were using ceramic teapots in Asia and the Middle East 11,000 years ago.
2. According to legend, in 2732 BC Emperor Shen Nung discovered tea when leaves from a wild tree blew into his pot of boiling water.
3. Tea in England was originally an expensive product that only the elite could afford. Merchants and customers used little tea pots to test that the tea they had ordered was up to the quality they were expecting.
4. The tea clipper Cutty Sark's hold could carry 10,000 tea chests at a time – that's enough to make 200 million cups of tea in one cargo!

Drinking TEA Increases Energy And Brain Function

Containing caffeine, which stimulates the brain as well as amino acids which can help reduce anxiety, tea's effect on the brain is worth exploring. Anxiety reduction and stimulation are just a few of the effects tea has on the brain, here's some more, in detail. You'll definitely want to drink tea after this.

Tea is rich in antioxidants, which help you relax and unwind by reducing stress hormones like cortisol. Studies have shown that when people drink tea, their levels of the stress hormone cortisol drop significantly.