

**Objective:**

Your task is to create a web form for collecting trainee feedback. The form should be designed using HTML and styled with CSS. The form will capture various aspects of the intern's experience and provide a simple, user-friendly interface for submitting feedback.

**Requirements:****Form Title:**

Create a level 2 heading with the content "Trainee Feedback Form."

**Form Structure:**

Use a <form> element to structure the form.

The form should have a container with a maximum width of 400px, centered on the page.

**Form Fields:**

Include the following labels and corresponding input fields:

"Trainee ID": An input field for the trainee's ID. This field should be required.

"Full Name": An input field for the trainee's full name. This field should be required.

"Contact Number": An input field for the trainee's contact number. This field should be required and only accept 10-digit numbers.

"Email ID": An input field for the trainee's email address. This field should be required and in a valid email format.

"Quality of Training/Mentorship (1-5)": An input field for rating the quality of training/mentorship. This should be a number input with a minimum value of 1 and a maximum value of 5. It should be required.

"Relevance of Tasks/Projects (1-5)": An input field for rating the relevance of tasks/projects. This should be a number input with a minimum value of 1 and a maximum value of 5. It should be required.

"Communication with Instructors (1-5)": An input field for rating the communication with instructors. This should be a number input with a minimum value of 1 and a maximum value of 5. It should be required.

"Clarity of Goals and Objectives (1-5)": An input field for rating the clarity of goals and objectives. This should be a number input with a minimum value of 1 and a maximum value of 5. It should be required.

"Overall Satisfaction (1-5)": An input field for rating the overall satisfaction. This should be a number input with a minimum value of 1 and a maximum value of 5. It should be required.

"Did you face any challenges during your internship? If so, please describe.": A text area input for describing any challenges faced.

"What aspects of the internship program did you find most valuable?": A text area input for describing valuable aspects of the internship.

"What aspects of the program do you think could be improved?": A text area input for providing suggestions for improvement.

"How well did the program align with your career goals?": A text area input for describing how well the program aligned with the trainee's career goals.

"Would You Recommend Us?": A dropdown (select) input for indicating whether the trainee would recommend the program. It should have options "Yes" and "No."

#### Form Submission:

Add a "Submit Feedback" button to submit the form.

#### Form Styling:

Style the form container with a background color, border radius, and box shadow for visual appeal.

Use CSS to ensure the labels and input fields are properly aligned, and that the form looks professional and user-friendly.