<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>DAS Physio Center</title>

<style>

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f4f4f9;

color: #333;

}

header {

background: #0066cc;

color: white;

padding: 1rem 0;

text-align: center;

}

nav {

background: #004080;

color: white;

padding: 0.5rem 1rem;

text-align: center;

}

nav a {

color: white;

text-decoration: none;

margin: 0 1rem;

font-weight: bold;

}

section {

padding: 2rem;

text-align: center;

}

footer {

background: #004080;

color: white;

text-align: center;

padding: 1rem 0;

margin-top: 2rem;

}

</style>

</head>

<body>

<header>

<h1>Welcome to DAS Physio Center</h1>

<p>Your Path to Recovery and Wellness</p>

</header>

<nav>

<a href="#about">About Us</a>

<a href="#services">Services</a>

<a href="#team">Our Team</a>

<a href="#contact">Contact Us</a>

</nav>

<section id="about">

<h2>About Us</h2>

<p>DAS Physio Center is dedicated to providing top-notch physiotherapy care to help you recover and thrive.</p>

</section>

<section id="services">

<h2>Our Services</h2>

<ul>

<li>Cardiopulmonary Rehabilitation</li>

<li>Pain Management (TENS Therapy)</li>

<li>Post-Surgery Recovery</li>

<li>Slow Deep Breathing Relaxation Exercises</li>

<li>Orthopedic and Neurological Physiotherapy</li>

</ul>

</section>

<section id="team">

<h2>Meet Our Team</h2>

<p>Our experienced and compassionate team is here to support your health journey.</p>

</section>

<section id="contact">

<h2>Contact Us</h2>

<p>Email: info@dasphysiocenter.com</p>

<p>Phone: +91-12345-67890</p>

<p>Address: 123 Wellness Street, Bangalore, India</p>

</section>

<footer>

<p>© 2024 DAS Physio Center. All rights reserved.</p>

</footer>

</body>

</html>