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<!-- index.html -->

<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Your Web Page Title</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <header>
    <h1>Hello, World!</h1>
    <p>This is a sample HTML document with an embedded local video.</p>
  </header>

  <main class="main-content">
    <!-- Embed local MP4 video using the video tag -->
    <video width="100%" height="auto" controls>
      <source src="your-video.mp4" type="video/mp4">
      Your browser does not support the video tag.
    </video>

    <!-- Contact Form -->
    <div class="contact-form">
      <h2>Contact Us</h2>
      <form action="submit_form.php" method="post">
        <label for="name">Name:</label>
        <input type="text" id="name" name="name" required>

        <label for="email">Email:</label>
        <input type="email" id="email" name="email" required>

        <label for="message">Message:</label>
        <textarea id="message" name="message" rows="4" required></textarea>

        <button type="submit">Submit</button>
      </form>
    </div>
  </main>
</body>
</html>

/* styles.css */

body {
  font-family: Arial, sans-serif;
  background-color: #f4f4f4;

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```
    color: #333;
    margin: 0;
}

header {
    background-color: #007bff;
    color: #fff;
    padding: 20px;
    text-align: center;
}

h1 {
    margin: 0;
}

.main-content {
    max-width: 800px;
    margin: 20px auto;
    padding: 20px;
    box-sizing: border-box;
}

/* Responsive Styles */
@media only screen and (max-width: 600px) {
    header {
        padding: 10px;
    }

    .main-content {
        padding: 10px;
    }

    /* Adjust other styles as needed for smaller screens */
}
```