

HTML CODE:

```
<html>
<head>
<title>Page Title</title>
  <link rel="stylesheet" type="text/css" href="mystyle.css">    //external css
</head>
<body>
  <style>
    body {
      background-color: linen;
    }
  </style>
  <h1 style="color:blue;margin-left:30px;">This is a heading</h1> //inline css
  <p>This is a paragraph.
  </p>
</body>
</html>
```

CSS CODE:

Turns the background to light blue

```
body {
  background-color: lightblue;
}

h1 {
  color: navy;
  margin-left: 20px;
}
```

Here the the internal CSS is in effect in case of the background colour as it has more priority than that of the external CSS in the program. The internal CSS will change the background colour to linen and the heading will be changed to light blue due to inline.