



# Internet Technologies

IN CLASS `</>`

*Connecting Intelligence*

Institute of Computer  
Engineering Technology

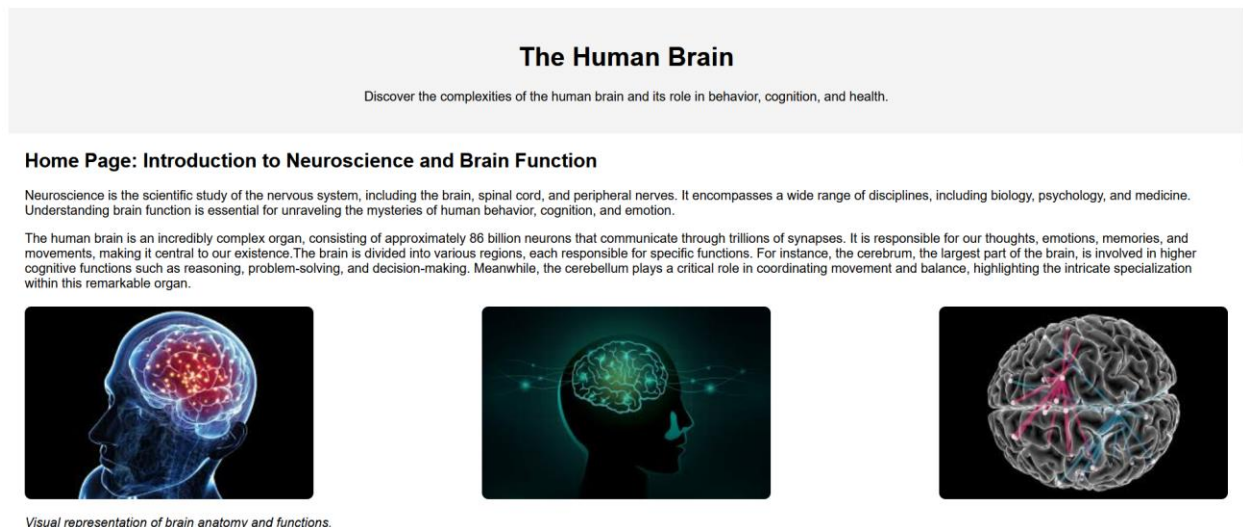
## HTML In Class Assignment : “Human Brain”

### Objective :

In this assignment, you will create a simple web page that explores the complexities of the human brain. You will learn how to structure HTML documents, use CSS for styling, and incorporate images to enhance your content.

### Instructions :

1. **Overview:** You will create a multi-section web page using HTML. The web page should include the following sections:
  - Introduction to Neuroscience
  - Neuroplasticity
  - Mental Health
  - Key Brain Functions
  - Conclusion
2. **Reference Web Page:** Below are screenshots of an example web page. Use these as a reference for your layout, design, and content.



Visual representation of brain anatomy and functions.

Figure 1

## Neuroplasticity: How the Brain Adapts and Changes

Neuroplasticity refers to the brain's ability to adapt and reorganize itself in response to experiences, learning, and injury. This remarkable property allows the brain to form new neural connections throughout life, enabling recovery from trauma and adaptation to new environments.

Neuroplasticity is particularly prominent during childhood, a period when the brain is rapidly developing and learning new skills. However, recent research has shown that adults also retain significant plasticity, allowing them to continue learning and adapting well into old age.



Illustration of neuroplasticity in the brain.

- Types of Neuroplasticity:
  - Functional Plasticity: The brain's ability to move functions from damaged areas to undamaged areas.
  - Structural Plasticity: The brain's ability to physically change its structure in response to learning and experience.
- Factors Influencing Neuroplasticity:
  - Age: Younger brains are generally more plastic than older ones.
  - Experience: Learning new skills can enhance brain plasticity.

Figure 2

## Mental Health: Overview of Mental Health and Its Importance

Mental health is a crucial aspect of overall well-being, affecting how we think, feel, and act. It also plays a significant role in how we handle stress, relate to others, and make choices. Mental health conditions, such as depression and anxiety, can impact anyone, regardless of age or background.

Maintaining good mental health is essential for a fulfilling life. Here are some key points about mental health:



Importance of mental health in our lives.

- Mental health disorders are common, affecting millions worldwide.
- Early intervention and treatment can significantly improve outcomes.
- Healthy coping mechanisms and support systems are vital for mental well-being.

Figure 3

## Key Brain Functions and Their Importance

Function	Description	Importance
Cognition	The mental action of acquiring knowledge and understanding.	Critical for decision-making and problem-solving.
Emotion Regulation	The ability to manage and respond to emotional experiences.	Essential for mental health and social interactions.
Memory	The process of encoding, storing, and retrieving information.	Vital for learning and adapting to new situations.
Motor Control	The coordination of muscle movements.	Necessary for physical activity and coordination.

## Conclusion

The human brain is a remarkable organ with incredible capabilities. Understanding its functions and the importance of mental health is crucial for personal well-being and societal progress. As we continue to explore the complexities of the brain, we can unlock new potential for treatment and enhance our quality of life.

Brain Conclusion

A summary of brain functions and their importance.

Figure 4

**Submission :**

- You have to upload
  - 1.The zip file containing all the HTML files
  2. Your deployment link .
  - 3.A screenshot of each page displayed in a browser.

**Note:**

- This is a static page.
- Be creative with the layout, styling, and overall presentation.
- Ensure that your webpage is still accessible and follows good design principles.
- Don't use AI code generators, we can detect your code.
- You can search Google for all your problems.