

Implementing Embedded Video:

Using iframe:

- Obtain the embed code for the video from the video platform (e.g., YouTube, Vimeo).
- In your HTML document, add an <iframe> element with the appropriate attributes:
 - src: Set this attribute to the embed code URL.
 - width: Set this attribute to the desired width of the video.
 - height: Set this attribute to the desired height of the video.

Example:

```
<iframe src="https://www.youtube.com/embed/VIDEO_ID" width="640" height="360"></iframe>
```

Using local file:

- Ensure the MP4 file is located in the same directory as your HTML file or a subdirectory.
- In your HTML document, add a <video> element with the appropriate attributes:
 - src: Set this attribute to the relative path of the MP4 file.
 - controls: Set this attribute to "controls" to display the video controls.

Example:

```
<video src="videos/myvideo.mp4" controls></video>
```

Implementing Contact Forms:

Using HTML and CSS:

- Design the contact form using HTML elements like <form>, <input>, <textarea>, and <button>.
- Style the form elements using CSS to match your desired design.
- Implement a backend script (e.g., PHP) to handle form submissions and send emails.

Example:

```
<form action="/contact" method="post">

  <label for="name">Name:</label>

  <input type="text" id="name" name="name">

  <label for="email">Email:</label>

  <input type="email" id="email" name="email">

  <label for="message">Message:</label>

  <textarea id="message" name="message"></textarea>

  <button type="submit">Send</button>

</form>
```