

# Training Day 7 Report

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## Topic: HTML Tables and Page Structuring Techniques

Today's session focused on using HTML tables for presenting structured data and organizing page layout for clear user experience. We explored the syntax of tables, layout nesting, and creative use of rows and columns.

## Key Areas Covered

### 1. HTML Table Basics

- Tags introduced: `<table>`, `<tr>`, `<td>`, and `<th>`.
- Created headers with `<th>` and data cells with `<td>`.
- Row and column arrangement using multiple `<tr>` blocks.

### 2. Table Attributes

- Used `border`, `cellpadding`, and `cellspacing`.
- Practiced `colspan` and `rowspan` for merged cells.
- Learned how to style tables using inline CSS temporarily.

### 3. Page Structuring with Div Tags

- Explored `<div>` and `<section>` for content blocks.
- Introduced `<header>`, `<footer>`, `<main>`, and `<aside>`.
- Discussed semantic layout for clarity and accessibility.

### 4. Layout Planning Techniques

- Organized web pages using nested containers.
- Used comments to clarify code blocks and sections.
- Understood how structure affects styling later with CSS.

## Hands-On Practice

Built a page titled "Training Schedule" with:

- A table listing training topics and dates.
- Div-based structure organizing intro, content, and footer.
- Table cells styled with colors and spacing adjustments.

## Key Takeaways

- Tables are ideal for displaying organized information like schedules and data sets.
- Semantic tags and divs improve readability and structure.
- Structuring HTML well lays the foundation for efficient styling and responsiveness.
- Clean layout makes websites easier to navigate and maintain.