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<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

  <meta name="viewport" content="width=device-width, initial-scale=1.0">

  <title>File Upload</title>


<script>

  function validateForm() {

    let name = document.forms["userForm"]["name"].value;

    let email = document.forms["userForm"]["email"].value;

    let file = document.forms["userForm"]["file"].value;


    if (name == "" || email == "") {

      alert("Name and email must be filled out.");

      return false;

    }

    let emailPattern = /^[^ ]+@^[^ ]+\.[a-z]{2,3}$/;

    if (!email.match(emailPattern)) {

      alert("Enter a valid email address.");

      return false;

    }

    if (file == "") {

      alert("Please upload a file.");

      return false;

    }

    return true;

  }

}
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    }
    </script>
</head>
<body>
<h2>Basic Form with Validation</h2>
    <form name="userForm" onsubmit="return validateForm()" method="POST"
    enctype="multipart/form-data">
        <label>Name:</label>
        <input type="text" name="name" required><br><br>

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

        <input type="file" name="fileToUpload" required>
        <button type="submit" name="Submit">Upload</button>
    </form>

    <hr>
    <?php include 'list_files.php'; ?><!--include the file listing-->
</body>
</html>
```