<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Your Name | Personal Website</title>

<style>

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

line-height: 1.6;

background: #f5f5f5;

color: #333;

}

header {

background: #2c3e50;

color: white;

padding: 2rem 0;

text-align: center;

}

header h1 {

margin: 0;

font-size: 2.5rem;

}

header p {

font-size: 1.2rem;

}

nav {

background: #34495e;

display: flex;

justify-content: center;

padding: 0.5rem;

}

nav a {

color: white;

margin: 0 15px;

text-decoration: none;

font-weight: bold;

}

nav a:hover {

color: #f39c12;

}

section {

padding: 3rem 2rem;

max-width: 900px;

margin: auto;

}

.card {

background: white;

padding: 2rem;

border-radius: 10px;

box-shadow: 0 4px 6px rgba(0,0,0,0.1);

margin-bottom: 2rem;

}

footer {

text-align: center;

padding: 1rem;

background: #2c3e50;

color: white;

}

</style>

</head>

<body>

<header>

<h1>Your Name</h1>

<p>Doctor | Researcher | Psychologist</p>

</header>

<nav>

<a href="#about">About</a>

<a href="#work">Work</a>

<a href="#contact">Contact</a>

</nav>

<section id="about" class="card">

<h2>About Me</h2>

<p>

Welcome! I’m [Your Name], passionate about health, psychology, and community well-being.

I specialize in [your expertise] and enjoy working on projects that bring positive impact.

</p>

</section>

<section id="work" class="card">

<h2>My Work</h2>

<p>

I’ve worked on projects including [research, community health, teaching, etc.].

Here you can showcase your portfolio, publications, or achievements.

</p>

</section>

<section id="contact" class="card">

<h2>Contact</h2>

<p>Email: <a href="mailto:yourname@email.com">yourname@email.com</a></p>

<p>LinkedIn: <a href="#">linkedin.com/in/yourname</a></p>

</section>

<footer>

<p>© 2025 Your Name. All rights reserved.</p>

</footer>

</body>

</html>