```html
<!DOCTYPE html>
<html>
<head>
    <title>Internal CSS Example</title>
    <style>
        /* Internal CSS goes here */
        h1 {
            color: darkblue;
            text-align: center;
        }

        p {
            color: #444;
            font-size: 18px;
        }

        .box {
            background-color: lightyellow;
            padding: 20px;
            border: 2px solid orange;
            border-radius: 10px;
        }
    </style>
</head>
<body>

    <h1>Welcome to Internal CSS</h1>

    <p>This paragraph is styled using internal CSS.</p>

    <div class="box">
        This is a styled box using internal CSS.
    </div>

</body>
</html>
```