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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>Your Web Page Title</title>

<link rel="stylesheet" href="styles.css">

</head>

<body>

<header>

<h1>HIntroduction to Computing</h1>

<p>Sample HTML document with an embedded local video.</p>

</header>

<main class="main-content">

<video width="100%" height="auto" controls>

<source src="your-video.mp4" type="video/mp4"> Your browser does not support the
video tag.

</video>

<div class="contact-form">

<h2>Contact Us</h2>

<form action="submit_form.php" method="post">
  <label for="name">Name:</label>
```

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

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

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

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

<textarea id="message" name="message" rows="4" required></textarea>

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

</form>

</div>

</main>

</body>

</html>

<style>

  body {

    font-family: Arial, sans-serif;

    background-color: #f4f4f4;
    color: #333;

margin: 0;

  }

  header {

background-color: #007bff;

color: #fff;

padding: 20px;

text-align: center;
```

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}

h1 {
margin: 0;
}

.main-content {
max-width: 800px;
margin: 20px auto;
padding: 20px;
box-sizing: border-box;
}

@media only screen and (max-width: 600px) {
header {
padding: 10px;
}
.main-content {
padding: 10px;
}
}
</style>
```