<!DOCTYPE html>

<html>

    <head>

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

        <title>THE VEDA LIFE </title>

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

        <link rel="preconnect" href="https://fonts.googleapis.com">

<link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>

<link href="https://fonts.googleapis.com/css2?family=Poppins:ital,wght@0,300;0,500;0,600;0,700;1,300&display=swap" rel="stylesheet">

<link href="stylesheet"  href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-free@5.15.4/css/fontawesome.min.css">

</head>

    <body>

        <section class ="header">

            <nav>

                <a href="index.html"><img src= "Images/logo.png"></a>

                <div class="nav-links" id="navLinks">

                <i class="fa fa-times" onclick="hideMenu()"></i>

                    <ul>

                        <li><a href="">HOME</a></li>

                        <li><a href="">ABOUT</a></li>

                        <li><a href="">NGO'S</a></li>

                        <li><a href="">BLOG</a></li>

                        <li><a href="">CONTACT</a></li>

                    </ul>

                </div>

                <i class="fa fa-bars" onclick="showMenu()"></i>

            </nav>

        <div class="text-box">

            <h1>लोका: समस्ता: सुखिनो भवन्तु:</h1>

            <p>ॐ सर्वेशां स्वस्तिर्भवतु

                सर्वेशां शान्तिर्भवतु

                <br>सर्वेशां पूर्णंभवतु

                सर्वेशां मङ्गलंभवतु

                <br>लोका: समस्ता: सुखिनो भवन्तु

                <br>ॐ शान्तिः शान्तिः शान्तिः

                <br>हरि ॐ ! श्री गुरुभ्यो नम: ! हरि ॐ</p>

                <a href="" class="hero-btn">Know more</a>

        </div>

        </section>

<!---------course------->

<section class="course">

    <h1>DIVE DEEP INTO A HEALTHY LIFE</h1>

    <p>xyz</p>

    <div class="row">

        <div class="course-col">

            <h3>Mind,Body and Soul</h3>

            <p></p>

        </div>

        <div class="course-col">

            <h3>The Vedic Remedies</h3>

            <p></p>

        </div>

        <div class="course-col">

            <h3>NGO'S </h3>

            <p></p>

        </div>

    </div>

</section>

<!------campus------>

<section class="campus">

    <h1>The Chakras of your Body</h1>

    <p>

        Literally means “wheel”. Refers to centers of energy in the astral spine.

As this energy enters the body, it travels down the astral spine and is dispersed into<br>

the body from six centers, or chakras, located along the astral spine. This subtle spine<br>

can be visualized as a tube of light running centrally through the body from the base of the<br>

spine to the brain. The central nervous system is the physical expression of the astral spine<br>

and, interestingly, has major centers near the areas of each of the chakras, where groups of <br>

nerves branch out from the spinal cord.

There is a vast and somewhat complex yogic science dealing with the chakras.<br>

Each chakra is associated with a quality of consciousness; an element; a planet;<br>

two astrological signs (one as the energy ascends and one as it descends); a sound;<br>

a spiritual quality; and so forth. As energy passes through or rests in any chakra,<br>

the mind is influenced by the qualities of that center. In the deepest states of meditation,<br>

all prana is withdrawn from the body into the chakras and then directed to the spiritual eye,<br>

enabling enlightenment to take place.

    </p>

    <div class="row">

        <div class="campus-col">

            <img src="images/root-chakra.png">

            <div class="layer">

                <h3>मूलाधार चक्र</h3>

            </div>

        </div>

        <div class="campus-col">

            <img src="images/sacral-chakra.webp">

            <div class="layer">

                <h3>स्वाधिष्ठान चक्र</h3>

            </div>

        </div>

        <div class="campus-col">

            <img src="images/solar-plexus-chakra.webp">

            <div class="layer">

                <h3>मणिपूरक चक्र</h3>

            </div>

        </div>

    </div>

    <div class="row">

        <div class="campus-col">

            <img src="images/heart-chakra.webp">

            <div class="layer">

                <h3>अनाहत चक्र</h3>

            </div>

        </div>

        <div class="campus-col">

            <img src="images/throat-chakra.webp">

            <div class="layer">

                <h3>विशुद्धि चक्र</h3>

            </div>

        </div>

        <div class="campus-col">

            <img src="images/third-eye-chakra.webp">

            <div class="layer">

                <h3>आज्ञा चक्र</h3>

            </div>

        </div>

        <div class="campus-col">

            <img src="images/crown-chakra.webp">

            <div class="layer">

                <h3>सहस्रार चक्र</h3>

            </div>

        </div>

    </div>

</section>

<!--------Facilities---------->

<section class ="diseases">

    <h1>Mind, Body and Soul</h1>

    <p> Know about how to stay healthy in these unprecendented times. Some actual, raw and<br>

        necessary information about lifestyle disorders, women health and much more<br>

        information made available to you on just a click.</p>

    <div class="row">

        <div class="diseases-col">

            <img src="images/diabetes.webp">

            <h3>Diabetes</h3>

        </div>

        <div class="diseases-col">

            <img src="images/wh.jpg">

            <h3>Women Health</h3>

        </div>

        <div class="diseases-col">

            <img src="images/gym.webp">

            <h3>Physical fitness</h3>

        </div>

    </div>

    <div class="row">

        <div class="diseases-col">

            <img src="images/c.jpg">

            <h3>Cancer Health</h3>

        </div>

        <div class="diseases-col">

            <img src="images/cardiac.png">

            <h3>Keep your heart safe</h3>

        </div>

        <div class="diseases-col">

            <img src="images/fit.jpg">

            <h3>Mental Health</h3>

        </div>

    </div>

</section>

<!---------------------testimonials------------->

<section class="testimonials">

    <h1>OUR REVIEWS!!</h1>

    <p>Here are some of the reviews by our website visitors....</p>

    <div class="row">

        <div class="testimonial-col">

            <img src="images/user.png">

            <div>

                <p> I am truly supportive of the idea of this website, want it to grow more...!! </p>

                <h3>SHREYA</h3>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star-half"></i>

            </div>

        </div>

        <div class="testimonial-col">

            <img src="images/user.png">

            <div>

                <p>     Amazing information provided , very much helpful.... best website on health that I have come across</p>

                <h3>ISHITA KHATRI</h3>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

                <i class="fa-solid fa-star"></i>

            </div>

        </div>

    </div>

</section>

<!--------Call to Action-------->

<section class="cta">

    <h1>JOIN US IN OUR MISSION TO SPREAD THE RIGHT INFORMATION <br>

    to<br>

 STAY HEALTHY THE INDIAN WAY !!!</h1>

     <a href="" class ="hero-btn">CONTACT US</a>

     </section>

<!---------------Footer-->

<section class="footer">

    <h4>ABOUT US</h4>

    <p>We are a group of students who aim to provide the right information at your end and <br>reduce the mortality rate

        for diseases due to our lifestyle. <br>Our goal is to reduce the mortality rate attributed to cardiovascular diseases,

        cancer, diabetes<br> or chronic respiratory diseases.

    </p>

    <div class="icons">

        <i class="fa-brands fa-twitter"></i>

        <i class="fa-brands fa-instagram"></i>

        <i class="fa-brands fa-linkedin"></i>

    </div>

    <p> MADE BY IGDTUW GIRLS !!</p>

</section>

<!--------Javascript for toggle menu-------------->

        <script>

            var navLinks = document.getElementById({"navLinks");

            function showMenu(){

                navlinks.style.right ="0";

            }

            function hideMenu(){

                navLinks.style.right = "-200px";

            }

        </script>

    </body>

</html>