<!DOCTYPE html>

<html>

<head>

<title>Mentsq</title>

<style>

body {

margin: 0;

padding: 0;

background: #000; /\* White background \*/

color: #fff;

font-family: Arial, sans-serif;

}

header {

background: #ff0000; /\* Red header background \*/

padding: 20px;

text-align: center;

}

h1 {

margin: 0;

}

nav {

background: #333; /\* Dark gray navigation background \*/

padding: 10px;

text-align: center;

}

nav ul {

list-style: none;

padding: 0;

}

nav ul li {

display: inline;

margin-right: 20px;

}

.container {

max-width: 1200px;

margin: 0 auto;

padding: 20px;

}

.video {

background: #444; /\* Dark gray video background \*/

padding: 20px;

text-align: center;

margin: 20px 0;

}

footer {

background: #333; /\* Dark gray footer background \*/

text-align: center;

padding: 10px;

}

/\* Ambient lighting effect using CSS animation \*/

.ambient-lighting {

animation: ambient-light 5s linear infinite;

}

@keyframes ambient-light {

0% {

background: #444; /\* Dark gray \*/

}

50% {

background: #555; /\* Slightly lighter gray \*/

}

100% {

background: #444; /\* Back to dark gray \*/

}

}

</style>

</head>

<body class="ambient-lighting">

<header>

<h1>Mentsq</h1>

</header>

<nav>

<div class="container">

<ul>

<li><a href="@">Home</a></li>

<li><a href="@">Videos</a></li>

<li><a href="@">About</a></li>

<li><a href="@">Contact</a></li>

</ul>

</div>

</nav>

<div class="container">

<div class="video">

<iframe width="560" height="315" src="https://www.youtube.com/embed/EUhFtyq4wSI?si=M7Lvz25Wi11Rs\_WG" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" <style>="border: 20px blue </style>allowfullscreen></iframe>

<iframe width="560" height="315" src="https://www.youtube.com/embed/VIDEO\_ID" frameborder="0" allowfullscreen></iframe>

</div>

</div>

<footer>

<p>&copy; 2023 Mentsq

</p>

</footer>

</body>

</html>