Code :

```html
<!DOCTYPE html>
<html>
<head>
  <title>E-Learning Platform</title>
  <style>
    body { font-family: Arial; margin: 0; background: #f4f4f4; }
    header { background: #ff5722; color: white; padding: 15px; text-align: center; }
    .container { padding: 20px; }
    .course {
      background: white;
      padding: 15px;
      margin-bottom: 15px;
      border-radius: 5px;
    }
    progress { width: 100%; }
    iframe { width: 100%; height: 200px; }
  </style>
</head>
<body>

<header>
  <h2>E-Learning Platform</h2>
</header>

<div class="container">

  <div class="course">
    <h3>HTML Course</h3>
    <p>Progress:</p>
    <progress value="60" max="100"></progress>
    <iframe src="https://www.youtube.com/embed/qz0aGYrrlhU"></iframe>
  </div>

  <div class="course">
    <h3>JavaScript Course</h3>
    <p>Progress:</p>
    <progress value="40" max="100"></progress>
    <iframe src="https://www.youtube.com/embed/W6NZfCO5SIk"></iframe>
  </div>

</div>

</body>
</html>
```