```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>CSS</title>
    <link rel="stylesheet" type="text/css" href="style.css">
</head>
<body>
    <div class="container" >
    <div class="box-1">
    <h1 >hello world</h1>
    <p>Lorem ipsum dolor sit, amet consectetur adipisicing
        elit. Distinctio voluptatibus libero tenetur omnis
        consequuntur atque quae, error doloremque rerum, fu
        giat sapiente, aliquid veniam nihil? Consequuntur d
        ebitis error culpa? Quos, eveniet, doloribus suscip
         modi voluptatibus? Voluptate blanditiis exercitati
         onem ipsa.</p>
        </div>

        <div class="box-2">
            <h1>Goodbye  World</h1>
            <p>Lorem ipsum dolor sit, amet consectetur adipisicing
                elit. Distinctio voluptatibus libero tenetur omnis
                consequuntur atque quae, error doloremque rerum, fu
                giat sapiente, aliquid veniam nihil? Consequuntur d
                ebitis error culpa? Quos, eveniet, doloribus suscip
                 modi voluptatibus? Voluptate blanditiis exercitati
                 onem ipsa.</p>
        </div>

        <div class="Categories">
                <h2>Categories</h2>
                <ul>
                <li><a href="#">Categories 1</a></li>
                <li><a href="#">Categories 2</a></li>
                <li><a href="#">Categories 3</a></li>
                <li><a href="#">Categories 4</a></li>
                <li><a href="#">Categories 5</a></li>
                <li><a href="#">Categories 6</a></li>
                <li><a href="#">Categories 7</a></li>
                </ul>
        </div>


        <form class="my-form">
            <div class="form-group">
                <label>Name: </label>
                <input type="text" placeholder="your name" name="name">
            </div>
            <div class="form-group">
                <label >Email:</label>
                <input type="text" name="email">
            </div>
            <div class="form-group">
                <label >Message:</label>
                <textarea name="message"></textarea>
            </div>
            <input class="button" type="submit" value="submit"
            name="">
        </form>




        </div>

        <div style="margin-top: 500px;"></div>
</body>
</html>
```