

HTML CODE:

```
<!DOCTYPE html>

<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Menstrual Health Educator</title>
    <link rel="stylesheet" href="style.css">
</head>

<body>

    <header>
        <h1 align="center">Menstrual Health Educator</h1>
        <nav class="main-nav">
            <ul>
                <li><a href="#home">Home</a></li>
                <li><a href="#introduction">Introduction</a></li>
                <li><a href="#health-tips">Health Tips</a></li>
                <li><a href="#cycle-tracker">Cycle Tracker</a></li>
                <li><a href="#quiz">Quiz</a></li>
            </ul>
        </nav>
    </header>

    <section class="featured-article" id="home">
        <h2>"Menstruation is not a taboo, but a natural sign of health, strength, and womanhood that deserves understanding and dignity."</h2>
    </section>
```

```
<section class="grid-layout" id="introduction">
  <article class="card">
    <h3>Introduction</h3>
    <p>Menstruation is a natural biological process and an important part of the female reproductive cycle. In the olden days, it was often misunderstood and surrounded by myths and taboos. People believed it was impure, and women were sometimes restricted from daily activities or religious places. There was very little scientific knowledge, and women used old cloth, leaves, or ash to manage their periods, leading to poor hygiene and infections. Many girls missed school because menstruation was seen as shameful and was not openly discussed. Today, menstruation is better understood as a normal and healthy process. Modern products like pads, tampons, and menstrual cups have made period management safer and easier. Schools, health organizations, and campaigns now spread awareness about menstrual hygiene. Governments are working to provide free sanitary products and reduce period poverty. Although some stigma still exists, people are becoming more open and supportive about menstruation.</p>
  </article>
</section>
```

```
<section class="grid-layout" id="health-tips">
```

```
  <article class="card">
    <h3>Natural Health Tips</h3>
    <p>
      ☕ Stay Hydrated<br>
      ☕ Eat Nourishing Foods<br>
      ☕♀ Gentle Exercise and Stretching<br>
      ☕ Use Heat for Pain Relief<br>
      ☕ Get Enough Rest<br>
    </p>
  </article>
</section>
```

□ Manage Stress Naturally

 □ Maintain Good Hygiene Naturally

</p>

<h3>Herbal Tips:</h3>

<p>

 □ Ginger - helps reduce cramps and nausea.

 □ Turmeric - has anti-inflammatory properties.

 □ Cinnamon - eases pain and improves blood flow.

 □ Chamomile tea - promotes relaxation and better sleep.

 □ Fennel seeds - can relieve bloating and discomfort.

</p>

</article>

</section>

<!-- □ Cycle Tracker Section -->

<section id="cycle-tracker">

<div class="tracker">

 <h2>□ Cycle Tracker</h2>

 <label for="lastPeriod">Last Period Start Date:</label>

 <input type="date" id="lastPeriod">

 <label for="cycleLength">Average Cycle Length (days):</label>

 <input type="number" id="cycleLength" placeholder="e.g. 28">

 <button id="calculateBtn">Calculate</button>

<div class="result" id="result" style="display:block;"></div>

</div>

</section>

```
<!-- Menstrual Health Quiz -->

<section id="quiz">
  <div class="quiz-container">
    <h2>Menstrual Health Quiz</h2>
    <div id="quiz-content"></div>

    <div class="btn-container">
      <button class="btn" id="prevBtn" onclick="previousQuestion()">Previous</button>
      <button class="btn" id="nextBtn" onclick="nextQuestion()">Next</button>
    </div>

    <div class="result" id="quiz-result"></div>
  </div>
</section>
<script src="script.js"></script>
</body>
</html>
```