```html
<!DOCTYPE html>
<html>
<head>
  <title>Lovely Professional University</title>
  <style>

    .navbar {
      background-color: rgb(0, 3, 0);
      color: white;
      text-align: center;
      padding: 10px;
      margin: 0;
    }


    .navbar a {
      color: white;
      text-decoration: none;
      padding: 8px 20px;
      font-weight: bold;
      transition: background-color 0.3s, color 0.3s;
    }


    .navbar a:hover {
      background-color: orange;
      color: black;
      border-radius: 5px;
    }
  </style>
</head>
<body>

  <!-- Navigation Bar -->
  <div class="navbar">
    <a href="#">HOME</a>
    <a href="#">ACADEMICS</a>
```

```html
<body>

  <!-- Navigation Bar -->
  <div class="navbar">
    <a href="#">HOME</a>
    <a href="#">ACADEMICS</a>
    <a href="#">ADMISSION</a>
    <a href="#">RESEARCH</a>
    <a href="#">CONTACT</a>
  </div>

  <!-- White space -->
  <div style="background-color: ☐white; height: 20px;"></div>

  <!-- Main Heading -->
  <h2 style="color: ☐rgb(17, 2, 2); text-align: ; background-color: ▉rgb(18, 231, 18); padding: 10px; margin: 0;
    WELCOME TO Lovely Professional University
  </h2>


  <p>TO explore our program ,admission and research opportunities available in lpu campus</p>

</body>
</html>
```

WELCOME TO Lovely Professional University

TO explore our program ,admission and research opportunities available in lpu campus