Index.html

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <title>MainCrafts Landing Page</title>
    <link rel="stylesheet" href="style.css">
</head>
<body>
<header>
    <h1>Welcome to MainCrafts</h1>
    <p>Your Career Starts Here </p>
</header>
<section class="about">
    <h2>About Us</h2>
    <p>We provide Java Full Stack Internship & Training programs.</p>
</section>

<section class="contact">
    <h2>Contact Us</h2>
    <form action="http://localhost:8080/submitForm" method="post">
        <input type="text" name="name" placeholder="Your Name" required><br>
        <input type="email" name="email" placeholder="Your Email" required><br>
        <textarea name="message" placeholder="Your Message" required></textarea><br>
        <button type="submit">Send Message</button>
    </form>
</section>
</body>
</html>
```

Style.css

```css
body {
    font-family: Arial;
    margin: 0;
    background: #f4f4f4;
}

header {
    background: #0d6efd;
    color: white;
    padding: 30px;
    text-align: center;
}

.about, .contact {
    background: white;
    margin: 30px;
    padding: 20px;
    border-radius: 10px;
}

input, textarea {
    width: 100%;
    padding: 10px;
    margin: 10px 0;
}

button {
    background: #0d6efd;
    color: white;
    padding: 10px 20px;
```

```css
    border: none;

    cursor: pointer;

}
```

ContactController.java

```java
package com.example.demo;

import org.springframework.web.bind.annotation.PostMapping;

import org.springframework.web.bind.annotation.RequestParam;

import org.springframework.web.bind.annotation.RestController;


@RestController
public class ContactController {

    @PostMapping("/submitForm")
    public String handleForm(@RequestParam String name,
                @RequestParam String email,
                @RequestParam String message) {

        System.out.println("----- New Form Submission -----");
        System.out.println("Name : " + name);
        System.out.println("Email : " + email);
        System.out.println("Message : " + message);
        System.out.println("------------------------------");

        return "Form Submitted Successfully!";
    }
}
```

Welcome to MainCrafts

Your Career Starts Here

About Us

We provide Java Full Stack Internship & Training programs.

Contact Us

Your Name

Your Email

Your Message

Send Message

Form Submitted Successfully!