```
<html>
<head> <title>Form Methods Example</title> </head>
<body>
<form action="FormMethodsEx.php" method="POST">
<p><h2>Enter the Name and Roll Number</h2><br>
<p>Name: <input type="text" name="name"><br>
<p> Roll No:  <input type="text" name="roll"><br><br>
<input type="submit" value="Submit" name="submit_form">
<input type="reset" value="Clear">
</form>
</body>
</html>
```