```java
package iFrame;

import org.openqa.selenium.By;

public class EG1 {

    public static void main(String[] args) throws InterruptedException {
        WebDriver driver= new ChromeDriver();
        driver.manage().window().maximize();
        driver.get("https://www.w3schools.com/js/tryit.asp?filename=tryjs_intro_inner_html");
        Thread.sleep(2000);
        //switch selenium focus from main page to iframe
        driver.switchTo().frame("iframeResult");
        //element present in iframe
        driver.findElement(By.xpath("//button[text()='Click Me!']")).click();
        //to click on main page, we need to swicth selenium foucus from frame to main page
    //  driver.switchTo().parentFrame();
        driver.switchTo().defaultContent();
        driver.findElement(By.xpath("(//a[@title='Change Theme'])[1]")).click();

    }


import org.openqa.selenium.By;

public class EG2 {

    public static void main(String[] args) throws InterruptedException {

        WebDriver driver= new ChromeDriver();
        driver.manage().window().maximize();
        driver.get("https://demoqa.com/nestedframes");
        Thread.sleep(2000);

        //switch selenium focus from main page to Parent frame
        driver.switchTo().frame("frame1");
        String parentText = driver.findElement(By.xpath("//body[text()='Parent frame']")).getText();
        System.out.println(parentText);
        //switching selenium focus from parent to child frame
        driver.switchTo().frame(driver.findElement(By.cssSelector("iframe[srcdoc='<p>Child Iframe</p>']")));
        //getting inner frame text
        String childText = driver.findElement(By.xpath("//p[text()='Child Iframe']")).getText();
        System.out.println(childText);
    }

}
```