```html
<!-- example on JS-->
<!DOCTYPE html>
<html lang="en">
 <head>
  <meta charset="UTF-8">
  <title>JS</title>
 </head>
 <body>
     <h3>demo on do while loop</h3>
     <script>
          //to print 1 to 20 numbers
          let i=1;
          do{
               document.write(i+" ");
               i++;
          }while(i<=20);


          document.write("<br>");
          //to print 20 to 1 numbers
          i=20;
          do{
               document.write(i+" ");
               i--;
          }while(i>=1);
```

```html
        </script>


    </body>

</html>
```