**Looping (For, While)**

1. Introduction to for and while loops.

* **For Loop**: Iterates over a sequence (list, tuple, string, etc.).
* for i in range:
* **While Loop**: Repeats as long as the condition is true.
* while condition:

1. **Using Loops with Collections:**

* You can iterate through elements of collections like lists and tuples. For example:

fruits = ['apple', 'banana', 'mango']

for fruit in fruits:

print(fruit)