Based on the project documentation you provided, here are the commands used for developing and running your MERN stack portfolio, along with where to run them.

1. Frontend Commands

Where to run: In your terminal, navigate to the frontend folder (cd frontend).

- **npm install**: Installs all the necessary dependencies (packages) listed in package.json[1111].

- **npm run dev**: Starts the local development server (usually at http://localhost:5173)[2222].

- **npm run build**: Compiles the code into a production-ready build[3333].

- **npm run preview**: Allows you to preview the production build locally before deploying[4444].

2. Backend Commands

Where to run: In your terminal, navigate to the backend folder (cd backend).

- **npm install**: Installs backend dependencies (like Express, Mongoose, etc.)[5555].

- **npm start**: Starts the production server (usually at http://localhost:5000)[6666].

- **npm run dev**: Starts the development server with **auto-reload** enabled (using nodemon), so you don't have to restart the server after every code change[7777].

3. General / Setup Commands

Where to run: In the root directory or respective folders.

- **cd frontend / cd backend**: Used to navigate between your frontend and backend directories[8888].

- **git clone [repository-url]**: Used initially to download the project repository to your local machine[9].

- **Git Commands (from your screenshots):**

  o git add .: Stages all changes for commit.

  o git commit -m "message": Saves your changes with a message.

  o git push origin main: Uploads your code to GitHub (and triggers deployment if connected to Vercel/Render).