Program using switch statement:

```java
import java.util.*;
class FruitSwitchExample {
    public static void main(String[] args) {
        Scanner scanner = new Scanner(System.in);
        System.out.println("Enter a fruit (e.g., apple, banana, cherry, mango): ");
        String fruit = scanner.nextLine();
        switch (fruit) {
            case "apple":
                System.out.println("You selected an Apple.");
                break;
            case "banana":
                System.out.println("You selected a Banana.");
                break;
            case "cherry":
                System.out.println("You selected a Cherry.");
                break;
            case "mango":
                System.out.println("You selected a Mango.");
                break;
            default:
                System.out.println("Unknown fruit! Please enter a valid fruit.");
                break;
        }
        scanner.close();
    }
}
```

Output:

apple

Output:

Enter a fruit (e.g., apple, banana, cherry, mango):
You selected an Apple.

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guava

Output:

Enter a fruit (e.g., apple, banana, cherry, mango):
Unknown fruit! Please enter a valid fruit.

Program using IfElse :

```java
public class IfElseDemo {

  public static void main(String[] args) {

    int number1 = 400;
    int number2 = 500;

    if(number1 <= number2)
    {
      System.out.println(number1 + " is lesser than or equal to " + number2);
    }
    else
    {
      System.out.println(number1 + " is greater than " + number2);
    }
  }

}
```

Output:

Output:

400 is lesser than or equal to 500

```java
public class IfElseDemo {

  public static void main(String[] args) {

    int number1 = 600;
    int number2 = 400;

    if(number1 <= number2)
    {
      System.out.println(number1 + " is lesser than or equal to " + number2);
    }
    else
    {
      System.out.println(number1 + " is greater than " + number2);
    }
  }

}
```

Output:

Output:

400 is lesser than or equal to 500

Output:

600 is greater than 400

Program using If :

```java
import java.util.*;

public class IfDemo {
    public static void main(String args[])
    {
        int i = 10;

        if (i < 15)
            System.out.println("Inside If block");

            // part of if block(immediate one statement after if condition)
            System.out.println("10 is less than 15");

            //always executes as it is outside of if block

        // This statement will be executed

        // as if considers one statement by default again below statement is
            outside of if block
        System.out.println("I am Not ");
    }
}
```

Output:

```
Inside If block
10 is less than 15
I am Not
```