

MERN Stack Training

Company: Sensation Software Solutions
Student Name: Gurvinder Singh
Training Duration: 6 Months
Days: 40

Objective of the Day

The objective of Day 40 was to understand **RESTful API concepts**, JSON data handling, and backend best practices.

Work Done on Day 40

The trainer explained the concept of **REST APIs** and how frontend applications communicate with backend servers using HTTP requests and JSON data.

REST API Principles

Key principles discussed:

- Stateless architecture
 - Resource-based URLs
 - Proper use of HTTP methods
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JSON Data Handling

We learned how to:

- Parse incoming JSON data
- Send structured JSON responses
- Use body-parsing middleware

```
app.use(express.json());
```

Hands-on Practice

We created:

- Sample REST API endpoints
 - JSON-based responses
 - Clean and structured backend code
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Conclusion

Day 40 completed the **backend fundamentals phase** and prepared us for **database integration and advanced backend development**.