

CODE:

```
import java.util.*;
class looping
{
    public static void main(String args[])
    {
        Scanner sc= new Scanner(System.in);
        for(int i=1;i<=7;i++)
        {
            for(int j=1;j<=i;j++)
            {
                System.out.print(" ");
            }
            for(int k=i;k<=7;k++)
            {
                System.out.print(" "+k);
            }
            System.out.println();
        }
        for(int i=1;i<7;i++)
        {
            for(int j=7-i;j>=1;j--)
            {
                System.out.print(" ");
            }
            for(int k=7-i;k<=7;k++)
            {
                System.out.print(" "+k);
            }
            System.out.println();
        }
    }
}
```

OUTPUT:

```
C:\data\Coding\OOPM all practicals\2>java looping
1 2 3 4 5 6 7
 2 3 4 5 6 7
   3 4 5 6 7
    4 5 6 7
     5 6 7
      6 7
       7
      6 7
     5 6 7
    4 5 6 7
   3 4 5 6 7
  2 3 4 5 6 7
 1 2 3 4 5 6 7
```

