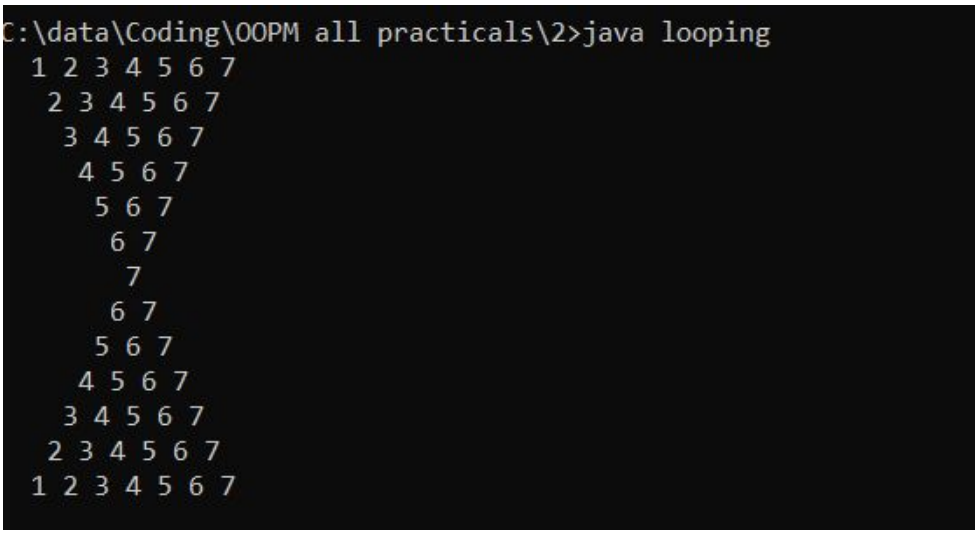
CODE:

```
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: