**For And While Loops**

For loop is used to iterate over elements of a sequence. It is often used when you have a piece of code which you want to repeat “n” number of times.

While Loop is used to repeat a block of code. Instead of running the code block once, It executes the code block multiple times until a certain condition is met.

Breakpoint is a unique function in For Loop that allows you to break or terminate the execution of the for loop

Continue function, as the name indicates, will terminate the current iteration of the for loop BUT will continue execution of the remaining iterations. Continue statement can be used in a for loop when you want to fetch a specific value from the list.

**enumerate()** in python is a built-in function used for assigning an index to each item of the iterable object. It adds a loop on the iterable objects while keeping track of the current item and returns the object in an enumerable form. This object can be used in a for loop to convert it into a list by using list() method.

Enumerate function is used for the numbering or indexing of the members in the list.

Suppose, we want to do numbering for our month ( Jan, Feb, Marc, ….June), so we declare the variable i that enumerates the numbers while m will print the number of months in the list.

Months = ["Jan","Feb","Mar","April","May","June"]

for i, m in enumerate (Months):

print(i,m)

Output

0 Jan

1 Feb

2 Mar

3 April

4 May

5 June

You can use a for loop for even repeating the same statement over and again.

for i in '123':

print ("guru99",i,)

Output

guru99 1

guru99 2

guru99 3