

Training Day 5 Report

Date: 1 July 2025

Topic Covered: Introduction to REST APIs and Creating a Basic Express Server

On the fifth day of MERN stack training, we learned the fundamentals of REST APIs and created our first basic Express server for the Notes App project. We also tested it using Postman.

What is a REST API?

A REST (Representational State Transfer) API is a set of rules for building web services that allow communication between a client (frontend) and a server (backend) using HTTP methods:

- **GET** – Retrieve data
- **POST** – Create new data
- **PUT** – Update existing data
- **DELETE** – Remove data

Creating a Basic Express Server

Inside `backend/server.js`:

- Imported `express` and `cors`.
- Created an Express application.
- Set up a test route:

```
app.get('/', (req, res) => {  
  res.send('API is running...');  
});
```

- Started the server with `app.listen()`.

Testing with Postman

- Sent a GET request to `http://localhost:5000/`.
- Verified that the server responded with `"API is running..."`.

Outcome of the Day

- Understood the basics of REST APIs and HTTP methods.
- Created and ran a basic Express server.
- Successfully tested the server with Postman.