Here’s a summary of the key commands for managing Conda environments, installing packages, and exporting package lists:

**Conda Environment Management**

1. **List Environments**:

conda env list

* + Shows all Conda environments on your system.

1. **Create a New Environment**:

conda create --name myenv python=3.9

* + Creates a new environment named myenv with Python 3.9.

1. **Activate an Environment**:

conda activate myenv

* + Activates the Conda environment named myenv.

1. **Deactivate the Current Environment**:

conda deactivate

* + Deactivates the currently active Conda environment.

1. **Remove an Environment**:

conda env remove --name myenv

* + Removes the Conda environment named myenv.

1. **Install Packages**:

conda install pandas numpy matplotlib

* + Installs pandas, numpy, and matplotlib in the active Conda environment.

1. **Install Packages from Requirements File**:

pip install -r requirements.txt

* + Installs packages listed in requirements.txt.

1. **Export Installed Packages to Requirements File**:

pip freeze > requirements.txt

* + Saves the list of installed packages and their versions to requirements.txt.

**Jupyter Notebook**

1. **Launch Jupyter Notebook**:

jupyter notebook

* + Starts the Jupyter Notebook server and opens the notebook interface in your browser.

**File and Directory Navigation**

1. **Change Directory**:

cd path\to\directory

* + Changes the current working directory to the specified path.

1. **View Directory Contents**:

dir # Windows

ls # macOS/Linux

* + Lists files and directories in the current directory.

**General Commands**

1. **Clear Screen**:

cls # Windows Command Prompt

clear # macOS/Linux Terminal

1. **Check Installed Packages**:

conda list # Conda environment

pip list # Python environment

* + Lists all installed packages in the current environment.

These commands cover the basics of managing Conda environments, handling packages, and working with Jupyter Notebook.