```
In [18]: iterable object = (1 , 2 , 3 , 4)
         for i in iterable_object :
             print(i ** 2)
         1
         4
         9
         16
In [19]: mylist = [1 , 2 , 3 , "Hey" , [1,2,3]]
         for element in mylist:
             print(element)
         1
         2
         3
         Неу
         [1, 2, 3]
In [1]: greeting = "Welcome to this course"
         is_there_a = False
         for char in greeting:
             if char == "a":
                 is_there_a = True
         if is there a==True:
             print("There's a in the greeting sentence")
             print("There's no a in the greeting sentence")
         There's a in the greeting sentence
In [22]: my_dictionary = {"Name" : "Kaveh" , "Age" : 21 , "Family Name" : "Masoumi"}
         print(my_dictionary.keys())
         for i in my_dictionary.keys():
             if i == "Age":
                 print("My age is:")
                 print(my_dictionary["Age"])
         dict_keys(['Name', 'Age', 'Family Name'])
         My age is:
         21
In [28]: my_list = [("Age" , 21) , ("Name" , "Kaveh") , ("Family Name" , "Masoumi")]
         for (a , b) in my_list:
             print(a)
             print(b)
         Age
         Name
         Kaveh
         Family Name
         Masoumi
In [ ]:
In [2]: numbers = []
 In [3]: for x in range (1, 101):
             numbers.append(x)
 In [4]: print(numbers)
         [1, 2, 3, 4, 5, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 2]
         4, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 4
         9, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 7
         4, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 9
         9, 100]
In [6]:
In [7]: adj = ["red", "big", "tasty"]
         fruits = ["apple", "banana", "cherry"]
         for x in adj:
             for y in fruits:
                 print(x, y)
         red apple
         red banana
         red cherry
         big apple
         big banana
         big cherry
         tasty apple
         tasty banana
         tasty cherry
In [10]: numbers = [
            [1,2,3],
             [4,5,6],
             [7,8,9],
             [10,11,12],
In [11]: for i in numbers:
             for j in i:
                 print(i, j)
         [1, 2, 3] 1
         [1, 2, 3] 2
         [1, 2, 3] 3
         [4, 5, 6] 4
         [4, 5, 6] 5
         [4, 5, 6] 6
         [7, 8, 9] 7
         [7, 8, 9] 8
         [7, 8, 9] 9
         [10, 11, 12] 10
         [10, 11, 12] 11
         [10, 11, 12] 12
In [ ]:
```