# числовые значения  
def chislo\_no\_znach(numbers):  
 total = 0  
 for num in numbers:  
 total += num \*\* 2  
 return total  
numbers = [1, 2, 3, 4, 5]  
print(sum(numbers))

# строковые значения  
def is\_stroka(string):  
 left = 0  
 right = len(string) - 1  
 while left < right:  
 if string[left] != string[right]:  
 return False  
 left += 1  
 right -= 1  
 return True