***FOR AND WHILE LOOP***

One main difference is while loops are best suited when you do not know ahead of time the number of iterations that you need to do. When you know this before entering the loop you can use for loop.

A for loop is just a special kind of while loop, which happens to deal with incrementing a variable. You can emulate a for loop with a while loop in any language. It's just syntactic sugar (except python where for is actually foreach). So no, there is no specific situation where one is better than the other (although for readability reasons you should prefer a for loop when you're doing simple incremental loops since most people can easily tell what's going on).

WHILE :  
  
While-loops are used when the exiting condition has nothing to do with the number of loops or a control variable  
  
FOR :  
  
for-loops are just a short-cut way for writing a while loop, while an initialization statement, control statement (when to stop), and a iteration statement (what to do with the controlling factor after each iteration).

How while loop works?  
The while loop evaluates the testExpression inside the parentheses ().  
If testExpression is true, statements inside the body of while loop are executed. Then, testExpression is evaluated again.  
The process goes on until testExpression is evaluated to false.  
If testExpression is false, the loop terminates (ends).

How do...while loop works?  
The body of do...while loop is executed once. Only then, the testExpression is evaluated.  
If testExpression is true, the body of the loop is executed again and testExpression is evaluated once more.  
This process goes on until testExpression becomes false.  
If testExpression is false, the loop ends