```python
# Create an empty list called my_list

my_list = []


# Append the following elements to my_list: 10, 20, 30, 40

my_list.extend([10, 20, 30, 40])


# Insert the value 15 at the second position in the list

my_list.insert(1, 15)


# Extend my_list with another list: [50, 60, 70]

my_list.extend([50, 60, 70])


# Remove the last element from my_list

my_list.pop()


# Sort my_list in ascending order

my_list.sort()


# Find and print the index of the value 30 in my_list

index_of_30 = my_list.index(30)

print("Index of value 30:", index_of_30)
```