

## What is a Loop?

- In programming, a **loop** is used to repeat a block of code multiple times.
- Instead of writing the same code again and again, we use loops.

## Types of Loops in Python:

1. **While Loop** → repeats as long as a condition is True.
2. **For Loop** → repeats for a fixed range or sequence.

## While Loop Basics:

- **While loop** keeps running **until the condition becomes False**.

### Syntax:

```
while condition:  
    # code block
```

## Key Points to Remember:

- Always update the variable inside loop, otherwise it will become infinite.
- Use while loop when you **don't know** in advance how many times to run.
- Common uses: login system, menu-driven programs, input validation.