

Backend Application:

1. Create an empty folder and open it in your code editor (VS Code).
2. Open the terminal in the VS Code.
3. Run the following command to create a package.json file:

```
npm init -y
```

4. Install the express package:

```
npm install express
```

Install the nodemon package:

```
npm install nodemon --save-dev
```

5. Create a new file named index.js and add the following code:

```
const express = require("express");

const app = express();

app.get("/", (req, res) => {
  res.send("Hello World");
});

app.listen(3000, () => {
  console.log("Server is running on port 3000");
});
```

6. Update the scripts in the package.json file:

```
"scripts": {
  "start": "node index.js",
  "dev": "nodemon index.js"
}
```

7. Run the following command to start the server:

```
npm run dev
```

8. Open your browser and go to <http://localhost:3000> to see the "Hello World" message.

9. Enable git in your project:

```
git init
```

10. Create a .gitignore file and add the following code:

```
node_modules  
package-lock.json
```

11. Create a readme.md file and add the project setup instructions.

12. Create a new repository on GitHub and copy the repository URL.

13. Add the remote repository URL to your local repository:

```
git remote add origin <repository-url>
```

14. Add the changes to the staging area:

```
git add .
```

15. Commit the changes:

```
git commit -m "Initial commit"
```

16. Push the changes to the remote repository:

```
git push -u origin master
```