Create an empty list called my\_list

my\_list = []

Append the following elements to my\_list: 10, 20, 30, 40

my\_list.append(10)

my\_list.append(20)

my\_list.append(30)

my\_list.append(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(f"The index of the value 30 in my\_list is: {index\_of\_30}")