*# List1 = ["Sherry","hamza","Asad","Zulqarnian","Furqan","Salman"]  
#  
# for Kuchbhi in List1:  
# print(Kuchbhi)  
  
#For loop for List*List1 = [[**"Sherry"**,16], [**"Hamza"**,18], [**"Asad"**,15],  
 [**"Zulqarnian"**,17], [**"Furqan"**,14], [**"Salman"**,18]]  
*#***for** item, age **in** List1: *#ya "item, or age bas aik name ha is ma kuch bhi dasakta ho"* print(item,**"is"**,age,**"year old"**)  
  
*#For loop for dictionary* dict1 = {**"Restricted"**:**"محدود"**,**"Revolution"**:**"انقلاب"**,  
 **"Psychological"**:**"نفسیاتی"**,**"Abandon"**:**"ترک کرنا"**}  
  
 **for** item,values **in** dict1.items():*#agar sirf key k liya for loop use kara ga to ok ha lkn agr value bhi chahiya to .item lazmi ha* print(item,**"means"**,values)  
  
*# Jab tak List , dictionary ya jis pa for loop laga ho os ka content khtm nhi hojai tab tak for loop chalta ha os ka bad rok jata ha  
  
#Quiz*List\_for\_Quiz = [int,12,3,54,**"Kuchbhi"**,**"Anything"**,343,4]  
**for** item **in** List\_for\_Quiz:  
 **if** str(item).isnumeric() **and** item>6:  
 print(item)  
  
*# while loop ka zariya quiz check kiya ha*list\_while = [832,43,6,24,1,3,3,5,45,**"jhsg"**,**"dsj"**]  
**for** number **in** list\_while:  
 **while**(str(number).isnumeric() **and** number>6):  
 print(number)  
 **break**