```python
# Scopes - Defines the lifetime of the variable

# Passing object by Reference
print ("Passing object by Reference")

def modify_list(lstNum):
  new_list = [6, 7, 8, 9, 10]
  # lstNum.extend(new_list)
  lstNum = new_list
  print ("In Function ->", lstNum)

num_list = [1, 2, 3, 4, 5]
print ("Before Function Call ->", num_list)
modify_list(num_list)
print ("After Function Call ->", num_list)

print ("-----------------------------------------------------------")

def changeVar():
  global var
  var = 5
  print ("In Function ->", var)

var = 10

print ("Before Function ->", var)
changeVar()
print ("After Function ->", var)

print ("-----------------------------------------------------------")
```