1. Create and insert a post in NOSQL database for a social media website using MongoDB.

```
use your_database_name

db.createCollection("your_collection_name")

db.your_collection_name.insertOne({
    title: "My First Post",
    content: "This is the content of my first post.",
    author: "John Doe",
    timestamp: new Date()
})

db.your_collection_name.find()
```

1. Create and update a post in NOSQL database for a social media website using MongoDB

```
use your_database_name

db.createCollection("your_collection_name")

db.your_collection_name.insertOne({
    title: "My First Post",
    content: "This is the content of my first post.",
    author: "John Doe",
    timestamp: new Date()
})

db.your_collection_name.find().pretty()

db.your_collection_name.updateOne(
    { title: "My First Post" },
    { $set: { content: "Updated content" } }
)

db.your_collection_name.find().pretty()
```