Write a program in Java to insert and remove elements in a stack

```java
package Practice;
import java.util.Stack;

public class StackExample {
    public static void main(String[] args) {
        Stack<Integer> stack = new Stack<>();


        stack.push(10);
        stack.push(20);
        stack.push(30);
        stack.push(40);
        stack.push(50);

        System.out.println("Stack elements after insertion: " + stack);


        int removedElement = stack.pop();
        System.out.println("Removed element from the stack: " +
removedElement);

        System.out.println("Stack elements after removal: " + stack);


        int topElement = stack.peek();
        System.out.println("Top element in the stack: " + topElement);
    }
}
```

OUTPUT

```
Stack elements after insertion: [10, 20, 30, 40, 50]
Removed element from the stack: 50
Stack elements after removal: [10, 20, 30, 40]
Top element in the stack: 40
```