Steps to Create a Django Project and App

1. **Install Python**
   Make sure Python (version 3.x) is installed on your computer.

2. **Install Django**
   Open the terminal and type "pip install django" to install Django.

3. **Create a Project Folder**
   Create a new folder for your project, then navigate into it using the terminal.

4. **Start a New Django Project**
   In the terminal, type "django-admin startproject project_name" to create your Django project.

5. **Navigate to the Project Folder**
   Go into the newly created project folder.

6. **Run the Development Server**
   Type "python manage.py runserver" to start the Django development server.
   Open a browser and go to "http://127.0.0.1:8000" to see your project.

Steps to Create a Django App

7. **Create a New App**
   In the terminal, type "python manage.py startapp app_name" to create a new app inside your project.

8. **Add the App to the Project**
   Open the `settings.py` file inside the project folder.
   In the `INSTALLED_APPS` section, add your app's name (e.g., 'app_name').

Steps to Create a Model

9. **Create a Model in the App**
   Open the `models.py` file inside your app folder.
   Define a model (a class) to represent your data. For example, you could create a model called "Product" with fields like name, price, etc.

10. **Apply the Changes to the Database**
    Run "python manage.py makemigrations" to create migration files for your model.
    Then run "python manage.py migrate" to apply the changes to your database.

11. **Use the Django Admin Panel**
    To manage your model using Django's admin panel, register the model in `admin.py`.
    After that, create a superuser by typing "python manage.py createsuperuser" and follow the instructions.
    Now you can log into "http://127.0.0.1:8000/admin" to manage your data.