**a)Internal to internal memory transfer**

#include <stdio.h>

#include <stdlib.h>

#include <pic18f4550.h>

/\*

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void main(void)

{

int i;

int source1[] = {0x21,0x22,0x23,0x24,0x25}; // source mem block

int dest[] = {0x00,0x00,0x00,0x00,0x00}; // destination mem block

for(i=0; i<=4;i++)

{ // counter = 5

dest[i] = source1[i]; // source to destination

}

}

**b)memory exchange program**

#include <stdio.h>

#include <stdlib.h>

#include <pic18f4550.h>

void main(void)

{

int temp,i;

int source1[] = {0x21,0x22,0x23,0x24,0x25};

int dest[] = {0x99,0x99,0x99,0x99,0x99};

for(i=0; i<=4;i++)

{

temp = source1[i];

source1[i] = dest[i];

dest[i] = temp;

}

}