#loop is used to repeat some code again and again. #We use it when we want to do the same thing multiple times without writing it again and again. #type of loop: # 1.while loop # 2. for loop # While loop: # A while loop keeps running as long as a condition is true. As soon as the condition becomes false, the loop stops. i = 0while i < 6: print(i) i += 1# The break Statement # With the break statement we can stop the loop even if the while condition is true: i = 1 while i < 6: print(i) if i == 3: break i += 1

# With the continue statement we can stop the current iteration, and continue with

# The continue Statement

the next:

```
i = 0
while i < 6:
i += 1
if i == 3:
    continue
print(i)</pre>
```

## The else Statement

With the else statement we can run a block of code once when the condition no longer is true:

```
i = 1
white i < 6:
print(i)
i += 1
else:
print("i is no longer less than 6")

# 2.for loop:
# A for loop is used for iterating over a sequence (that is either a list, a tuple, a dictionary, a set, or a string).

# range - The range() is the in-build function in Python generates a sequence of numbers.
# syntax for range: range(start, stop, step)
# start → Where to start (bydefault = 0)
# stop → Where to stop (this number is NOT included)</pre>
```

# step → How much to increment by (bydefault = 1)

```
# eg.1
for a in range(5):
  print(a)
# number 5 is not included. The range() function in Python does not go up to the last
number, it stops one number before it.
# eg.2
for i in range(1,10,2):
  print(i)
# to print the list through loop
my_list = [10, 20, 30, 40, 50]
for item in my_list:
  print(item)
Using range and len to access list with index
my_list = ['apple', 'banana', 'cherry']
for i in range(len(my_list)):
  print(i, my_list[i])
# Looping Through a String
# Even strings are iterable objects, they contain a sequence of characters:
for x in "banana":
```

## # The break Statement

print(x)

# With the break statement we can stop the loop before it has looped through all the items:

```
fruits = ["apple", "banana", "cherry"]
for x in fruits:
print(x)
if x == "banana":
  break
# Exit the loop when x is "banana", but this time the break comes before the print:
fruits = ["apple", "banana", "cherry"]
for x in fruits:
if x == "banana":
  break
 print(x)
# Nested Loops
# A nested loop is a loop inside a loop.
# The "inner loop" will be executed one time for each iteration of the "outer loop":
adj = ["red", "yellow", "tasty"]
fruits = ["apple", "banana", "cherry"]
for x in adj:
for y in fruits:
  print(x, y)
```

## The pass Statement

for loops cannot be empty, but if you for some reason have a for loop with no content, put in the pass statement to avoid getting an error.

```
for x in range(3):
  if x == 2:
  else:
    print(x)
```