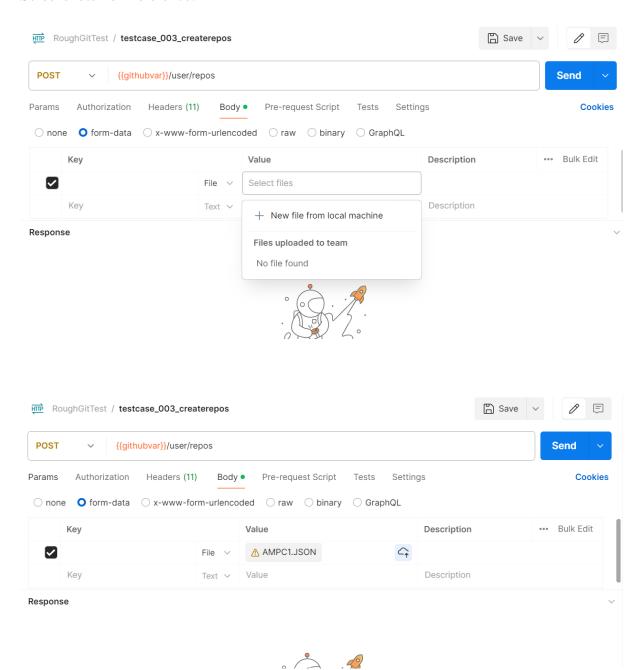**Steps To send the API body for POST request in Postman using external csv or JSON file:**

Sure, here are the steps to send the API body for a POST request in Postman using an external CSV or JSON file:

1. **Prepare your CSV or JSON file**: Create a CSV or JSON file containing the data you want to send in the body of the POST request. Ensure that the structure of the data matches the format expected by the API.
2. **Open Postman**: Launch the Postman application on your computer.
3. **Create a new request**: Click on the "New" button in the top-left corner of the Postman window to create a new request.
4. **Select request type**: Choose "POST" from the dropdown menu next to the URL field to specify that you want to send a POST request.
5. **Enter the request URL**: Enter the URL of the API endpoint you want to send the POST request to in the URL field.
6. **Go to the "Body" tab**: Click on the "Body" tab below the URL field to switch to the body section of the request.
7. **Select "form-data" or "raw"**: Depending on the format of your CSV or JSON file, choose either "form-data" or "raw" from the options provided. If you're using a CSV file, you'll likely use "form-data", and if you're using a JSON file, you'll use "raw".
8. **Upload the file**:
   - If you chose "form-data":
     - Click on the "Select Files" button.
     - Choose the CSV file you prepared and click "Open".
   - If you chose "raw":
     - Select the appropriate format from the dropdown menu (e.g., JSON).
     - Click on the "Choose Files" button and select the JSON file you prepared.
9. **Send the request**: Once you've uploaded the file, you can click on the "Send" button to send the POST request to the API endpoint.
10. **Review the response**: After sending the request, you'll receive a response from the API. You can review the response in the "Response" section of the Postman window.

Screenshots For Reference:

https://www.linkedin.com/in/gayatri-mishra-freelancecoach/

Note :

Usually we are using JSON format to mention the request body.

So if atall we need to send the request body using CSV file , we can just convert the JSON file to CSV file using the below converter link and download the csv file and attach the same to post the request.

https://data.page/json/csv