📝 **Internship Report**

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Week: 4
Day: 4
Topic: Loops (for, while, do-while), Arrays
Internship At: ProSensia

✅ **What I Learned Today**

🔄 **Loops in JavaScript**

1. **For Loop:**

   o   Used when the number of iterations is known.

js

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```js
for (let i = 0; i < 5; i++) {

  console.log(i);

}
```

2. **While Loop:**

   o   Checks the condition **before** running the loop body.

js

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```js
let i = 0;

while (i < 5) {

  console.log(i);

  i++;

}
```

3. **Do-While Loop:**

   o   Runs the loop body **at least once**, then checks the condition.

js

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```js
let i = 0;
do {
  console.log(i);
  i++;
} while (i < 5);
```

🖼️ Arrays in JavaScript

- Arrays store multiple values in a single variable.

js

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```js
const fruits = ["apple", "banana", "cherry"];
console.log(fruits[1]); // Output: banana
```

- **Common Array Methods:**
    - push() – Add item to the end
    - pop() – Remove item from the end
    - shift() – Remove item from the start
    - unshift() – Add item to the start
    - length – Get total number of elements
    - forEach() – Loop through each item in the array

📌 Summary

Today I practiced loops in JavaScript including for, while, and do-while loops, and learned how to work with arrays. These concepts are essential for writing clean and efficient logic in web development.