Here are Python programs for the exercises you've listed:

1. Sum all items in a list:

```python

numbers = [1, 7, -10, 34, 2, -8]

total = 0

for num in numbers:

total += num

print("Sum all items =", total)

```

2. Get the largest number from a list:

```python

numbers = [1, 7, 10, 34, 2, 8]

print("Largest Number:", max(numbers))

```

3. Count strings where the string length is 2 or more and the first and last character are the same:

```python

strings = ['pqp', 'xyzz', 'aba', '4224']

count = 0

for s in strings:

if len(s) >= 2 and s[0] == s[-1]:

count += 1

print("First and Last Character are same:", count)

```

4. Remove duplicates from a list:

```python

numbers = [1, 2, 3, 7, 2, 1, 5, 6, 4, 8, 5, 4]

unique\_numbers = list(set(numbers))

print(unique\_numbers)

```

5. Select an item randomly from a list using random.choice():

```python

import random

my\_list = [1, 2, 3, 4, 5]

random\_item = random.choice(my\_list)

print("Random item from list:", random\_item)

```

6. Create a list of 5 random integers:

```python

import random

random\_integers = [random.randint(1, 100) for \_ in range(5)]

print("List of 5 random integers:", random\_integers)

```

7. Separate positive and negative numbers from a list:

```python

numbers = [-1, 2, -3, 4, -5, 6]

positive\_numbers = [num for num in numbers if num > 0]

negative\_numbers = [num for num in numbers if num < 0]

print("Positive numbers:", positive\_numbers)

print("Negative numbers:", negative\_numbers)

```

8. Filter even and odd numbers from a list:

```python

numbers = [1, 2, 3, 4, 5, 6, 7, 8, 9]

even\_numbers = [num for num in numbers if num % 2 == 0]

odd\_numbers = [num for num in numbers if num % 2 != 0]

print("Even numbers:", even\_numbers)

print("Odd numbers:", odd\_numbers)

```

9. Reverse all strings in a string list:

```python

strings = ['Tutor', 'joes', 'Computer', 'Education']

reversed\_strings = [string[::-1] for string in strings]

print("Original list =", strings)

print("Reversed list =", reversed\_strings)

```

These should help you get started with practicing list manipulation in Python.