1. A loop is a programming structure that allows a statement or block of code to be run repeatedly until a specified condition is no longer true. A loop is one of the most powerful and fundamental programming concepts.

We have

for: this is the most common type, it loops through code a number of times

while: In a while statement, if the given condition is true, the code block will execute.

do/while: The do…while loop is similar to the while loop, but they loop code while a condition is true.

2. Here is an example of a while loop

Var num = 0

While(num<=10) {

```
If(num!==10){

Console.log("the number is", num ," - less than 10");

} else { console.log("the number is ", num, "the loop is over");

}

Num++;

}
```

Ref : https://www.educative.io/blog/javascript-loops-tutorial#