Write a Python script that:
1. Tokenizes a sample paragraph into words and sentences.

In [1]:
```
import nltk

# Re-download 'punkt' tokenizer
nltk.download('punkt')
nltk.download('punkt_tab')
```

```
[nltk_data] Downloading package punkt to
[nltk_data]     C:\Users\hp\AppData\Roaming\nltk_data...
[nltk_data]   Unzipping tokenizers\punkt.zip.
[nltk_data] Downloading package punkt_tab to
[nltk_data]     C:\Users\hp\AppData\Roaming\nltk_data...
[nltk_data]   Unzipping tokenizers\punkt_tab.zip.
```

Out[1]:
```
True
```

In [2]:
```
from nltk.tokenize import word_tokenize, sent_tokenize

sample_paragraph = """
Natural Language Processing (NLP) is a subfield of artificial intelligence
It aims to enable computers to understand, interpret, and generate human la
"""

# Tokenizing the paragraph into sentences and words
sentences = sent_tokenize(sample_paragraph)
words = word_tokenize(sample_paragraph)

print("Sentences:")
print(sentences)
print("\nWords:")
print(words)
```

```
Sentences:
['\nNatural Language Processing (NLP) is a subfield of artificial intelli
gence (AI) that focuses on the interaction between computers and human la
nguage.', 'It aims to enable computers to understand, interpret, and gene
rate human language in a way that is both valuable and meaningful.']

Words:
['Natural', 'Language', 'Processing', '(', 'NLP', ')', 'is', 'a', 'subfie
ld', 'of', 'artificial', 'intelligence', '(', 'AI', ')', 'that', 'focuses
', 'on', 'the', 'interaction', 'between', 'computers', 'and', 'human', 'l
anguage', '.', 'It', 'aims', 'to', 'enable', 'computers', 'to', 'understa
nd', ',', 'interpret', ',', 'and', 'generate', 'human', 'language', 'in',
'a', 'way', 'that', 'is', 'both', 'valuable', 'and', 'meaningful', '.']
```