5. 1. Open Postman and create a new request by clicking on the "New" button in the top left corner of the window.

2. Choose the "POST" option from the dropdown menu.

3. Enter the URL for the API endpoint you want to test. For example, if you want to create a new user, you might enter the following URL: https://example.com/api/users

4. In the "Body" tab, choose the format for your request data, such as JSON or form-data.

5. Enter the request data in the appropriate format. For example, if you're using JSON, you might enter something like this:

{

"name": "kiran",

"email": "kiran@gmail.com",

"password": "kiran1"

}

6. In the "Headers" tab, you can add any headers that are required for your request. For example, you might need to include an authentication token in the "Authorization" header.

7. Click on the "Send" button to send the request and view the response from the API endpoint.

8. In the "Body" tab, you can view the response data in various formats, including JSON, XML, and HTML.

9. You can save your requests and organize them into collections for easy access later.