9. 1. Open Postman and create a new request.

2. In the request URL or body, you can use variables by enclosing them in double curly braces, like this: {{kiran145}}.

3. To define a variable, click on the "Environment" quick look button in the top right corner of the Postman window.

4. Click on "Add" to create a new environment.

5. Enter a name for the environment and add any variables you need, along with their values.

6. To use the environment in your request, select it from the dropdown menu next to the quick look button.

7. Now you can use your variables in your requests by enclosing them in double curly braces, like this: {{ kiran145}}.

8. You can also define global variables that can be used across multiple collections and environments by clicking on the "Globals" tab in the left sidebar.