```
#Two dimensional lists
my_list = [1, 2, 3, 4]
print(my_list) # this will print just a normal list
# but if we want to make it 2D list
my_numbers = [
   [0, 9, 2, 1],
   [9, 3, 3, 6],
   [1, 2, 4]
print(my_numbers)
print('----')
#when we want to get the value by using index number
print(my_numbers[1][0]) # the 1 represents the index number based on
brackets/list and
#0 is based on the index number from the index of the list, you can it
anytime.add()
print('---')
#Nested Forloops
for lists in my_numbers:
   print(my_numbers)
print('----')
#when you want to print the values in rows
for lists in my_numbers:
   for row in lists:
    print(row)
```