Let's use a dataset from Kaggle for our exercises. We'll use the Titanic dataset, which is a popular dataset available on Kaggle. Here's how we can perform selecting, indexing, filtering, and assigning tasks on this dataset.

Titanic Dataset : <https://www.kaggle.com/datasets/brendan45774/test-file>

1. Selecting Columns:

- Select the 'Name' and 'Survived' columns from the Titanic dataset.

2. Indexing Rows by Position:

- Select the first five rows of the DataFrame.

3. Indexing Rows by Label:

- Select the rows where the index labels are 1 and 3.

4. Filtering Rows:

- Filter the rows where the 'Age' is greater than 30.

5. Multiple Conditions:

- Filter the rows where 'Age' is greater than 30 and 'Pclass' is 1.

6. Assigning New Values:

- Increase the 'Fare' by 10 for all rows where 'Age' is less than 10.

7. Adding a New Column:

- Add a new column 'FamilySize' that contains the sum of 'SibSp' and 'Parch' plus 1 (to include the passenger).