```
# 1  Switch to testing branch
git checkout testing

# 2  Create a new orphan branch (no history)
git checkout --orphan temp_branch

# 3  Stage all files
git add .

# 4  Create fresh commit
git commit -m "Initial commit for testing"

# 5  Delete old testing branch
git branch -D testing

# 6  Rename temp_branch to testing
git branch -m testing

# 7  Force push to remote (agar already remote branch exist karta hai)
git push -f origin testing
```

Note: testing is branch name