8. Write a program in Java to insert and remove elements in a stack

```java
import java.util.Stack;

public class StackExample {
    public static void main(String[] args) {
        Stack<Integer> stack = new Stack<>();

        // Inserting elements into the stack
        stack.push(10);
        stack.push(20);
        stack.push(30);
        stack.push(40);

        System.out.println("Stack: " + stack);

        // Removing elements from the stack
        int removedElement = stack.pop();
        System.out.println("Removed element: " + removedElement);

        int topElement = stack.peek();
        System.out.println("Top element: " + topElement);

        System.out.println("Stack after removing elements: " + stack);
    }
}
```

OUPUT:

Stack: [10, 20, 30, 40]

Removed element: 40

Top element: 30

Stack after removing elements: [10, 20, 30]