For in loop

```
var json = [{
    "id" : "Mani1",
    "msg"   : " JSON iterate for loops for in",
     "mail": "smsmaransg@gmail.com"
},
{
    "id" : "Maran2",
    "msg"   : "JSON iterate for loops for in",
    "mail": "nmcpteltd@gmail.com"
}];
for (var key in json) {
if (json.hasOwnProperty(key)) {
console.log(json[key].id);
console.log(json[key].msg);
console.log(json[key].mail);
}
}
```

```
var json={jsonData:{
 one:[11,12,13,14,15],
 two:[21,22,23],
 three:[31,32]
 }
};
for(var key in json.jsonData){
 for (var key1 in json.jsonData[key]){
   console.log(json.jsonData[key][key1])
 }
}
```

For loop

```
var json = [{
   "id" : "Mani1",
   "msg"   : " JSON iterate for loops",
   "mail": "smsmaransg@gmail.com"
},
{
   "id" : "Maran2",
   "msg"   : "JSON iterate for loops",
   "mail": "nmcpteltd@gmail.com"
}];
for(var i = 0; i < json.length; i++) {
   var obj = json[i];
   console.log(obj.id);
   console.log(obj.msg);
   console.log(obj.mail);



}
```

ForEach

```
const staffs=[{"name":"mani","born":1975},
{"name":"senthil","born":1975},
{"name":"maran","born":2006},
{"name":"dhaya","born":2000},
];
staffs.forEach(staff=>console.log(`${staff.name} was born in
${staff.born}`));
```

```javascript
let myResume={
  "personal": {
   "name": "SAMBANDAM MANIMARAN",
   "email": "smsmaransg@gamil.com",
   "phone": 9884006668,
   "degree": "D.M.E",
   "location": {
    "address": "1304,Gandhiji Nagar,N.K.Road,Thanjavur",
    "postalCode": 613006,
    "city": "Thanjavur",
    "state": "Tamilnadu",
    "country": "India"
   },
   "profiles": [
    {
     "github":"hhttps://github.com/nmcpteltd/guvi-b49-maran.git"
    }
   ]
  },
  "work": [
   {
    "company": "VISAUL MEDIA INTERNATIONAL PTE LTD",
    "position": "Executive Editor",
    "startDate": "2006-08-18",
    "endDate": "2023-01-15",
    "summary": "i am the video Editor",
   },
  ],
  "education": [
   {
    "institution": "SASTRA Deemed University,Thanjavur",
    "department": "Mechanical",
    "studyType": "fulltime",
    "batch start year":1992,
```

```
      "batch end year": 1995,
      "percentage": 72.3,
    }
  ],
  "skills": [
   {
     "name": "Multimedia and design",
     "award": [
       "Best Editor Award for the short film Manitha Neyam,Europe
Movies Festival,Switzerland"
     ]
   }
  ],
  "languages": [
   {
     "language": "Tamil,Enlish",
   }
  ],
  "interests": [
   {
     "name": "watching Movies,learning new subjects",
   }
  ]
 }
 console.log(myResume);
```