In Python, **break** and **continue** are flow control statements used within loops (such as **for** and **while** loops) to alter the flow of execution.

Break: This statement is used to exit the loop prematurely. When **break** is encountered within a loop, the loop is terminated, and the program control resumes at the next statement following the loop.

Example:

```python
for i in range(10):
    if i == 5:
        break
    print(i)
```

Output:

```
0
1
2
3
4
```

Continue: This statement is used to skip the rest of the code inside the loop for the current iteration and proceed to the next iteration. It essentially skips the remaining code within the loop for the current iteration but doesn't terminate the loop itself.

Example:

```python
for i in range(10):
    if i == 5:
        continue
    print(i)
```

Output:

```
0
1
2
3
4
6
7
8
9
```

Both **break** and **continue** statements are helpful for controlling the flow of loops based on certain conditions or criteria.

Code:

```python
i=0
while(True):
    if i+1<5:
        i=i+1
        continue
    print(i+1,end=" ")
    if(i==44):
        break
    i = i+1

while(True):
    imp = int(input("Enter a Number \n"))
    if imp>100:
        print("congrats \n")
        break
    else:
        print("Try again \n")
        continue
```

Output:

```
C:\Users\test\PycharmProjects\project_1\.venv\Scripts\python.exe C:\Users\test\PycharmProjects\project_1\Project_1.py
5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45
23
Try again

Enter a Number
101
congrats
```