```java
import java.util.*;

public class CollectionDemo {
    public static void main(String[] args) {
        // List interface
        System.out.println("List Interface:");
        List<String> myList = new ArrayList<>();
        myList.add("Java");
        myList.add("Python");
        myList.add("C++");
        myList.add("JavaScript");

        System.out.println("Elements in the list: " + myList);

        // Set interface
        System.out.println("\nSet Interface:");
        Set<Integer> mySet = new HashSet<>();
        mySet.add(10);
        mySet.add(20);
        mySet.add(30);
        mySet.add(20);

        System.out.println("Elements in the set: " + mySet);

        // Map interface
        System.out.println("\nMap Interface:");
        Map<String, Integer> myMap = new HashMap<>();
        myMap.put("One", 1);
        myMap.put("Two", 2);
        myMap.put("Three", 3);
        myMap.put("Two", 22);

        System.out.println("Elements in the map: " + myMap);

        // Iterating through the map
        System.out.println("\nIterating through the map:");
        for (Map.Entry<String, Integer> entry : myMap.entrySet()) {
            System.out.println(entry.getKey() + ": " + entry.getValue());
        }
    }
}
```