1. **What is Node JS?**

Node.js is an open-source and cross-platform JavaScript runtime environment.Node.js runs in the V8 JavaScript engine, the core of Google Chrome, outside of the browser.

A Node.js app runs in a single process, without creating a new thread for every request. Node.js provides a set of asynchronous I/O primitives in its standard library that prevent JavaScript code from blocking and generally, libraries in Node.js are written using non-blocking paradigms, making blocking behavior the exception rather than the norm.

1. **What is NPM?**

NPM (Node Package Manager) is the default package manager for Node and is written entirely in JavaScript. Developed by Isaac Z. Schlueter, it was initially released in January 12, 2010. NPM manages all the packages and modules for Node and consists of command line client npm.

NPM gets installed into the system with installation of Node. The required packages and modules in Node project are installed using NPM. A package contains all the files needed for a module and modules are the JavaScript libraries that can be included in Node project according to the requirement of the project.

NPM can install all the dependencies of a project through the package.json file. It can also update and uninstall packages. In the package.json file, each dependency can specify a range of valid versions using the semantic versioning scheme, allowing developers to auto-update their packages while at the same time avoiding unwanted breaking changes.