## Q5. Use the while loop to print numbers from 1 to 25 in ascending and descending order.

Loops are fundamental programming constructs that allow you to repeat a block of code multiple times. They are essential for performing repetitive tasks without needing to write the same code over and over again. Using loops can help you handle collections of data, automate repetitive actions, and manage iterations efficiently.

## Types of Loops in JavaScript

**1.For Loop**

**Use Case**: When you know how many times you want to iterate.

**2.     While Loop**

**Use Case**: When you want to repeat an action until a specific condition is no longer true.

**3.     Do...While Loop**

**Use Case**: Similar to the while loop, but guarantees that the code block will execute at  least once.