program in Java to implement implicit and explicit type casting

```java
public class TypeCastingExample {

    public static void main(String[] args) {

        // Implicit type casting

        int numInt = 100;

        double numDouble = numInt;      // Implicit casting from int to double


        System.out.println("Implicit type casting:");

        System.out.println("numInt: " + numInt);

        System.out.println("numDouble: " + numDouble);


        // Explicit type casting

        double numDouble2 = 123.456;

        int numInt2 = (int) numDouble2;     // Explicit casting from double to int


        System.out.println("\nExplicit type casting:");

        System.out.println("numDouble2: " + numDouble2);

        System.out.println("numInt2: " + numInt2);
    }
}
```