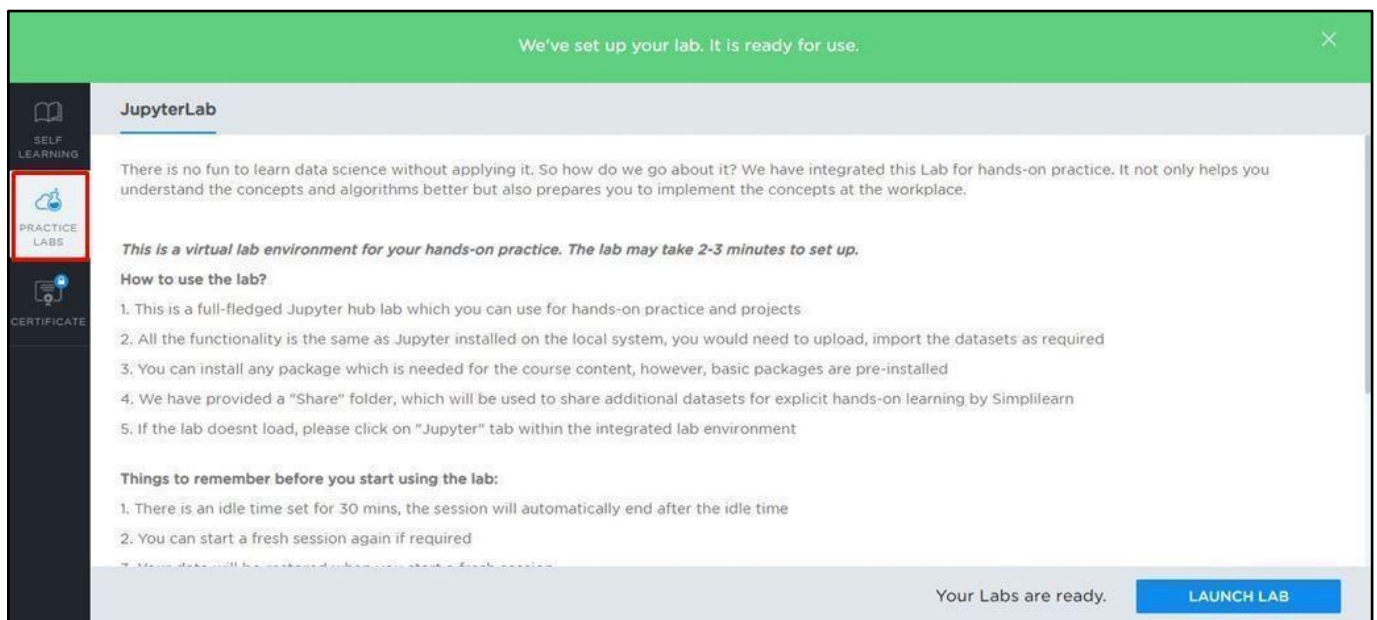# Programming Refresher

Lab Guide

Note: The lab gets reset every 15 days. Make sure you save files before that.

This section will guide you to:

- Use labs for executing all the demos included in this course

Step 1:

- Login to the Simplilearn LMS
- Click on the "**PRACTICE LABS"** tab on the left panel

Step 2:

- Click on the **"LAUNCH LAB"** button at the bottom right
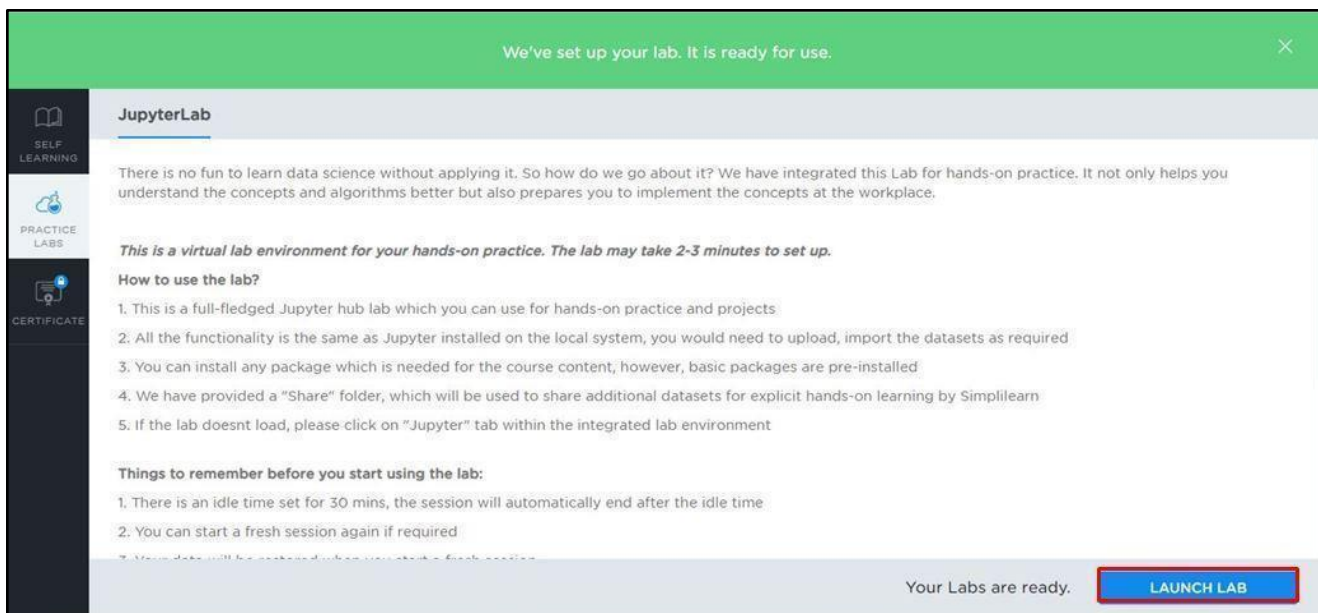
Step 3:

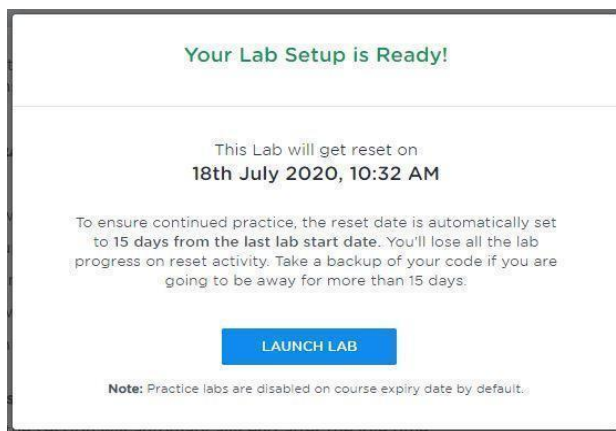- Now, a small screen will pop up in the middle of your screen with important information about the lab. Click on the "**LAUNCH LAB"** button again

- It will lead to a full-fledged **Jupyter Notebook environment** and you can use that according to your convenience.