

## MERN Stack Training

**Company:** Sensation Software Solutions

**Student Name:** Tajinder Kaur

**Training Duration:** 6 Months

**Days:** 40

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## Objective of the Day

The objective of Day 40 was to understand **RESTful API concepts**, JSON data handling, and backend best practices.

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## Work Done on Day 40

The trainer explained the concept of **REST APIs** and how frontend applications communicate with backend servers using HTTP requests and JSON data.

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## REST API Principles

Key principles discussed:

- Stateless architecture
  - Resource-based URLs
  - Proper use of HTTP methods
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## JSON Data Handling

We learned how to:

- Parse incoming JSON data
- Send structured JSON responses
- Use body-parsing middleware

```
app.use(express.json());
```

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## Hands-on Practice

We created:

- Sample REST API endpoints
- JSON-based responses
- Clean and structured backend code

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## Conclusion

Day 40 completed the **backend fundamentals phase** and prepared us for **database integration and advanced backend development**.