

```
>>> names
[]
>>> names=["mark","john","july"]
>>> names
['mark', 'john', 'july']
>>> names[0]
'mark'
>>> names[2]
'july'
>>> names[-1]
'july'
>>> names[-3]
'mark'
>>> names.append("patrik")
>>> names
['mark', 'john', 'july', 'patrik']
>>> age=[23,12,32,11]
>>> names.extend(age)
>>> names
['mark', 'john', 'july', 'patrik', 23, 12, 32, 11]
```