```python
#declaring the given list
list1 = [5, 10, 15, 20, 25, 50, 20]

#loop to find and update the first occurrence
for val in list1:
    if(val == 20):
        i = list1.index(val)
        list1[i] = 200
        break
print(list1)
```

[5, 10, 15, 200, 25, 50, 20]

```python
#declaring the given list
list1 = [5, 10, 15, 20, 25, 50, 20]

#loop to find and remove the given value
for val in list1:
    if(val == 20):
        i = list1.index(val)
        del list1[i]
print(list1)
```

[5, 10, 15, 25, 50]

```python
#declaring the given list
list1 = [10, 20, 30, 40]
list2 = [100, 200, 300, 400]

#using loop and zip function to iterate two lists
for x, y in zip(list1, list2[::-1]):
    print(x, y)
```

10 400
20 300
30 200
40 100