Tell about Enums in TypeScript?

In TypeScript, Enums provide a way to create a set of named constants. This can be helpful when working with a fixed set of values, such as days of the week or status codes. Enums can make the code more readable and maintainable by giving a descriptive name to a set of related constants.

```
enum DaysOfWeek {
   Monday,
   Tuesday,
   Wednesday,
   Thursday,
   Friday,
   Saturday,
   Sunday
}

// Example usage:
let today: DaysOfWeek = DaysOfWeek.Wednesday;
```