1 - Running of Blocked: When a process is blocked by an operation like mutual exacusions or of read/writes an interrupt happens process table. Os chooses another process to run.

2- Running -> Ready: When a timer interrupt happens or for some reason process is interrupted but ready to go, it is marked as Ready in process table and another process selected for runing in process table.

3- Ready -> Running: When process scheduler chooses a ready process to run after an interrupt etc. It runs the process and marks It as running in the table.

4- Blocked -> Ready: When the reason that touses the process to be blocked ended, it is marked as ready but not process scheduler.

Process scheduler.

most of the time not all of the registers one in use. In order to some time unused registers are not saved/loaded.
For older computers this had more affect in performance since system resources, were smaller.

