Both **histograms** and **bar graphs** look similar because they use rectangular bars, but they are used for **different types of data** and tell **different stories**.

A **histogram** is used when your data is **numerical and continuous** — things that can be measured on a scale, like marks, height, weight, salary, or age.  
In a histogram, the x-axis shows **ranges or intervals** (for example, 0–10, 10–20, 20–30 marks), and the y-axis shows **how many data points fall in each range**.  
The bars in a histogram **touch each other** because the data is continuous — one range flows smoothly into the next.  
We use a histogram when we want to understand the **distribution** of data — for example, whether most students scored average marks or whether the marks are spread widely.

A **bar graph**, on the other hand, is used for **categorical data** — things that fall into distinct groups, such as types of fruit, product names, departments, or cities.  
Each bar represents a **separate category**, and there are **gaps between the bars** because the categories are independent of one another.  
Bar graphs are used when we want to **compare** how much or how many — for example, comparing the sales of Apple, Samsung, and Vivo phones.

Use a **histogram** when your x-axis represents **number ranges** and you want to see the **spread or shape** of data.

Use a **bar graph** when your x-axis represents **distinct names or labels** and you want to **compare categories**.