**Pulling** - Pulling is the opposite of pushing. It allows you to make changes in your local repository from any remote location. it's more useful in group work or a big project where more than one person can submit changes to a single repository

**Pushing** - Pushing sends your changes up to GitHub, so they can be shared with your project teammates. It also serves as a hedge against data loss.

suppose if you are working on the repository alone then it's easy to push. but If there are other members who want to access the same repository then you need to pull before you push up to GitHub