AUTHORIZING THE REQUEST

Its includes authenticating the client who send the request and verifying whether the client is allowed to access or not and to conduct endpoint operations

Also you need to ask the provider to provide the authorization details while using the third party API

DIFFERENT AUTHROZING TABS IN POSTMAN
1. No Auth: this means you are not providing any special credentials or token, it's like walking up to the door without needing a key or password, it might work if the server allows anonymous access

2. Basic Auth: imagine you are entering a club and you require special name and password, Basic Auto does the same provide you special name and password

3. Bearer Token: it's like you are going to the concert and you have a stamp on your hand that proves that you eventually have got the tickets, or you are entering your company and you have the employee id card, basically you get a token (a string like logging In and need to showcase that to server and you will be able to enter)

4. OAuth 2.0: this is more complex, it's like using the Google account to login somewhere

5. Digest Auth: this is like a basic authorization, it's like a secret code changes each time you are using it making it harder to others to steal your credentials