◆ What is POST Method?

- The **HTTP POST** method is used to **send data to the server** to create or update a resource.

- In CRUD operations, it maps to the **C – Create**.

- The **data is sent in the request body**, and its format is specified in the Content-Type header.

🟢 When is POST Method Needed?

- When you want to **create a new resource** on the server.

- For example: submitting a **form** or uploading a file.

- The created data can often be accessed later through a **unique URL**.

- **POST data is not cached** by browsers.

- It **hides sensitive info** (unlike GET, which exposes it in the URL).

- Used when **data should not be saved in browser history** or **reused**.

💡 Why is POST Method Important?

- Ensures **secure data transmission** in the request body.

- It avoids accidental **data duplication** through bookmarking or refreshing (unlike GET).

- Supports complex data formats like JSON, XML, form-data.

🌼 Key Features of HTTP POST:

- **Creates** new resources.

- **Request body** contains data to send.

- **Not cacheable**, not saved in browser history.

- Data is **not exposed in URL**.

- Often used in **login, sign-up, form submissions, uploading files**.

✅ **Summary – What We Learned Today:**

- ◆ Understood what **POST** method is.

- ◆ When and **why** to use POST.

- ◆ Core **features** and security benefits.

- ◆ Role of POST in **web forms and API communication**.