first install docker
commands for ubuntu:
-sudo docker pull ubuntu
-sudo docker run -it ubuntu
-sudo apt-get update
-sudo apt-get install python2.7
-sudo apt-get install python-pip
-sudo pip install flask
-sudo apt-get install nano
check ifconfig and copy the init address
-nano server.py
a file will open
write program
/////////press ctrl O THEN enter THEN ctrl X

go to terminal and run

-python server.py
go to browser type displayed ip starting from http:
browser will display hello worlld
press "ctrl Q p" together
it will lead to student
now
-sudo docker ps -1
-sudo docker commit containerid imagename
-sudo docker images
-sudo docker run -it imgagename
exit