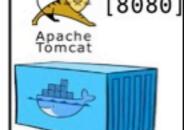how to expose the port of the application that is running
inside the container to the docker host or external network?

EXPOSE is an directive that is not meant for exposing the port
of the application inside the container to the out,
it is only for documenting on what ports the
containerized application is running, so that user who is running
container out of the image decides how he wanted to expose
those ports out of the container

container is a program under execution in a isolated environment
from the other programs/containers on the host

[8080] linux namespaces
- pid
- mount
- network
- user
- ipc
- unix time sharing