MongoDB Realm is a serverless platform and mobile database from MongoDB. It provides several features that make it easier to work with data across different platforms and devices. Here are some key features of MongoDB Realm:

1. \*\*Realm Database\*\*: A local database that runs directly inside phones, tablets, and wearables. It's faster than SQLite and offers a simple object-oriented API.

2. \*\*Sync\*\*: Automatically synchronizes data between devices and MongoDB Atlas, handling conflict resolution and networking code for you.

3. \*\*Serverless Functions\*\*: Allows you to run server-side code in response to data changes in your app or Atlas database, or as a result of a user action.

4. \*\*Triggers\*\*: Run functions automatically in response to changes in your database.

5. \*\*GraphQL\*\*: Automatically generates a GraphQL API for your MongoDB data.

6. \*\*Authentication\*\*: Provides built-in user management and authentication, including anonymous users, email/password, and third-party integrations like Google and Facebook.

When you use MongoDB Realm in your app, you can define objects in your code that map to documents in a MongoDB collection. You can then perform create, read, update, and delete (CRUD) operations on these objects, and the changes will be automatically synced with the MongoDB Atlas database.

For example, in your signup activity, you're creating a `User` object and setting its properties based on the form input. When you call `realm.insert(user);`, this creates a new document in the MongoDB collection associated with the `User` class. If you were to update or delete this `User` object, the corresponding document in the MongoDB collection would also be updated or deleted.

This makes it easy to work with MongoDB data in your app, as you can use the same object-oriented programming techniques you're used to, and let MongoDB Realm handle the details of syncing data with the server.

Yes, you can use MongoDB Atlas directly from your Android app, but it's not recommended for a few reasons:

1. \*\*Security\*\*: Directly connecting to MongoDB Atlas from a client application can expose your database to security risks. You would need to embed your MongoDB Atlas connection string, including your username and password, in your app. This could potentially be extracted and misused.

2. \*\*Efficiency\*\*: MongoDB Atlas is a cloud-based service, so every operation requires a network request. This can be slow and unreliable, especially on mobile networks. MongoDB Realm's sync feature **allows you to work with a local database on the device and sync changes with MongoDB Atlas in the** **background**.

3. \*\*Complexity\*\*: MongoDB's API is designed for server-side languages and can be complex to use from Android. MongoDB Realm provides a simpler, object-oriented API that's easier to use from Android.

If you still want to use MongoDB Atlas directly, you would need to set up a server-side application that your Android app communicates with. This server-side application would handle connecting to MongoDB Atlas, performing database operations, and sending the results back to your Android app. This is more complex and requires more work than using MongoDB Realm, but it can be more flexible and can provide better security if done correctly.