Wireshark -

sudo apt install wireshark

sudo wireshark

After opening wireshark,

If network interfaces are not shown, do 'sudo apt install libpcap0.8'

After interfaces are shown, press CAPTURE

Then 'START' capture and it displays real time traffic of packets.

Also we go to STATISTICS on the top bar, and press I/O graph to get graphical representation.

Analyzing pcap file...

Click FILE on the top bar and open the pcap file.

Then click ANALYZE on the top bar and try out different options.