Version control is a system that helps track changes to files, such as documents or code, over time. It's like having an "undo" button for everything you work on, while also maintaining a history of all changes, showing what was done and when it happened.

One major benefit of version control is that it allows multiple people to work on the same project without interfering with each other's contributions. For instance, if I’m working on a school project and my friend is editing the same file, version control makes sure that both our changes are saved and properly merged, so one person's work doesn't overwrite the other’s.

This is especially useful in software development. Imagine a team of developers working on an app. They can use version control to organize new features, fix bugs, and keep a record of all their work, without accidentally disrupting each other’s contributions.

Git is a commonly used tool for version control. A basic Git command is git commit -m "message". This command saves your work at a certain point and allows you to add a note about the changes, like “Added a new login button” or “Fixed spelling errors.” It’s similar to taking a snapshot of your progress with a brief description.

Version control is essential because it organizes work, improves teamwork, and makes it easier to fix mistakes or return to a previous version if something goes wrong.