

A session is an object associated with a client connection to the server. it has the ability to carry information related to the client. since **http is a connectionless protocol**, developers need an ability to "remember" what the client of the application did during the visit to the page. a great example of the need and use of session is a infamous shopping cart. as users browse through products they are interested in, they add products they want to buy to the 'shopping cart' this information needs to be stored somewhere so that when users decides to check-out and purchase the products, the system knows all the products client wants to purchase. so 'shopping cart' is stored in the session which drags along on each client invocation to the server until session expires.

Cookies are a means to store information in the end-user's browser, so that the server can track the end-user.

Sessions are also implemented by using cookies, but the actual data is not in the browser; rather, it is stored in the user's session record on the server.

Session is safe rather than Cookies.

As there is no max session size so , you can store as much data as you like within in sessions. All sessions are stored on the server. so we can say There is no limit to the size of the session, BUT there is a limit to the memory PHP can take 128 MB , and we can change that memory size in php.ini if we require more.

The "official" maximum size for Cookie is 4KB



