**Assignment: Understanding Application Containerization**

**Objective:**  
Explore the concept of application containerization, its benefits, key technologies, comparison with traditional virtualization, and real-world use cases.

**Instructions:**

1. Define application containerization and explain how it differs from traditional virtualization.
2. Describe key containerization technologies (e.g., Docker, Kubernetes).
3. Highlight the advantages and challenges of containerization.
4. Compare popular container orchestration tools (e.g., Kubernetes, Docker Swarm).
5. Discuss real-world applications and industries that benefit from containerization.

**Submission Format:**

* Write a **1,000-word** report.
* Use proper formatting and citations.
* Submit as a PDF or Word document.