**Data in Transit**

Data in transit or Data in motion means moving/sending a data from one location to another location. Here, data can be moved across the public/private network, internet and/or from device to device. This includes our daily activities like browsing online, accessing and sending email, and accessing application in cloud.

**Data at Rest**

Data at rest means storing the data in physical devices/ computer systems, which

Data at rest denotes data stored in computer systems, including files on an employee's laptop, company files on a server, or copies of these files on an off-site tape backup. Securing data at rest in a cloud is not drastically different than securing it outside a cloud environment. A customer deploying in a PaaS environment needs to find the risk level acceptable and make sure that the cloud provider is the primary custodian of the data.