1. Container = Your App + its Runtime Environment = Package = A running unit of a software.
   1. Running Unit: Suppose your software has many processes like one for your JVM, one for DB and one for X.  
      Then we will create one container for each process and that process will be running in that container.  
      **NOTE**: We can’t divide a process further. That is the condition. That is way a running unit of a software.
2. Image = Template = Blueprint for containers.
3. Image contains code and tools to run code and setup instruction whereas container runs the code with those tools.
4. Container is running instance of an image.
5. Then multiple containers can be created based on this image.
6.  