SQL (Structured Query Language) is a domain-specific language used to manage and manipulate relational databases. It is the standard language for interacting with relational databases, and is used by most relational database management systems (DBMS) such as MySQL, Oracle, Microsoft SQL Server, and PostgreSQL.

SQL databases consist of tables, which are collections of rows and columns that represent a specific type of data. The columns represent the attributes of the data, and the rows represent individual records. Relationships between tables can be established through the use of keys, such as primary keys and foreign keys.

SQL has several key commands for working with relational databases, including:

SELECT: used to retrieve data from a table or multiple tables

INSERT: used to insert data into a table

UPDATE: used to modify existing data in a table

DELETE: used to delete data from a table

CREATE: used to create a new table, database, or other database object

ALTER: used to modify the structure of a table or other database object

DROP: used to delete a table, database, or other database object

When working with SQL, it is important to be familiar with the syntax and conventions used by the particular DBMS you are using. Some DBMSs, such as MySQL and PostgreSQL, have slightly different implementations of SQL and may have different keywords or functions.

SQL provides a powerful and flexible way to manage and manipulate relational data. With a good understanding of the language, you can work with large datasets, establish complex relationships between data, and perform complex operations with ease. Additionally, because SQL is the standard language for relational databases, it is widely used and supported, making it a good choice for a variety of applications and use cases.