

Session:-

When a user logs in the server creates a unique ID for that user. This ID is destroyed when the browser is closed. The feature of Session is stored on the server High (Server-side) Standard login system.

Cookies:-

These are small text files in the browser. They help the website remember things like your username or language. The feature of the cookies is stored in the browser. Low (can be modified) remembering user themes.

JWT:-

It is a digital signature. The server send a token to the user and the user sends it back with every request to prove who they are. The feature of the JSON Web Token is stored in browser local storage very high high encrypted modern APIs & mobile Apps.