

# WHAT IS JWT?

**JWT (JSON WEB TOKEN)** IS A COMPACT, SELF-CONTAINED TOKEN USED FOR SECURE INFORMATION EXCHANGE.

IT HAS:

- **HEADER:** TOKEN TYPE AND SIGNING ALGORITHM.
- **PAYLOAD:** USER DATA (CLAIMS LIKE ID AND ROLES).
- **SIGNATURE:** VERIFIES TOKEN INTEGRITY USING A SECRET KEY.

**JWTs** ARE WIDELY USED FOR STATELESS AUTHENTICATION AND SECURE DATA SHARING.

