to run the project:

yarn dev

to run the tests cases:

yarn test -- watchAll

to run prisma studio:

npx prisma studio

To copy the back-up.sql file into docker:  
 docker cp aa.sql docker-db-1:/var/lib/postgresql/data

Then

docker exec -i docker-db-1 psql -U myuser -d mydb -f /var/lib/postgresql/data/aa.sql