For building Docker

docker build .

For Running the Docker

docker run --name pathology \_\_\_\_name of the built // already running

then after exiting from the docker

To copy the files/folders from the root to specified container

docker cp /root/example pathology:/. (src and destination IS SPECIFIED)

As we have exited from docker we need to run the docker container again

docker start pathology

Then to get inside the docker

docker attach pathology