**🔹 exec -it 68ce23158a7c bash**

This command is used in Docker.

* docker exec: Runs a command inside a running Docker container.
* -it: Combines -i (interactive) and -t (allocate a pseudo-TTY), allowing you to interact with the shell.
* 68ce23158a7c: This is the container ID (or name).
* bash: Opens a Bash shell inside the container.

✅ **In short:** This command opens an interactive Bash terminal inside the Docker container.

**🔹 psql -U postgres**

This runs the PostgreSQL interactive terminal (psql) inside the container.

* -U postgres: Logs in as the PostgreSQL user named postgres.

✅ **You’re now inside the PostgreSQL CLI**, logged in as the postgres user.

**🔹 \l**

This is a PostgreSQL **meta-command**.

* \l: Lists all databases on the PostgreSQL server.

✅ **Shows all available databases**.

**🔹 \c CatalogDb**

Another PostgreSQL meta-command.

* \c CatalogDb: Connects to the database named CatalogDb.

✅ **Switches your session to the CatalogDb database.**

**🔹 \d**

Yet another PostgreSQL meta-command.

* \d: Lists all tables, views, and sequences in the **current** database (CatalogDb in this case).

✅ **Displays all tables and other schema-related objects in CatalogDb.**

**✅ Summary of Workflow**

1. Access a running Docker container with Bash.
2. Start the PostgreSQL CLI as the postgres user.
3. View all databases.
4. Switch to a specific database (CatalogDb).
5. List all tables in that database.

Let me know if you'd like to also see the output these commands typically produce!