Q. Find out what is the better way to transport data between XML and JSON or are both the same?

Ans:

The best technique to transfer data between XML and JSON relies on several variables, such as the type of data you are transferring, the system requirements, and the particular use case. Although both XML and JSON are frequently used for data exchange, each format has pros and cons that make one more appropriate than the other in particular circumstances.

Select XML if:

1. **Complex hierarchical data:** Due to its hierarchical style, XML is well suited for describing complex nested data structures.
2. **Industry standards:** For data integration or exchange, XML may be the accepted format in particular sectors of the economy.
3. **Human readability:** XML's use of tags and logical structure can be advantageous if human readability is an important consideration.
4. **Legacy systems**: If you are working with older systems or databases that predominantly use XML, it might be more practical to continue using XML.

Select JSON if:

1. **Performance:** Generally speaking, JSON is lighter than XML, resulting in reduced file sizes and quicker data transmission times, which might be crucial for network connection.
2. **Native support:** JSON is supported by a wide range of contemporary computer languages, making it easy to use in a variety of contexts.
3. **Online applications and APIs:** Because JSON is compatible with JavaScript, it is frequently used for online services, APIs, and AJAX queries.
4. **Simplicity**: JSON's concise format with key-value pairs and arrays makes it more straightforward and efficient for data exchange, especially with web applications and APIs.

But if we say in modern times where data is travelled at a very fast speed then JSON would be preferable choice. JSON is lighter and as it is much easier to understand and work with them.