

Docker is a software that helps you use linux on windows.

It also let you use windows on linux

It can also help you use mac on windows and lot many more combination like these.

Through Docker Desktop for Windows

You can use linux or macos on windows.

You can get Linux Distros like Ubuntu or Kali Linux or Suse Linux from Microsoft Store and install them in Desktop Desktop and use through Windows Operating Sytsem.

Many Distros like Ubuntu or Kali Linux or Suse Linux are free to download from Microsoft Store.