Software engineers need version control because it helps them monitor changes to their code over time. It keeps track of all changes made in a chronological manner, which makes it easier to comprehend how the code has changed over time and makes debugging easier by connecting problems to specific changes. One major advantage of collaboration is that it makes it possible for numerous developers to work simultaneously and seamlessly merge changes. One application of version control is when developers commit changes, they store their alterations along with a descriptive note. To commit changes to the repository, use a Git command like "git commit -m 'Your commit message here'".