**What is Session in Hibernate?**

- Hibernate session is the main interface between a Java Application and Hibernate. This is the central API class abstracting the notion of a persistence service.

The main function of the session is to get a physical connection with the database and to offer create, read and delete operations for instances of the mapped entity classes.

Instances may exist in one of the three states:

1. Transient- never persistent and not associated with session

2. Persistent-associated with unique session

3. Detached-previously persistent and not associated with any session

It is not intended that session implementation is threadsafe. Instead each thread/transaction should obtain its own instance from a SessionFactory.

A session instance is serializable if its persistent classes are serializable.