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| **Life cycle of a Thread (Thread States)**  A thread can be in one of the five states in the thread. According to sun, there is only 4 states new, runnable, non-runnable and terminated. There is no running state. But for better understanding the threads, we are explaining it in the 5 states. The life cycle of the thread is controlled by JVM. The thread states are as follows:   1. New 2. Runnable 3. Running 4. Non-Runnable (Blocked) 5. Terminated   life cycle of thread  **1)New**  The thread is in new state if you create an instance of Thread class but before the invocation of start() method. |

**2)Runnable**

The thread is in runnable state after invocation of start() method, but the thread scheduler has not selected it to be the running thread.

**3)Running**

The thread is in running state if the thread scheduler has selected it.

**4)Non-Runnable (Blocked)**

This is the state when the thread is still alive, but is currently not eligible to run.

**5)Terminated**

A thread is in terminated or dead state when its run() method exits.