1. What is push payload size in iOS?

In iOS 8 and later, the maximum size allowed for a notification payload is 2 kb

Apple Push Notification service refuses any notification that exceeds this limit.

2. What is push notification? How it works?

Apple Push Notification service (APNs) propagates push notifications to devices having applications registered to receive those notifications. Each device establishes an accredited and encrypted IP connection with the service and receives notifications over this persistent connection.

