Commands:

docker run -it / docker container run -it :

This command is basically used to pull the image from private or public repository and create the container in single shot. Option "-it" basically means interactive mode. We can also name our container according to our preference.

Example: docker run -it --name mongoexp mongo-express /bin/bash

docker exec -it / docker container exec -it:

This command basically creates new process in the container environment. docker exec is specifically for running new things in a already started container be it a shell or some other process.

Example: docker exec -it mongoexp /bin/bash