**Instructions for Docker and PostgreSQL Operations**

**Accessing a Docker Container:**

1-To access any Docker container, use the following command:

docker exec -it [containerName] bash

For example, to access the postgres\_db container:

docker exec -it postgres\_db bash

2- Accessing the PostgreSQL Database:

Within the server, to connect to the PostgreSQL database, execute:

psql -U postgres

3- Copying Files from Ubuntu Server to Docker Container:

To transfer files, use the docker cp command. The general format is

docker cp [sourcePath] [containerName]:[destinationPath].

For instance, to copy a file located at /home/backup.dump on your Ubuntu server to a Docker container named postgresServer under the /tmp directory, execute:

docker cp /home/backup.dump postgres\_db:/tmp/backup.dump