1. JPA (Java Persistence API)

- JPA is a specification (defined in JSR 338).
- It provides a set of interfaces and rules for object-relational mapping (ORM).
- JPA does not provide an implementation—it needs a provider.

2. Hibernate

- Hibernate is a popular implementation of the JPA specification.
- It is a full-featured ORM tool.
- Hibernate provides:
 - o Entity management
 - Caching
 - Lazy loading
 - o Query capabilities with HQL and Criteria API
- Hibernate can be used with or without JPA.

3. Spring Data JPA

- Spring Data JPA is a Spring-based abstraction over JPA.
- It reduces boilerplate code and simplifies working with databases.
- Uses JpaRepository, CrudRepository, etc.
- Automatically implements queries based on method naming conventions.
- Internally uses JPA provider (e.g., Hibernate) to perform actual ORM tasks.