**To know the node version:**

node –version

**To know the npm version:**

npm –version

**To upgrade the npm version to the latest version:**

npm install npm@latest -g

**To install Newman using npm:**

Open the command prompt as administrator:

npm install -g newman

**Json Strucuture:**

Key value pair

Object: Group of key value pair

Array: Group of objects

newman run collections/contactList.collection.json -e collections/contactList.environment.json

newman run -h

newman --version

Docker commands:  
cd C:\Postman\reqrestest  
docker build -t reqrestest:1.0 .  
docker run -ti reqrestest:1.0 /bin/sh  
docker run reqrestest:1.0