Windows Forms (WinForms) is a graphical user interface (GUI) framework within the .NET ecosystem. It allows developers to create desktop applications with rich user interfaces for Windows operating systems. WinForms is part of the .NET Framework and can also be used in .NET Core and .NET 5+.

**Key Features:**

1. **Event-Driven Programming**: WinForms follows an event-driven programming model where user actions (like button clicks) trigger events that the application handles.
2. **Rich UI Controls**: It provides a wide variety of built-in controls such as buttons, labels, text boxes, and grids, which developers can drag and drop onto forms in Visual Studio.
3. **Form Designer**: Visual Studio includes a form designer that makes it easy to visually design UIs by dragging and configuring controls, without having to manually code the UI layout.
4. **Customizable**: While WinForms has standard controls, it also allows for customization and extending controls to create more advanced interfaces.
5. **Simple and Rapid Development**: It's known for allowing quick development of desktop apps because of its ease of use and integration with Visual Studio.

**Use Cases:**

* Building internal business applications for Windows environments.
* Developing tools or utilities that need a Windows-specific interface.

While WinForms is a mature and stable platform, newer frameworks like WPF (Windows Presentation Foundation) and MAUI (Multi-platform App UI) provide more modern alternatives for cross-platform or more visually rich applications.