There are many benefits towards your team by using this including glance status, access better data for decisions, manage costs, reuse the most efficient processes across the organization.

There are 7 basic stages for SDLC: Stage 1: Planning and Requirement Analysis which is to analyze the requirements, Stage 2: Defining Requirement which is to clearly define and document the product, Stage 3: Designing the product architecture which is to create an optimal architecture for the product to be developed and need a clear design approach. Stage 4: Building or Developing the Product which is where the actual development starts and the product is built using different high level programming languages such as C, C++, Pascal, Java, and PHP, Stage 5: Testing the Product which help to find product defects so they can be reported, tracked, fixed and retested, until the product reaches the quality standards defined in the SRS, and Stage 6: Deployment in the Market and Maintenance where it is released formally in the appropriate market. The most important and popular SDLC models followed in the industry: Waterfall Model where each phase must be completed before the next phase can begin and there is no overlapping in the phases. Iterative Model which starts with a simple implementation of a subset of the software requirements and iteratively enhances the evolving versions until the full system is implemented. Spiral Model is a combination of iterative development process model and sequential linear development model. V-Model  is an extension of the waterfall model and is based on association of a testing phase for each corresponding development stage. Big Bang Model is where there is no formal development followed and very little planning is required

Agile introduces the concept of fast delivery to customers using prototype approach and divides RAD (Rapid Application Development) and Software Prototype are modern techniques that work on the concept of providing a working model to the customer and stockholders to give the look and feel and collect the feedback.