Arduino Introdution :

Arduino is an open-source electronics platform based on easy-to-use hardware and software. Arduino boards are able to read inputs - light on a sensor, a finger on a button, or a Twitter message - and turn it into an output - activating a motor, turning on an LED, publishing something online.

Arduino Software:

The Arduino Software (IDE) allows you to write programs and upload them to your board. There are two options:  
  
1. If you have a reliable Internet connection, you should use the online editor (Arduino Web Editor). It will allow you to save your sketches in the cloud, having them available from any device and backed up. You will always have the most up-to-date version of the IDE without the need to install updates or community generated libraries.  
  
2. If you would rather work offline, you should use the latest version of the desktop ide(Arduino Uno).

Installation in windows:

<https://www.arduino.cc/en/Guide/Windows>