1. Phases of SDLC:

Requirement gathering and analysis

System design

Implementation(coding)

Testing

Deployment

Maintenance

Testing helps in identifying bugs, check performance and ensure the product meets the specified requirements.

Unit testing to test each module/functionality separately.

Integration Testing to test when 2 or more modules are integrated.

System testing to test how the whole system performs when all the modules are integrated.

1. Agile improves collaboration between stakeholders and developers because agile involves principles in which solutions evolve through collaboration between self organizing teams. It involves flexible planning, iterative development and continuous improvement.
2. TDD involves writing test cases before writing the code. If we know all the edge cases beforehand then code can be written accordingly keeping them in mind. Else once code is written then if we start working on test cases then we would need to refactor the code many a times creating a lot of burden.