**Assignment: Understanding Agile Practices**

**Objective:**  
Explore Agile practices, their principles, methodologies, benefits, challenges, and real-world applications.

**Instructions:**

1. Define Agile practices and explain their core principles.
2. Compare popular Agile methodologies (e.g., Scrum, Kanban, Extreme Programming).
3. Highlight the advantages and challenges of Agile.
4. Discuss Agile frameworks and their role in project management.
5. Analyze real-world applications of Agile in different industries.

**Submission Format:**

* Write a **1,000-word** report.
* Use proper formatting and citations.
* Submit as a PDF or Word document.