What is automated regression testing and why is it important in the Agile project? Justify your answer.

The automated regression testing is defined to be the software testing technique which utilizes the computer-based tools as well as techniques in the testing software once it has been uploaded or changed, also this is test automation of the process which gets to be applied to the workflow, plan, other processes as well as scripts with respect to the regression testing methodology.

The regression testing would help in ensuring the continuity of the business activities and for the agile project which would help in team focus with respect to the development of the new functionality to develop and maintain the stability of the system. It would also help in maximizing the regression testing utilization in the Agile environment and continuous execution of the system.