Agile methodology is an iterative and incremental approach to software development that emphasizes flexibility, collaboration, and customer satisfaction. It is a framework that promotes adaptive planning, evolutionary development, and delivery, and a time-boxed iterative approach.

The Agile approach emphasizes individuals and interactions over processes and tools, working software over comprehensive documentation, customer collaboration over contract negotiation, and responding to change over following a plan.

There are several Agile frameworks, including Scrum, Kanban, Extreme Programming (XP), and Lean Agile. Each framework has its unique principles, practices, and roles.

Some of the key benefits of Agile methodology include increased customer satisfaction, faster time-to-market, improved quality, better collaboration and communication, and increased project transparency.

Overall, Agile methodology is widely used in software development and has gained popularity in other areas, such as project management, marketing, and business operations.

Agile methodology is a project management approach that emphasizes flexibility, collaboration, and iterative development. It is commonly used in software development, but can be applied to a variety of projects.

The Agile Manifesto, created in 2001, outlines the key principles of agile methodology, which include:

1. Individuals and interactions over processes and tools
2. Working software over comprehensive documentation
3. Customer collaboration over contract negotiation
4. Responding to change over following a plan

Agile methodology encourages teams to work in short cycles, or sprints, and to prioritize delivering working software or product features over extensive planning and documentation. The approach emphasizes communication and collaboration between team members, as well as with stakeholders such as customers and end-users.

There are several popular frameworks for implementing agile methodology, including Scrum, Kanban, and Extreme Programming (XP). These frameworks provide guidelines for team structure, project planning and tracking, and communication practices.

Some of the benefits of using Agile methodology include increased flexibility, faster delivery of working software, improved collaboration between team members and stakeholders, and a focus on customer satisfaction. However, implementing Agile methodology also requires a cultural shift within an organization and may require additional training and resources.