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In Agile, we follow a set of regular meetings to keep the team aligned and productive.

* We start with **Sprint Planning** to decide what to work on.
* Every day, we have a **Daily Stand-Up** to quickly discuss progress and blockers.
* At the end of the sprint, we do a **Sprint Review** to showcase our work and get feedback.
* Then, we have a **Retrospective** to reflect on what went well and what can be improved.
* In between, we also do **Backlog Refinement** to prepare future tasks by clarifying and prioritizing them.

These meetings help us stay focused, collaborate better, and deliver quality work continuously.”