Following are the advantages of stored procedures:

Since stored procedures are compiled and stored, whenever you call a procedure the response is quick.

you can group all the required SQL statements in a procedure and execute them at once.

Since procedures are stored on the database server which is faster than client. You can execute all the complicated quires using it, which will be faster.

Using procedures, you can avoid repetition of code moreover with these you can use additional SQL functionalities like calling stored functions.

Once you compile a stored procedure you can use it in any number of applications. If any changes are needed you can just change the procedures without touching the application code.