sudo apt-get install virtualbox-guest-additions-iso

sudo apt-get update

sudo apt-get upgrade

sudo apt install -y linux-headers-$(uname -r) build-essential dkms

Go to Vbox\_Gas and open terminal run ./autorun.sh, enter password

After some time, you will be prompt to press enter.

Press Enter, close all windows and restart your Ubuntu OS Guest.

Start Ubuntu OS virtual machine and check if copy and paste works. Finish