Step 1: Add NodeJs PPA

First, you need to node.js PPA in our system provides by nodejs official website. We also need to install python-software-properties package if not installed already.

```
$ sudo apt-get install python-software-properties
$ curl -sL https://deb.nodesource.com/setup_7.x | sudo -E bash -
```

Step 2: Install Node.js and NPM

After adding required PPA file lets install Node package. NPM will also be installed with node.js. This command will also install many other dependent packages on your system.

```
$ sudo apt-get install nodejs
```

Step 3: Check Node.js and NPM Version

After installing node.js verify and check the installed version. You can find more details about current version on node.js official website.

```
$ node -v
```

```
v7.8.0
```

Also, check the version of installed npm.

```
$ npm -v
```

```
4.2.0
```