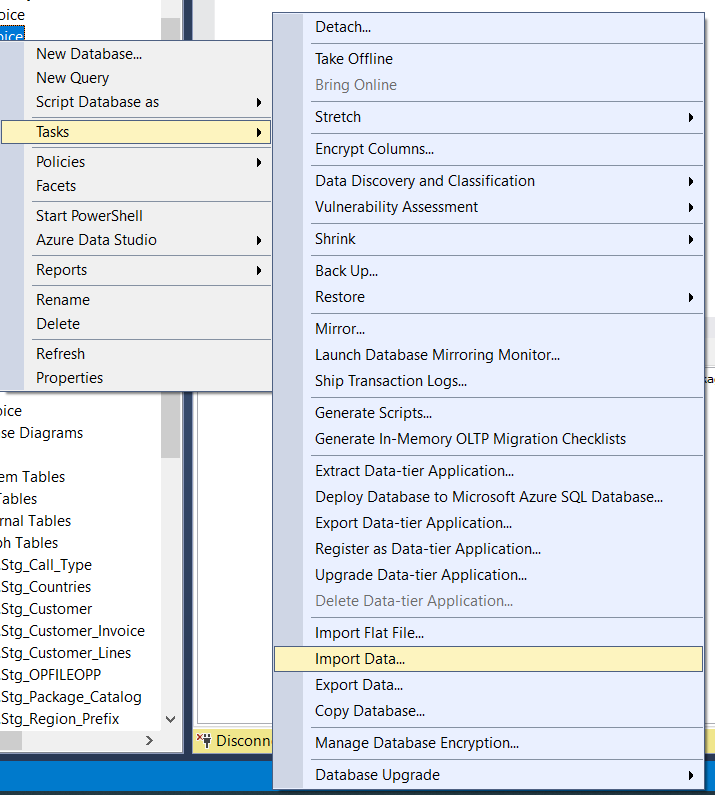
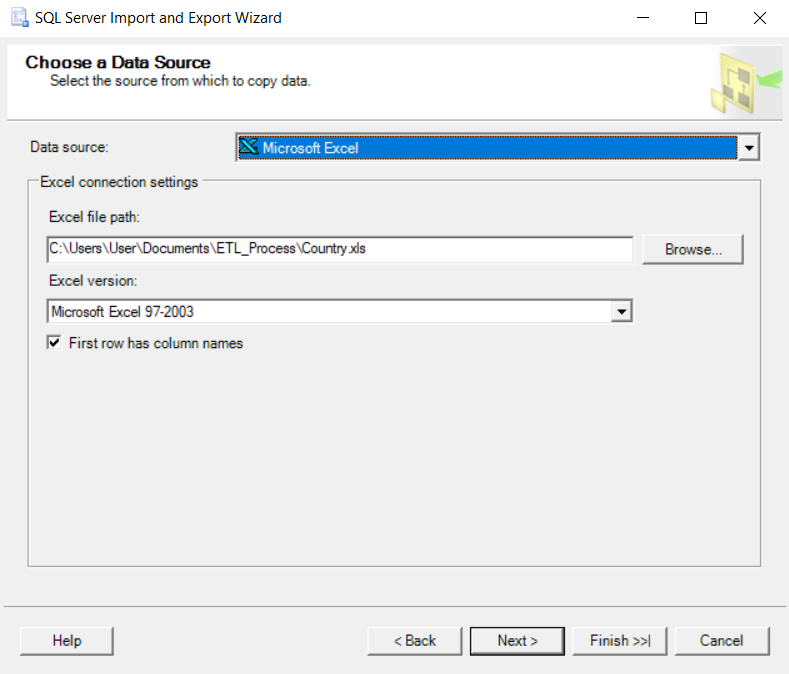
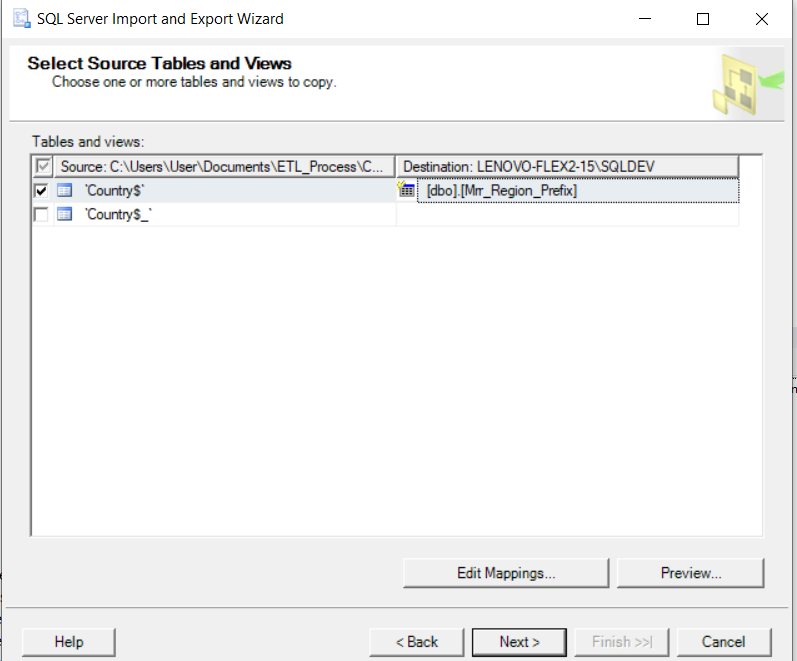
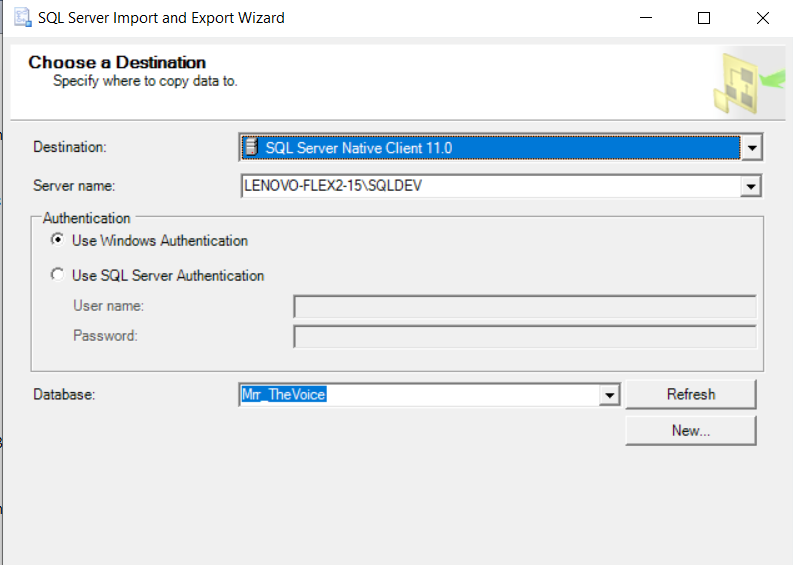
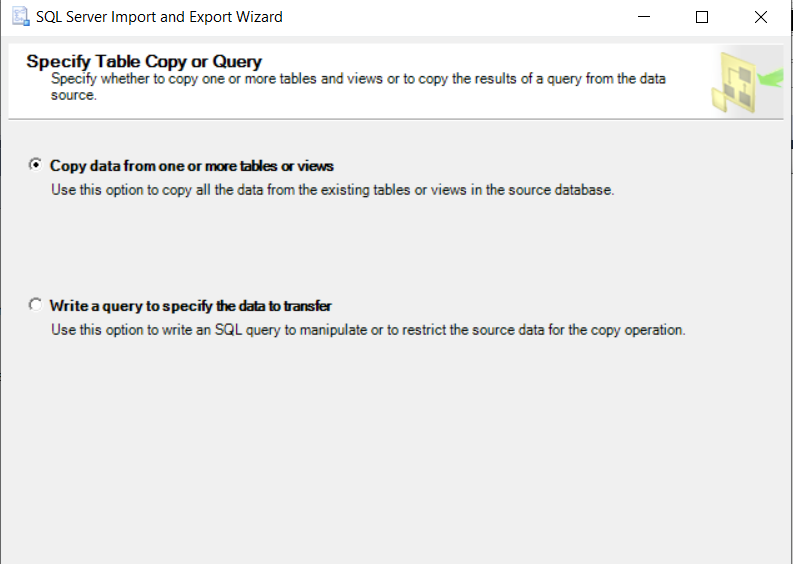
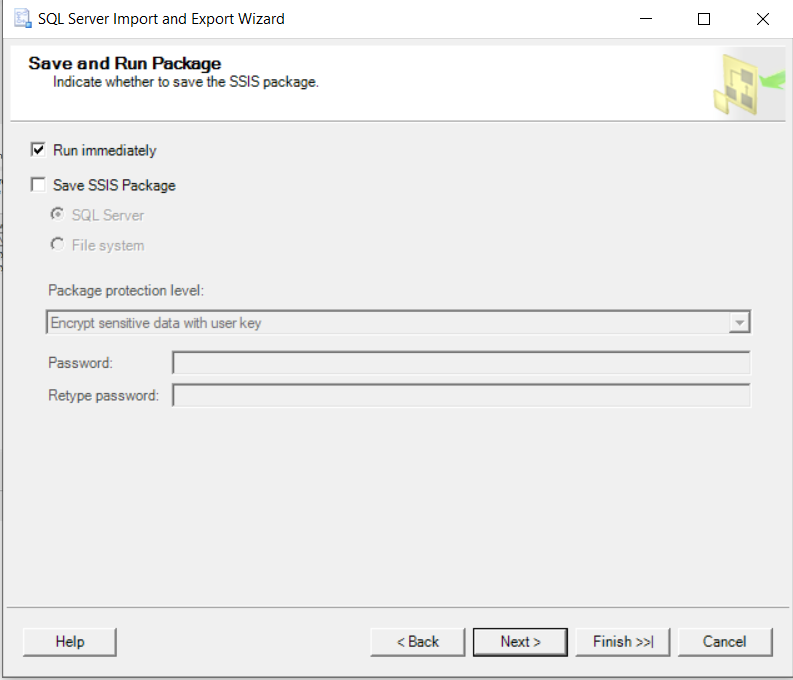
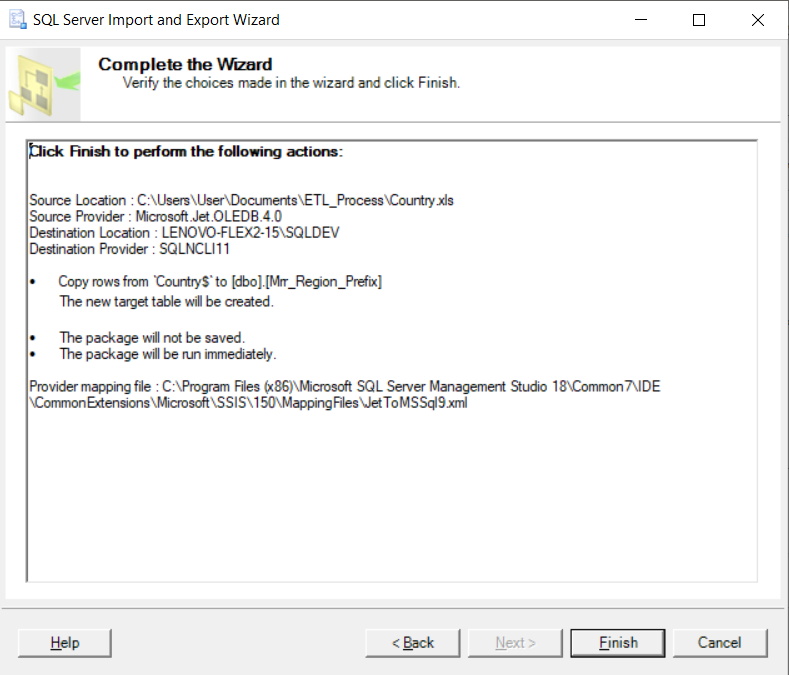
Explanation and step how of file upload from Excel to SSMS:

1. 2.

3. 4.

**5.6.

7.