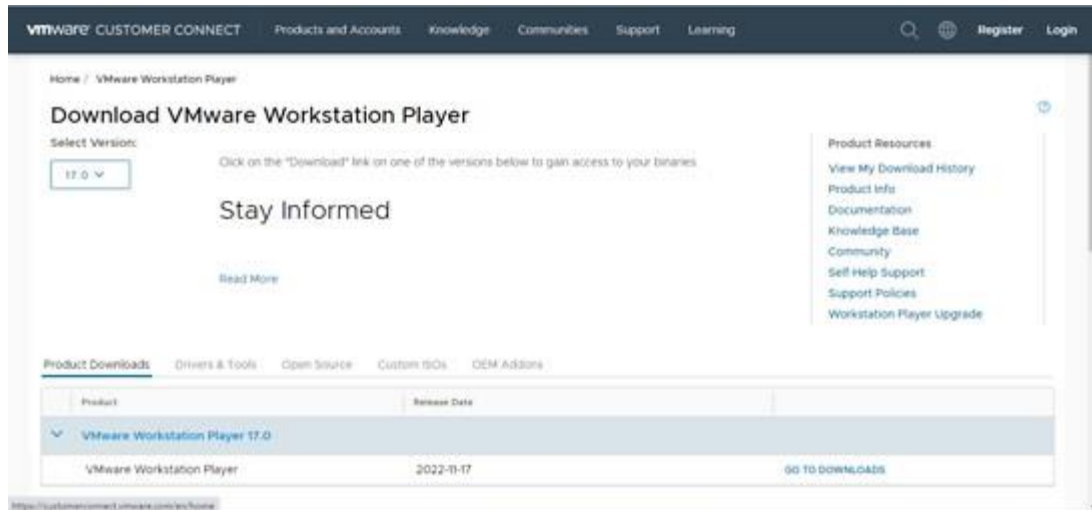


Installing VMware on Windows(if not present)

Step 1: Click on the link provided below. Now select the version you want to download and click on “Go to downloads”.

<https://customerconnect.vmware.com/en/downloads/>



Step 2: Now, Click on download now.



Step 3: Open the (.exe) file and install it.

Step 4: Open the link below and download the Ubuntu ISO file.

<https://ubuntu.com/download/desktop>

Download Ubuntu Desktop

The open-source desktop operating system that powers millions of PCs and laptops around the world. Find out more about Ubuntu's features and how we support developers and organisations below.

[Ubuntu Desktop homepage](#)

[Visit the Ubuntu Desktop blog](#)

Ubuntu 22.04.1 LTS

The latest [LTS](#) version of Ubuntu, for desktop PCs and laptops. LTS stands for long-term support — which means five years of free security and maintenance updates, guaranteed until April 2027.

[Ubuntu 22.04 LTS release notes](#)

Recommended system requirements:

- ✓ 2 GHz dual-core processor or better
- ✓ 4 GB system memory

- ✓ Internet access is helpful
- ✓ Either a DVD drive or a USB port for the installation media

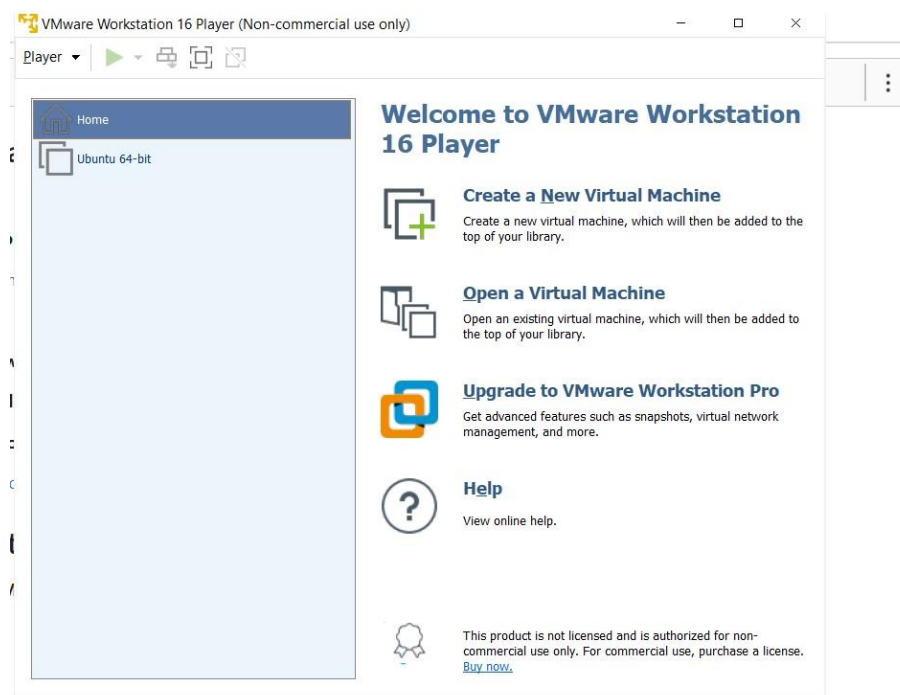


Download

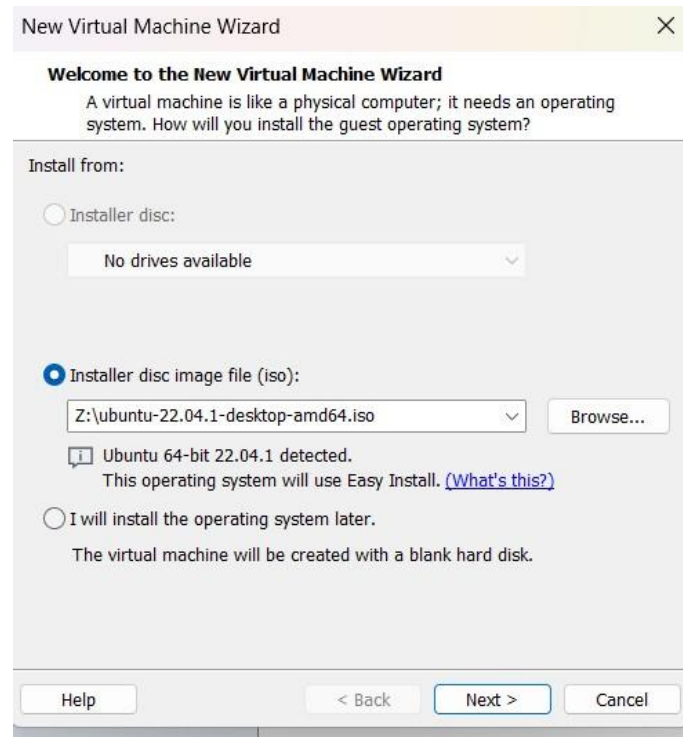
For other versions of Ubuntu Desktop including torrents, the network installer, a list of local mirrors and

Installing Ubuntu in VMWare

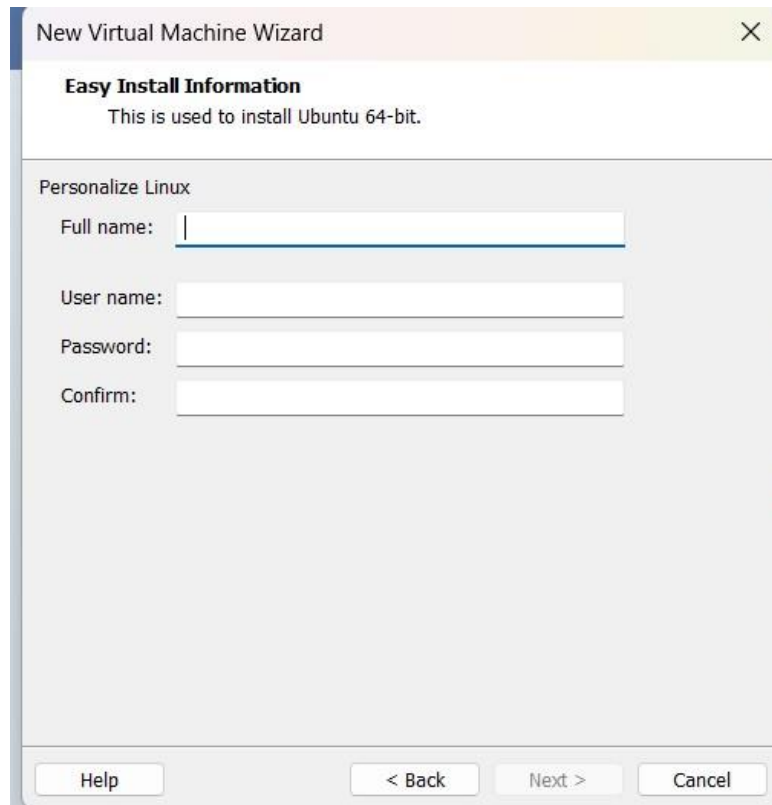
Step 5: Open the installed VMware application.



Step 6: Click on “Create new virtual machine”. Browse the ISO file that has been downloaded and select it.



Step 7: Enter all the details >> click on next. Personalization of Virtual Machine.



The screenshot shows a window titled "New Virtual Machine Wizard" with a close button (X) in the top right corner. Below the title bar, the section "Easy Install Information" is displayed, with a subtitle "This is used to install Ubuntu 64-bit." Below this, the "Personalize Linux" section contains four input fields: "Full name:", "User name:", "Password:", and "Confirm:". The "Full name:" field is currently active, with a cursor inside. At the bottom of the window, there are four buttons: "Help", "< Back", "Next >", and "Cancel".

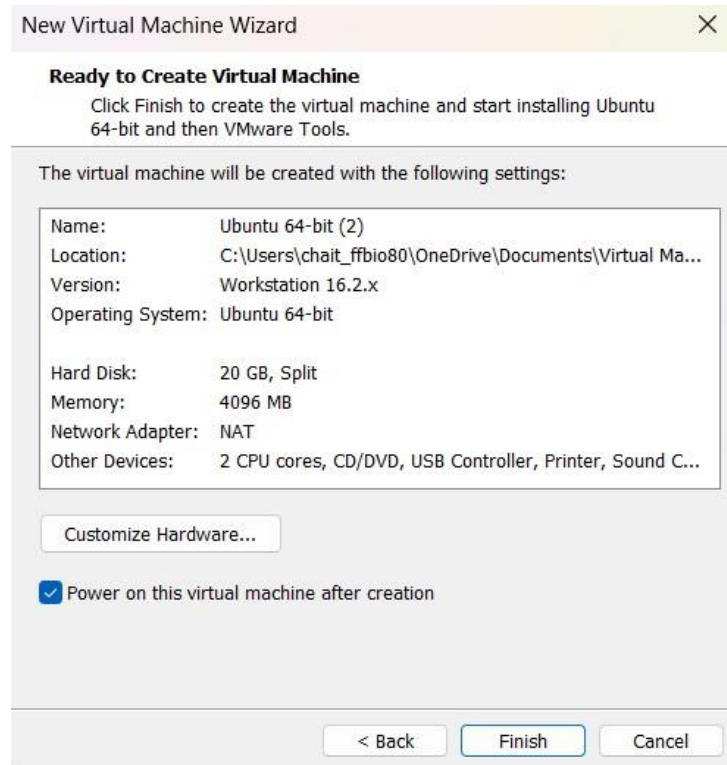
Step 8: Enter Virtual machine name >> click on next.

The screenshot shows the 'New Virtual Machine Wizard' window. The title bar says 'New Virtual Machine Wizard'. The main heading is 'Name the Virtual Machine'. Below it, the question is 'What name would you like to use for this virtual machine?'. There are two input fields: 'Virtual machine name:' with the text 'Ubuntu 64-bit (2)' and 'Location:' with the text 'C:\Users\chait_ffbio80\OneDrive\Documents\Virtual Machines\'. A 'Browse...' button is next to the location field. At the bottom, there are three buttons: '< Back', 'Next >', and 'Cancel'.

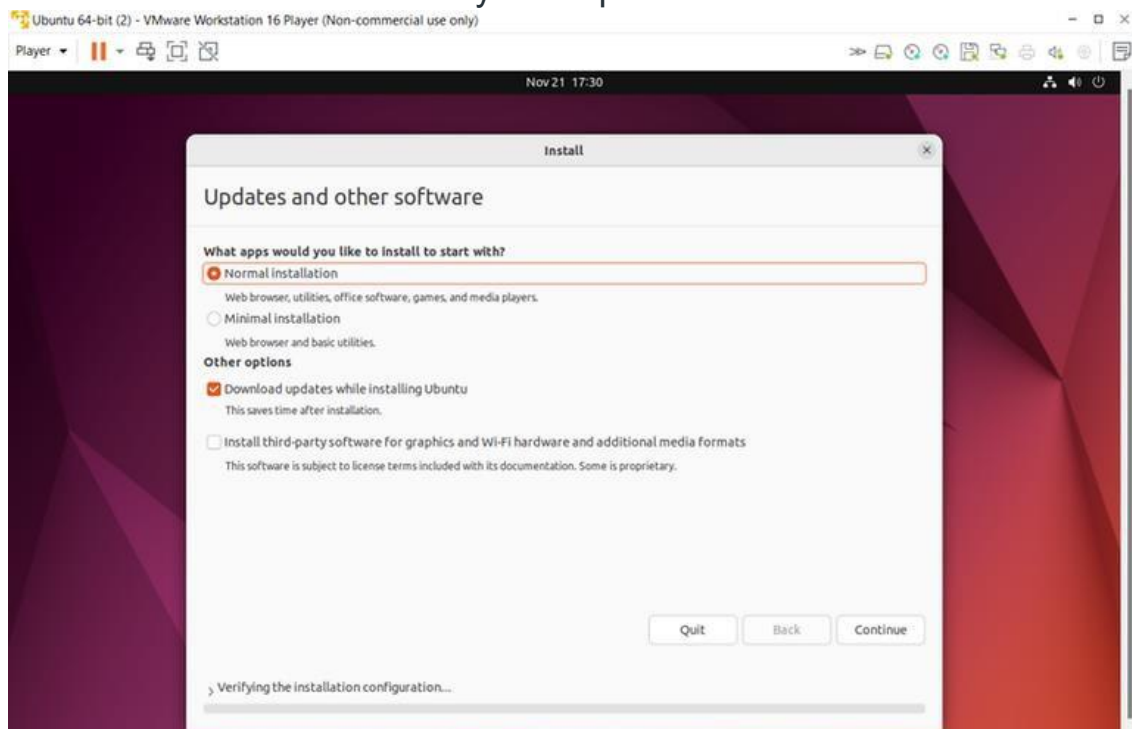
Step 9: Specify disk capacity >> click on next.

The screenshot shows the 'New Virtual Machine Wizard' window, Step 2: 'Specify Disk Capacity'. The title bar says 'New Virtual Machine Wizard'. The main heading is 'Specify Disk Capacity'. Below it, the question is 'How large do you want this disk to be?'. There is a text box for 'Maximum disk size (GB):' with the value '20.0'. Below it, it says 'Recommended size for Ubuntu 64-bit: 20 GB'. There are two radio buttons: 'Store virtual disk as a single file' (unselected) and 'Split virtual disk into multiple files' (selected). Below the selected option, it says 'Splitting the disk makes it easier to move the virtual machine to another computer but may reduce performance with very large disks.' At the bottom, there are four buttons: 'Help', '< Back', 'Next >', and 'Cancel'.

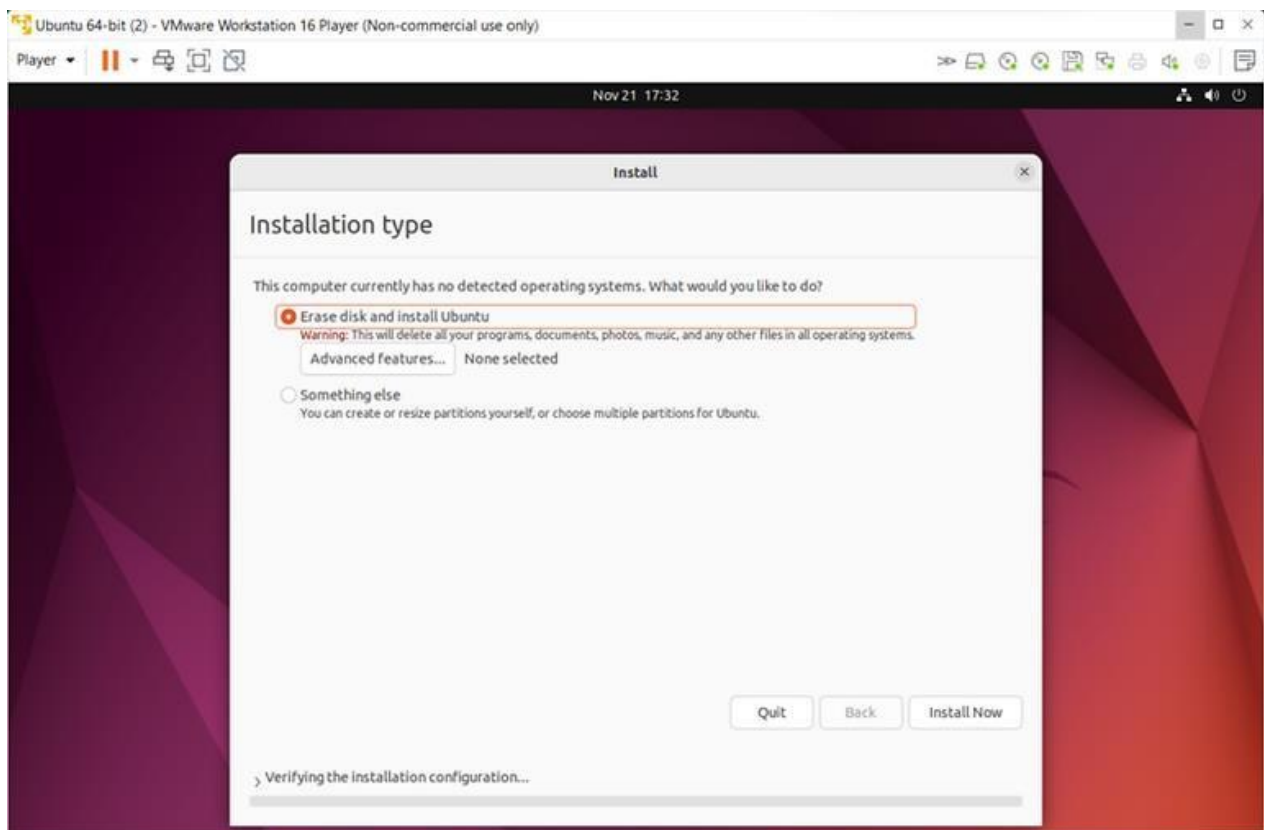
Step 10: If needed customize the hardware and click on finish.



Step 11: Ubuntu has been successfully installed in VMWare. Now open VMware and click on ubuntu-64 which appears on the left panel. (If not directly opened). Select the language and click on next. Select the Normal or Minimal installation based on your requirements.



Step 12: Select Installation type >> Erase disk and install Ubuntu (This will not delete your windows data) >> Click on install now.



Installing Windows in VMWare

Step 13

Similarly for windows just install windows 7 in place of Ubuntu (repeat steps from 5th step)