

1. Open SQL Server node
2. Open Databases node
3. Open People database
4. Right click on People table
5. Left click on View Data
6. Add records
7. Hit enter when adding records to move to next record

The screenshot shows the SQL Server Enterprise Manager interface. The left pane displays the server hierarchy: SQL Server > DESKTOP-4L6NSGO\SQLEXPRESS (SC) > Databases > People > Tables > dbo.People. The 'dbo.People' table is selected, and a right-click context menu is open, showing options like 'Data Comparison...', 'Script As', 'View Code', 'View Designer', 'View Permissions', and 'View Data'. The 'View Data' option is highlighted. The right pane shows the data of the 'People' table, which includes columns 'Id', 'NAME', and 'DATEA...'. The data rows are as follows:

Id	NAME	DATEA...
7	John	10/21/2...
8	Mary	10/21/2...
9	Jose	10/25/2...
10	Amazin...	10/23/2...
11	Suzan J...	10/23/2...
12	Berry Gi...	10/23/2...
13	Berry Gi...	10/23/2...
14	Mark O...	10/21/2...
	John Sm...	12/25/2...
	John Sm...	12/25/2...
	John Sm...	12/25/2...
	John Sm...	12/25/2...
	NULL	NULL