1. **To open back up file into sql server(Attach .mdf file into database and run in sql server )**

Query to attach .mdf file.

<http://www.serverintellect.com/support/sqlserver/sql-database-attach.aspx>

CREATE DATABASE Mont\_bhongir\_local2

ON (FILENAME = 'C:\Program Files\Microsoft SQL Server\MSSQL10.SQLEXPRESS\MSSQL\DATA\Mont\_bhongir\_local.mdf')

FOR ATTACH;

1. **Creating Back Up file:**

when you have a SQL Server runing then open SQL Server Management Studio (SSMS) and connect to that server.  
  
Open the node <ServerName> => Databases.   
Right-Click on "Databases" => "New Database".  
There you can create a new database by defining the name, location (best in the suggested DATA folder of SQL Server) and so on.  
This creates at least one database file (mdf) and one transaction log file (log); as you define in your system only.

1. **Restore the back-up file:**

If we want to send .bak file then save the file.store in c drive-program files-Microsoft SQL Server-MSSQL10.MSSQLSERVER-MSSQL-Backup.Open sql studio select database-right click-tasks-restore-then select the path of the file from the system.remaing procedure continues..