1. **Install Node.js**: Ensure that Node.js is installed on the machine where you want to run the code. You can download and install Node.js from the official website: Node.js Downloads.

2. **Create `index.js` File**: Create a text file named `index.js` and paste the code provided above into it.

3. **Install Dependencies**: Open a terminal or command prompt, navigate to the directory containing `index.js`, and run the following command to install the required dependencies:

   ```
   npm install express body-parser mysql2 multer
   ```

4. **Run the Server**: After installing the dependencies, you can run the server by executing the `index.js` file using Node.js. In the terminal or command prompt, navigate to the directory containing `index.js`

   and run the following command: `node index.js`

5. **Access the Server**: Once the server is running, you can access it by opening a web browser and navigating to `http://localhost:4000` (assuming you've used port 4000 in your code). You can replace `4000` with the port number you've specified in your code if it's different.

6. **Test Endpoints**: You can test the defined endpoints, such as `/individual/:id`, by appending the appropriate path and parameters to the base URL (e.g., `http://localhost:4000/individual/123`).