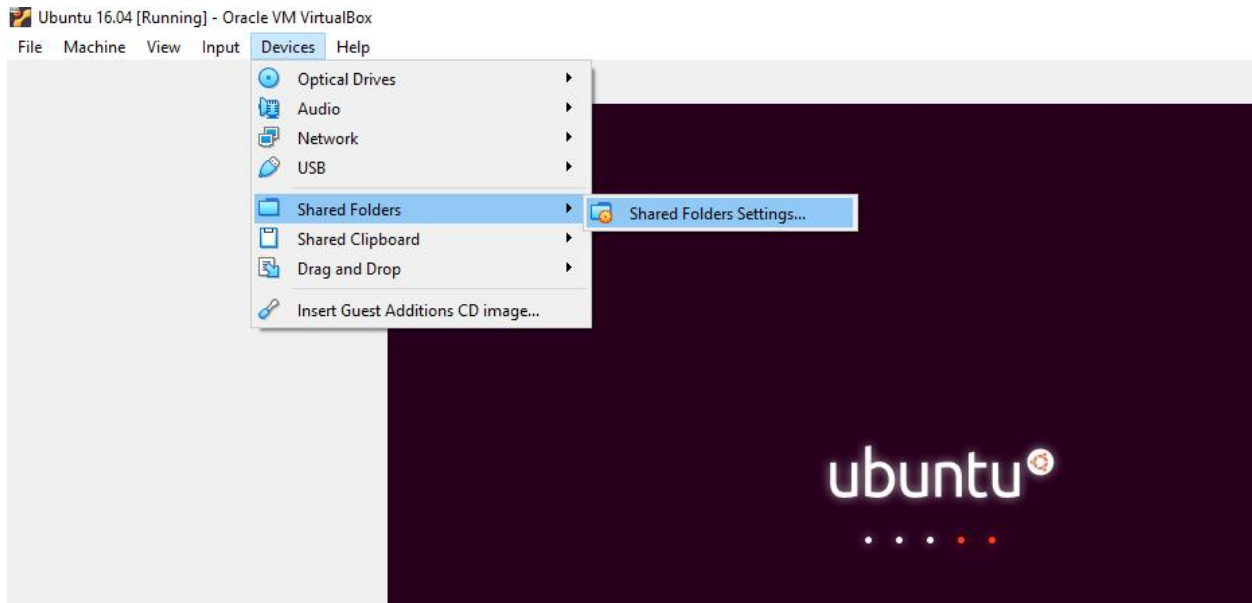
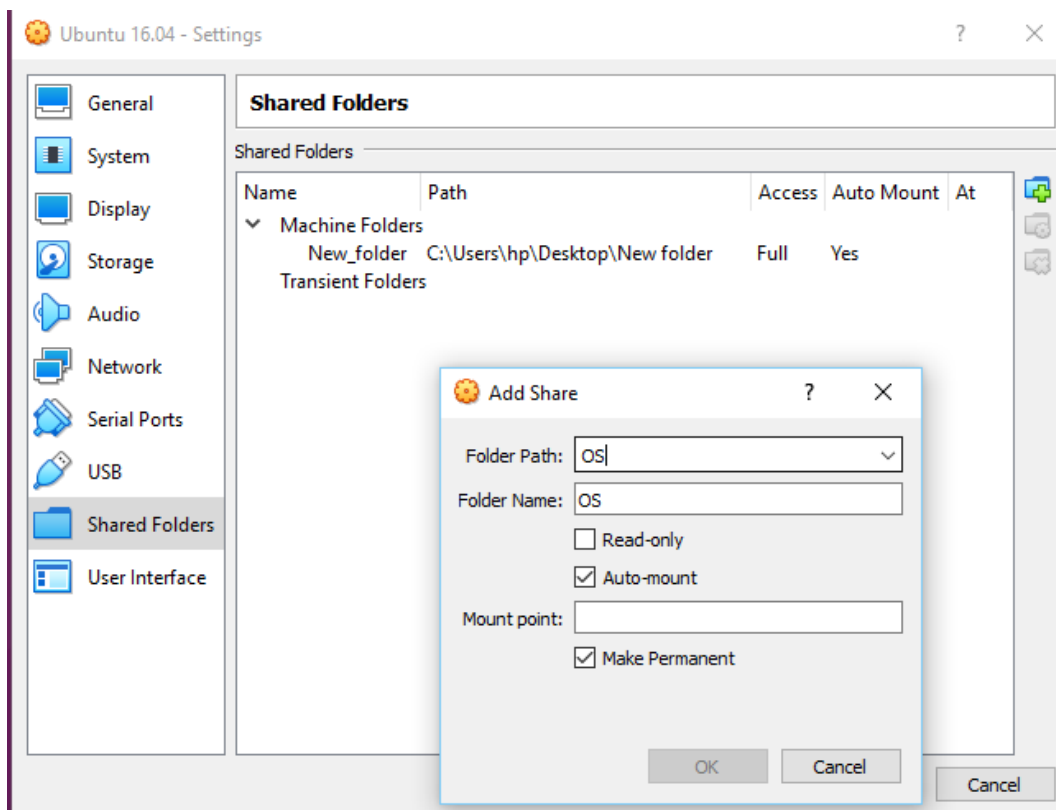


Step 1:



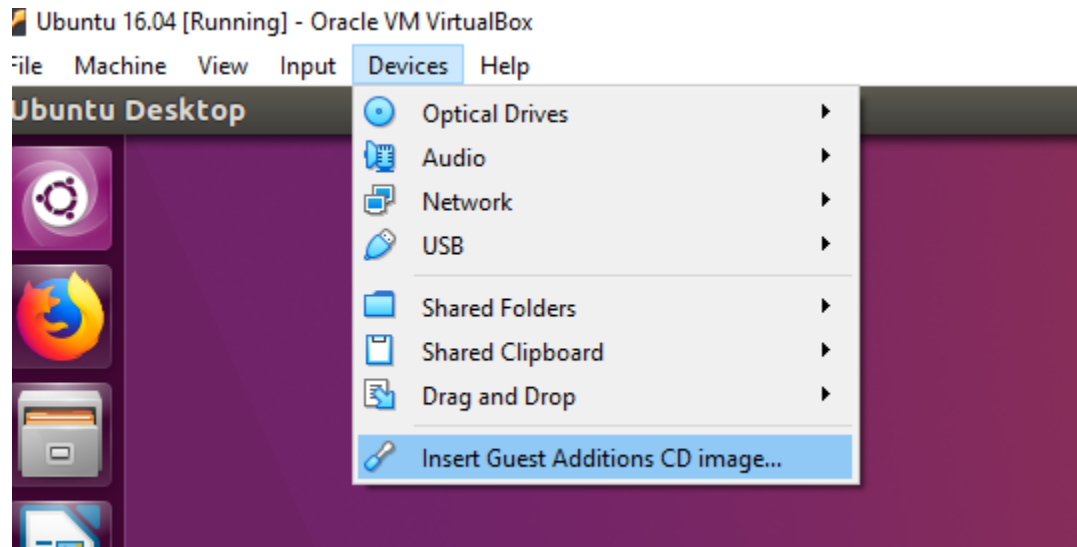
Step 2:

Now make folder in windows and select its path here in folder path.



Step 3:

Now insert disk.



Those who have upper navigation bar missing they can press right ctrl+c to disable scale mode.

Step 4:

Now write the following two commands at terminal.

1. `Sudo mount -t vboxsf -o uid=$UID, gid=$(id -g) FolderName ~/host`

Only change your folder name here. No need to specify full path just write name only.

2. `Sudo adduser yourusername vboxsf`