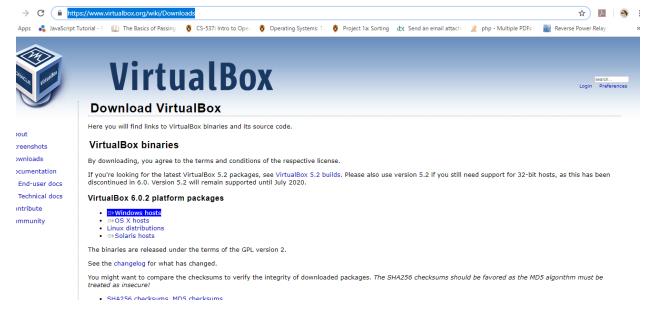
Following are the steps for installation of virtual box version 6.0.2 and Ubuntu version 16.0.4.

1. Install virtual box from following website:

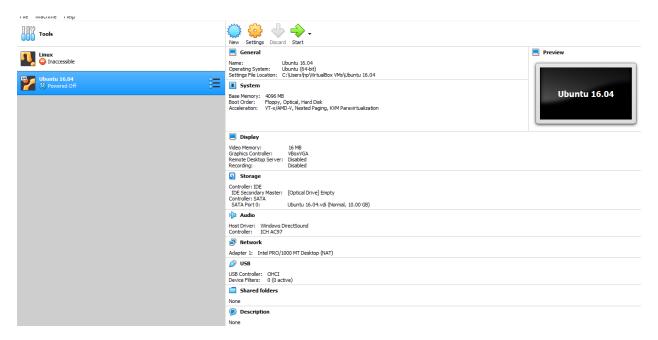
https://www.virtualbox.org/wiki/Downloads

and select window host.



Simply follow steps and download the virtual box. Now download Ubuntu 16.0.4.

Now open virtual box



Now press start button and select drive. The Ubuntu file that is downloaded recently is selected here and write Ubuntu as name of operating system. Ubuntu will boot now. Install Ubuntu instead of just using trial version. Its advantage is that you will not loose your data when it will shutdown. Ubuntu is ready to use.