Instructions for Tensorflow Object Detection

Choose a folder of your choice and open command prompt (cmd)in that folder
Open cmd and execute the following commands.
Create a separate Virtual Environment
python -m venv tensor *
st 'tensor' is the name of the virtual environment. Choose the one of your choice
Activating the above created virtual environments
.\tensor\scripts\activate
3. Install the basic dependencies and add the above created environment to Python Kernel
python -m pip installupgrade pip
pip install ipykernel
python -m ipykernel installusername=tensor
4. Open Jupyter notebook
jupyter notebook
5. Install CUDA and cuDNN if you want to run the model in GPU based on your TF version
https://www.tensorflow.org/install/gpu

https://docs.nvidia.com/deeplearning/cudnn/install-guide/index.html