



Al-Nahrain University  
College of Information Engineering

**Computer Fundamentals Lab**  
**First Semester**

**Dr. Mohammed Ammar**

**Experiment Number: ONE**

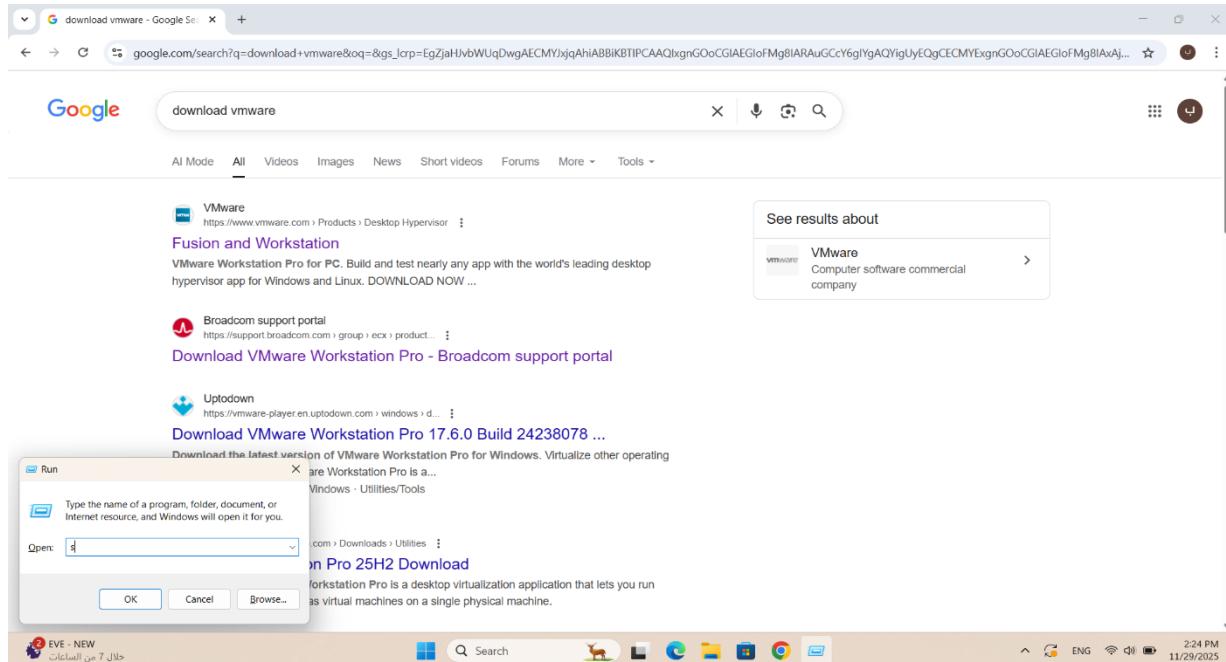
**Experiment Name: OPERATING SYSTEM INSTALLING**

*Student Name: Balqees Abdalrahman  
Department: Computer Network engineering*

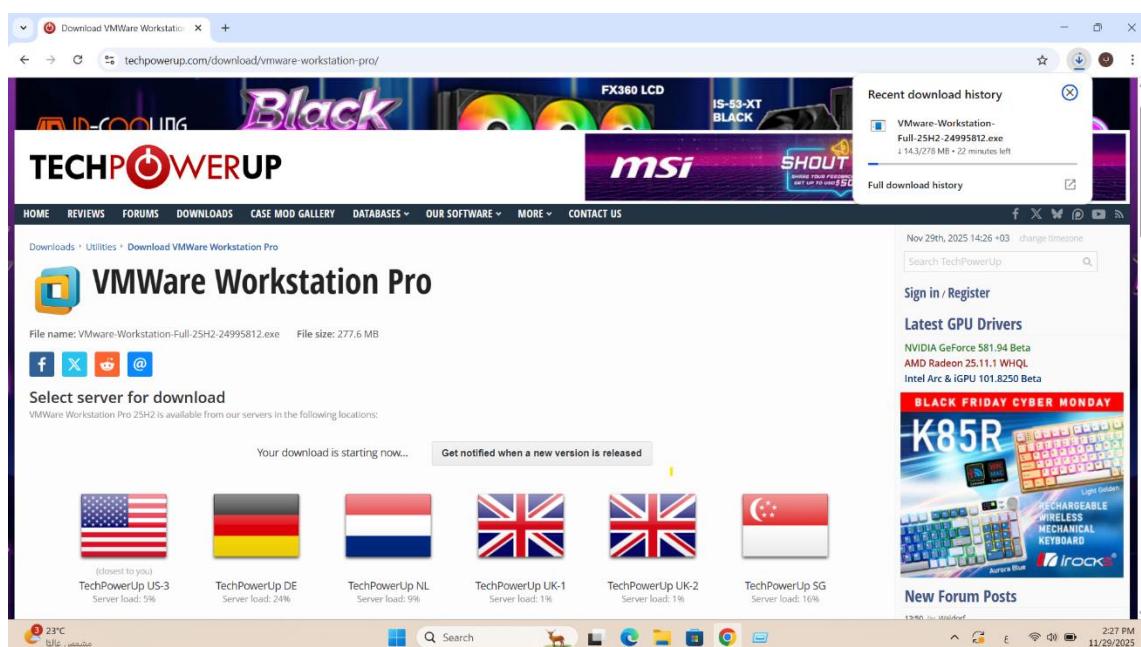


## Step one:

*G0 to any browser you have and download a virtual Machine of your choice.*

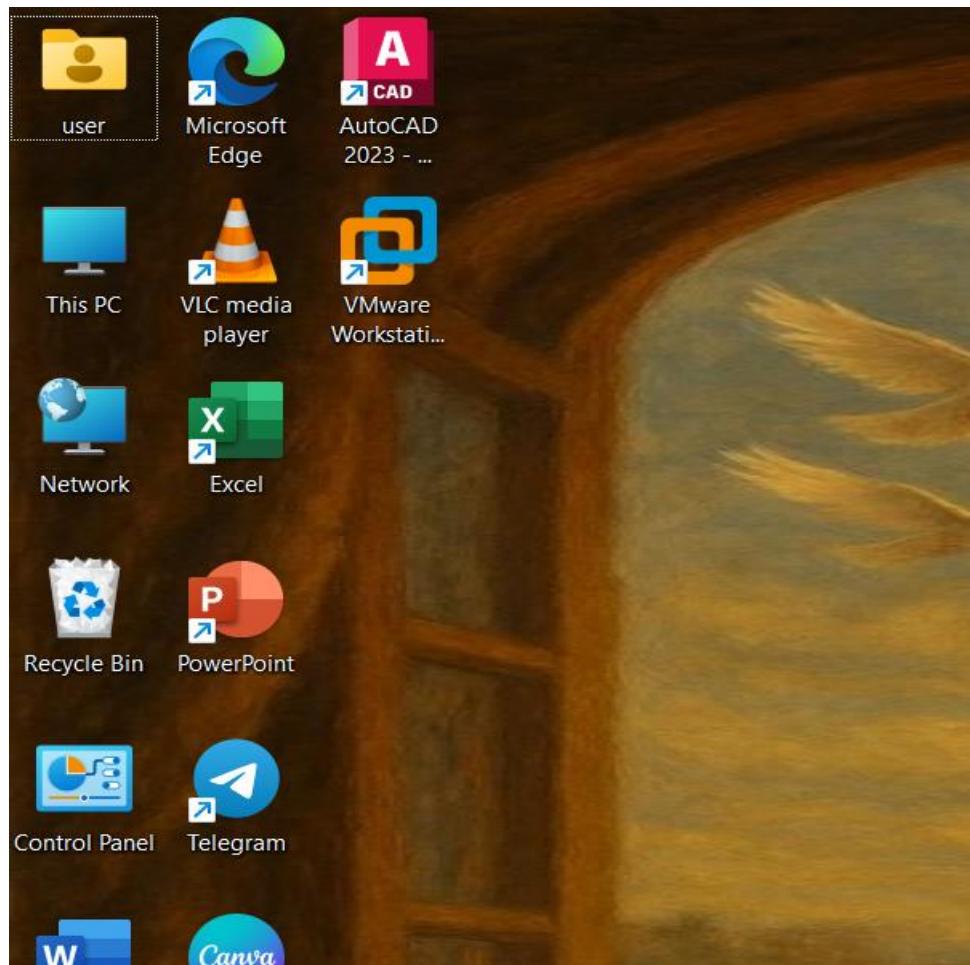
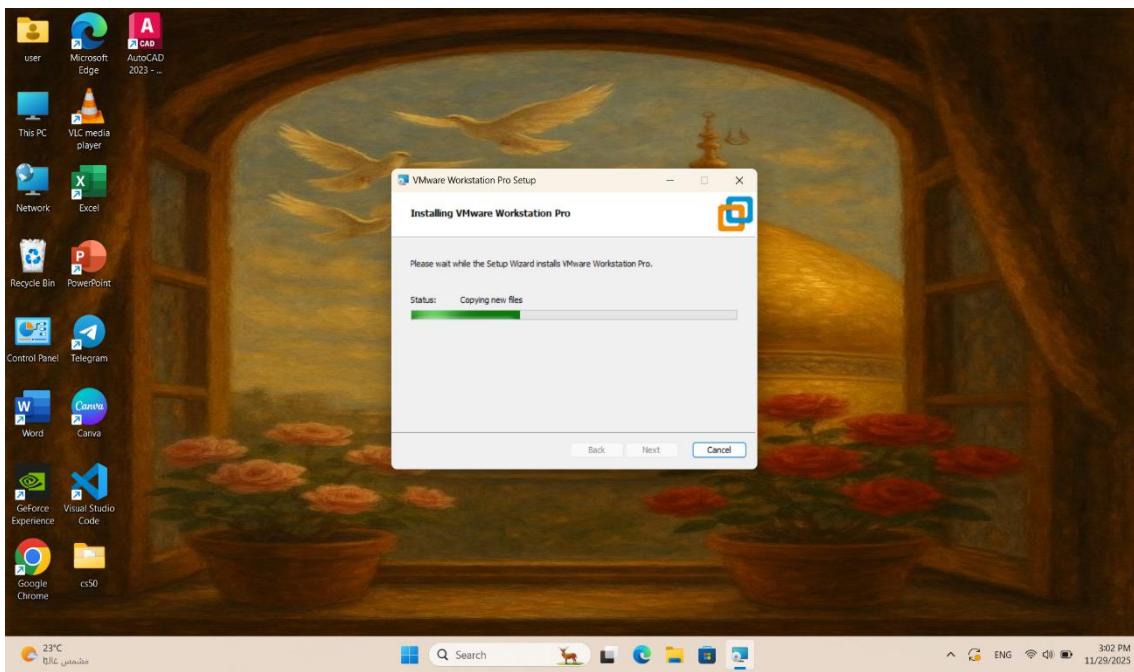


## Step two: download from the official website.





*step three: complet the downloading steps.*





*step four: download the os that you want.*

Google search results for "download windows 7 iso":

- Internet Archive: Windows 7 ISO : Free Download, Borrow, and Streaming
- Reddit: Download the official windows 7 iso in 2023
- Microsoft: Download Microsoft Windows SDK for Windows 7 and ...
- Uptodown: Download Windows 7 Home Premium August 2018 (64-bit) ...

VMware Workstation interface showing the 'New Virtual Machine Wizard' for WORKSTATION PRO™ 25H2:

Welcome to the New Virtual Machine Wizard

What type of configuration do you want?

Typical (recommended)  
Create a Workstation 25H2 virtual machine in a few easy steps.

Custom (advanced)  
Create a virtual machine with advanced options, such as a SCSI controller type, virtual disk type and compatibility with older VMware products.

*step five: fix your vmware setting and keep on click next until you reach to finish.*



Download Windows 10   Windows 7 - Microsoft Lifecycle

Windows 10 2022 Update | Version 22H2

The Update Assistant can help you update to the latest version of Windows 10.

Upgrade this PC now  
 Create installation media (USB flash drive, DVD, or ISO file) for another PC

**Create Windows 10 installation media**

To get started, you will first need to have a licence to use Windows 10. You can purchase a licence for this tool. For more information on how to use the tool, see the documentation.

[Download Now](#)

What do you want to do?

Microsoft Support Legal Back Next

> Using the tool to upgrade this PC to Windows 10 (click to show more or less information)

> Using the tool to create installation media (USB flash drive, DVD or ISO file) to install Windows 10 on a different PC (click to show more or less information)

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Download Windows 10   Windows 7 - Microsoft Lifecycle

Windows 10 2022 Update | Version 22H2

The Update Assistant can help you update to the latest version of Windows 10.

Upgrade this PC now  
 Create installation media (USB flash drive, DVD, or ISO file) for another PC

**Burn the ISO file to a DVD**

C:\Users\user\Documents\Windows 10.iso

Open DVD burner

**Create Windows 10 installation media**

To get started, you will first need to have a licence to use Windows 10. You can purchase a licence for this tool. For more information on how to use the tool, see the documentation.

[Download Now](#)

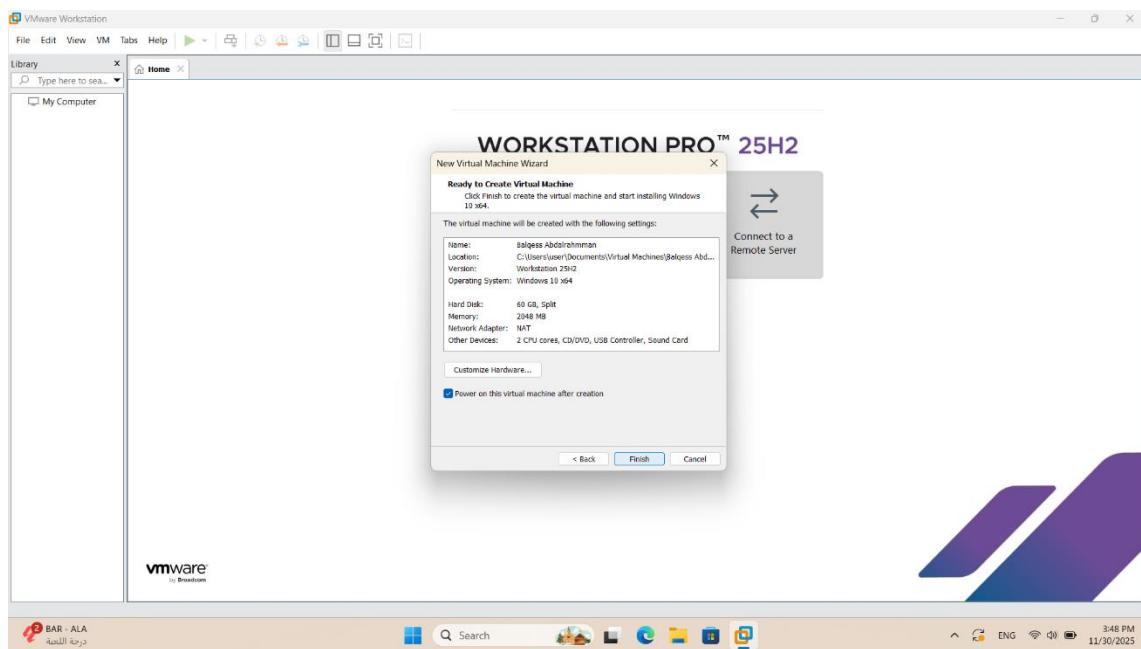
Microsoft Support Legal Back Finish

> Using the tool to upgrade this PC to Windows 10 (click to show more or less information)

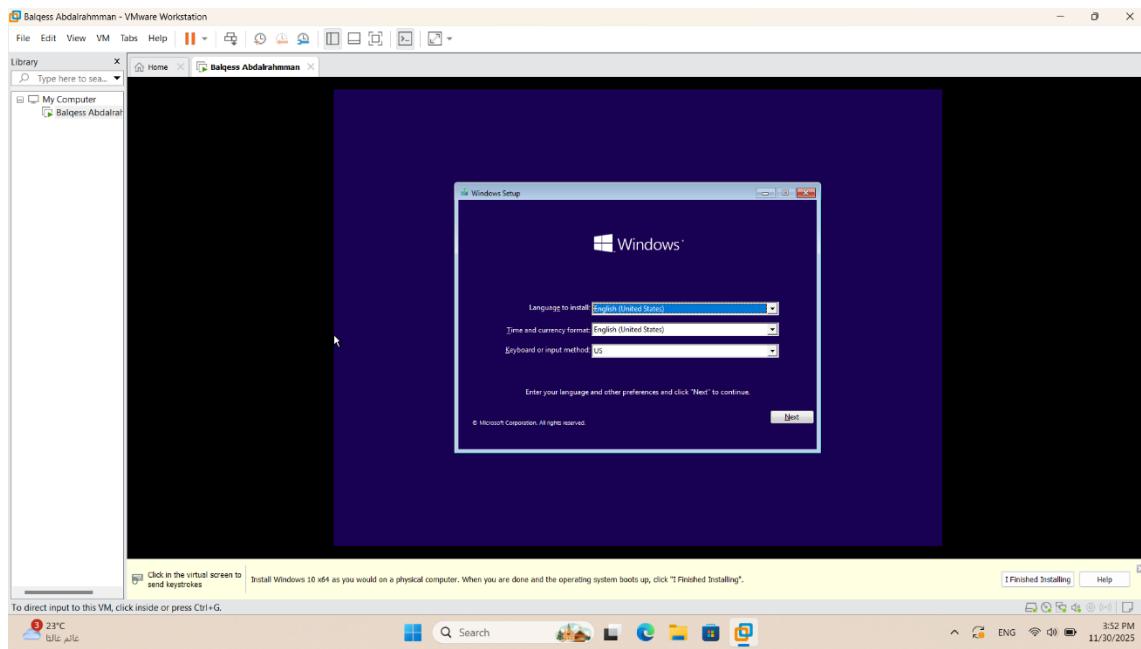
> Using the tool to create installation media (USB flash drive, DVD or ISO file) to install Windows 10 on a different PC (click to show more or less information)

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**step six: start on fixing the os setting on youre vmware.**



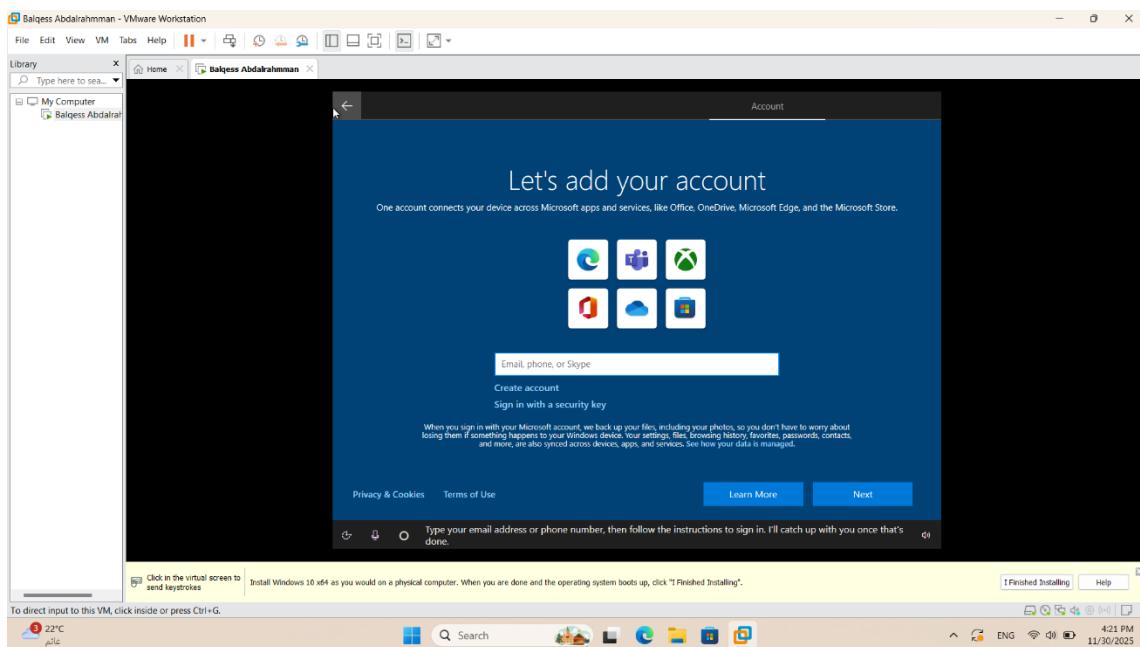
*step seven: just do the stuff that you usually do when downloading any app.*



*step eight: complet the rest of the stuff and there you have it.*



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***Thank you :)***