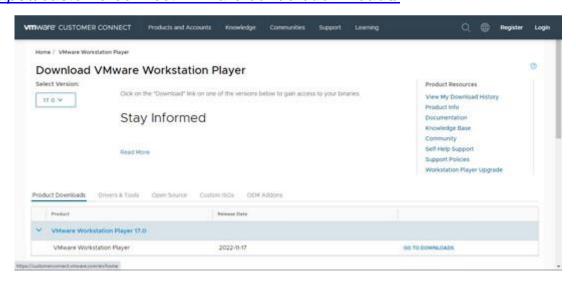
Installing VMware on Windows(if not present)

Step 1: Click on the link provided below. Now select the version you want to download and click on "Go to downloads".

https://customerconnect.vmware.com/en/downloads/

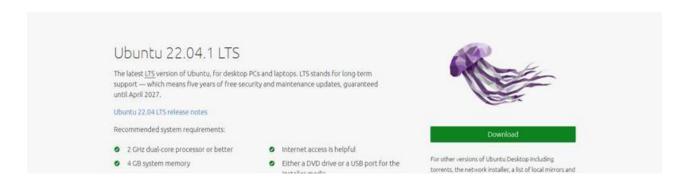


Step 2: Now, Click on download now.



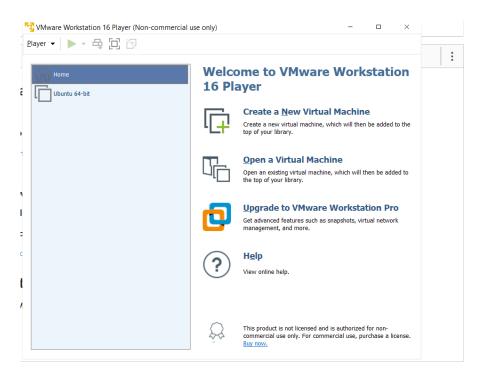
- Step 3: Open the (.exe) file and install it.
- **Step 4:** Open the link below and download the Ubuntu ISO file. https://ubuntu.com/download/desktop



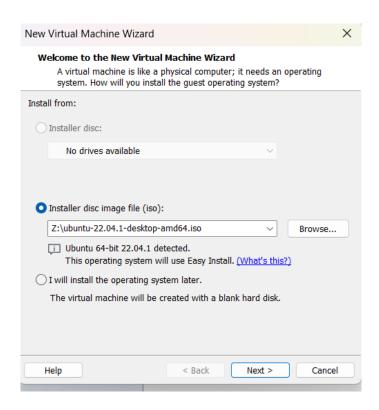


Installing Ubuntu in VMWare

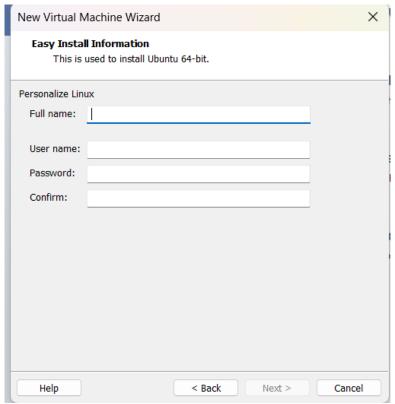
Step 5: Open the installed VMware application.



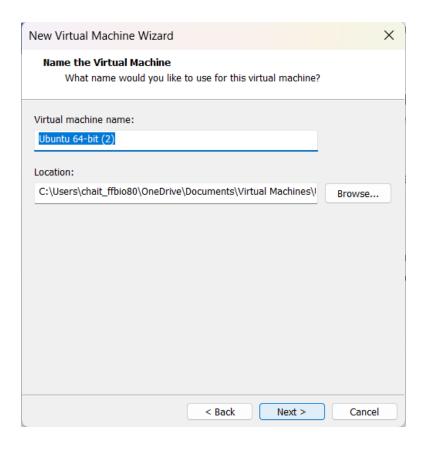
Step 6: Click on "Create new virtual machine". Browse the ISO file that has been downloaded and select it.



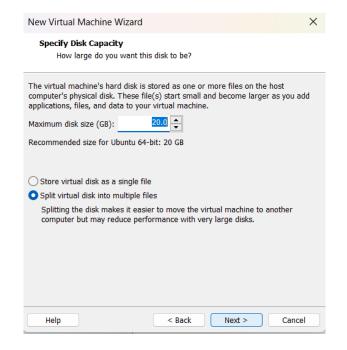
Step 7: Enter all the details >> click on next. Personalization of Virtual Machine.



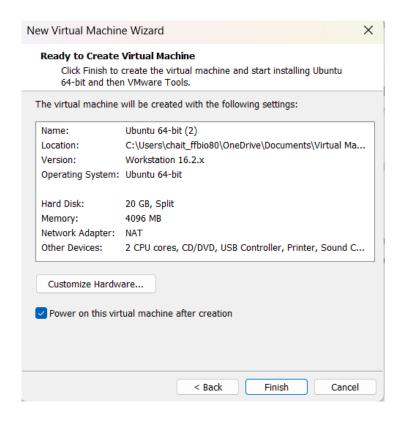
Step 8: Enter Virtual machine name >> click on next.



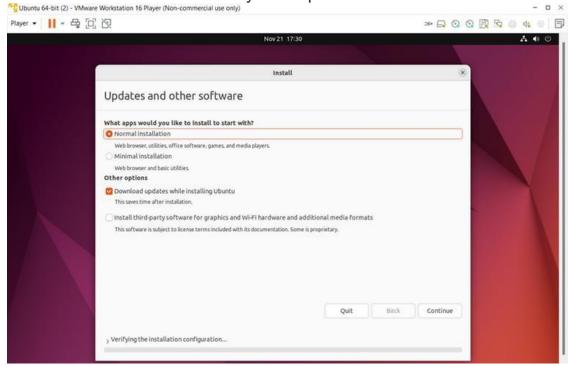
Step 9: Specify disk capacity >> click on next.



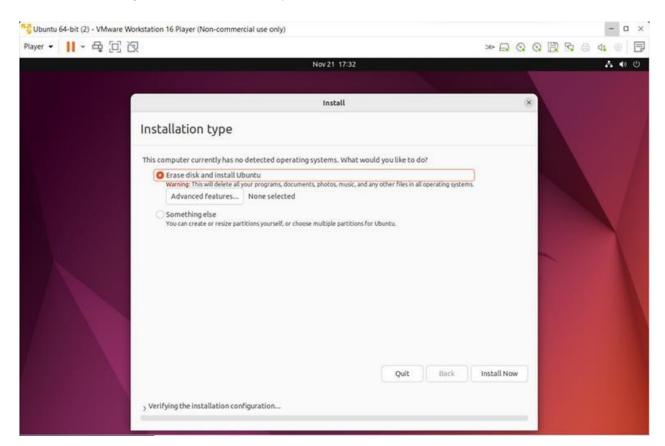
Step 10: If needed customize the hardware and click on finish.



Step 11: Ubuntu has been successfully installed in VMWare. Now open VMware and click on ubuntu-64 which appears on the left panel. (If not directly opened). Select the language and click on next. Select the Normal or Minimal installation based on your requirements.



Step 12: Select Installation type >> Erase disk and install Ubuntu (This will not delete your windows data) >> Click on install now.



Installing Windows in VMWare

Step 13

Similarly for windows just install windows 7 in place of Ubuntu (repeat steps from 5th step)