Code:

```
// Write a program to simulate MFT

#include <bits/stdc++.h>
using namespace std;

int main() {

  int mem_size, block_size, num_processes, mem_process[100], noOfBlocks,
      ext_frag = 0, int_frag = 0, p = 0, i;

  cout << "Enter the total memory available: (in B): ";
  cin >> mem_size;

  cout << "\nEnter the block size (in B): ";
  cin >> block_size;

  noOfBlocks = mem_size / block_size;
  ext_frag = mem_size - (noOfBlocks * block_size);

  cout << "\nEnter the number of processes: ";
  cin >> num_processes;

  for (int i = 0; i < num_processes; i++) {
    cout << "\nEnter memory required for process " << i + 1 << " (in B): ";
    cin >> mem_process[i];
  }

  cout << "\nNumber of blocks available in memory(in B): " << noOfBlocks;

  cout << "\nProcess\t\t\tMemory_Req\t\t\tAllocated\t\t\tInternalFrag\n";
  for (i = 0; i < num_processes && p < noOfBlocks; i++) {

    cout << i + 1 << "\t\t\t\t\t" << mem_process[i] << "\t\t\t\t";

    if (mem_process[i] > block_size) {
      cout << "NO\t\t\t\t\t---";
    } else {
      cout << "YES\t\t\t\t\t" << block_size - mem_process[i];
      int_frag += block_size - mem_process[i];
      p++;
    }
    cout << endl;
  }

  if (i < num_processes) {
    cout << "\nMemory is Full. Remaining processes cannot be accomadated!!";
```

```
  }

  cout << "\nTotal Internal Fragmentation: " << int_frag;
  cout << "\nTotal External Fragmentation: " << ext_frag;

  return 0;
}

int main() {

  int memsize;
  cout << "Enter the total size of main memory (MB): ";
  cin >> memsize;
  MVT(memsize);
}
```

Sample Output:

```
Enter the total memory available: (in B): 25

Enter the block size (in B): 8

Enter the number of processes: 3

Enter memory required for process 1 (in B): 5

Enter memory required for process 2 (in B): 8

Enter memory required for process 3 (in B): 3

Number of blocks available in memory(in B): 3

Process         Memory_Req          Allocated       InternalFrag
1               5                   YES             3
2               8                   YES             0
3               3                   YES             5

Total Internal Fragmentation: 8

Total External Fragmentation: 1
```