

# INSTALLATION OF VIRTUAL BOX / VMWARE

**Here I have installed VMware and will be using linux destros -  
Parrot OS**

## 1. Installation of Vmware

### **ENABLE VIRTUALIZATION IN BIOS:**

1. Reboot your Computer and Press the BIOS Key. ...
2. Locate the section for CPU configuration. ...
3. Find the Settings for Virtualization. ...
4. Select the Option for Enabling Virtualization. ...
5. Save the Changes You Have Made. ...
6. Exit Your BIOS and Reboot Your Computer.

**Ensure that your physical machine meets the system requirements for VMware Player**  
**To download VMware Player:**

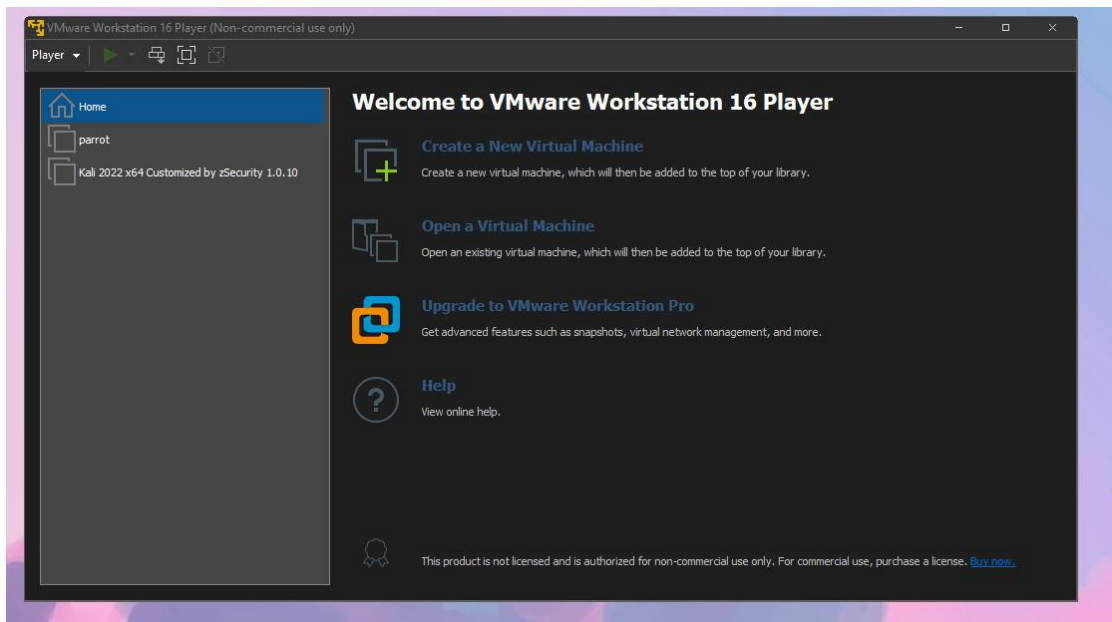
1. Navigate to the VMware Download Center.
2. Locate VMware Player under Desktop & End user Computing.
3. Select the installer from the list according to your host operating system.
4. Click Download.

### **After installation**

#### **On Windows host systems:**

The installer creates a desktop shortcut, a quick launch shortcut, or a combination of these options in addition to a Start Menu item.

To start VMware Player on a Windows host system, select Start > Programs > VMware Player.

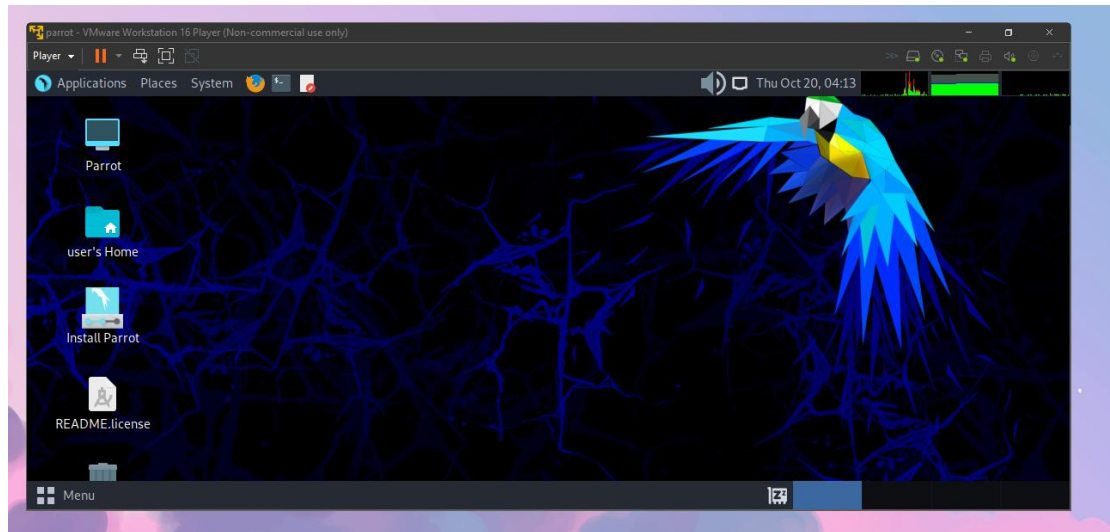


## 2. DOWNLOAD REQUIRED OS IMAGE FILE FOR VMWARE COMPATIBLE

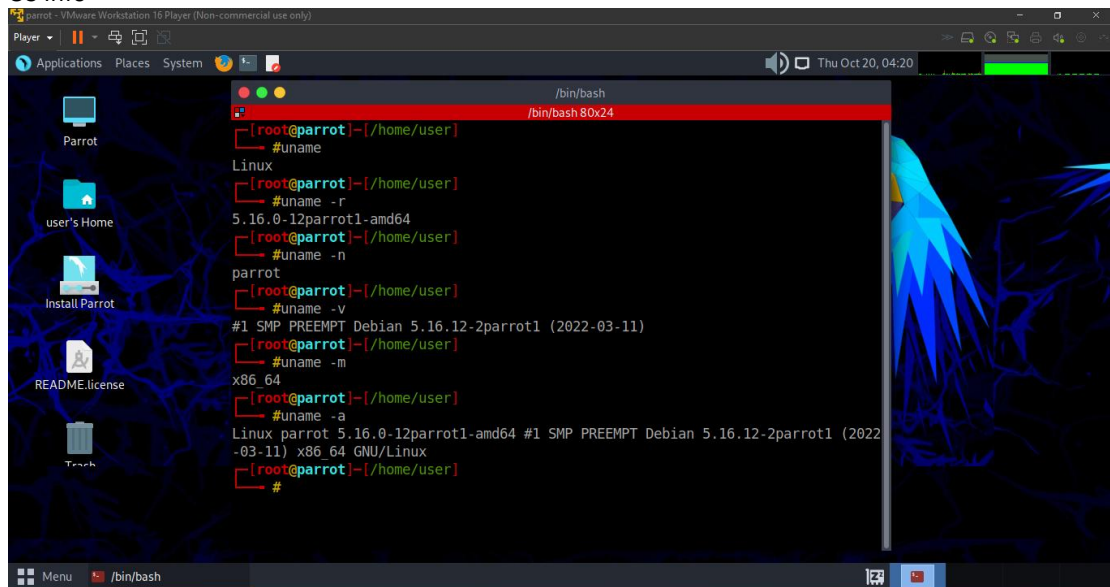
Here I have downloaded Parrot ISO for vmware

1. Download the free VMware Workstation Player.
2. Install, and restart Windows.
3. Create and configure your virtual machine. ( HDD , RAM , NETWORK IF NEEDED OR ELSE LEAVE DEAFULT SETTING
4. Install Linux in the virtual machine.
5. Restart the virtual machine and use Linux.

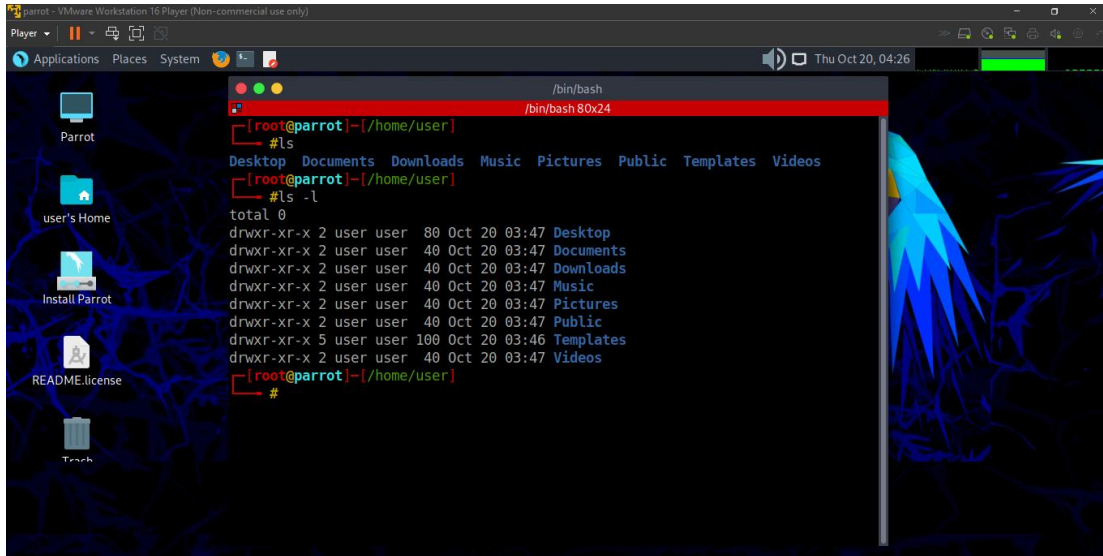
## Parrot OS



## OS Info



## TO PRINT DIRECTORY FILES



```
/bin/bash
[root@parrot]~[/home/user]
#ls
Desktop Documents Downloads Music Pictures Public Templates Videos
[root@parrot]~[/home/user]
#ls -l
total 0
drwxr-xr-x 2 user user 80 Oct 20 03:47 Desktop
drwxr-xr-x 2 user user 40 Oct 20 03:47 Documents
drwxr-xr-x 2 user user 40 Oct 20 03:47 Downloads
drwxr-xr-x 2 user user 40 Oct 20 03:47 Music
drwxr-xr-x 2 user user 40 Oct 20 03:47 Pictures
drwxr-xr-x 2 user user 40 Oct 20 03:47 Public
drwxr-xr-x 5 user user 100 Oct 20 03:46 Templates
drwxr-xr-x 2 user user 40 Oct 20 03:47 Videos
[root@parrot]~[/home/user]
#
```