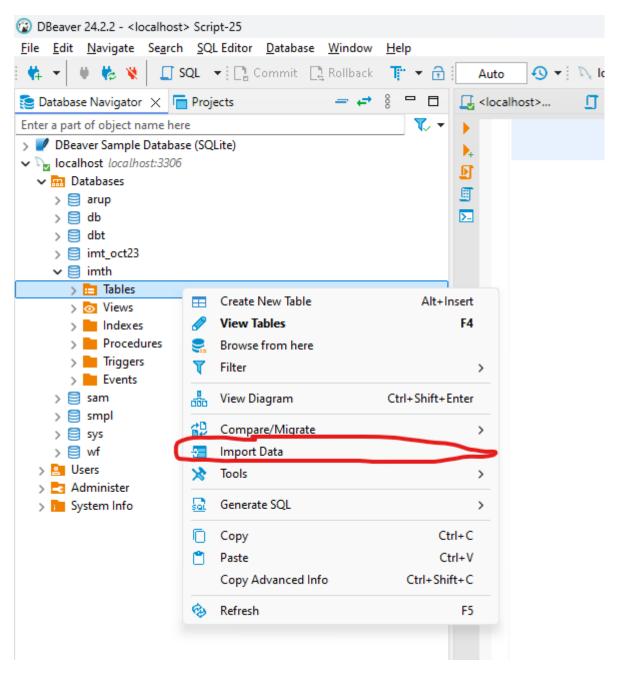
Step 1:

Inside database imth→tables→Rightclick tables→Import Data



Click Next

