Download virtual box and Ubuntu ISO file and install

Download virtual box and install from the below link

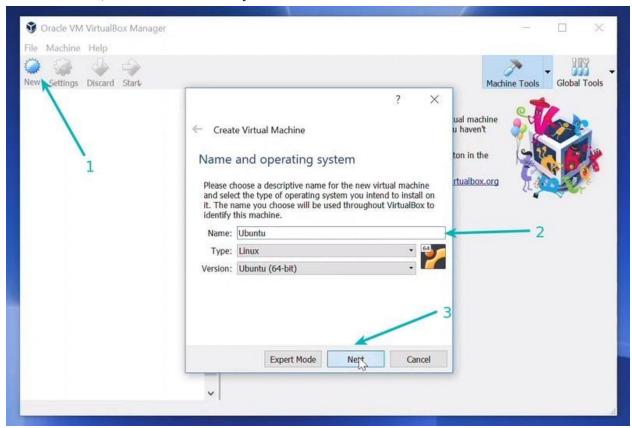
https://www.virtualbox.org/wiki/Downloads

Download ubunt iso file from this link

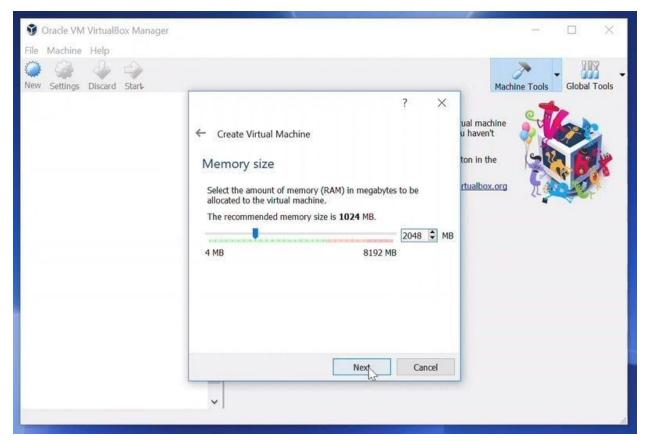
https://releases.ubuntu.com/18.04.5/ubuntu-18.04.5-desktop-amd64.iso

You have installed VirtualBox and you have downloaded the ISO for Linux. You are now set to install Linux in VirtualBox.

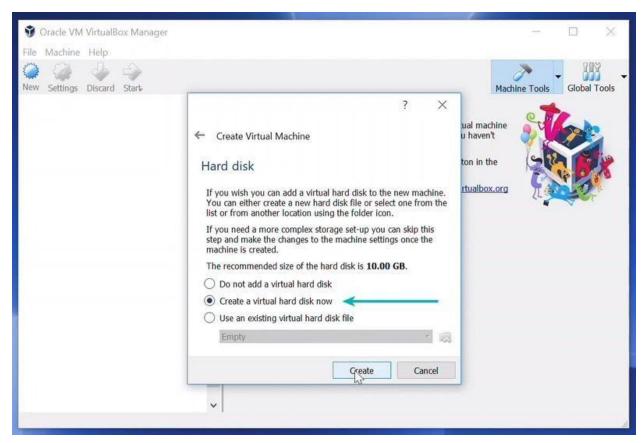
Start VirtualBox, and click on the New symbol. Give the virtual OS a relevant name.



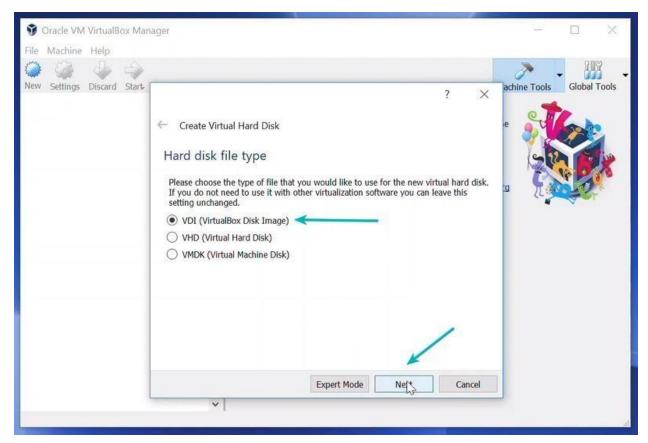
Allocate RAM to the virtual OS. My system has 8GB of RAM and I decided to allocate 2GB of it. You can use more RAM if your system has enough extra.



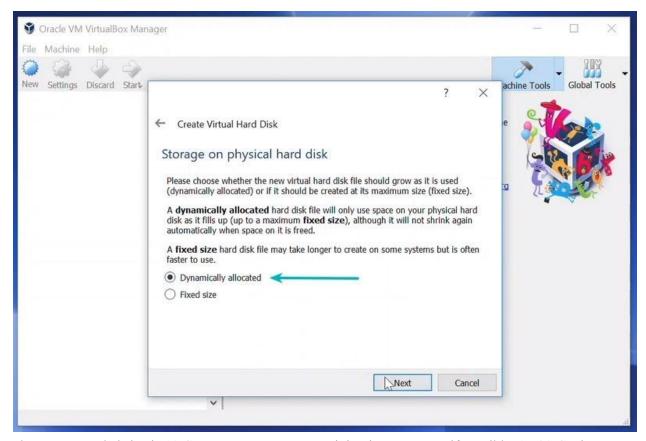
Create a virtual disk. This serves as the hard disk of the virtual Linux system. It is where the virtual system will store its files.



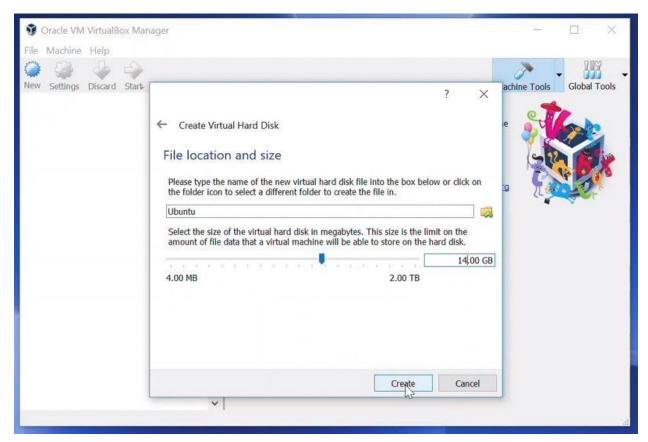
I recommend using the VDI file type here.



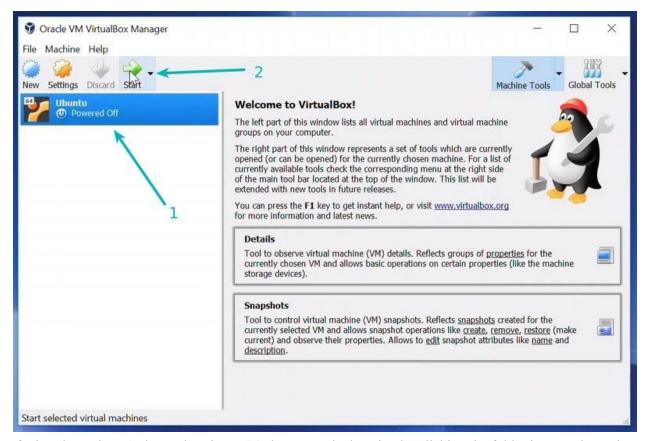
You can choose either the "Dynamically allocated" or the "Fixed size" option for creating the virtual hard disk.



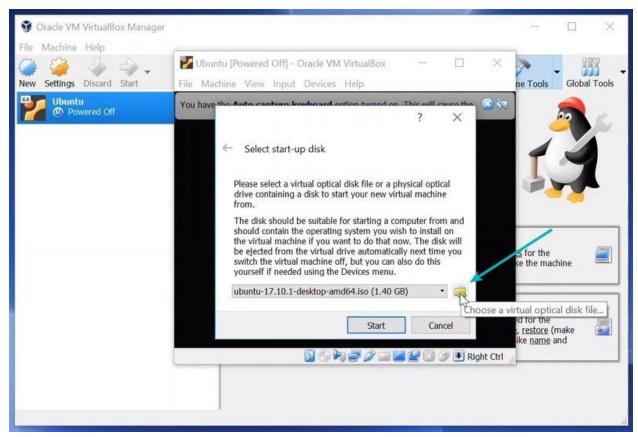
The recommended size is 10 GB. However, I suggest giving it more space if possible. 15-20 GB is preferable.



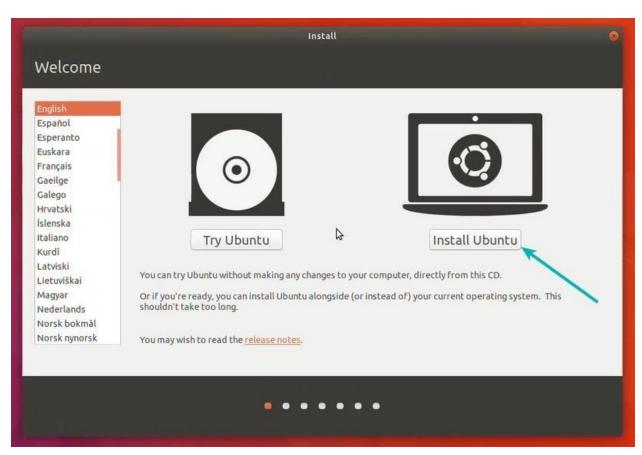
Once everything is in place, it's time to boot that ISO and install Linux as a virtual operating system.



If VirtualBox doesn't detect the Linux ISO, browse to its location by clicking the folder icon as shown in the picture below:



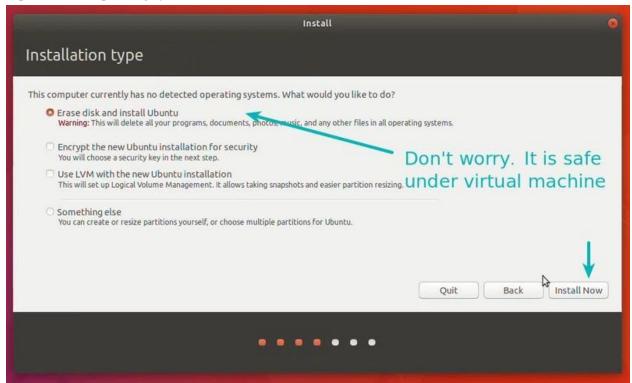
Soon you'll find yourself inside Linux. You should be presented with the option to install it. Things from here are Ubuntu-specific. Other Linux distributions may have slightly different looking steps, but it won't be complicated at all.



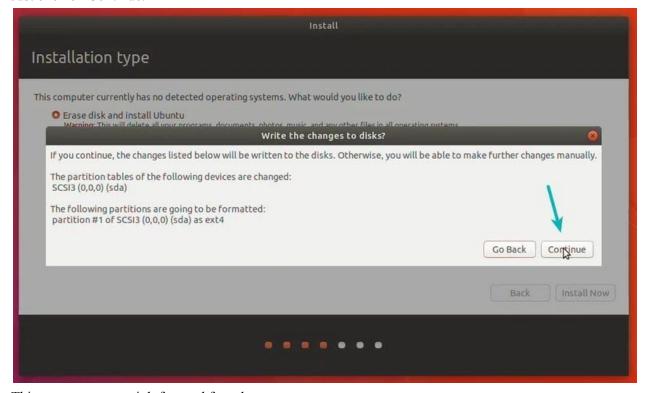
You can skip to Continue.



Select 'Erase disk and install Ubuntu'. Don't worry. It won't delete anything on your Windows operating system. You are using the virtual disk space of 15-20GB that we created in previous steps. It won't impact the real operating system.



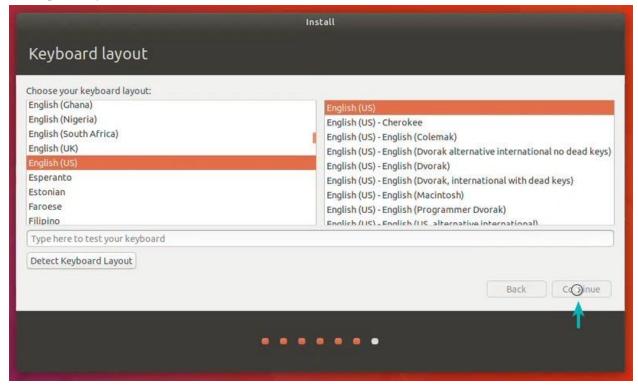
Just click on Continue.



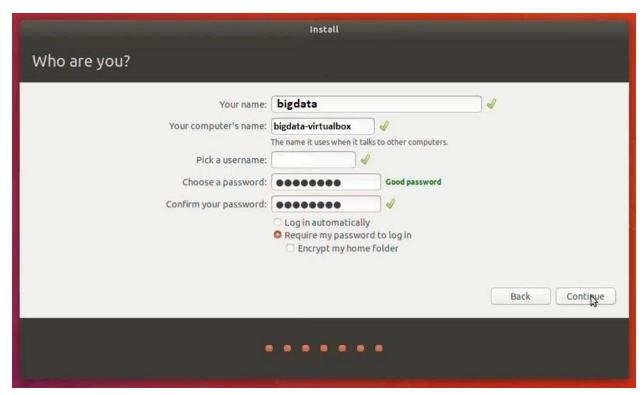
Things are pretty straightforward from here.



Self explanatory.



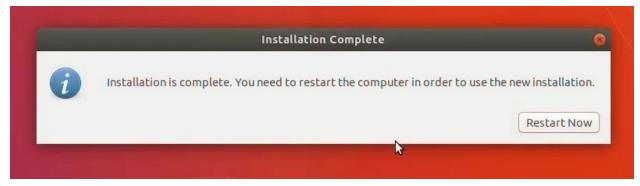
Try to choose a password that you can remember.



You are almost done. It may take 10-15 minutes to complete the installation.



Once the installation finishes, restart the virtual system.



If it gets stuck on the screen below, you may close the VirtualBox.



And that's all. From now on, just click on the installed Linux virtual machine. You'll be able to use it directly. The installation is a one time only process. You can even delete the Linux ISO that you downloaded earlier.