

Step 1: Open Windows Services Manager > Open Windows Run utility (Windows + R)

Step 2: Type “services.msc” > hit Enter

Step 3: Scroll down to Google Update Services> Double-click on each item or elements

Step 4: Go to the General tab under Startup type > Select Disable > Click on OK

Step 5: Repeat those steps for Google Update Services (update updates in)

For Example:

- “GoogleUpdaterInternalService129.0.6651.0 “or
- “GoogleUpdaterInternalService130.0.6679.0” or
- “GoogleUpdaterService129.0.6651.0” or