

How to fix the error of not being able to insert videos in PowerPoint

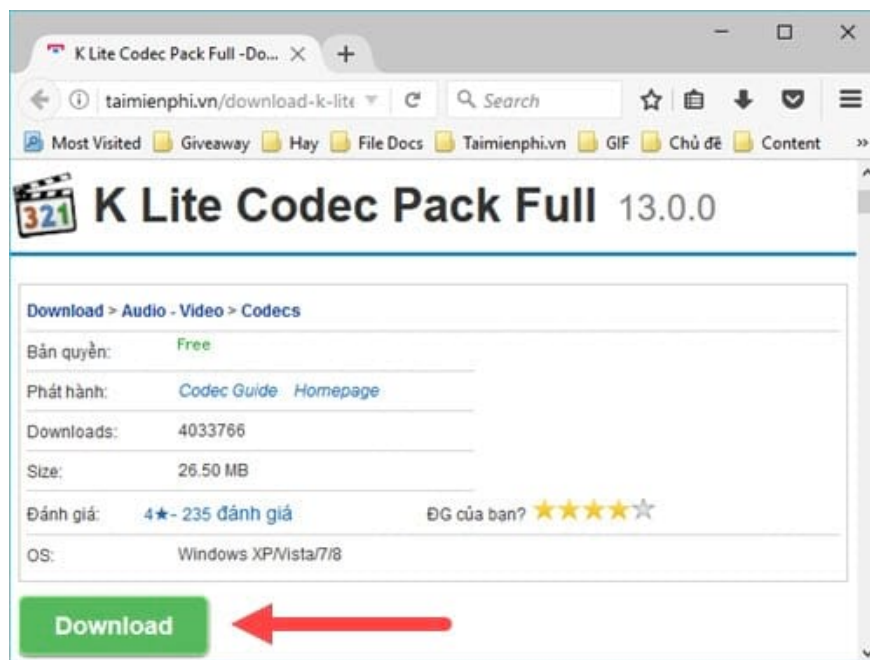
When inserting a video into PowerPoint, you may encounter an error that the file is not recognized, the video does not play, or it freezes. This may be due to an incompatible file format, missing codec, or incorrect installation. This article will help you find out the cause and the most effective way to fix the error.

The error of not being able to insert a video into PowerPoint may be due to the file format or missing codec. Let's learn how to handle it with Free Download to avoid interrupting your presentation.

Effective troubleshooting guide

Fix with decoder settings

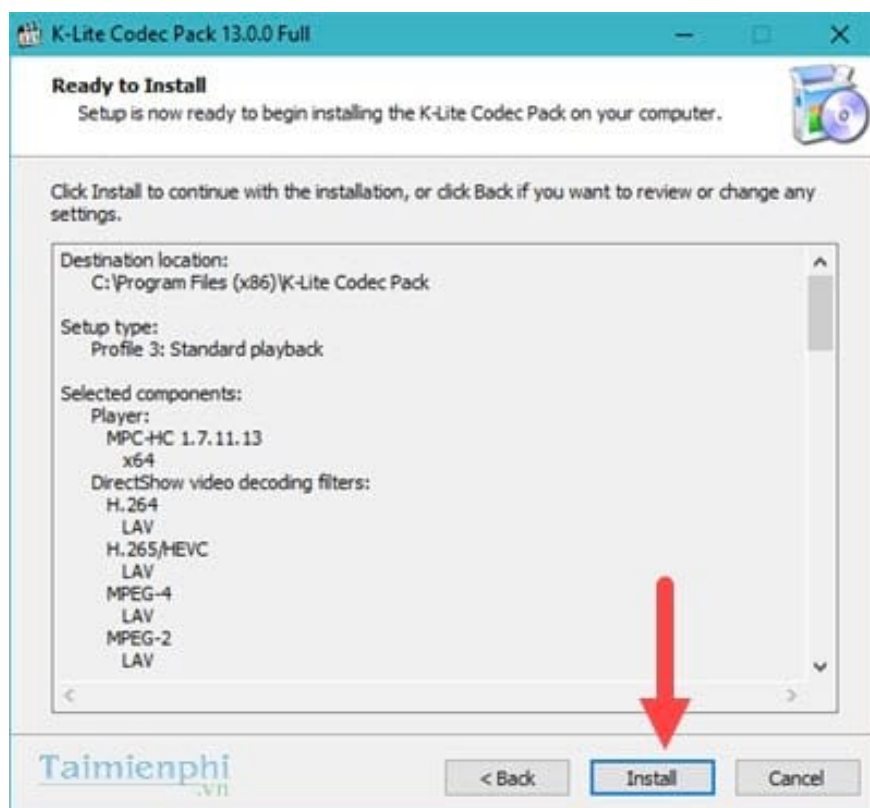
Step 1: Download **K Lite Codec Pack** to your computer.



Step 2: Click **Next** until Install appears.



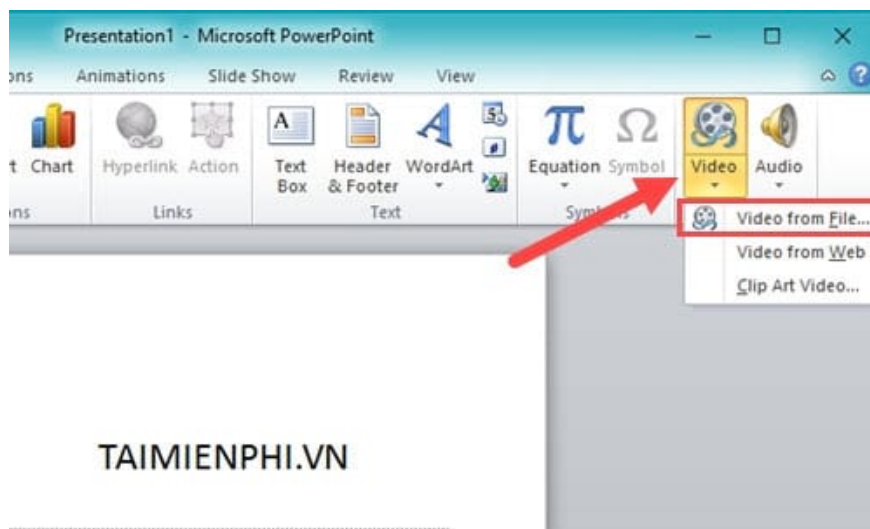
Step 3: When the word **Install** appears, just install and wait for the software to complete.



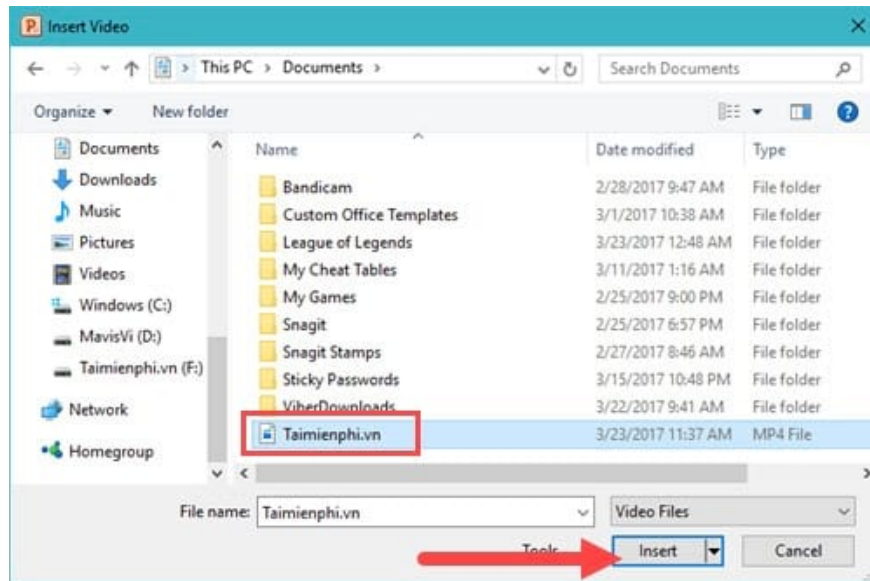
Step 4: After the installation is complete, there will be a **Finish** message to complete the installation.



Step 5: Now go back to Powerpoint and select **Insert > Video > Video from File** to insert the video.



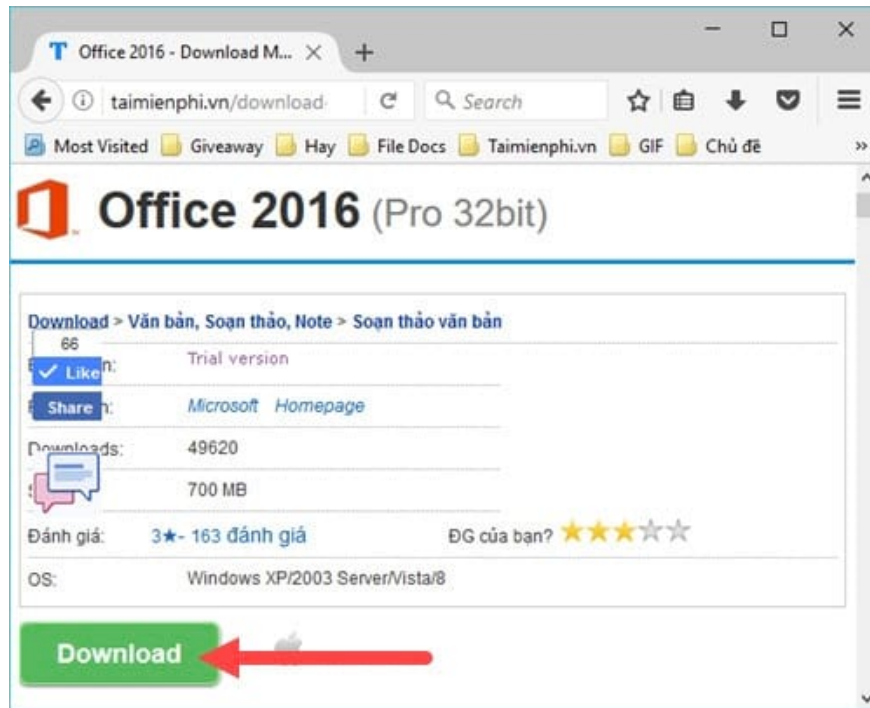
Step 6: Find the path containing the video file and then **Insert** .



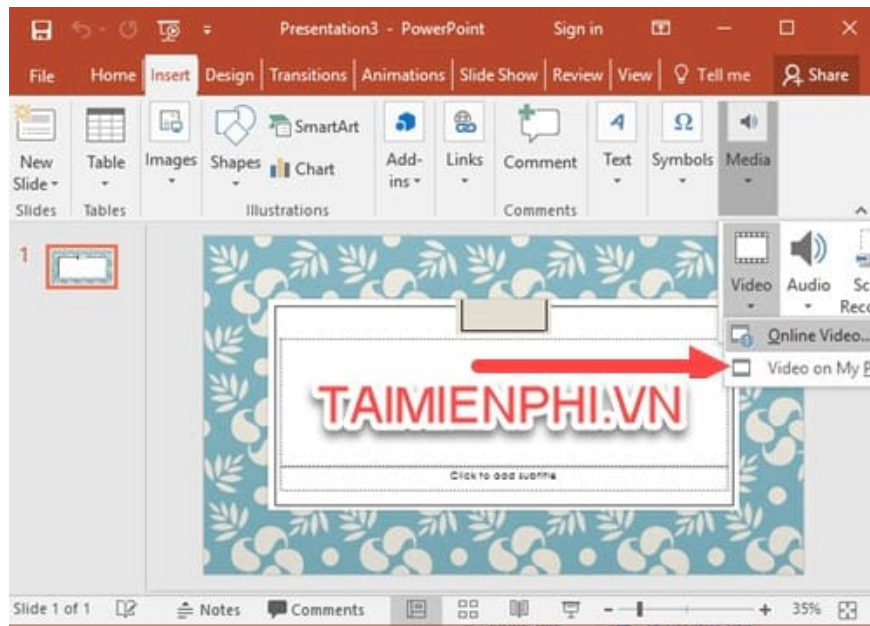
Result:



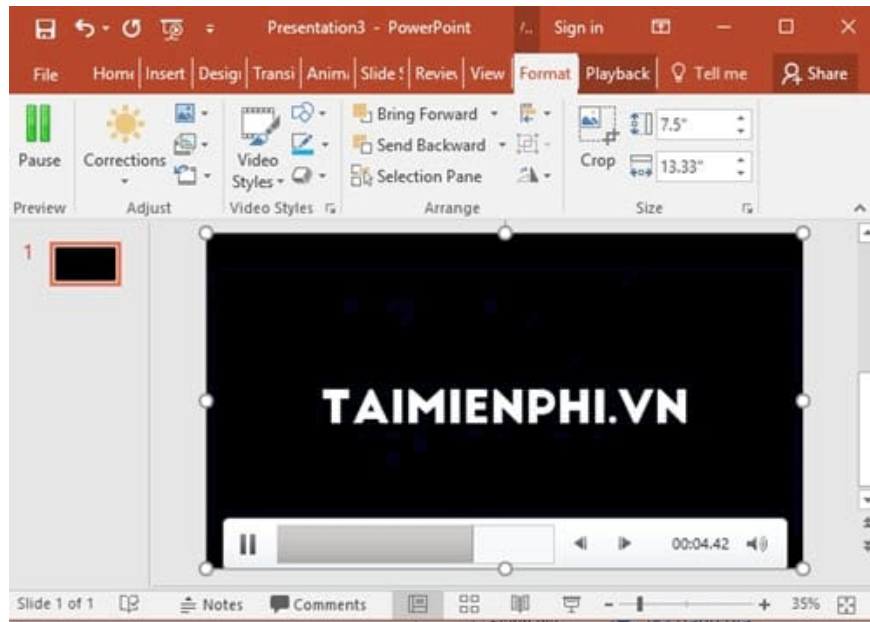
Step 7: There is a simpler way to help you fix this error immediately: download **Office 2016** or the latest version to your computer.



Then you just need to open **Insert with the Media > Video > Video on my PC** option to insert the video.



And then your Video will run without any supporting software.



With the above 2 methods, the error "cannot insert a video from the selected file" will no longer interrupt your presentation. If PowerPoint still does not recognize the video, try converting the video file to a suitable format or updating the codec on your computer to completely fix it.

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