Disable windows update on Windows 10

One of my PC has damaged by some kind of electric shock, and that does not work once Windows Update is started - probably one of broken hardware resource is making a trouble. Anyway, I want to stop Windows Update, and below links seems to have great information to disable windows update on Windows 10.

https://gadgets.ndtv.com/laptops/features/how-to-disable-windows-10-automatic-updates-728049