How to fix unbootable Windows with "Windows could not start because the following file is missing" \WINDOWS\SYSTEM32\CONFIG\SYSTEM

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The Desktop computer system that my sister is using is running a Windows XP Professional Service Pack 2 (SP2).
The Windows installation is almost 2 years old, however I was really surprised how the damned Microsoft software broke.
Here is how, one day I got really mad at my sister she completely drove me out of myself.
Being affected by her continuous unethical behaviour I decided to return it back to her and logged in with Window's
administrator account and changed her password.
The Spybot Search and Destroy (S&D) spyware active protection (Tea Timer) warned me that some registry settings will be changed whileI was changing my syster's Windows password and I accepted the change.Hereafter I restarted the system afterwards and guess what? Windows couldn't boot anymore!
Let me ask you a question is that unsual for the shitty Windows operating system? NO IT'S ABSOLUTELY NORMAL :)!
That pissed me off a bit so I left the machine with unbootable Windows System for a few weeks 'till today.
The error message which occured during Windows boot time was:

Windows could not start because the following file is missing
or corrupt:
\WINDOWS\SYSTEM32\CONFIG\SYSTEM

You can attempt to repair this file by starting Windows Setup
using the original CD-ROM.
Select 'r' at the first screen to start repair.

To fix the issue I had to call a friend (Alex) and ask him for a Windows XP SP2 install cd.
We used the Windows System Recovery console to boot up and access the file system. After the Recovery Console loadedwe tried to switch to the **C:\ drive** but the hard drive was taking ages scraping through the drive, with thehdd led indicator blinking all the time.
First I suspected something could be wrong with the hard drive on the physical hdd layer. However I instructed Alex,to issue the **CHKDSK** command to see if that would do any good.

That's it the good old **CHKDSK** fixed the file system issues and we rebooted. And hooray such a joy! Unbelievable the System worked again! Hooray! :)