



PTVA'S Institute of Management

(Approved by AICTE, DTE and affiliated to University of Mumbai)

Chitrakar Ketkar Marg, Behind M. L. Dahanukar College of Commerce, Vile Parle (East), Mumbai –400 057.

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ISO 9001:2015 Certified Institute & Accredited by NAAC

Training program on "Cyber Hygiene and Cyber Safety"

Introduction:

On February 19, 2019, Responsible Netism conducted a comprehensive training program on "Cyber Hygiene and Cyber Safety" at PTVA's Institute of Management. The session aimed to educate participants on best practices for maintaining online security and safety in today's digital age.

Objectives:

1. Raise awareness about cyber threats and vulnerabilities.
2. Educate participants on safe internet usage and responsible online behaviour.
3. Equip attendees with practical tips and tools to enhance their cybersecurity.

Activity:

- **Welcome Address:** The program commenced with a welcome address by the Institute's Director, emphasizing the importance of cybersecurity in personal and professional domains.
- **Session on Cyber Hygiene:** Experts from Responsible Netism delivered insightful presentations on cyber hygiene, focusing on topics such as creating strong passwords, identifying phishing attempts, and securing personal data online.
- **Interactive Workshops:** Participants engaged in hands-on workshops where they learned to configure privacy settings on social media platforms, recognize malware, and respond to cyber incidents effectively.
- **Panel Discussion:** A panel of cybersecurity professionals shared real-world experiences and answered questions from participants regarding cybersecurity challenges and solutions.
- **Case Studies:** Case studies of cyber incidents were presented to illustrate the consequences of poor cyber hygiene and the importance of proactive cybersecurity measures.



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- **Closing Remarks:** The session concluded with closing remarks stressing the ongoing need for vigilance and continuous learning in the realm of cybersecurity.

Key Takeaways:

1. Understood the importance of safe internet usage and responsible online behaviour.
2. Gained the knowledge about cyber threats and vulnerabilities.
3. Understood various tips and tools to enhance their cybersecurity.

Conclusion: The training program on "Cyber Hygiene and Cyber Safety" by Responsible Netism at PTVA's Institute of Management was a resounding success, effectively equipping participants with essential knowledge and skills to navigate the digital world securely. It reinforced the importance of responsible online behaviour and proactive cybersecurity practices.



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