

Daily Diary – Cybersecurity Training & Internship

Name: Nikhil Rana

University: GNDEC

Course: Cybersecurity Training and Internship

Duration: 6 Months (01 July 2025 – 30 December 2025)

Day 1

Date: 01 July 2025

Topic: Networking Fundamentals

Tools Used: Windows OS, Linux OS, Command Prompt, Network Diagrams

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 2

Date: 02 July 2025

Topic: IP Addressing and Subnetting

Tools Used: Kali Linux, Terminal, ipconfig, ifconfig, ip addr, Subnet Calculator

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 3

Date: 03 July 2025

Topic: OSI & TCP/IP Models

Tools Used: Presentation Slides, Network Diagrams

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 4

Date: 04 July 2025

Topic: DNS, DHCP and Protocols

Tools Used: Kali Linux, nslookup, dig, traceroute

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 5

Date: 05 July 2025

Topic: Wireshark Packet Analysis

Tools Used: Wireshark

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 6

Date: 07 July 2025

Topic: Kali Linux Installation & Setup

Tools Used: VirtualBox, Kali Linux ISO

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 7

Date: 08 July 2025

Topic: Linux Commands Practical

Tools Used: Kali Linux Terminal

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 8

Date: 09 July 2025

Topic: Ethical Hacking Concepts

Tools Used: Documentation, Case Studies

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 9

Date: 10 July 2025

Topic: Footprinting & Reconnaissance

Tools Used: Google Dorks, Netcraft, Wappalyzer

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 10

Date: 11 July 2025

Topic: Network Scanning using Nmap

Tools Used: Nmap, Zenmap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 11

Date: 12 July 2025

Topic: Enumeration Techniques

Tools Used: Nmap, Enum4linux

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Day 12

Date: 14 July 2025

Topic: Vulnerability Assessment

Tools Used: Nmap, OWASP ZAP

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Day 13

Date: 15 July 2025

Topic: System Hacking

Tools Used: Metasploit Framework, Netcat

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 14

Date: 16 July 2025

Topic: Web Application Attacks

Tools Used: Burp Suite, OWASP ZAP

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 15

Date: 17 July 2025

Topic: SQL Injection

Tools Used: Burp Suite, SQLmap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 16

Date: 18 July 2025

Topic: XSS and CSRF

Tools Used: Burp Suite

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 17

Date: 19 July 2025

Topic: Sniffing & Spoofing

Tools Used: Wireshark, Ettercap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 18

Date: 21 July 2025

Topic: Session Hijacking

Tools Used: Burp Suite, Ettercap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 19

Date: 22 July 2025

Topic: Python for Pentesting

Tools Used: Python3, VS Code

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 20

Date: 23 July 2025

Topic: Shell Scripting

Tools Used: Bash Shell, Nano Editor

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 21

Date: 24 July 2025

Topic: Social Engineering

Tools Used: SET Toolkit

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 22

Date: 25 July 2025

Topic: DoS & DDoS Attacks

Tools Used: hping3, Metasploit

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 23

Date: 26 July 2025

Topic: Wireless Security

Tools Used: Aircrack-ng, Wireshark

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 24

Date: 28 July 2025

Topic: Mobile Security

Tools Used: Android Emulator, MobSF

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 25

Date: 29 July 2025

Topic: Android Pentesting

Tools Used: ADB, MobSF

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Day 26

Date: 30 July 2025

Topic: Cryptography

Tools Used: OpenSSL, Hashing Tools

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 27

Date: 31 July 2025

Topic: Steganography

Tools Used: Steghide

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 28

Date: 01 August 2025

Topic: Malware Analysis

Tools Used: VirusTotal, Metasploit

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 29

Date: 02 August 2025

Topic: Digital Forensics

Tools Used: Autopsy, FTK Imager

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Day 30

Date: 04 August 2025

Topic: Dark Web & Anonymity

Tools Used: Tor Browser, Proxychains

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Day 31

Date: 05 August 2025

Topic: Firewall & WAF

Tools Used: Windows Firewall, iptables

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Date: 06 August 2025

Topic: Career Guidance

Tools Used: LinkedIn, Resume Tools

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Topic: OSI & TCP/IP Models

Tools Used: Presentation Slides, Network Diagrams

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Date: 01 October 2025

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Topic: Sniffing & Spoofing

Tools Used: Wireshark, Ettercap

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Date: 03 October 2025

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Tools Used: SET Toolkit

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Tools Used: Tor Browser, Proxymchains

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Date: 20 October 2025

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Topic: IP Addressing and Subnetting

Tools Used: Kali Linux, Terminal, ipconfig, ifconfig, ip addr, Subnet Calculator

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Date: 01 December 2025

Topic: DNS, DHCP and Protocols

Tools Used: Kali Linux, nslookup, dig, traceroute

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 133

Date: 02 December 2025

Topic: Wireshark Packet Analysis

Tools Used: Wireshark

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 134

Date: 03 December 2025

Topic: Kali Linux Installation & Setup

Tools Used: VirtualBox, Kali Linux ISO

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 135

Date: 04 December 2025

Topic: Linux Commands Practical

Tools Used: Kali Linux Terminal

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 136

Date: 05 December 2025

Topic: Ethical Hacking Concepts

Tools Used: Documentation, Case Studies

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 137

Date: 06 December 2025

Topic: Footprinting & Reconnaissance

Tools Used: Google Dorks, Netcraft, Wappalyzer

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 138

Date: 08 December 2025

Topic: Network Scanning using Nmap

Tools Used: Nmap, Zenmap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 139

Date: 09 December 2025

Topic: Enumeration Techniques

Tools Used: Nmap, Enum4linux

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 140

Date: 10 December 2025

Topic: Vulnerability Assessment

Tools Used: Nmap, OWASP ZAP

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 141

Date: 11 December 2025

Topic: System Hacking

Tools Used: Metasploit Framework, Netcat

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 142

Date: 12 December 2025

Topic: Web Application Attacks

Tools Used: Burp Suite, OWASP ZAP

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 143

Date: 13 December 2025

Topic: SQL Injection

Tools Used: Burp Suite, SQLmap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 144

Date: 15 December 2025

Topic: XSS and CSRF

Tools Used: Burp Suite

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 145

Date: 16 December 2025

Topic: Sniffing & Spoofing

Tools Used: Wireshark, Ettercap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 146

Date: 17 December 2025

Topic: Session Hijacking

Tools Used: Burp Suite, Ettercap

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 147

Date: 18 December 2025

Topic: Python for Pentesting

Tools Used: Python3, VS Code

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 148

Date: 19 December 2025

Topic: Shell Scripting

Tools Used: Bash Shell, Nano Editor

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 149

Date: 20 December 2025

Topic: Social Engineering

Tools Used: SET Toolkit

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 150

Date: 22 December 2025

Topic: DoS & DDoS Attacks

Tools Used: hping3, Metasploit

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 151

Date: 23 December 2025

Topic: Wireless Security

Tools Used: Aircrack-ng, Wireshark

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 152

Date: 24 December 2025

Topic: Mobile Security

Tools Used: Android Emulator, MobSF

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 153

Date: 25 December 2025

Topic: Android Pentesting

Tools Used: ADB, MobSF

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 154

Date: 26 December 2025

Topic: Cryptography

Tools Used: OpenSSL, Hashing Tools

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 155

Date: 27 December 2025

Topic: Steganography

Tools Used: Steghide

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 156

Date: 29 December 2025

Topic: Malware Analysis

Tools Used: VirusTotal, Metasploit

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.

Day 157

Date: 30 December 2025

Topic: Digital Forensics

Tools Used: Autopsy, FTK Imager

Work Description: Studied the topic in detail and performed relevant practical tasks as per cybersecurity syllabus in a controlled lab environment.