



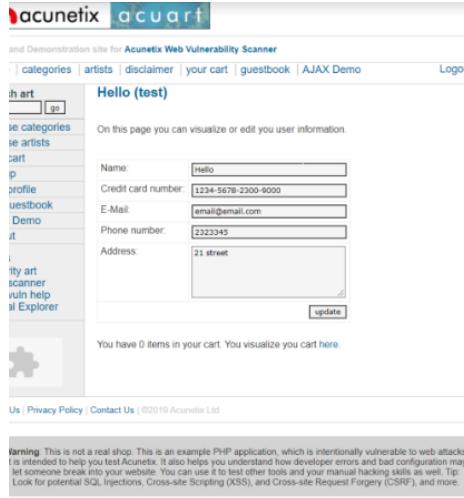
Week 3 Technical Guide

Task 1 - Weekly Labs [Mandatory]

Cross-Site Scripting (XSS) Lab

Important:	<p>Make sure to take Notes as you proceed with your labs. It can include</p> <ul style="list-style-type: none">• The steps you have taken• Tools you have used• The payloads you have used, and so on <p>And also do your research on that specific vulnerability as all of this will help you in the Weekly Assessment Test which will be provided to you.</p>	
Step 1	Hope you all have gone through the study material on Cross-Site Scripting for this week.	<u>Cross-Site Scripting (XSS)</u>



Step 2	<p>Go through the links mentioned in the guide as they have examples of vulnerable websites as shown to the right, and you can practice that on your own to get a better understanding of vulnerabilities before accessing the labs.</p>	
Step 3	<p>Also make sure to check out the references mentioned at the end of the guide. They are very helpful.</p>	<h2>References</h2> <ul style="list-style-type: none">Awesome XSS : https://github.com/s0md3v/AwesomeXSSCross Site Scripting by PortSwigger : https://portswigger.net/web-security/cross-site-scriptingOWASP XSS : https://owasp.org/www-community/attacks/xss/
Step 4	<p>Follow the link to open the Hackify portal.</p>	Bug bounty hunter - Master web application vulnerabilities and kickstart your journey in bug bounty hunting BugBountyHunter.org



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Step 5	<p>Once you successfully open the portal link. Click on Login.</p>	<p>The screenshot shows the Hacktify homepage. At the top right, there is a blue 'Login' button with a white arrow icon. A thick red arrow points from the left towards this 'Login' button. The page features the Hacktify logo ('HACKTIFY VIRTUALLY TESTING FOUNDATION'), a navigation bar with links for Home, About, Courses, Teachers, and Labs, and social media icons for Facebook, LinkedIn, Instagram, and Twitter. Below the navigation, the text 'Hacktify The Smarter Way to Learn Cyber Security' is displayed, along with a subtext 'Learn the emerging cyber security skill and become a highest paid cyber security professional'. There are also three circular profile pictures of people.</p>
Step 6	<p>Enter the Email ID you used to register for the internship. And enter the password: inter@oct#123 And you should be logged in.</p>	<p>The screenshot shows the Hacktify login page. It features a large orange banner in the center with the text 'Cyber Security 10 Weeks Internship' in white. Below the banner, there are two logos: 'Virtually Testing Foundation' with a checkmark icon and 'Hacktify Cyber Security' with a blue square icon. To the right of the banner, there is a 'HACKTIFY cybersecurity' logo, followed by the text 'Login into your account' and two input fields for 'Email address' and 'Enter Password'. A black 'Login' button is at the bottom right.</p>



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Step 7	<p>Once you successfully logged in, you will see the homepage listed with labs.</p>	<p>The screenshot shows the Hacktify homepage with the title "10 Week Internship Labs". Below it, there are two lab cards: one for "Cross Site Scripting" which is 10 hours long and marked as "FREE", and another for "SQL Injection" which is 3 hours long and also marked as "FREE".</p>
Step 8	<p>From the list of labs, open the Cross Site Scripting Lab.</p>	<p>The screenshot shows a detailed view of the "Cross Site Scripting" lab card. It includes a timer icon indicating 10 Hours, the word "FREE" in blue, a small profile picture of Rohit Gautam, and the word "Hard" indicating the difficulty level.</p>



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Step 9	<p>Once you open the Cross Site Scripting Labs, you will be assigned with sub-labs as shown.</p> <p>NOTE: Here there are 11 sub-labs assigned to you. There might be multiple sub-labs in each of the main labs.</p>	<table border="1"><tbody><tr><td>Let's Do IT! 30 Minutes Rohit Gautam</td><td>Balancing Is Important In Life! 30 Minutes Rohit Gautam</td></tr><tr><td>XSS Is Everywhere! 1 Hour Rohit Gautam</td><td>Alternatives Are Must! 1 Hour Rohit Gautam</td></tr><tr><td>Developer Hates Scripts! 1 Hour Rohit Gautam</td><td>Change The Variation! 1 Hour Rohit Gautam</td></tr><tr><td>Encoding Is The Key? 1 Hour Rohit Gautam</td><td>XSS With File Upload (File Name) 30 Minutes Rohit Gautam</td></tr></tbody></table>	Let's Do IT! 30 Minutes Rohit Gautam	Balancing Is Important In Life! 30 Minutes Rohit Gautam	XSS Is Everywhere! 1 Hour Rohit Gautam	Alternatives Are Must! 1 Hour Rohit Gautam	Developer Hates Scripts! 1 Hour Rohit Gautam	Change The Variation! 1 Hour Rohit Gautam	Encoding Is The Key? 1 Hour Rohit Gautam	XSS With File Upload (File Name) 30 Minutes Rohit Gautam
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Step 10	<p>Now open Let's DO IT!, Cross Site Scripting sub-lab 1 will open up.</p>	<table border="1"><tbody><tr><td>Let's Do IT! 30 Minutes Rohit Gautam</td><td>Balancing Is Important In Life! 30 Minutes Rohit Gautam</td></tr><tr><td>XSS Is Everywhere! 1 Hour Rohit Gautam</td><td>Alternatives Are Must! 1 Hour Rohit Gautam</td></tr></tbody></table>	Let's Do IT! 30 Minutes Rohit Gautam	Balancing Is Important In Life! 30 Minutes Rohit Gautam	XSS Is Everywhere! 1 Hour Rohit Gautam	Alternatives Are Must! 1 Hour Rohit Gautam				
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Step 11	After opening the sub-lab, first go through the given details in the lab.	<p>What Is Cross Site Scripting?</p> <p>Cross-site scripting (also known as XSS) is a web security vulnerability that allows an attacker to compromise the interactions that users have with a vulnerable application. Cross-site scripting vulnerabilities normally allow an attacker to masquerade as a victim user, to carry out any actions that the user is able to perform, and to access any of the user's data. If the victim user has privileged access within the application, then the attacker might be able to gain full control over all of the application's functionality and data.</p> <p>How Does XSS Works?</p> <p>Cross-site scripting works by manipulating a vulnerable website's source code/storage system so that it returns malicious JavaScript to users. When the malicious code executes inside a victim's browser, the attacker can fully compromise their interaction with the application by stealing session cookies, user credentials, tokens, secrets, etc.</p> <p>Types Of XSS</p> <ul style="list-style-type: none">⚡ Reflected XSS: The malicious script comes from the current HTTP request when injected in the source code of the application.⚡ Stored XSS: The malicious script comes from the website's database which eventually gets executed in user's browser.⚡ DOM-based XSS: The vulnerability exists in client-side code rather than server-side code. In DOM-based XSS, the malicious user input goes inside the source and comes out of the sink.
Step 12	The highlighted portion are the goals that you have to accomplish for this lab.	<p>Severity</p> <p>The Reflected XSS has a severity of P3 with a CVSS score of 5.8 which is Medium. This can be used to steal cookies from a victim and also can be used for capturing victim's credentials.</p> <p>Rules For Exploiting Cross-Site Scripting</p> <div style="display: flex; justify-content: space-around;"><div style="text-align: center;">1 Find an entry point on the web page.</div><div style="text-align: center;">2 Use an XSS payload by referring to the documentation. Use payload with <script> for bonus points.</div><div style="text-align: center;">3 Check for a popup on the screen.</div></div> <p>Start Lab</p>



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Step 13	<p>Once you are clear with goals, click on Start Lab.</p>	<p>Severity The Reflected XSS has a severity of P3 with a CVSS score of 5.8 which is Medium. This can be used to steal cookies from a victim and also can be used for capturing victim's credentials.</p> <p>Rules For Exploiting Cross-Site Scripting</p> <p>1 Find an entry point on the web page.</p> <p>2 Use an XSS payload by referring to the documentation. Use payload with <script> for bonus points.</p> <p>3 Check for a popup on the screen.</p> <p>Start Lab</p>
Step 14	<p>Once the lab starts, hack through the goals that you need to accomplish. Happy Hacking.</p> <p>NOTE: Make sure to take Notes as you proceed with your labs.</p>	<p>Happy Hacking</p> <p>HACKIFY VIRTUALLY TESTING</p> <p>Subscribe to our Newsletter</p> <p>Enter your Email <input type="text"/> Subscribe</p> <p>© Copyrights 2021 Hackify Cybersecurity All rights reserved</p>



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Step 15

After completion of sub-lab 1 **Let's DO IT!**, move on to the next sub-lab and repeat the process from step 12. You have to follow the same procedure for every sub-lab available in the list.

 30 Minutes Let's Do IT! Rohit Gautam	FREE Easy	 30 Minutes Balancing Is Important In Life! Rohit Gautam	FREE Easy
 1 Hour XSS Is Everywhere! Rohit Gautam	FREE Easy	 1 Hour Alternatives Are Must! Rohit Gautam	FREE Medium
 1 Hour Developer Hates Scripts! Rohit Gautam	FREE Hard	 1 Hour Change The Variation! Rohit Gautam	FREE Hard
 1 Hour Encoding Is The Key? Rohit Gautam	FREE Medium	 30 Minutes XSS With File Upload (File Name) Rohit Gautam	FREE Easy



Step 16

Make sure to take **Notes** as you proceed with your labs.

It can include

- The steps you have taken
- Tools you have used
- The payloads you have used, and so on.

And also do your research on that specific vulnerability as all of this will help you in the **Weekly Assessment Test** which will be provided to you.

Week 3 Assignment Submission Form - Team

VTF Hackify Pentesting Internship

This Form will be accepting response till October 26, 2021 : 23:59:59 PDT

This Form can take 30minutes to 1Hour to Complete

Enter the Email Registered with VTF for the internship.

sshukla@virtuallytesting.com [Switch account](#)

 Saving disabled

* Required

Email *

Your email

Full Name *

Name submitted here will be printed as it is on weekly certificates so enter carefully. This would not be rectified under any circumstances.

Your answer

[Next](#)

[Clear form](#)



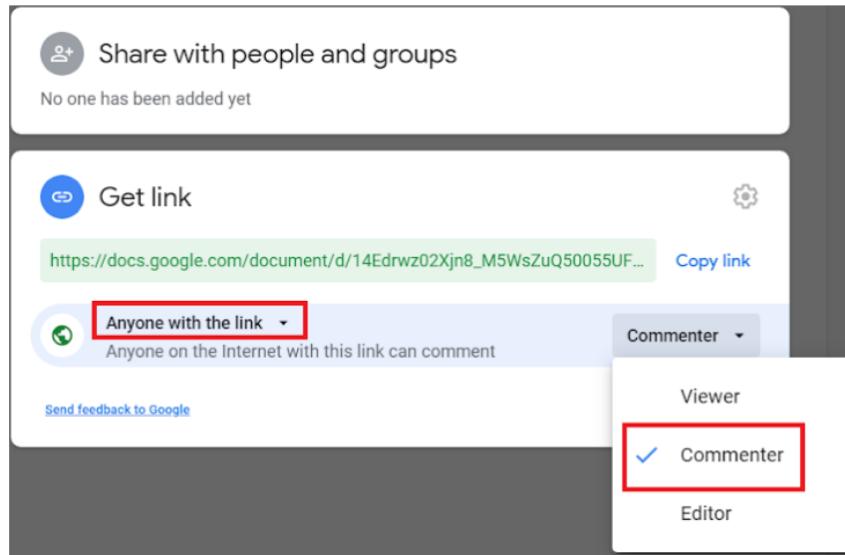
Step 17

- Make sure to take a **Pentesting Report** as you proceed with your labs.
- You are required to submit your Report in the assessment form in the section shown in the image.

Penetration Testing Report Submission.

You should be submitting **commenter** link of your report.
Link should be visible to anyone on the Internet.

Commenter Link *

A screenshot of a Google Form interface. At the top, it says "Commenter Link *". Below that is a "Share with people and groups" section showing "No one has been added yet". Underneath is a "Get link" section with a link "https://docs.google.com/document/d/14Edrwz02Xjn8_M5WsZuQ50055UF...". A "Copy link" button is next to it. Below the link are two dropdown menus: "Anyone with the link" (set to "Anyone on the Internet with this link can comment") and "Commenter" (set to "Viewer"). A red box highlights the "Commenter" dropdown menu. A modal window is open over the form, also showing the "Commenter" dropdown with "Commenter" checked (indicated by a blue checkmark). Other options in the modal are "Viewer" and "Editor". At the bottom of the form are "Back", "Next", and "Clear form" buttons.

Your answer

Back Next Clear form



Task 2 - Penetration Testing Report

[Mandatory]

Important	<p>1. Go through the steps more than once because you are requested to submit a Penetration Testing Report every week.</p> <p>2. Make sure to take notes as you proceed with your labs. It can include</p> <ul style="list-style-type: none">• The steps you have taken• Tools you have used• The payloads you have used, and so on <p>And also do your research on that specific vulnerability as all of this will help you in the Weekly Assessment Test which will be provided to you.</p>	
Step 1	If you have not copied the provided template in week 1 copy the model template provided for Penetration Testing Report in your Google Drive.	Penetration Testing Report Template



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Step 3

Rename the copy to
Week_{#}_Penetration_Testing_Report where # is the week number.

Copy document X

Name

Copy of Penetration Testing Report Template

Folder

Weekly Guides

Share it with the same people

Copy comments and suggestions

Include resolved comments and suggestions

Cancel

OK



Step 4	<p>Open the renamed copy of the template and start editing. Firstly edit the Week {#} of the template with the week number.</p> <p>e.g) From Week {#} to Week 3</p> <p>Note: Everything mentioned inside the {} has to be changed.</p>	<p style="text-align: center;">Week {#} Penetration Testing Report</p> <p>Introduction</p> <p>This report document hereby describes the proceedings and results of a Black Box security assessment conducted against the Week {#} Labs. The report hereby lists the findings and corresponding best practice mitigation actions and recommendations.</p>		
Step 5	<p>In section 2, edit the Application Name with the lab names.</p> <p>Note: Some weeks have 2 labs so you are required to provide both names in such cases, if not 1 is enough.</p>	<p>2. Scope</p> <p>This section defines the scope and boundaries of the project.</p> <table border="1" data-bbox="1064 801 2008 866"><tr><td data-bbox="1064 801 1241 866">Application Name</td><td data-bbox="1241 801 2008 866">{Lab 1 Name}, {Lab 2 Name (if the week has 2 labs)}</td></tr></table>	Application Name	{Lab 1 Name}, {Lab 2 Name (if the week has 2 labs)}
Application Name	{Lab 1 Name}, {Lab 2 Name (if the week has 2 labs)}			



Step 6

In section 3, change **week {#}** and **{count}** with the number of the sub-labs present.
Change the **{count}** inside the **table** with the number of easy sub-labs for low, medium sub-labs for medium and hard sub-labs for hard.

Note:

{count} is the sum of both labs if 2 labs are present.

3. Summary

Outlined is a Black Box Application Security assessment for the **Week {#} Labs**.

Total number of Sub-labs: {count} Sub-labs

High	Medium	Low
{count}	{count}	{count}

High - Number of Sub-labs with hard difficulty level

Medium - Number of Sub-labs with Medium difficulty level

Low - Number of Sub-labs with Easy difficulty level

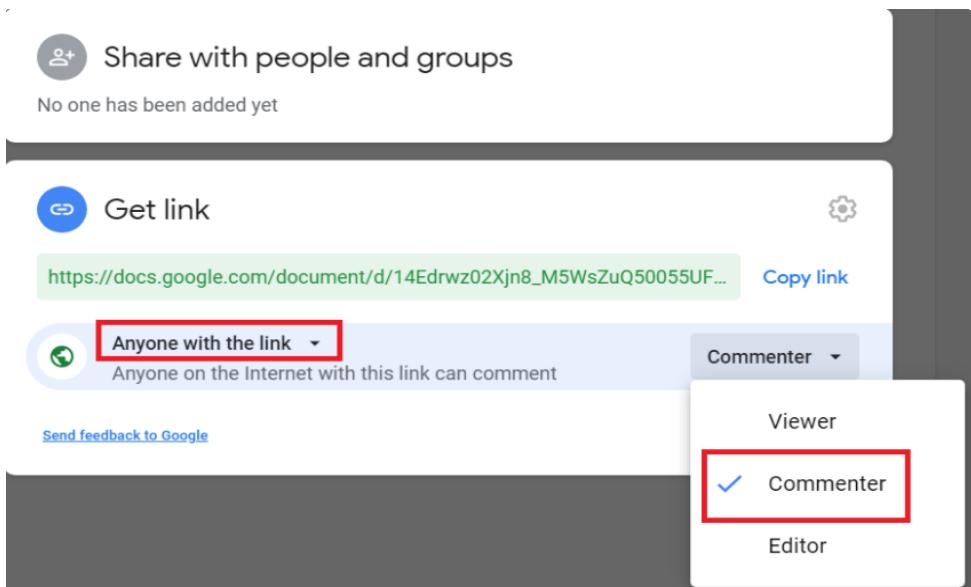


Step 7	<p>Now it's time to update the vulnerability for lab 1. Change {Lab 1 Name} to the lab assigned for the week and Change {Sub-lab-1 Name} to the name of the first sub-lab you worked. Update the table given with the information on the vulnerability.</p> <p>Note: Do the same for all the sub-labs. The template provides a table for 2 sub-labs, if more is needed copy-paste the same.</p>	<p>1. {Lab 1 Name}</p> <p>1.1. {Sub-lab-1 Name}</p> <table border="1" data-bbox="1072 372 2023 853"><thead><tr><th>Reference</th><th>Risk Rating</th></tr></thead><tbody><tr><td>{Sub-lab-1 Name}</td><td>Low / Medium / High</td></tr><tr><td>Tools Used</td><td>Tools that you have used to find the vulnerability.</td></tr><tr><td>Vulnerability Description</td><td>About the vulnerability and its working</td></tr><tr><td>How It Was Discovered</td><td>Automated Tools / Manual Analysis</td></tr><tr><td>Vulnerable URLs</td><td>URLs of the vulnerable pages in the lab</td></tr><tr><td>Consequences of not Fixing the Issue</td><td>What will be the consequences if the vulnerability is not patched?</td></tr><tr><td>Suggested Countermeasures</td><td>Give some Suggestions to stand against this vulnerability</td></tr><tr><td>References</td><td>URLs to the sources used to know more about this vulnerability</td></tr></tbody></table>	Reference	Risk Rating	{Sub-lab-1 Name}	Low / Medium / High	Tools Used	Tools that you have used to find the vulnerability.	Vulnerability Description	About the vulnerability and its working	How It Was Discovered	Automated Tools / Manual Analysis	Vulnerable URLs	URLs of the vulnerable pages in the lab	Consequences of not Fixing the Issue	What will be the consequences if the vulnerability is not patched?	Suggested Countermeasures	Give some Suggestions to stand against this vulnerability	References	URLs to the sources used to know more about this vulnerability
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Step 8	<p>For the Proof of Concept you are required to attach the screenshot of the vulnerability you found in the sub-labs.</p> <p>Note: 1 Screenshot is needed for each sub-labs and not more than that.</p>	<p>Proof of Concept</p> <p>This section contains the proof of the above vulnerabilities as the screenshot of the vulnerability of the lab</p>																		



Step 9	<p>If you have worked on 2 labs, do the same step 8 and step 9 for the second lab, if not remove those things that are related to the 2nd lab.</p>	<p>2. {Lab 2 Name (if the week has 2 labs)}</p> <p>2.1. {Sub-lab-1 Name}</p> <table border="1" data-bbox="1072 376 2023 855"><thead><tr><th data-bbox="1072 376 1537 421">Reference</th><th data-bbox="1537 376 2023 421">Risk Rating</th></tr></thead><tbody><tr><td data-bbox="1072 421 1537 448">{Sub-lab-1 Name}</td><td data-bbox="1537 421 2023 448">Low / Medium / High</td></tr><tr><td colspan="2" data-bbox="1072 448 2023 476">Tools Used</td></tr><tr><td colspan="2" data-bbox="1072 476 2023 504">Tools that you have used to find the vulnerability.</td></tr><tr><td colspan="2" data-bbox="1072 504 2023 532">Vulnerability Description</td></tr><tr><td colspan="2" data-bbox="1072 532 2023 559">About the vulnerability and its working</td></tr><tr><td colspan="2" data-bbox="1072 559 2023 587">How It Was Discovered</td></tr><tr><td colspan="2" data-bbox="1072 587 2023 615">Automated Tools / Manual Analysis</td></tr><tr><td colspan="2" data-bbox="1072 615 2023 643">Vulnerable URLs</td></tr><tr><td colspan="2" data-bbox="1072 643 2023 670">URLs of the vulnerable pages in the lab</td></tr><tr><td colspan="2" data-bbox="1072 670 2023 698">Consequences of not Fixing the Issue</td></tr><tr><td colspan="2" data-bbox="1072 698 2023 726">What will be the consequences if the vulnerability is not patched?</td></tr><tr><td colspan="2" data-bbox="1072 726 2023 753">Suggested Countermeasures</td></tr><tr><td colspan="2" data-bbox="1072 753 2023 781">Give some Suggestions to stand against this vulnerability</td></tr><tr><td colspan="2" data-bbox="1072 781 2023 809">References</td></tr><tr><td colspan="2" data-bbox="1072 809 2023 837">URLs to the sources used to know more about this vulnerability</td></tr></tbody></table> <p>Proof of Concept</p> <p>This section contains the proof of the above vulnerabilities as the screenshot of the vulnerability of the lab</p>	Reference	Risk Rating	{Sub-lab-1 Name}	Low / Medium / High	Tools Used		Tools that you have used to find the vulnerability.		Vulnerability Description		About the vulnerability and its working		How It Was Discovered		Automated Tools / Manual Analysis		Vulnerable URLs		URLs of the vulnerable pages in the lab		Consequences of not Fixing the Issue		What will be the consequences if the vulnerability is not patched?		Suggested Countermeasures		Give some Suggestions to stand against this vulnerability		References		URLs to the sources used to know more about this vulnerability	
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Step 10	Don't forget to remove the NOTES given in the template. It is just for your reference.	<p>NOTES:</p> <ul style="list-style-type: none">• Everything mentioned inside () has to be changed based on your lab and sub-labs.• Here it is given with 2 Sub-labs vulnerability, you need to add all the sub-labs based on your lab.• Don't forget to take the screenshot of the vulnerability in the sub-labs• Add the screenshots to google drive and share the link of the folder containing those screenshots in the Proof of Concept session.• This NOTE session is only for your reference, don't forget to delete this in the report you submit.
Step 11	After completing the work, now click on the share button and create a share link with the Commenter permission.	 <p>The screenshot shows the Google Drive sharing interface. At the top, there's a 'Share with people and groups' section with a note 'No one has been added yet'. Below it is a 'Get link' section with a generated URL: https://docs.google.com/document/d/14Edrwz02Xjn8_M5WsZuQ50055UF.... A 'Copy link' button is next to it. Below the URL is a dropdown menu set to 'Anyone with the link'. A red box highlights this dropdown. To the right of the dropdown is a 'Commenter' button with a dropdown arrow. A red box highlights the 'Commenter' button. A tooltip-like overlay shows three options: 'Viewer' (unchecked), 'Commenter' (checked with a blue checkmark), and 'Editor' (unchecked). The 'Commenter' option is also highlighted with a red box.</p>
Important	You are required to submit the link to your Report in the weekly assessment form .	



Task 3 - Assessment Test [Mandatory]

Important	<p>There will be an assessment test at the end of each week in the weekly submission form in which you will have to answer a certain amount of questions related to this week's topic.</p> <p>You need to score 70% in this specific Week's Technical Assessment (aka week 3) in order to proceed with the internship.</p>	<p>Section 4 of 4</p> <h3>Technical Assessment</h3> <p>KYC - Know Your Content for the week. This week's topic -</p> <p>All the Best !</p>
Note:	<ul style="list-style-type: none">Number of questions could vary from 30 to 50 per week.Make sure to take Notes on what you do. It is recommended to do research as all of this will help you in the Weekly Assessment Test which will be provided to you in the submission form.	



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Reminder

All Interns are required to participate in our Technical Skills Assignment. We will be using <https://www.bugbountyhunter.org>. If you do not participate you will be removed from the internship and your access to our content will be revoked.

When on [Hacktify Labs](#) you may notice that it takes a while for the labs to load in. If this is the case try reloading the page or closing your tab, and going back to the page. Once you have it open we suggest not closing this page as you can just go back to this tab to access other labs after you complete the currently deployed one.

You must take Mandatory Weekly Assessment which is available on #weekly-submissions-📝 in discord:

Make sure to take Notes as you proceed with your labs