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In [ ]: Training Day 22 Report– 14 July 2025
         Introduction
         Day 22 covered ransomware as a business-impacting threat and introduced incid
        sponse concepts for containment and recovery.
         Key Concepts Discussed
         Wediscussed ransomware lifecycle: initial access, lateral movement, data encr
         extortion. The importance of immutable and tested backups was emphasized.
         Lab Preparation in Theory
         The class examined tabletop exercises and recovery plans without running live
        somware. Emphasis was on containment, forensic preservation, and communication
         during incidents.
         Practical Understanding (Theory)
         We reviewed defensive architectures, segmentation strategies to limit blast r
         how to prepare playbooks for rapid restoration.
         Key Takeaways
         Preparation, backups, and practiced recovery are the best defenses against ra
         damage.
         Conclusion
         Next day we will look at trojans and persistence mechanisms.
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