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Training Day 1 Report– 23 June 2025
 Introduction
 The first day of training marked the official start of our exploration into C
 and Ethical Hacking. The trainer introduced the course objectives, the expect
 outcomes, and the ethical and legal frameworks that underpin responsible secu
 Emphasis was placed on working only within authorized environments and on fol
 documented processes for every activity. We discussed the role of ethical hac
 modern organizations and how proactive vulnerability identification strengthe
 security posture.
 Key Concepts Discussed
 We studied the CIA Triad – Confidentiality, Integrity, and Availability – as
dational model for security objectives. Confidentiality focuses on limiting da
 to authorized entities; integrity ensures data accuracy and protection from u
 modification; availability guarantees that systems and services remain access
thorized users. We also reviewed the basic categories of attackers (White Hat,
 Grey Hat) and why a clear ethical stance matters for professionals who test s
 Lab Preparation in Theory
 Acontrolled laboratory approach was outlined. We discussed creating an isolat
 environment using virtualization software, keeping host and lab networks sepa
 using snapshots for quick recovery. The trainer recommended Kali Linux as the
 attacker distribution and emphasized the creation of non-root accounts for da
 to reduce risk. Theoretical steps for hardening the host and using host-only
 configurations were described.
 Practical Understanding (Theory)
 Although practical work will be performed later, today we went over the conce
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 low: identify scope → gather information → scan → enumerate → assess vulnerab
 → report findings. Each step was explained in terms of inputs, outputs, and e
 constraints. We talked about how to document every action, obtain client auth
 and maintain confidentiality when handling sensitive data.
 Key Takeaways
 Ethics and authorization are paramount. Foundational security concepts such a
 central to all testing activities. A dedicated lab environment and basic Linu
 are prerequisites for safe, effective practice.
 Conclusion
 Day 1 provided a strong conceptual foundation and a safety-first mindset. The
 session will expand into networking fundamentals, which are essential for alm
sequent modules.
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