BEGINNER

HOUR-1 (Theory)	Cyber Security & Hacking - What, When and Why
HOUR-2 (Theory)	Basics of Networking (IP, MAC, Packets)
HOUR-3 (Practical)	Linux Installation - Theory and Hands On
HOUR-4 (Practical)	Linux Basics - Hands On
HOUR-5 (Theory)	Cyber Security and Hacking Terminologies
HOUR-6 (Theory)	Cyber Attacks and its Impacts
HOUR-7 (Theory)	Phases of Hacking
HOUR-8 (Practical)	Footprinting - Session 1(Ping, Traceroute, NSLookup, Hacker Typer, HaveIbeenPwned, VirusTotal) - Hands On
HOUR-9 (Theory)	Social Engineering - The Art of Manipulation
HOUR-10 (Practical)	Network and Traffic Analysis - Hands On
HOUR-11 (Practical)	Scanning and Probing Network - Hands On
HOUR-12 (Theory)	Introduction to Malwares
HOUR-13 (Theory)	Passwords - The First Gateway
HOUR-14 (Theory)	Cyber Laws
HOUR-15 (Theory)	Countermeasures and Mitigation

INTERMEDIATE

HOUR-1 (Theory)	Introduction to Scripting(Bash and python)
HOUR-2 (Practical)	Bash and python scripting - Snippets - - Hands On
HOUR-3 (Practical)	Footprinting (google dorking and shodan) - Hands On
HOUR-4 (Practical)	Footprinting Session -2 (Website, Email, Dns) - Hands On
HOUR-5 (Theory)	Web applications - An Introduction (OWASP Top 10)
HOUR-6 (Theory)	Vulnerability - A first step to exploitation
HOUR-7 (Practical)	Web Application Enumeration
HOUR-8 (Practical)	Web application attacks - 1 - Hands On
HOUR-9 (Practical)	Web application attacks - 2 - Hands On
HOUR-10 (Theory)	Privilege Escalation - An Overview
HOUR-11 (Practical)	Windows Privilege escalation - Hands On
HOUR-12 (Practical)	Linux Privilege escalation - Hands On
HOUR-13 (Theory)	Cryptography and Stegnography
HOUR-14 (Practical)	Cryptography and Steganography - Hands On
HOUR-15 (Theory)	Exploit Databases - ExploitDB, CVSS Ranking

ADVANCE

HOUR-1 (Theory)	Buffer Overflow - Stack Based Overview
HOUR-2 (Practical)	Buffer Overflow - Hands On
HOUR-3 (Theory)	Wireless Attacks and Security
HOUR-4 (Practical)	WiFi Attack Vectors and methods - Hands On
HOUR-5 (Theory)	OSINT: Corporate Recon
HOUR-6 (Practical)	Common Network Services Exploitation
HOUR-7 (Practical)	Evading IDS, Firewall and Antivirus - Hands On
HOUR-8 (Theory)	Introduction to Active Directory
HOUR-9 (Practical)	Breaching and Enumerating Active Directory
HOUR-10 (Practical)	Exploiting Active Directory - Hands On
HOUR-11 (Theory)	Red Teaming and VAPT
HOUR-12 (Practical)	VAPT Report Submission
HOUR-13 (Theory)	Bug Bounty Hunting - An Insight
HOUR-14 (Practical)	Attack Vectors of Bug Bounty - Hands On
HOUR-15 (Practical)	CTF - A Cyber Security Challenge