Day 1: Introduction to Cybersecurity & CIA Triad

Date: 23/06/25
Activities:

- The training began with a warm welcome and an overview of the importance of cybersecurity in the modern digital world.

- Introduction to the **basics of cybersecurity**, including key terminologies such as threat, vulnerability, exploit, and risk.

- Discussed the core principles of cybersecurity known as the **CIA Triad**:

  - **Confidentiality**: Ensuring that data is accessible only to authorized individuals.

  - **Integrity**: Assuring that data is not tampered with or altered.

  - **Availability**: Ensuring reliable access to information and systems when needed.

Learning Outcome:

- Understood the foundational pillars of information security.

- Gained insight into why cybersecurity is essential for individuals, organizations, and governments.

📅 Day 2: Cyber Threats and Attacks

Date: 24/06/25
Activities:

- Covered various **types of cyber threats**, including:

  - Malware (Viruses, Worms, Trojans)

  - Ransomware

  - Phishing

  - Denial of Service (DoS/DDoS)

  - Insider threats

- Real-world case studies of recent cyberattacks were discussed to demonstrate how these threats are executed and their impact.

Learning Outcome:

- Learned to differentiate between types of threats and understand how attackers exploit vulnerabilities.

- Gained awareness of social engineering and the importance of user vigilance.

📅 Day 3: Wireshark, Firewalls, TCP/IP & OSI Model

Date: 25/06/2025
Activities:

- Introduction to **Wireshark**:

    o Installed and used Wireshark to capture and analyze network packets.

    o Understood how to inspect network traffic for suspicious activity.

- Discussed the role and working of **Firewalls**:

    o Types (Hardware, Software, Next-Gen)

    o Rule creation and packet filtering

- Detailed discussion on **TCP/IP model** and **OSI model**:

    o Compared both models.

    o Understood the function of each layer and how data travels through a network.

Learning Outcome:

- Gained hands-on experience with a network analysis tool (Wireshark).

- Understood how firewalls provide the first line of defense.

- Learned how the TCP/IP and OSI models form the backbone of computer networking.