

Cyber Hygiene

(1st January 2022)

Cyber Hygiene is the Practice of Cyber Security where we Secure ourselves from all kinds of Cyber threats.

Personal

- Install apps from reputed sources only.
- Do not reply to SMSs coming from a non reputed source or an unnecessary phishy message coming from a reputed source.
- Do not accept unnecessary friend requests on Social Medias as those accounts can lead up to a very bad impact on your life.
- Always look for regular or on a weekly basis for updates on all the devices that you own. Starting from a small update to an OS update.
- Be conscious of your own online activities.
- Do not fall victim to online shopping scams that lead up to taking over your entire savings.
- Do not fall victim to matrimonial scams as these lead up to damaging one's life.
- Be sure with what and how you visit a Site or an App, because by just visiting a malicious Website can take over your personal life and always check how you visit that site like with what browser you use? Is that site secured with HTTPS at the URL? Does that site ask for your personal social media or bank details?
- Do not visit or Login to your Bank or Social Media accounts by connecting to a Public Wifi because this can end up really bad as there is no layer of security on a Public Wifi, a Hacker can easily intercept anyone's device's activity and get all the details of the person on that Website.
- Always use Strong Passwords for all Logins the best option is to set passphrases instead of words and change some letters for the alphabet to numeric. For eg:- I visited the beach yesterday and saw the sunset.

- Set up Multi Factor authentication for all your accounts.
- Backup regularly.

These are some steps which you can follow to maintain your personal Cyber Hygiene & also recommend to others and be Cyber Conscious Citizen.

I wish you ALL THE BEST for your New Year Plans to Success !!!

Thank You :)

Swapnoneel Sen

Jai Hind