

CYBER SAFETY AND SECURITY AWARENESS

Our world today is a shrunken place. A click of a button, a tap of your fingers and voila! All the information you need is before you. This was not possible a decade ago. Generations have spent their years researching in libraries under piles of books, documents and manuscripts. Many among those are collecting dust now. Authors are now looking for digital platforms to publish their books and articles. Blogs and Vlogs are the norm of the day. Distant education has become easier and cheaper than ever before. Storing information and accessing it is now an art known to all. Digital marketing is thriving. If you are on the internet you have arrived. So all in all we are in a better place now. But is that really so? A new danger has emerged. Cyber crimes, cyber bullying. So in this age a new tool

is needed, Cyber safety and security and its awareness.

Cyber security is the way with the help of which we protect our data, programs, computers, networks etcetera from damage, theft and attacks which are aimed at exploitation, interruption or misdirection of their intended purposes. In this era of over dependency on the internet it has become all the more imperative that we are aware of how we can be bullied or subjected to harassment by cyber malpractices. We use the internet so much in the modern years especially now that we are in the midst of a pandemic. We use it for shopping, paying bills, social networking, trading, gaming, online learning and so much more! Our data, be it personal or related to businesses, professional, government programmes and security measures, industry information, intellectual property all are out there-inviting the attention of Hackers. They can use the electronic communication to bully an individual or organisation, industry or even the

government machinery by sending messages of intimidating or threatening nature, or using their sensitive data for ulterior objectives like extortion of money, misuse and destruction of sensitive data or disruption of normal business practices.

We can be subjected to cybercrimes like virus dissemination, stalking, hacking, Phishing, spoofing, sniffing etc. It involves the illegal use of internet when a computer or smartphone or laptop is the target. However if one is aware of and armed with the necessary tools of cyber security the risk and threat of an impending cyber attack is reduced considerably. Today even the Government of a nation can be toppled if its policies and plans are not cyber safe. Major national elections can be affected by means of hacking if proper firewalls are not created and systems not adequately protected.

Cyber security armed with key elements of application, information and network security, disaster recovery plan, operational and end user

security comes handy to defend our computers, servers, mobile devices, electronic systems, networks, and data from unwanted attacks of the digital nature.

Some common practices to prevent cyber crimes are:

1. Do not share your login details such as username or password with anyone and keep changing them.
2. Use a password manager.
3. Keep on updating your devices to keep your information safe.
4. Never use the same passwords on several websites. Try to complicate it with many different symbols and numbers and never choose your name or date of birth for a password.
5. Install a current antivirus system.
6. Be cautious with online strangers. Always consider sharing less online.
7. Always log off or lock your computers when you have done your work so that you are

sure that nobody has access to your information.

8. Delete any unused accounts.

9. Enable Two-Factor authentication.

10. An industry or organisation, even individuals, depending on the nature of their work can train themselves to identify Phishing and spoofing attacks.

To sum up it can be said that even though cyber security can be a tough job to maintain and cumbersome to arm oneself with, but it is an extremely rewarding tool. Cyber attacks can be reduced, data is secure and we can be more confident and available online. Our world is on our fingertips, it can be much safer and secure too, with awareness about cyber security and safety.