



# Safe Socializing Online



Information Security  
Education & Awareness  
Project Phase - III

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Project Manager,  
ISEA,C-DAC, Hyderabad.



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# Online Training on Cyber Hygiene

Organized by CIET-NCERT, New Delhi



01-05 January, 2023



4:00 pm-5:00 pm

Day 1	01 Jan 2024	Understanding the Basics of Cyber Hygiene
Day 2	02 Jan 2024	Safeguarding the Virtual Space
Day 3	03 Jan 2024	Safe Socializing Online
Day 4	04 Jan 2024	Cyber Hygiene For Classrooms: Best Practices for Teachers and Students
Day 5	05 Jan 2024	Defending Against Digital Threats: Recognizing and Avoiding Cyber Attacks

For Further Information on  
Registration and Certification, visit:  
<https://ciet.ncert.gov.in/activity/chyg>



Watch it Live on  
NCERT Official YouTube Channel  
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You can  
watch at: DD Free Dish Channel  
Dish TV Channel #2027-2033

PM eVidya Channel #6-12

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For any further queries, mail to: [training.helpdesk@ciet.nic.in](mailto:training.helpdesk@ciet.nic.in) Or call: 8800440559

Toll Free No. 1800 425 6235



# About C-DAC

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- Centre for Development of Advanced Computing (C-DAC) is the premier R&D organization of the Ministry of Electronics & Information Technology (MeitY) for carrying out R&D in IT, Electronics and associated areas.
- Established at Pune in 1988, developed India's first Supercomputer 'PARAM'.
- Now spread over 12 cities about 3,600 employees.
- Application oriented R&D in Project mode.
- Supported by MeitY through GIA and Project modes.
- Engages with other Govt Departments for development of specific solutions in Project mode.





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# Thematic Areas

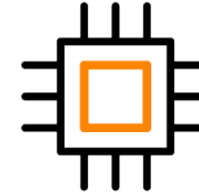
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**High Performance  
Computing, Grid & Cloud  
Computing**



**Multilingual Computing &  
Heritage Computing**



**Professional Electronics  
including VLSI &  
Embedded Systems**



**Software Technologies,  
including FOSS**



**Cyber Security &  
Cyber Forensics**



**Health  
Informatics**



**Education &  
Training**





## Key Verticals of ISEA Phase-III



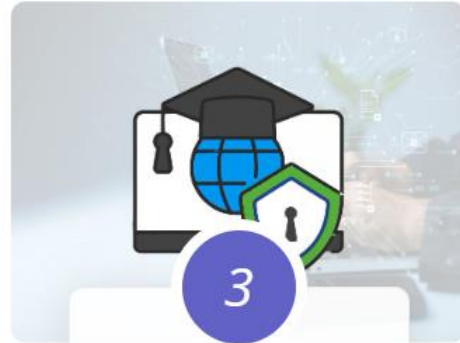
1

Generating highly skilled & certified Cyber Security Professionals – CISOs



2

Grooming students towards products and solutions development in cyber security



3

Strengthening research & education in Information Security



4

Cyber Aware Digital Naagriks (Mass Awareness)



5

Common Infrastructure & Shared Resources

# Cyber Aware Digital Naagrak

*Digital naagrak or citizens are people who are actively engaged in the digital world for their day to day activities*

Objectives of ISEA's Cyber Aware Digital Naagrak Program:

## Role-based awareness and progression pathways

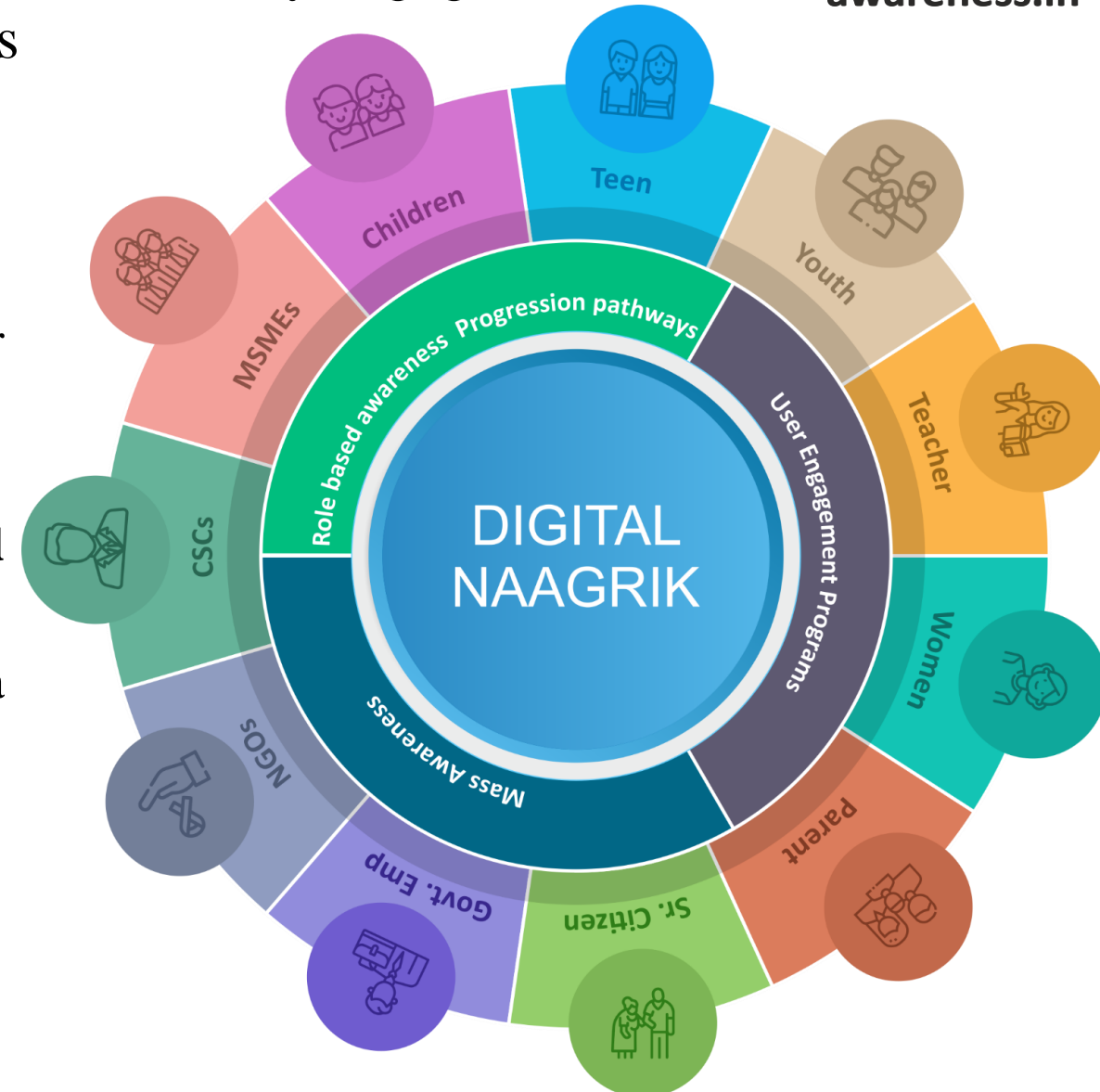
- Interactive programs for Cyber Kid, Cyber Cadet, Cyber Women and Cyber Trainer
- User engagement competitions, quizzes, Cyber clubs

## Amplifying multilingual awareness content, and resources

- Website, Handbooks, posters, cartoons, videos, curricula resources

## Proliferating mass awareness activities

- Awareness workshops and awareness weeks
- Print, Electronic media, and Community Radio
- Social media platforms & cyber fitness/awareness apps





# Safe Socializing Online

Safe socializing online refers to engaging in online interactions while taking measures to protect

- Privacy,
- Personal information, and
- Overall well-being.

Aware of potential

- Risks and
- Adopting responsible and secure behavior when using various
  - Online platforms,
  - Social media,
  - Chat applications,
  - forums, and other digital spaces





# Social Media



- ❑ “Social” – refers to instinctual needs humans have to connect with other humans
- ❑ “Media” – what we use to make connections with other humans
- ❑ “Social Media” – how we can use technology effectively to reach out & connect with other humans, create a relationship, build trust
- ❑ Media used for social interaction
- ❑ 2 way communication - interactive dialogue
- ❑ Moving from monologue (one to many) to dialogue (many to many)
- ❑ Changing people from content readers into contributors and publishers
- ❑ Doesn't require expensive equipment or a government-granted license



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G20

STAY SAFE ONLINE

Digital India

75th Anniversary

#SecureSocialMedia

Post

Once posted, it remains forever

Protect your privacy on social networks

#Be Safe Stay Safe

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# Types of Social Media Platforms



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#SecureSocialMedia

**Do not announce your whereabouts in social media**

#Be Safe Stay Safe  
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एक ही धरती, एक ही परिवार, एक ही भविष्य  
ONE EARTH - ONE FAMILY - ONE FUTURE



# Advantages and Disadvantages of Social Networking

## Advantages:

- Connects people globally.
- Facilitates professional networking.
- Enables real-time information sharing.
- Supports learning and information exchange
- Raises Awareness

## Disadvantages:

- Privacy concerns.
- Risk of cyberbullying.
- Can promote misinformation.
- Potential for addiction and reduced face-to-face interactions.
- Losing Focus





# Social Media Addiction



Social media addiction refers to excessive use of social media platforms

- Leading to a dependency that interferes with life activities.
- Similar to internet addiction, where one's emotional wellbeing is tied to online interactions & validation.
- Can affect social skills, productivity & mental health.



# Negative Effects of Social Media

**1. Depression**

**2. Anxiety**

**3. Isolation**

**4. Low self esteem**

**5. FOMO (Fear of Missing Out)**



**9. Loss in productivity**

**8. Envy**

**7. Stress**

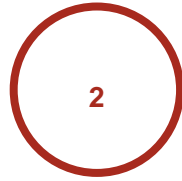
**6. Disrupts daily routine**



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# Tips to manage and control usage of Social Media

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**Assess your usage or  
time spent on social media.**

**Set boundaries**

**Create digital free zones**

**Indulge in healthy  
hobbies/pass time activities**

[Mindful Measuring of Social Media Addiction - Staysafeonline](#)



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## Ethical Questions can be categorized according to 5 Primary criteria

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- Who is viewing the social media information ?
- How is Social Media information accessed?
- For what purpose is the social information used?
- What are the criteria one uses for making judgements about social media information?
- What is the nature of “**relationships**” in Social Media

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Profile looks **?**  
Suspicious  
**Report it !!**

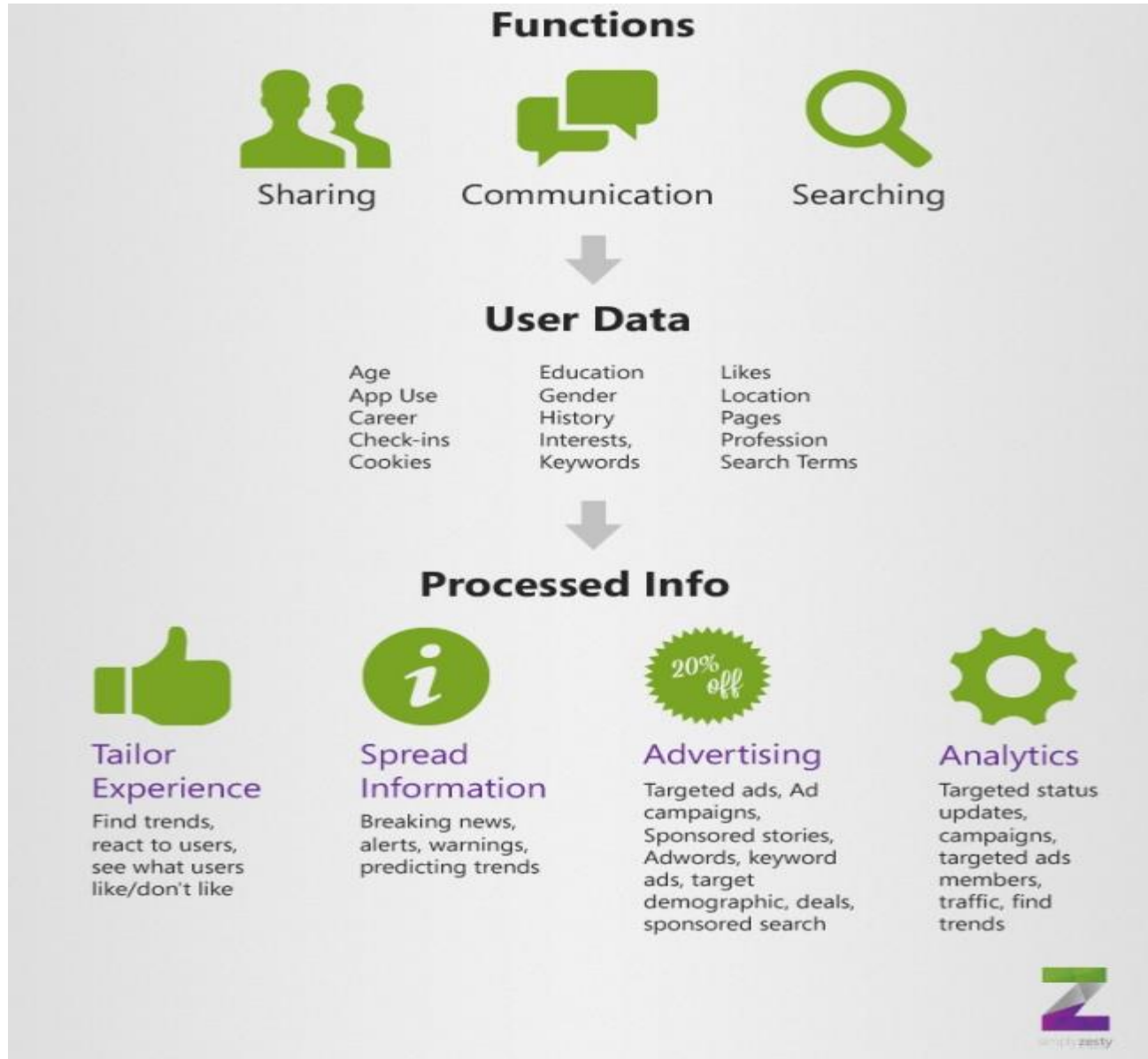
**#Be Safe  
Stay Safe**  
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# User data in Social Media platforms



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#CyberHygiene

**Protect your personal information and restrict sharing it online**

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# Ethical Issues of Social Media – Data Gathering

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**Avoid opening links/attachments received from unknown sources**

Click here to avail the offer

Click to update your KYC

Participate in online survey

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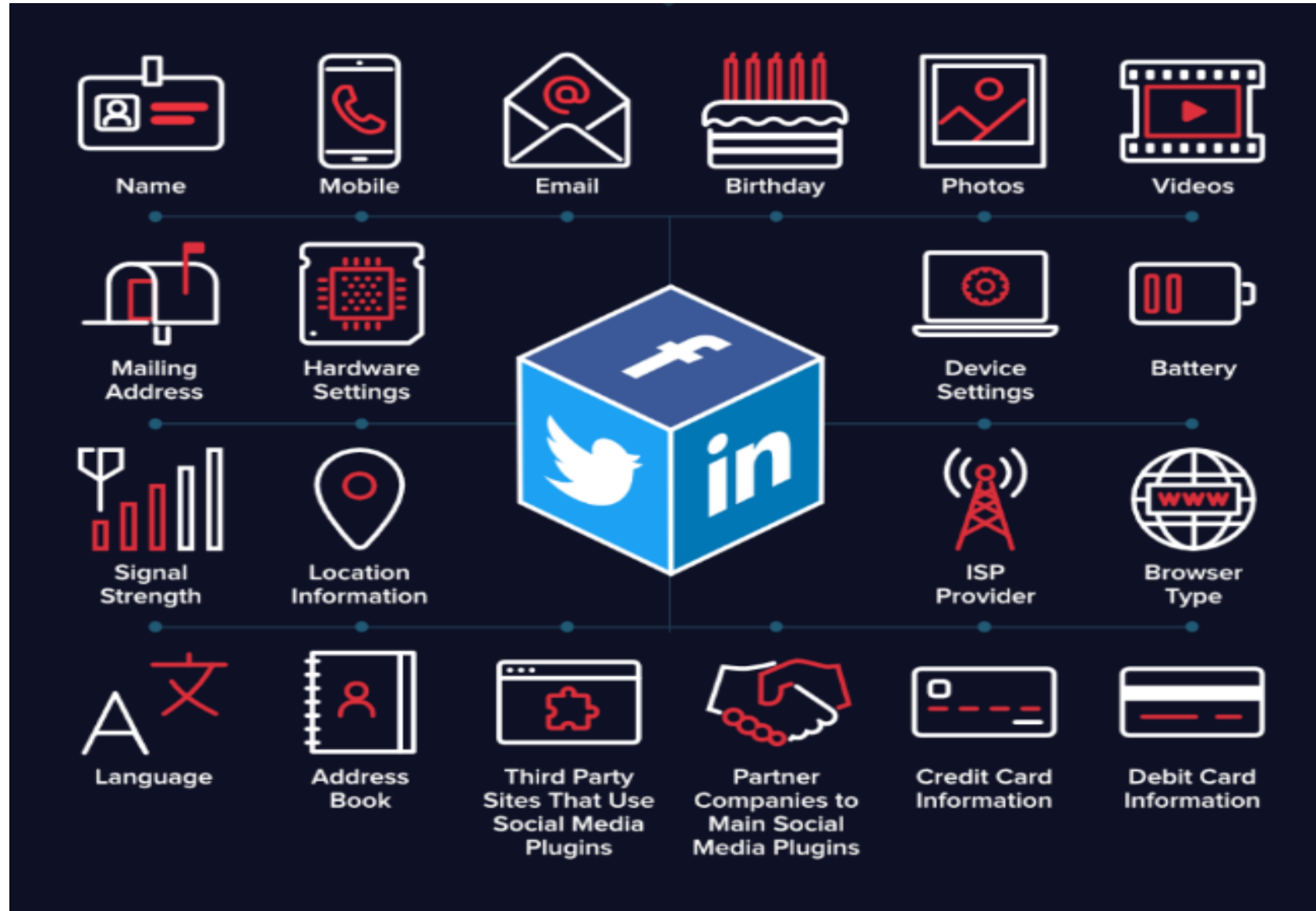
## Ensuring privacy

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- Don't post private information such as my home address, private pictures, phone number, or credit card numbers publicly on social media
- Review social media privacy and Security settings
- Avoid quizzes, games, or surveys on social media that ask for sensitive personal information
- Cautious about the permissions I accept for all the apps I use
- Computer and phone locked with a password or PIN
- Take care not to disclose private information when using public Wi-Fi
- Understand that using a Virtual Private Network or VPN – especially when using public Wi-Fi – helps to maximize my privacy
- Make sure any online transactions I make are via a secure website – where the URL starts with <https://> rather than <http://> and there is a padlock icon to the left of the address bar
- Share information about online privacy with family and friends to help keep them safe

# What Personal Information You Share on Social Media





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## Be careful while accessing online content and app downloads

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With access to a vast variety of content, as responsible digital citizens we should be aware of copyright policy and be careful to follow it downloading applications, music, software etc., from the internet.

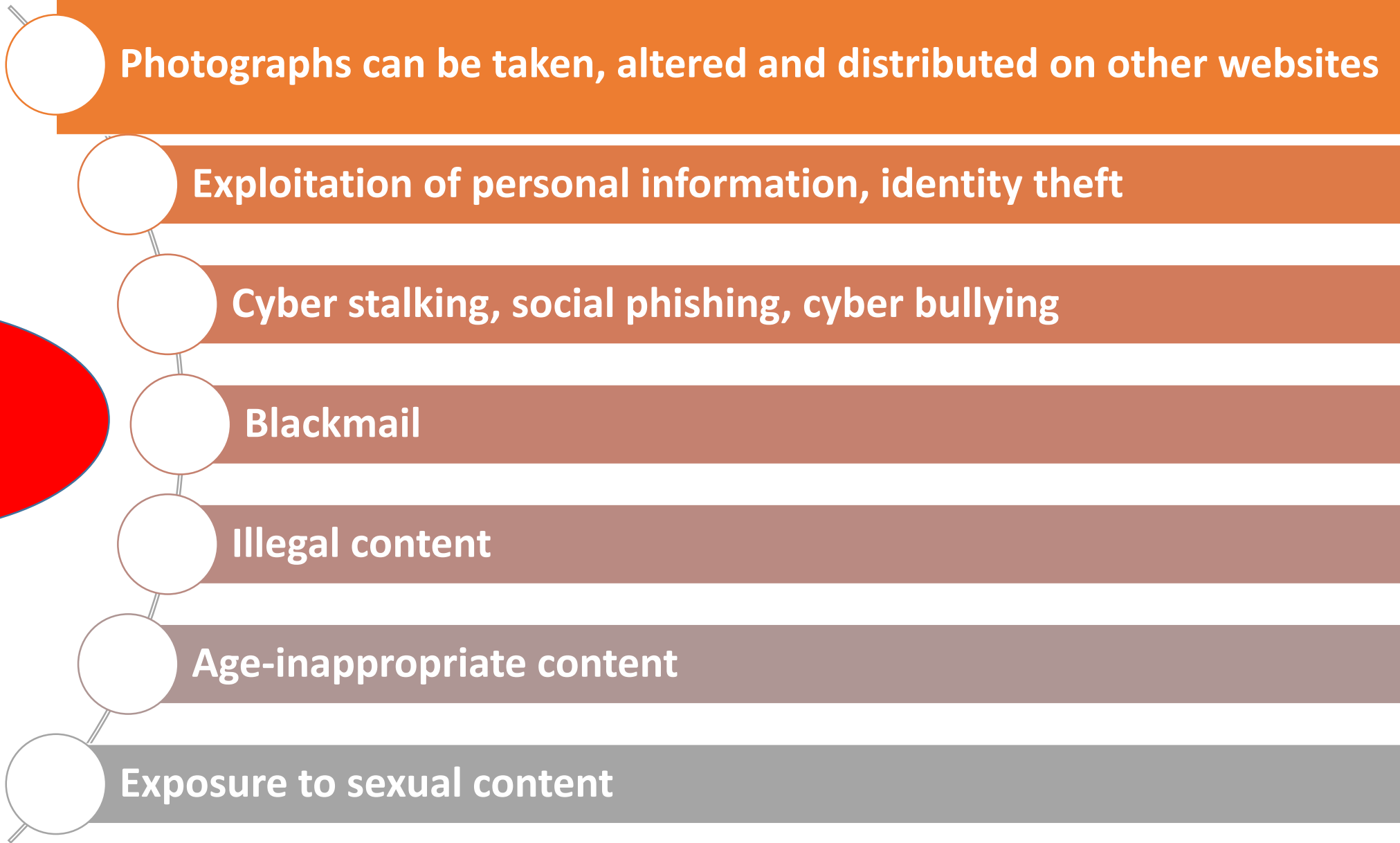
- Copyright is a form of legal protection for the intellectual property rights of authors of original works.
- While using the internet, one should be aware and consider the same.



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# Risks through SNS







## Reasons for SNS Risks

Younger generations tend to be more trusting

More trusting when someone is a “friend”, even if they’ve never met in person or have a very brief meeting

Revealing private information

Adding people they don’t know

Arranging meetings with online social contacts

Believing people are who they say they are on their SNS

Press F11 to exit full screen

# Maharashtra: Engineer cheated of Rs 57 lakh in matrimonial, customs duty fraud

George Mendonca / TNN / Updated: Jul 1, 2021, 12:08 IST

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## ARTICLES

1

Maharashtra: Engineer cheated of Rs 57 lakh in matrimonial, customs...

2

Maharashtra: Mangrove 'graveyard' now springs back to...

3

'Ruk Jaana Nahi' stories on Spotify show endless...

4

Navi Mumbai: Vashi, Nerul and Airoli General Hospitals to...



Representative Image

NAVI MUMBAI: A 32-year-old engineer from Panvel was cheated of nearly Rs 57 lakh in a matrimonial and customs fraud.

The accused had promised her marriage after befriending her through a matrimonial website in March and then claimed to have sent her a

er cheated of Rs 57 lakh in matrimonial, customs duty fraud

As per the FIR, on March 25, the engineer, who works for a PSU, was searching for an alliance on the matrimonial site, and liked the profile of Advik Kumar. Later, both spoke over WhatsApp calls. Kumar claimed that he was an engineer and lived in the UK. The next day, he told her he was going to Canada for 15 days and on his return would marry the victim and permanently settle in India.

On March 27, Kumar sought her address to send his things to India. The next day, he sent the victim a courier company's tracking code. When she tracked the parcel, she found that it had reached the Delhi airport's cargo department.

On March 30, a woman, who posed as a staffer at Delhi airport's cargo department, called the victim on her mobile phone and told her that Kumar's parcel has arrived from the UK and that she needs to pay Rs 32,900 as import duty. The victim contacted Kumar, who told her to pay and he would repay her later. The woman aide gave the victim two bank account numbers and the latter transferred the payment online.

The next day, the woman aide told the victim that the parcel contains 95,000 and to claim it she would have to pay Rs 1,21,500 as GST. When she contacted Kumar, he told her that the UK pounds was gift for her.

Thereafter, till April, the victim was made to gradually transfer a total of Rs 56.6 lakh to different bank accounts under the pretext of payment for currency conversion charges, delivery charges, insurance and security



## SPOTLIGHT

1 Manav Rai the PM

2 What makes aspiring st

3 Here's why must



# 'Fiance' from UK sends woman expensive gift, cheats her of Rs 71 L

**MG CHETAN** @Bengaluru

A 42-year-old unmarried woman, who was in search of a groom, fell prey to cyber crime and lost over Rs 71 lakh, which she paid towards 'Customs fee' for an expensive gift sent by her would-be husband. Police have registered an FIR based on her complaint.

The woman, a resident of Dharwad city, has approached the Cyber Crime police in Bengaluru seeking action against the accused, with whom she got in touch through a social networking platform.

Cyber crimes, in which victims lose more than Rs 15 lakh, are dealt with by the Bengaluru Cyber Crime police.

Police said that the woman, who was in search for a suitable groom for her, said her sister came across the profile of one Andrew Cohen. "The woman got in touch with him in the last week of December 2019. The accused claimed to be hailing from United Kingdom and both of them exchanged their phone numbers after expressing interest in each other.

Cohen told her he had sent her an expensive gift for New Year, which the complainant believed," the police said.

"From January 6, she started receiving calls from people claiming to be officials from the Customs department and other central authorities, asking her pay towards various charges to deliver the gift. Even then, the complainant did not realise that it was a trap and transferred money to bank account numbers provided by the accused. Between January 6 to 27, she had deposited a total amount of Rs 71,57,793 through online transfers. Even after that, they continued calling her, asking to transfer more money. She grew suspicious and realised it was Cohen who was impersonating himself as an official from the Customs department and other agencies," an official said.

The police have registered an FIR under the provisions of the Information Technology Act. "A team will be sent to Dharwad to investigate the case and efforts are on to trace the accused," the official added.





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# WhatsApp Security

- WhatsApp is the favorite medium for hackers.
- Malware scripts embedded in photos & videos received on WhatsApp can access your media gallery, contacts, etc. and transmit them to remote servers.
- There is a simple way to protect oneself from such an attack.

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#CyberHygiene

**Enable privacy & security settings** while using social media platforms  
**#Enableit**

**#Be Safe #Stay Safe**  
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In association with

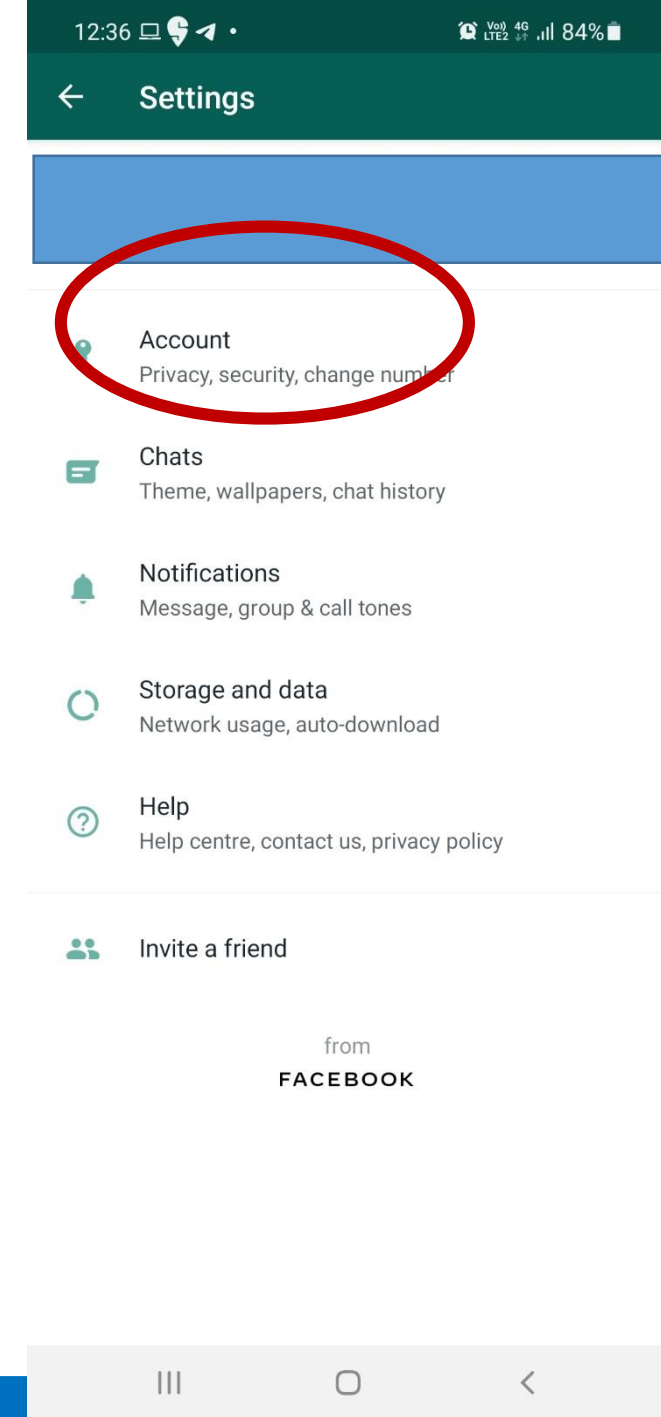
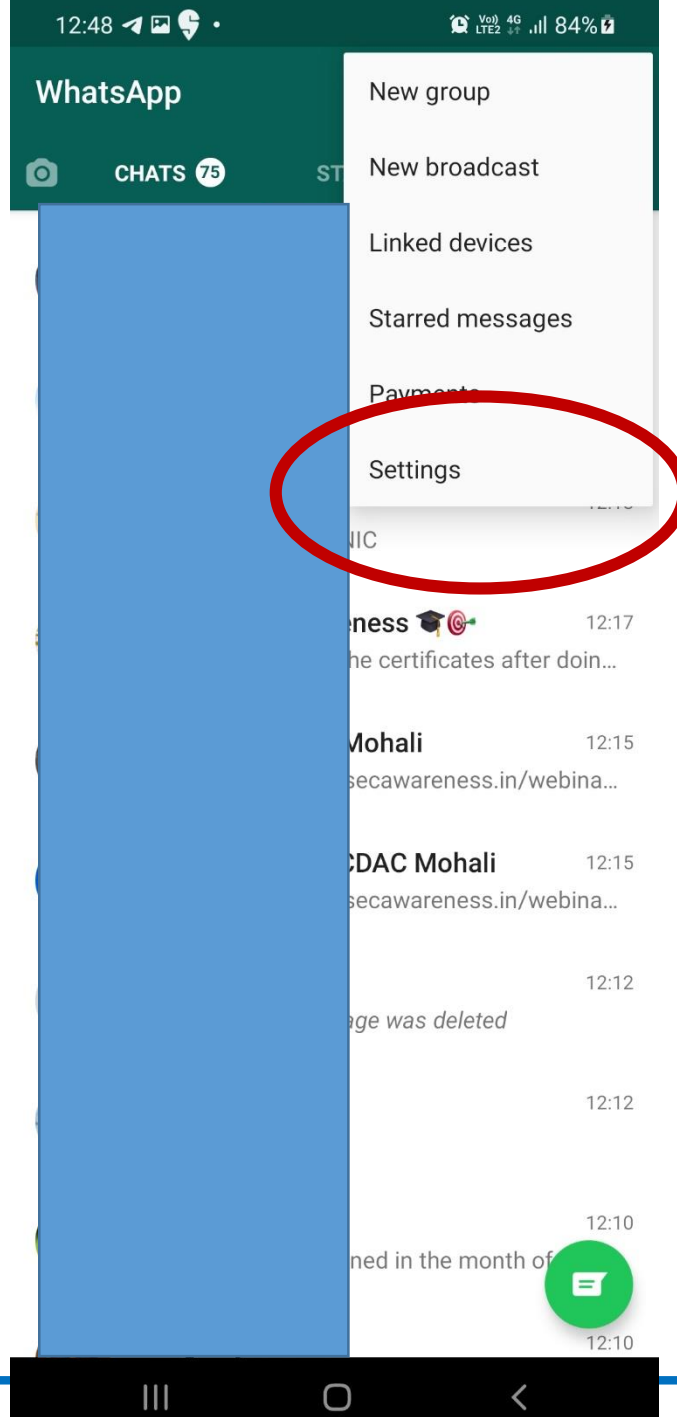
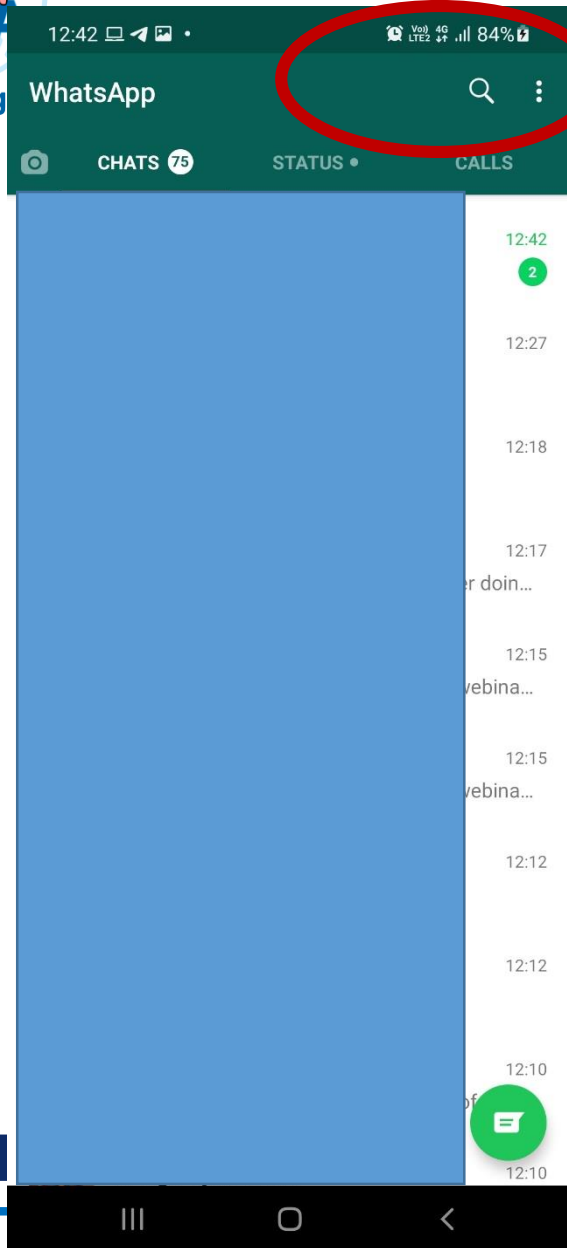
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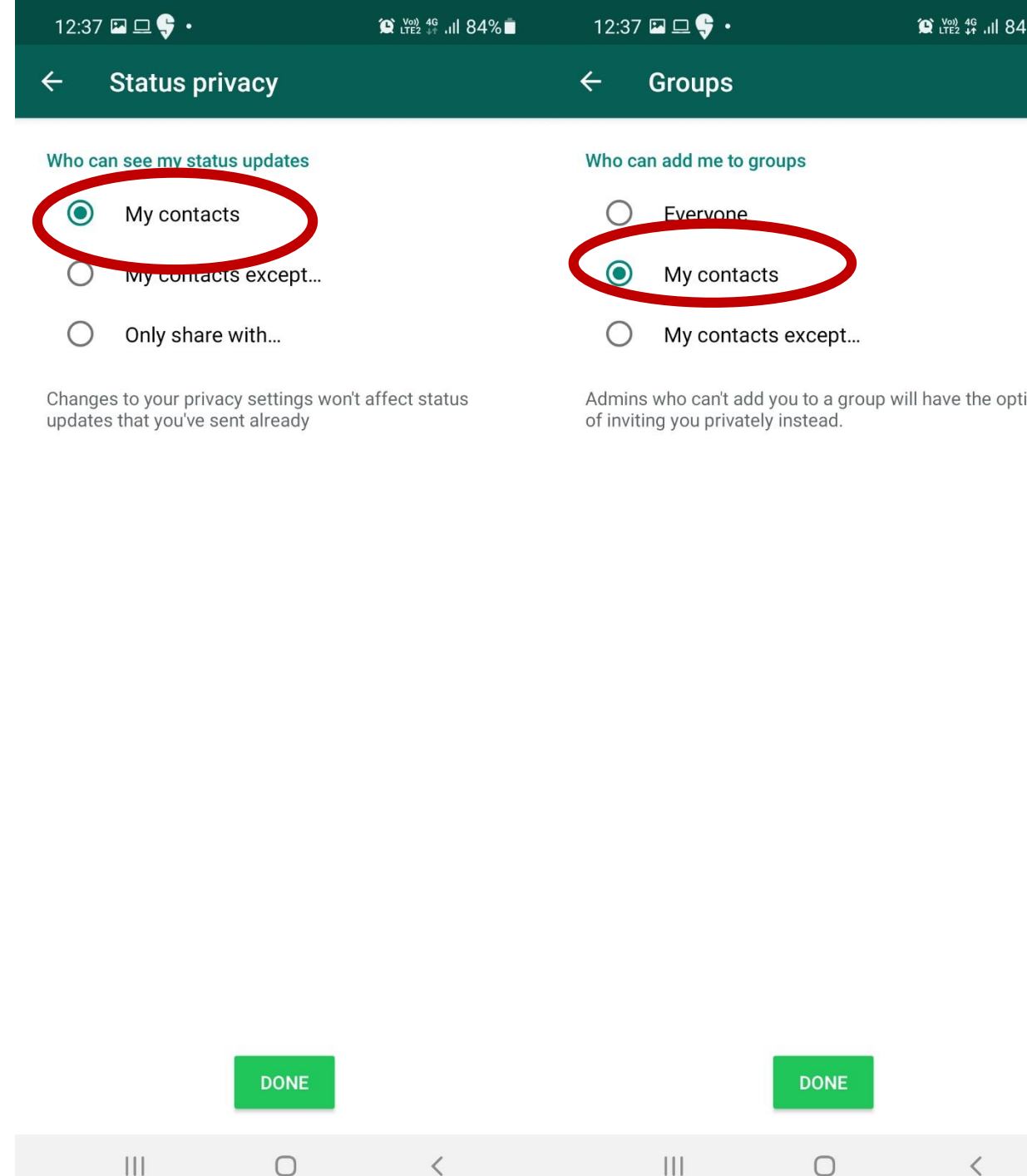
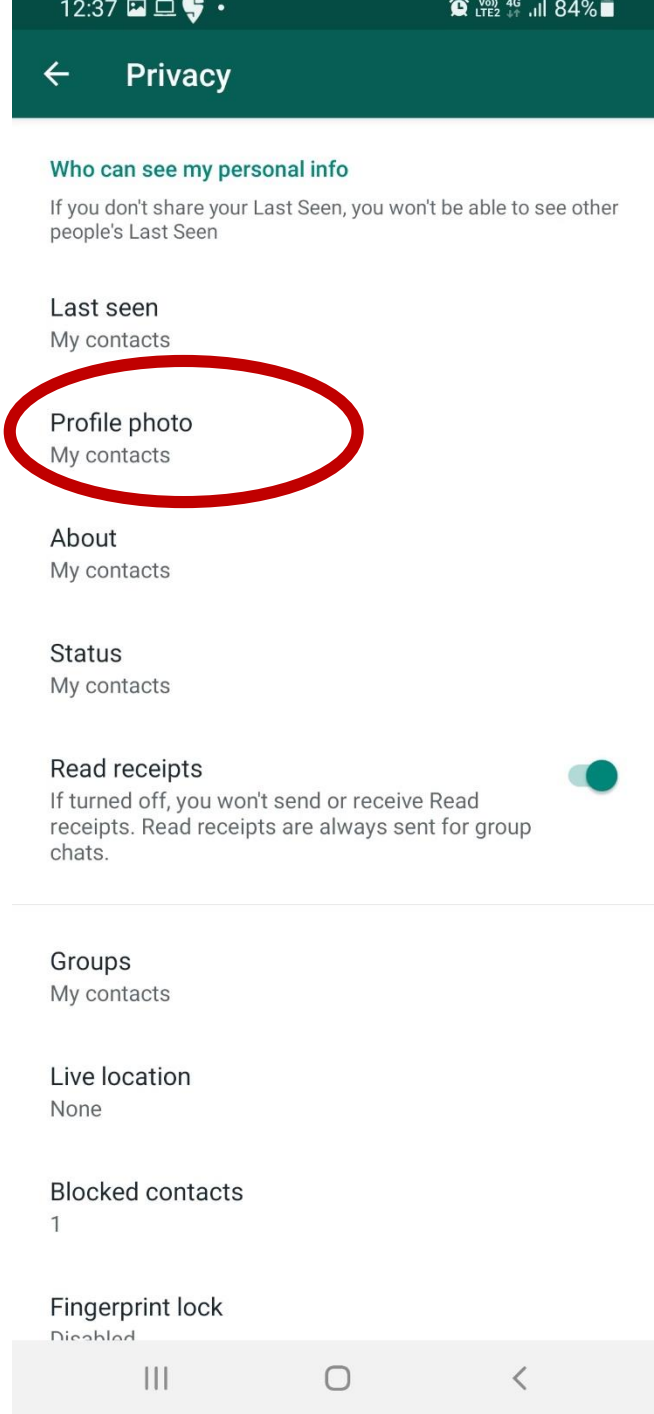
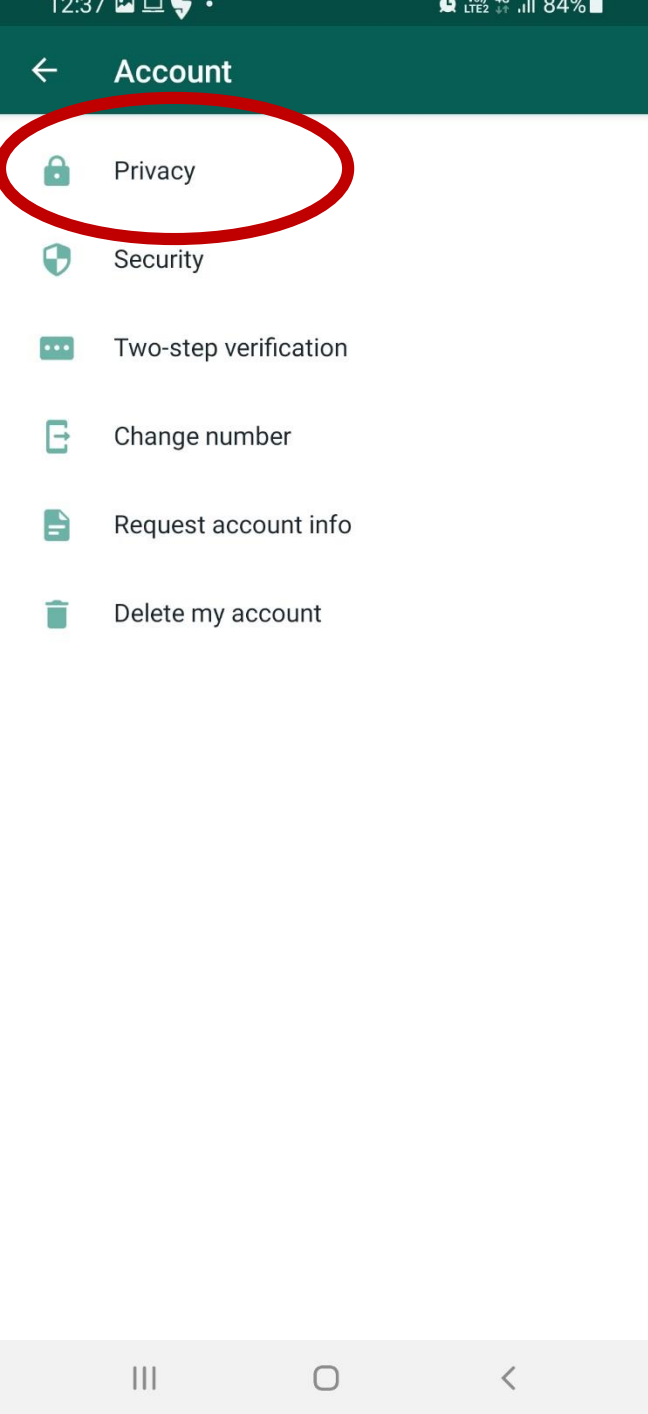




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# WhatsApp Security







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# Setting password

**Privacy and Security are not luxury but Necessity in Social Media Platforms**

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In association with:



- Privacy
- Security
- Two-step verification
- Change number
- Request account info
- Delete my account



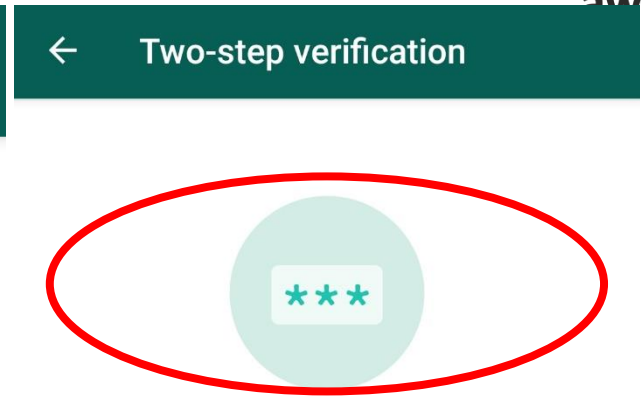
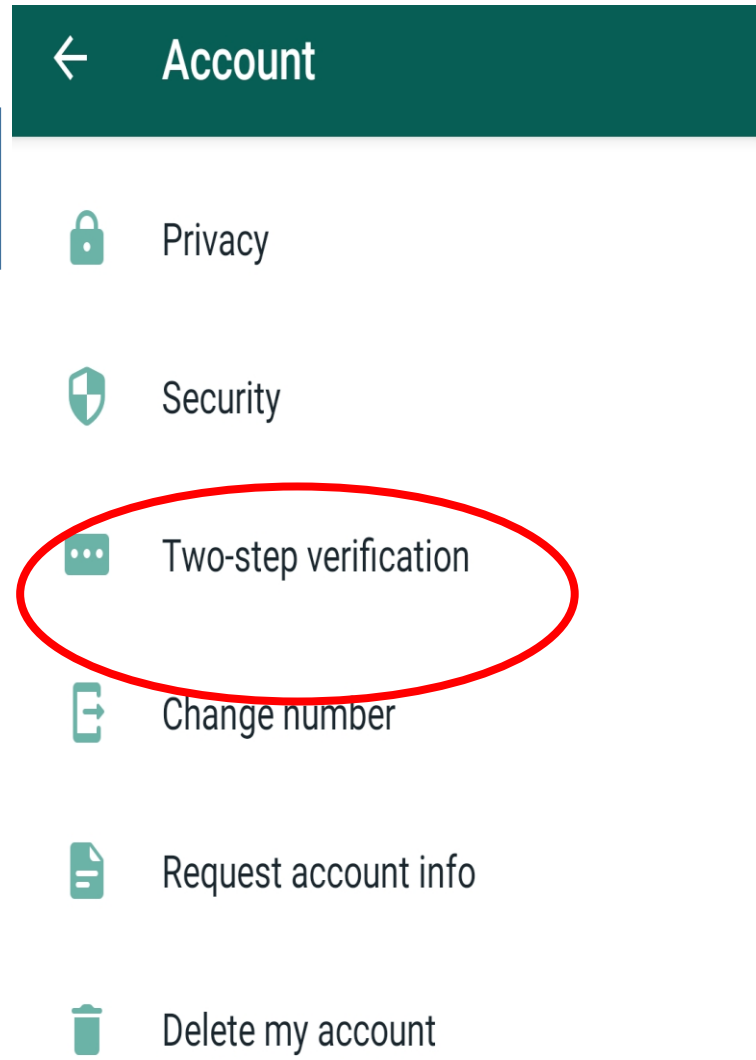
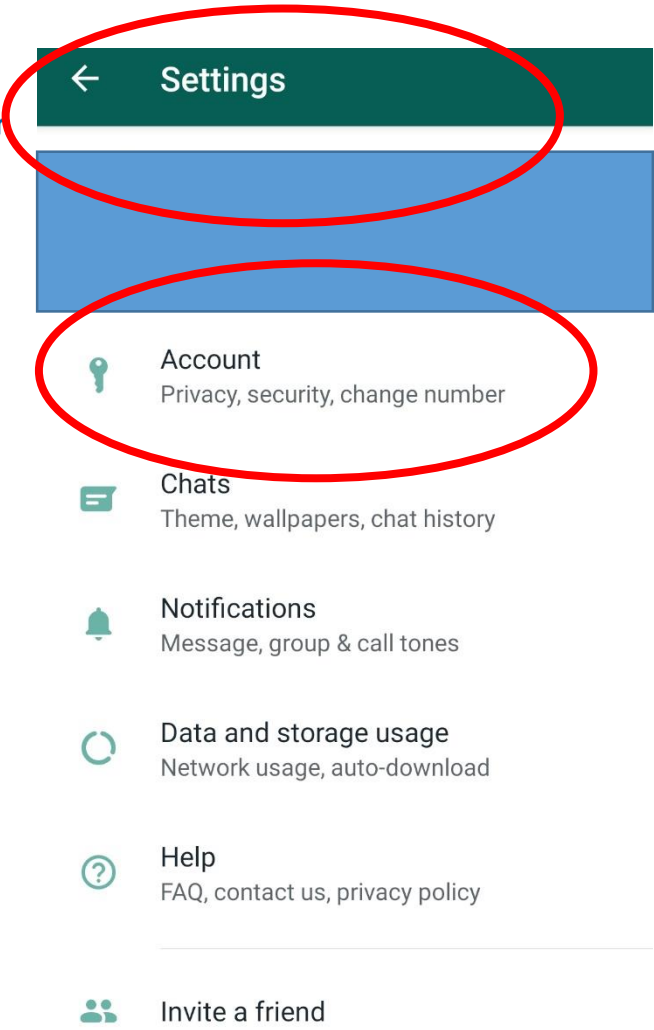
- Profile photo  
My contacts
- About  
My contacts
- Status  
My contacts
- Read receipts 

If turned off, you won't send or receive Read receipts. Read receipts are always sent for group chats.
- Groups  
My contacts
- Live location  
None
- Blocked contacts  
None
- Fingerprint lock  
Disabled

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# Two Step Verification on WhatsApp should also be enabled



For added security, enable two-step verification, which will require a PIN when registering your phone number with WhatsApp again.

from  
FACEBOOK

ENABLE





## ← Two-step verification

Enter a 6-digit PIN which you'll be asked for when you register your phone number with WhatsApp:

\* \* \* \* \*

● ● ●  
NEXT

## ← Two-step verification

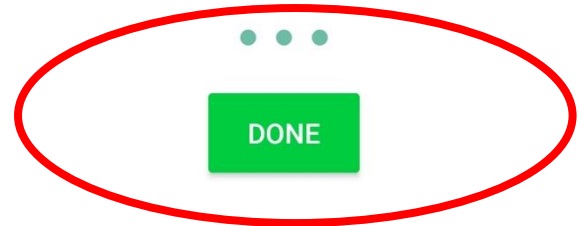
Add an email address to your account which will be used to reset your PIN if you forget it and safeguard your account. [Skip](#)

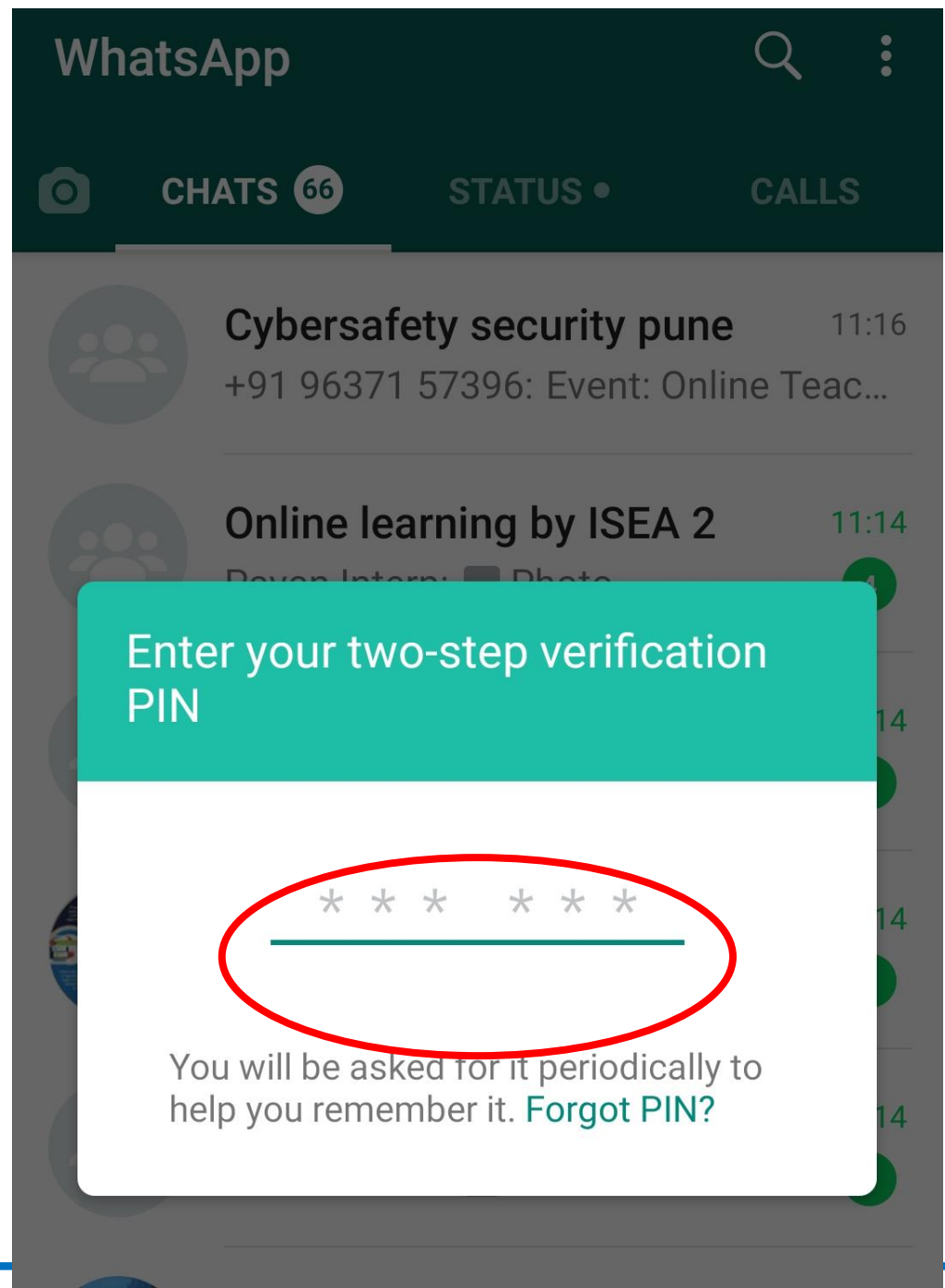
Email

● ● ●  
NEXT



Two-step verification is enabled.







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# Offences and Frauds in Social Networking



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# Tips to ensure a safer online social experience

**Privacy Settings:** Review and adjust the privacy settings on your social media accounts. Limit the

- Information visible to the public
- Only share personal details with trusted individuals.

**Selective Sharing:** Be mindful of the information you share online. Avoid sharing sensitive details like

- Home address,
- Phone number and email ID
- Financial information unless absolutely necessary.

**Strong Passwords:** Use strong, unique passwords for your online accounts.

- Avoid using easily guessable passwords
- Combination of letters, numbers, and special characters.





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## Tips to ensure a safer online social experience

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**Two-Factor Authentication (2FA):** Enable 2FA whenever possible to add an extra layer of security to your accounts.

**Be Skeptical of Strangers:** Exercise caution when interacting with strangers online.

- Not everyone may have good intentions,
- Avoid sharing personal information with people you don't know well.

**Think Before You Click:** Be cautious about clicking on links or downloading attachments, especially from unknown sources.

- Phishing attempts or contain malware.



**Regularly Update Software:** Keep your computer, smartphone, and apps up to date with the latest security patches. Regular updates help protect against potential vulnerabilities.

**Monitor Your Online Presence:** Periodically review your online presence. Conduct a search on yourself to see what information is publicly available and make adjustments as needed.

**Report and Block:** If you encounter suspicious or harmful behavior online, report it to the platform administrators.

**Educate Yourself:** Stay informed about online safety practices and evolving threats.

The poster features a blue background with a laptop and smartphone displaying update notifications. A red banner at the top right says "SEE YOURSELF IN CYBER". The text "Update your software" is prominently displayed. Below this, a green bar lists "Five reasons to update software" with corresponding icons: 1. Patch security flaws (bandage with gear), 2. Get new features (smartphone), 3. Protect data (lock and folder), 4. Improve performance (speedometer), 5. Ensure compatibility (stack of documents with checkmark). At the bottom, it provides contact information for reporting cyber frauds and a toll-free number.

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National Cyber Security Awareness Month

October, 2022

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SEE YOURSELF IN CYBER

Update your software

Five reasons to update software

1. Patch security flaws
2. Get new features
3. Protect data
4. Improve performance
5. Ensure compatibility

Report incidents related to cyber frauds on [www.cybercrime.gov.in](http://www.cybercrime.gov.in) or call on 1930

For more information visit: [www.isea.gov.in](http://www.isea.gov.in) and [www.infosecawareness.in](http://www.infosecawareness.in)

Programme by: Supported by: Implemented by:



[www.isea.gov.in](http://www.isea.gov.in)

**Call ☎ 1930**  
(Helpline number)

to register any complaint  
about cybercrime.



You can also file your  
complaint 📄 online  
through  
**[www.cybercrime.gov.in](http://www.cybercrime.gov.in)**

You can also file  
your complaint at the  
**nearest police**  
**station**



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<https://www.linkedin.com/in/sso-india-1421a4254/>

<https://www.youtube.com/channel/UC1XIL2kndUEK8l9aRHg1Stw>

# Websites :

<https://www.mygov.in/staysafeonline>

<https://www.staysafeonline.in/>

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