

Workshop on Cyber Safety and Positive Internet

A workshop on Cyber Safety and Positive Internet usage was conducted, on 29th April 2022, by Mr. Rakshit Tandon for the students of grade 8. He is the Cyber Security Consultant to Internet and Mobile Association of India, Advisor to Cyber Crime Unit of Uttar Pradesh Police at Agra and Cyber Crime Cell of Gurgaon, Haryana Police. He has also been awarded Honorary Doctorate in Cyber Security by Hon'ble. Governor of Uttarakhand.

The session began with Mr. Rakshit Tandon addressing the students about how useful the technology is in our daily lives. He shared how internet has ensured that the students stay connected and facilitated continuous learning, during the pandemic period.

The interaction began with real life examples on how we all need to have a balanced diet. Similarly, it is imperative need to follow balanced internet 'diet'. He focussed on following good netiquettes and using IT to be happy, safe and healthy children. Inappropriate content can effect the mental health of the children.

He emphasized on the need for parental supervision to ensure that the children do not play games like COD and such others, which could adversely affect their psyche. Children should check the age rating and should use all apps for a reasonable and fixed limited period of time. Mr. Tandon guided students not to indulge in multiplayer games and also not to click on any links etc that may lead to achievements in the game. He shared how a number of viruses, threats and malware can attack your system due to such links. We should also not engage with unknown people online. We should not give permissions for gallery, mic, camera, contacts etc to various apps and specially games.

Students were told about the sites www.virustotal.com, www.safeweb.norton.com and www.bevigil.com that must be used to check the authenticity of the apps/ links before clicking or downloading them.

Mr. Tandon guided the students to keep strong passwords and not to share passwords with anyone. He told students to switch on 2 step authentications for their email accounts and to not keep same passwords for all email accounts.

In the end he guided the students to maintain good cyber hygiene and to use the technology for the good of everyone. He emphasised on using internet responsibly and have respect and compassion for everyone. The session was extremely engaging and children asked questions and gained clarity on whatever queries they had in their minds.

