

## **Report on the Session: "Digital Defense: Best Practices for Cyber Hygiene"**

**Organized by:** Mahalakshmi Tech Campus, Chromepet, Chennai

**Speaker:** Dr. Ajay, Senior Research Engineer, HCL Tech & Cybersecurity Enthusiast

**Date:** 11 March 2025

### **Introduction:**

Mahalakshmi Tech Campus, Chromepet, Chennai, organized an insightful session on "Digital Defense: Best Practices for Cyber Hygiene" aimed at educating students about the importance of maintaining robust cybersecurity practices in the digital age. The session was conducted by Dr. Ajay, a Senior Research Engineer at HCL Tech and an expert in cybersecurity, generative AI, and cyber hygiene.

### **Key Highlights of the Session:**

Dr. Ajay began the session by emphasizing the growing threats in the cyber world and the need for individuals to adopt safe online practices. He provided an in-depth understanding of cyber hygiene and its critical role in preventing cyber threats, data breaches, and identity theft.

The key topics covered during the session included:

- **Understanding Cyber Hygiene:** Importance of maintaining secure digital habits and protecting personal and professional data.
- **Common Cyber Threats:** Overview of phishing attacks, malware, ransomware, and social engineering tactics.
- **Best Practices for Cybersecurity:** Secure password management, two-factor authentication (2FA), and safe browsing habits.
- **Data Protection and Privacy:** The significance of encrypting sensitive data, updating software regularly, and using trusted security tools.
- **Generative AI in Cybersecurity:** Exploring how AI is being leveraged to enhance digital security and detect cyber threats proactively.
- **Case Studies & Real-World Examples:** Dr. Ajay shared case studies of major cyber-attacks and discussed preventive measures to mitigate such risks.

### **Interactive Session:**

The session was highly engaging, with students actively participating in discussions and asking questions about real-world cybersecurity challenges. Dr. Ajay provided practical insights and hands-on recommendations to help students improve their digital security posture.

### **Concluding Remarks:**

The session concluded with an address by **Prof. Dr. Ushaa Eswaran, Principal of Mahalakshmi Tech Campus**, who reinforced the importance of cyber hygiene in today's technology-driven world. She emphasized that cybersecurity is not just the responsibility of organizations but also individuals, urging students to adopt safe digital practices and remain vigilant against online threats. She appreciated Dr. Ajay for sharing his expertise and encouraged students to continuously update their knowledge on emerging cybersecurity trends.

**Conclusion:**

The session on "Digital Defense: Best Practices for Cyber Hygiene" was highly informative and beneficial for students, equipping them with the knowledge and skills necessary to navigate the digital landscape securely. The event successfully raised awareness about cyber threats and underscored the importance of proactive cybersecurity measures.