



Government Degree College Kulgam  
Kashmir (J&K), 192231  
NAAC Accredited

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*All the Faculty members  
and students are invited to  
attend a Webinar on  
"Digital Hygiene"  
as part of  
Cyber Jaagrookta Diwas  
Organized by  
Department of Computer  
Science*

**SPEAKER**

**Dr. Kaiser J. Giri**  
Sr. Assistant Professor

Department of  
Computer Science  
Islamic University of  
Science & Technology

**Saturday 15 JANUARY 2022**

**STARTS AT 01:00 PM**

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To participate in the event, click on Google Meet link: <https://meet.google.com/qua-snpq-urq>

Join us through whatsapp <https://chat.whatsapp.com/KOPd9K5QjQp9i5ueBRC9jY>



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**Press Release: Webinar Highlights Importance of Digital Hygiene.**

In the wake of the ever-evolving digital landscape, an insightful webinar titled "Digital Hygiene: Navigating the Cyber World Safely" was hosted by **Deptt. Of Computer Science GDC Kulgam**. The event aimed to shed light on the critical importance of practicing good digital hygiene habits in safeguarding personal and professional data integrity.

The webinar featured by distinguished expert **Dr. Kaisar J Giri Sr. Assistant professor Deptt. of Computer Application IUST Awantipora** having expertise in cyber security, data privacy etc. Attendees, including students (more than 70) and Teaching and non-teaching employees gained invaluable insights into the various facets of digital hygiene, including:

1. **Password Management:** Experts emphasized the significance of using strong, unique passwords for different accounts and employing reputable password management tools to enhance security.
2. **Data Encryption:** The discussion highlighted the importance of encrypting sensitive data to prevent unauthorized access, especially in the era of remote work and digital communication.
3. **Phishing Awareness:** Attendees were educated on recognizing and thwarting phishing attempts, which remain a prevalent threat vector for cyber attacks.
4. **Device Security:** The panel underscored the necessity of keeping software and operating systems up to date, alongside employing robust antivirus solutions to mitigate risks associated with malware and other cyber threats.
5. **Social Media Vigilance:** The webinar addressed the need for cautious behavior on social media platforms to minimize the risk of identity theft, data breaches, and privacy violations.
6. **Cyber Hygiene Education:** The importance of ongoing education and training in digital hygiene practices was emphasized, empowering individuals and organizations to stay abreast of emerging cyber threats and adopt proactive security measures.
7. **Digital Footprint Management:** Strategies for managing one's digital footprint were discussed, emphasizing the significance of limiting personal information shared online to mitigate privacy risks.

The webinar concluded with a vibrant Q&A session, allowing attendees to engage directly with the expert and seek personalized guidance on digital hygiene best practices.



Sd/-  
Deptt. Of Computer Science

Sd/-  
Principal