

# CYBER WELLNESS

## Cyber Hygiene - Benefits and Best Practices

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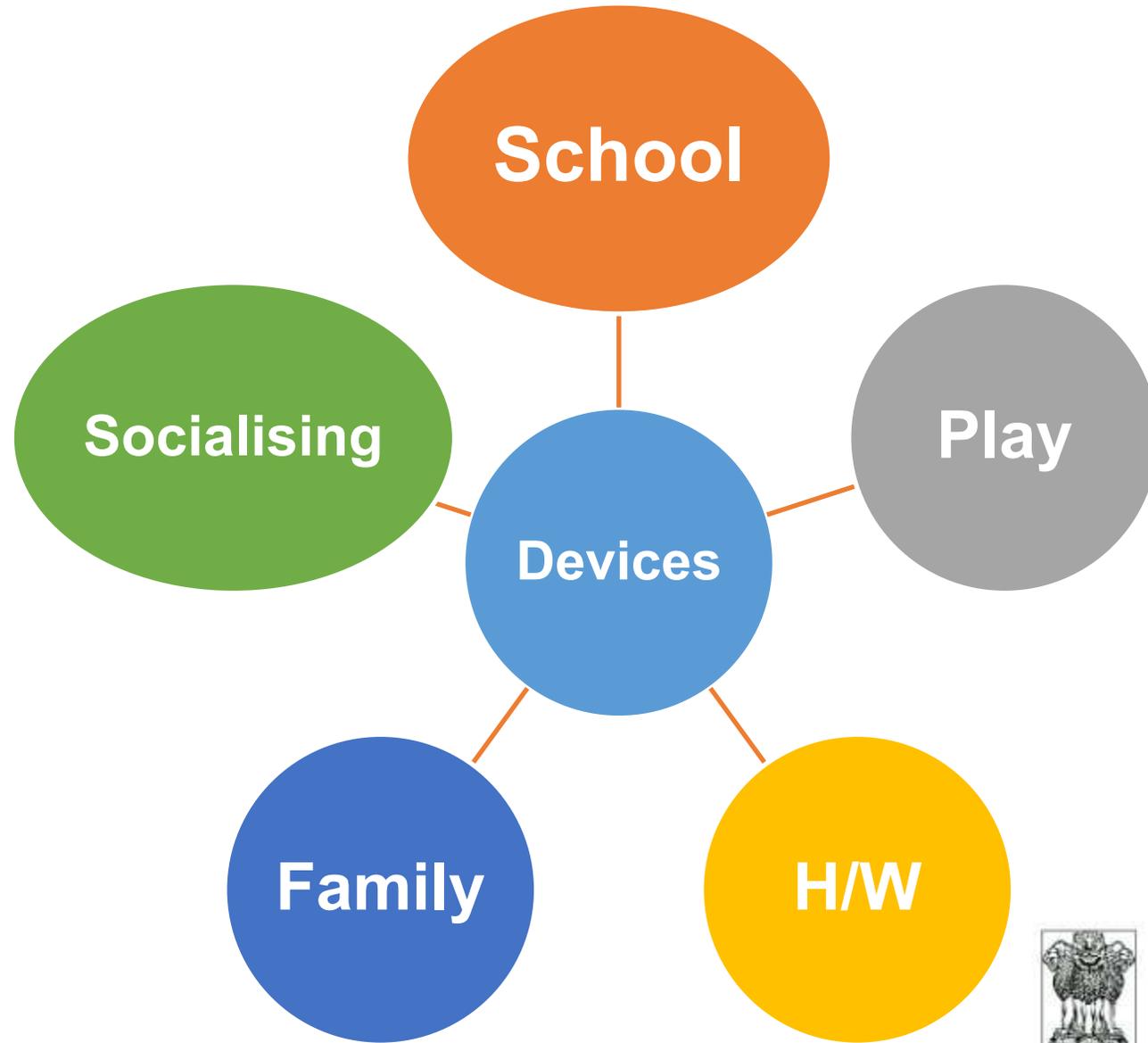


# Digital Devices have changed the the way we live, learn & work

GENERATION Z:  
CONNECTED FROM BIRTH.

Born mid-1990s to 2010.







# People Across All Ages Are Immersed In Digital Technologies





# Cyber/ Digital Wellbeing is as important as Physical & Mental Well-being





# Cyber Well-being?

**Feeling Safe  
and Secure**

**Following  
Cyber Rules  
& Ethics**

**Maintaining  
Cyber  
Hygiene**





**WHAT IS CYBER HYGIENE?**

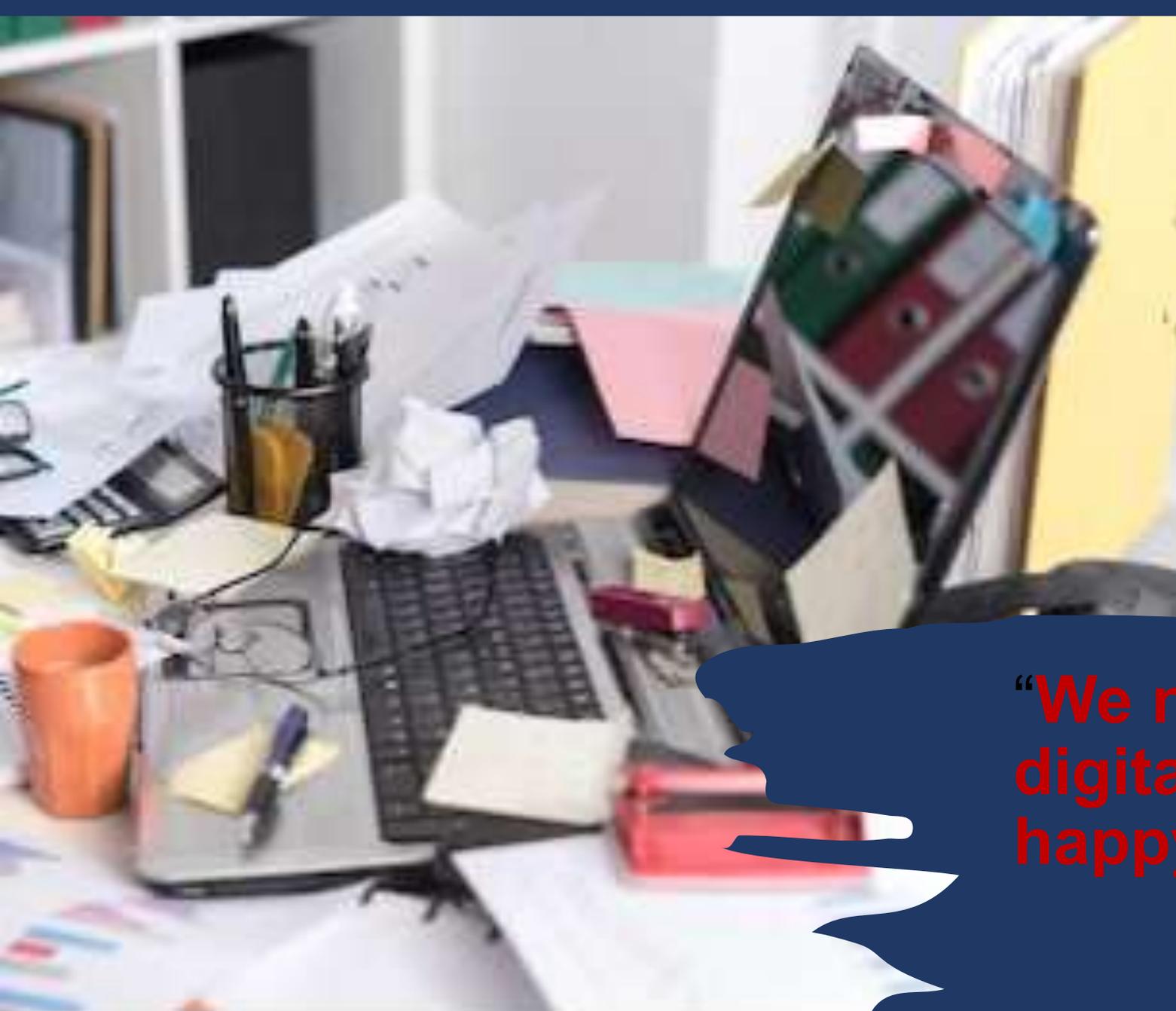
**WHAT ARE THE BENEFITS?**





## **BENEFITS**

- ✓ **Hardware & Software Efficiency**
- ✓ **Personal Info, Data & Device Security**
- ✓ **Positive Learning & Working Environment**
- ✓ **Promoting Wellbeing and Happiness**



**“We need to practice good digital hygiene to keep us happy, healthy and safe.”**



## **Guidelines for Students-1**

- ✓ **Keep devices clean**
- ✓ **Use updates softwares**
- ✓ **Install antivirus software**
- ✓ **Set strong passwords**
- ✓ **Use multi-factor authentication**
- ✓ **Take back ups regularly**
- ✓ **Keep hard drive clean and desktop non cluttered**
- ✓ **Arrange files in folders with appropriate names**



## **Guidelines for Students-2**

- ✓ **Delete unwanted files & empty recycle bin**
- ✓ **Beware of suspicious emails & apps**
- ✓ **Use Secure Internet connection**
- ✓ **Unsubscribe from promotions**
- ✓ **Clear junk emails**
- ✓ **Review privacy and security settings on accounts and social media**



## Guidelines for Educational Institutes

- ✓ Set policies & guidelines
- ✓ Use approved / trusted learning resources & platforms
- ✓ Educate staff, students & parents
- ✓ Use original & updated softwares
- ✓ Ensure password protocols
- ✓ Beware of dangerous apps & websites
- ✓ Educate the learners & be their role models



साइ

Cyber Swachhta Kendra: Home  
cyberswachhtakendra.gov.in

# CYBER SWACHHTA KENDRA

## Botnet Cleaning and Malware Analysis Centre



Ministry of Electronics and Information Technology  
Government of India

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## Welcome to **Botnet Cleaning and Malware Analysis Centre** (**Cyber Swachhta Kendra**)

The " **Cyber Swachhta Kendra** " (Botnet Cleaning and Malware Analysis Centre) is a part of the Government of India's Digital India initiative under the Ministry of Electronics and Information Technology (MeitY) to create a secure cyber space by detecting botnet infections in India and to notify, enable cleaning and securing systems of end users so as to prevent further infections. The " **Cyber Swachhta Kendra** " (Botnet Cleaning and Malware Analysis Centre) is set up in accordance with the objectives of the "National Cyber Security Policy", which envisages creating a secure cyber eco system in the country. This centre operates in close coordination and collaboration with Internet Service Providers and Product/Antivirus companies. This website provides information and tools to users to secure their systems/devices. This centre is being operated by the Indian Computer Emergency Response Team (CERT-In) under provisions of Section 70B of the Information Technology Act, 2000.



### Why have I Reached this page?

You have reached this page because your computer / system / device is probably infected with malware called 'Bot' and could become a part of a botnet. If your computer / system / device is part of a botnet, the following could happen:

### What should I do?

To remove the malware, you need to scan your computer / system / device with the tools recommend below and take steps to improve the security of your computer / system / device.



# साइबर स्वच्छता केन्द्र

CYBER SWACHHTA KENDRA  
Botnet Cleaning and Malware Analysis Centre



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## Security Tools

### Free Bot Removal Tool - For Microsoft Windows

You may use any of the following Bot Removal Tool for your digital device.

Note: To identify, the architecture of your computer system whether it is 32-bit or 64-bit, right click on "My computer"/ "This PC" -> Properties-> Check your system architecture

- Quick Heal

The antivirus company **Quick Heal** is providing the free bot removal Tool. Click the below mentioned link to download the tool.

<https://www.quickheal.co.in/bot-removal-tool>

- eScan Antivirus

The antivirus company **eScan Antivirus** is providing the free bot removal Tool. Click the below mentioned link to download the tool.

<https://www.escanav.com/en/escanav-cert/escanav-cert-intoolkit.asp>

### Free Bot Removal Tool - For Android

- eScan Antivirus

The antivirus company **eScan Antivirus** is providing the Smartphone Safety Toolkit. Click the below mentioned link to download the tool.





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Foundation



THANK  
YOU!