



Cyber Hygiene

Cyber Security Awareness

By Eminence Ways



EMINENCE WAYS
YOUR CYBER-SECURITY PARTNER



Presenter

Name: Prajwol Gautam

Head – Project Management, Eminence Ways

MBA, Computer Security and Forensics, CHFI

8+ Years of Experience



Disclaimer!!!



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- THIS PRESENTATION MAY CONTAIN **SENSITIVE** INFORMATION RELATED TO CYBER SECURITY, SO WE ADVISE ALL THE PARTICIPANTS TO USE THE KNOWLEDGE **ETHICALLY**.
- WE HAVE TRIED TO KEEP IT AS SIMPLE AS POSSIBLE BUT IN CASE OF ANY CONFUSIONS/QUERIES PLEASE FEEL FREE TO ASK US.



Structure of Presentation



EMINENCE WAYS
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- Global and Local Cyber Security Incidents
- Impact of Cyber Security Incidents
- Cyber Hygiene
 - Areas
 - Problems, Impacts and Solutions
- Organisational Security Awareness
- Closing



Incidents in the Cyber Space



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Few Global Incidents

- Some of the well-known companies like **Facebook, Yahoo, LinkedIn, Adobe, eBay, LastPass** etc. have had their data breached since the last decade.
- WannaCry ransomware (malware) attack had a substantial **financial** impact worldwide. It is estimated this cybercrime caused **\$4 billion in losses** across the globe.
- Data breaches enabling **blackmail, extortion** and **intellectual property theft**.
- Companies have **Gone Out of Business** due to a Security Breach



Risks from Remote Working



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82%

of companies who reported a breach say it resulted from tech issues or behavior related to working from home.

SOURCE:



Diligent



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Risks of Remote Working

- Use of **unsafe Wi-Fi networks** for accessing sensitive information.
- Use of **personal device** for work related purposes.
- **Ignoring physical security** of where you are working from or exposing sensitive information to outsiders.
- **Sharing confidential information and resources** without any encryption method or secure process.
- Use of **weak password or authentication** mechanisms.



Few National Incidents

Business Loss

- Carpet company - email compromised millions sent to unknown A/C.
- Photo Studio could not deliver wedding pictures to its clients



Blackmails and threats to expose sensitive information

- Threats to organizations to leak sensitive information.
- Threats to individuals to leak private information.



Website Defacement

- Public indicator that a website has been compromised
- Caused damage to the brand and reputation



Online Food Delivery Platforms and ISP Data Breached

- Claim of 150k user details dumped
- 50k User Details LEAKED Online



Threat Actors Motive



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Customer
Information Gain



Ransomware Demand



Recognition &
Achievement



Political Motivation –
“Hacktivism”



Corporate Espionage



Personal Vendettas
and Revenge




Targeted Surveillance



Reputation Damage



Take advantage of
Vulnerabilities and
systems



Incidents Related to Individuals



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Social Media Account Compromise



Unauthorized Access to Personal Bank Accounts



Blackmails, Extortion, Threats



Locked out from Personal Device



Sensitive information found publicly

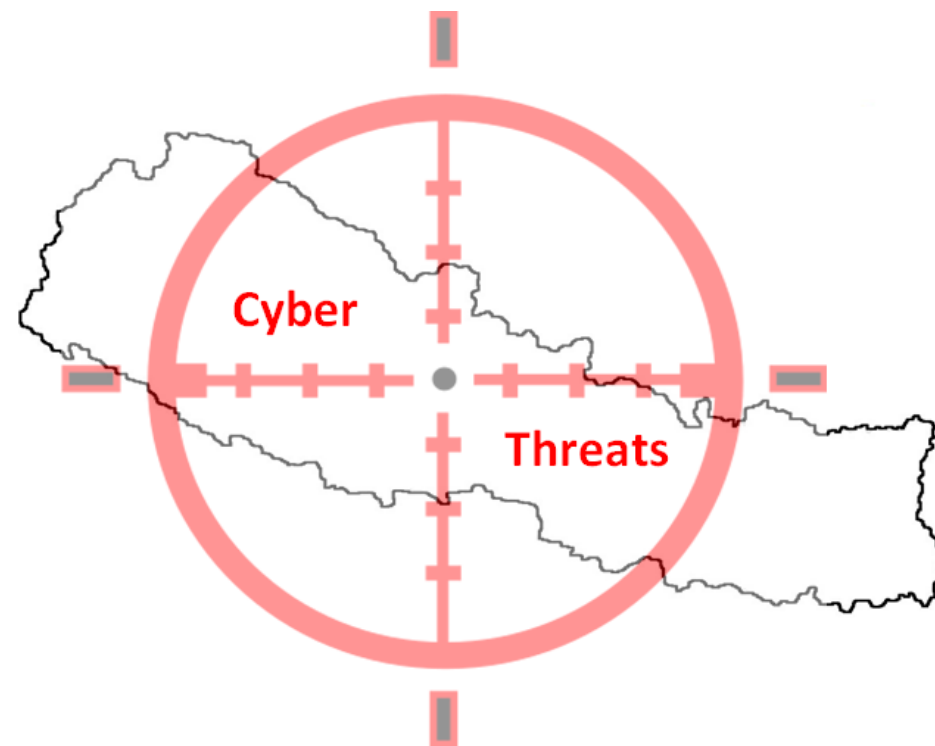


Stalking, Harassing

Nepal-Threat Index

- Several complaints of cybercrime are being registered and keeps growing over the years.
- Nepal ranked **109th/176** out of various countries in National Cyber Security Index
- Including adults and professionals more than half of Nepali children ages **8 to 12** are exposed to one or more cyber-risks

Source: <https://ncsi.ega.ee/country/np/>



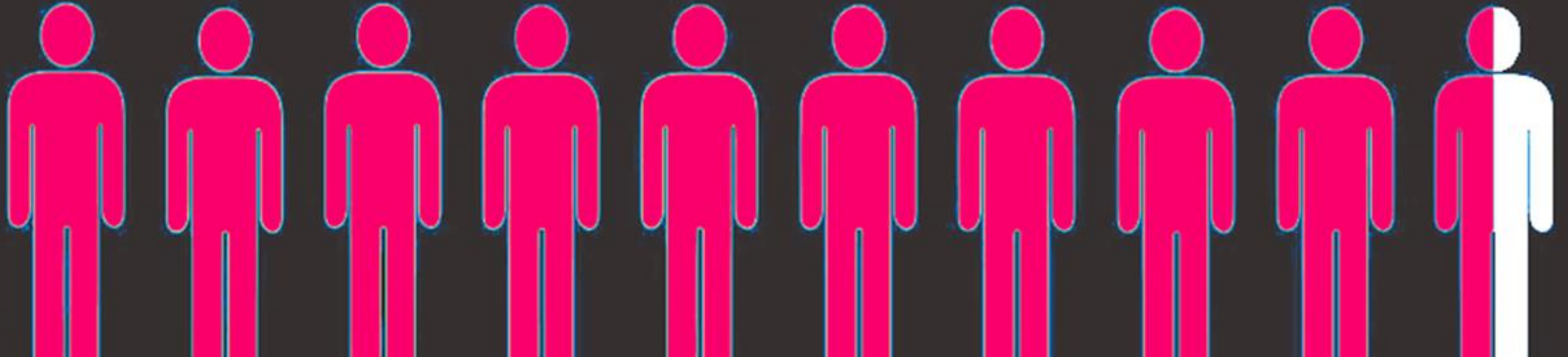
Uncovering
Security's
Weak Links



95%

of all successful cyber attacks
is caused by human error

Source: IBM Cyber Security Intelligence Index



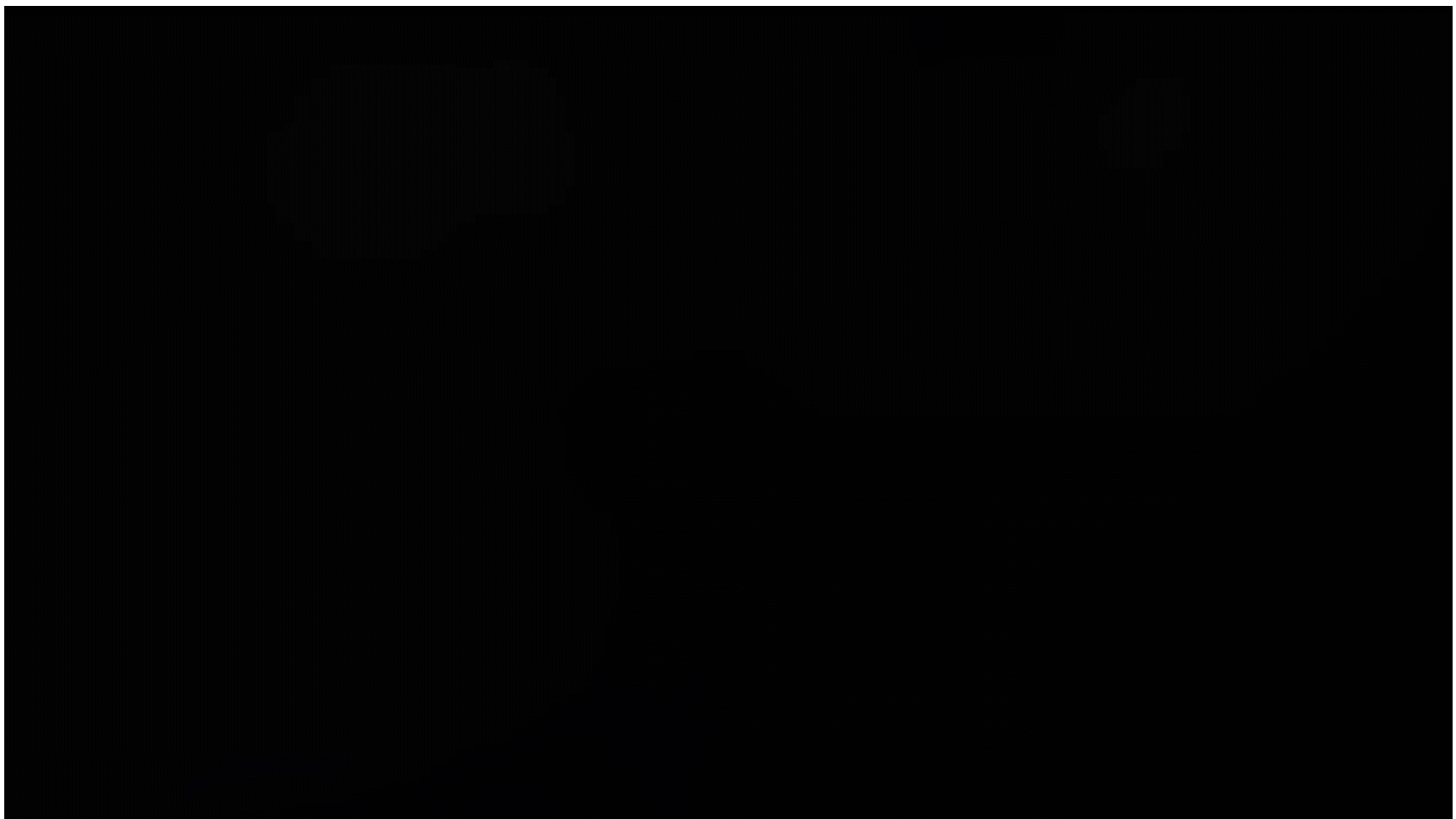
Impacts



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Hacking Example



CYBER HYGIENE



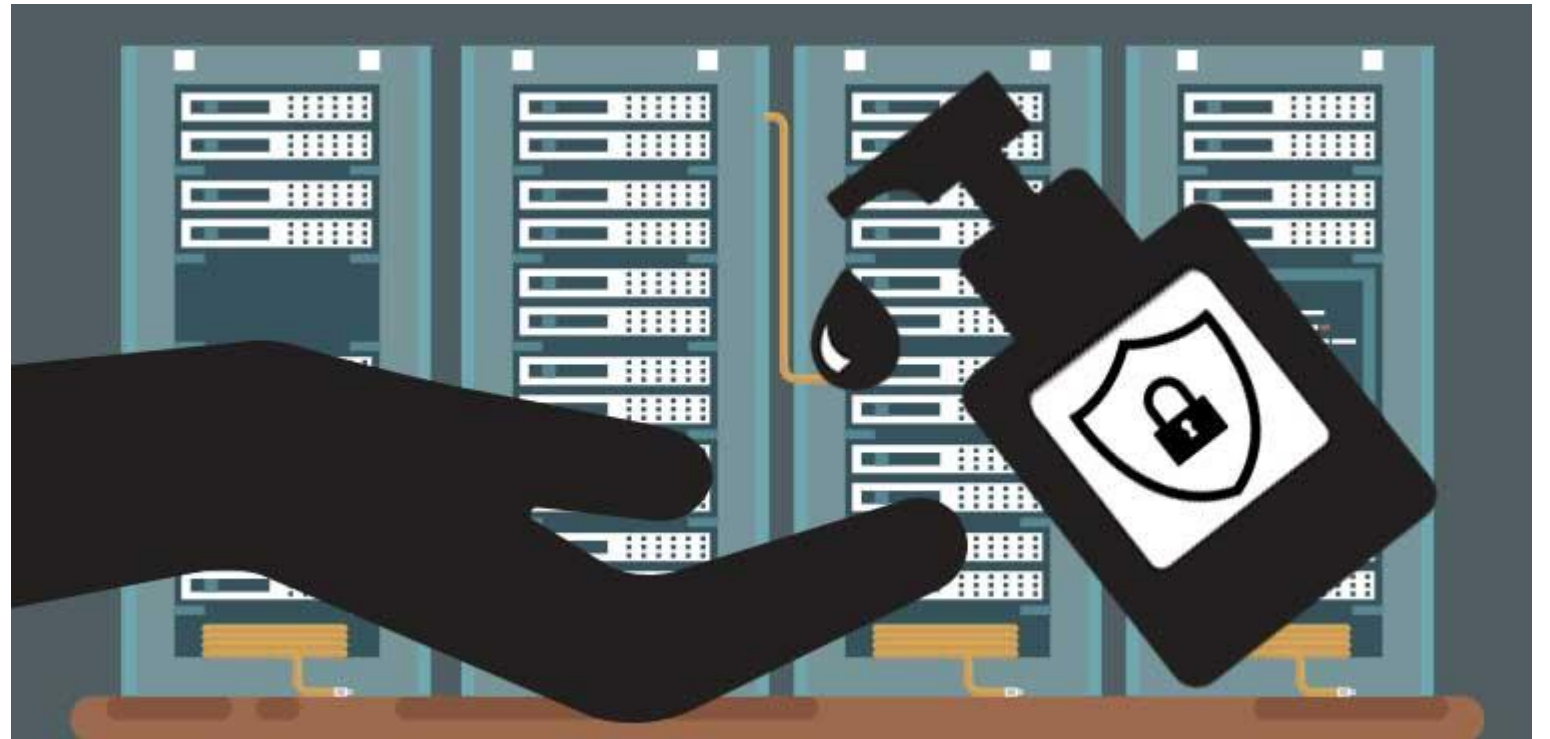
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Best practices to protect
and maintain personal security and the security
of IT systems and devices.



Core of Cyber Hygiene

- Social Engineering Awareness
- Data Security
- Safe Online Practices
- Physical Security
- Organizational Cyber Hygiene Awareness





Social Engineering Awareness

Core of Cyber Hygiene



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Social Engineering Awareness



Social Engineering

- Art of manipulation
- Common type of attack used
- Requires little to no technology
- Preys on human instinct to trust

SOCIAL ENGINEERING TACTICS

YOUR DATA IS AT RISK EVERYDAY THROUGH SOCIAL ENGINEERING ATTACKS.

WHY SOCIAL?
ENGINEERING ?

HACKING A HUMAN IS MUCH EASIER
THAN HACKING A BUSINESS.



Common Forms of Social Engineering



Baiting



Catfishing



Pretexting



**Phishing, Vishing,
Spear Phishing**



Scareware



**Tailgating,
Piggybacking**



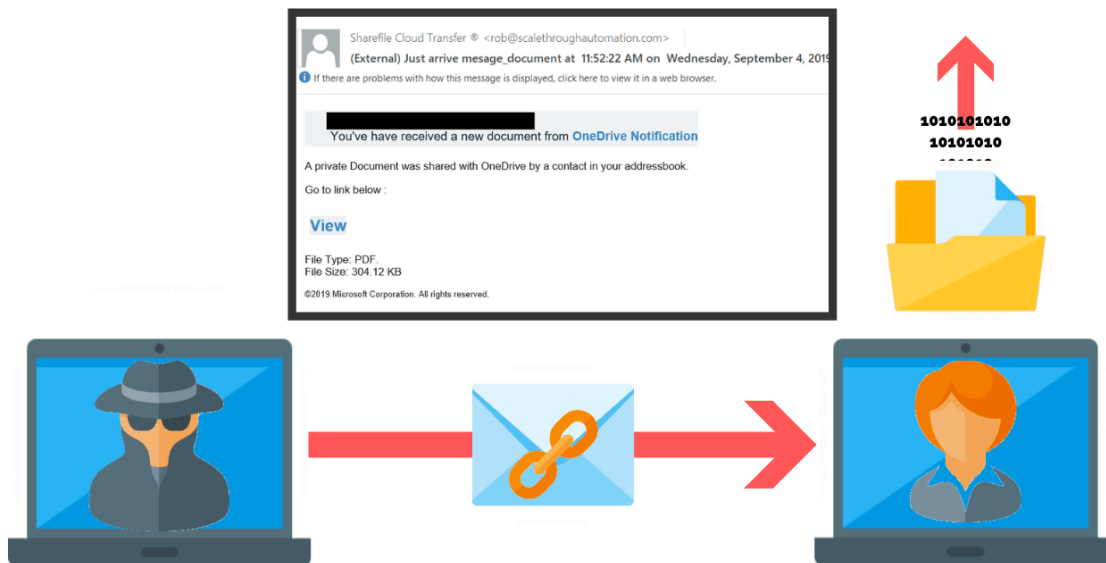
Water Holing



Quid Pro Quo

Phishing

Lure victims in providing sensitive information through fraudulent message



Avoiding Phishing Attacks

In Email



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- Don't trust Display Name of Sender only
- Beware of Attachments
- Beware of Links
- Email was sent at an Unusual Date & Time (e.g., 3am)
- Email in a reply (Re:) to an email you didn't send
- Requests for Personal Information
- Sense of Urgency raised in email
- Look for spelling and/or grammar errors

Your Package has Arrived ID#00093321 [Close] [Maximize] [Refresh]

FROM: Parcel Delivery Service <support@aucrack.com> **1**

SENT: November 28, 2014

TO: Doe, John <john.doe@email.com>

CC: jon.info@email.com

SUBJECT: Your Package has Arrived ID#00093321

ATTACHMENT: [OrderConfirmation.pdf \(186KB\)](#) **2**

Dear Customer, **3**

Your parcel has arrived on November 27. We were not able to deliver it to you after repeated attempts. To receive your parcel, click on the link below, verify your address, print the label, or complete the attached document. Take the complete form to the office. **4**

Order ID#00093321

Tracking ID: 1X2FDG2345K3456

Tracking Label: <http://www.fedex.com/1X2FDG2345K3456> **5**

Ship Date: 2014/11/03

Fed Ex 1995 - 2014

<http://www.dogboyfrx.com/dump.php?ky=3udxabe84f75cbd8430aef6=> **6**

Our business runs on email.
Unfortunately, **so does his.**



Voice Phishing



Data Security (Assets)

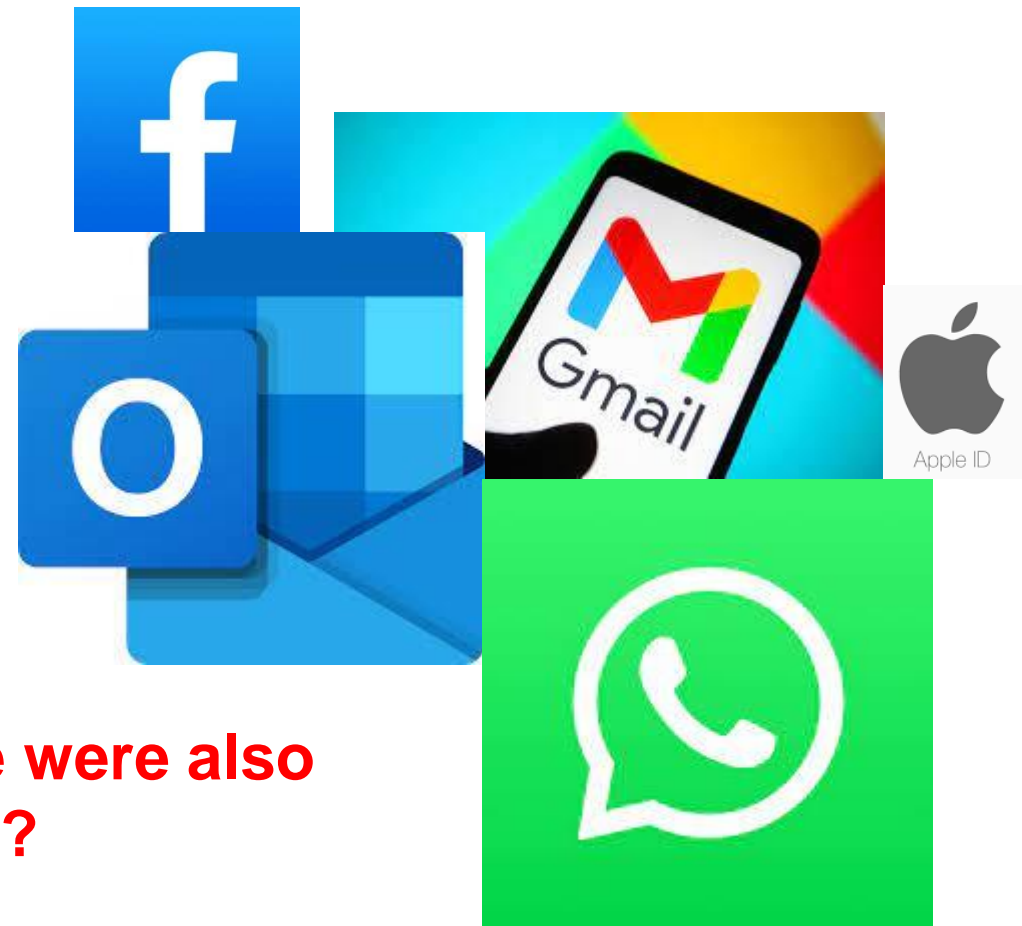
- Laptop
- Smart Phones
- Tablets / iPad
- IoT Devices (Smart watch, Camera etc.)
- Smart Home Devices (Switch, Speaker etc.)

Have we ever gathered the list of devices we personally use !!!??



Data Security (Online Assets)

- Facebook
- Gmail
- Viber
- Whatsapp
- Apple ID
- Imo, etc..



Have you thought these were also there as your assets !!??

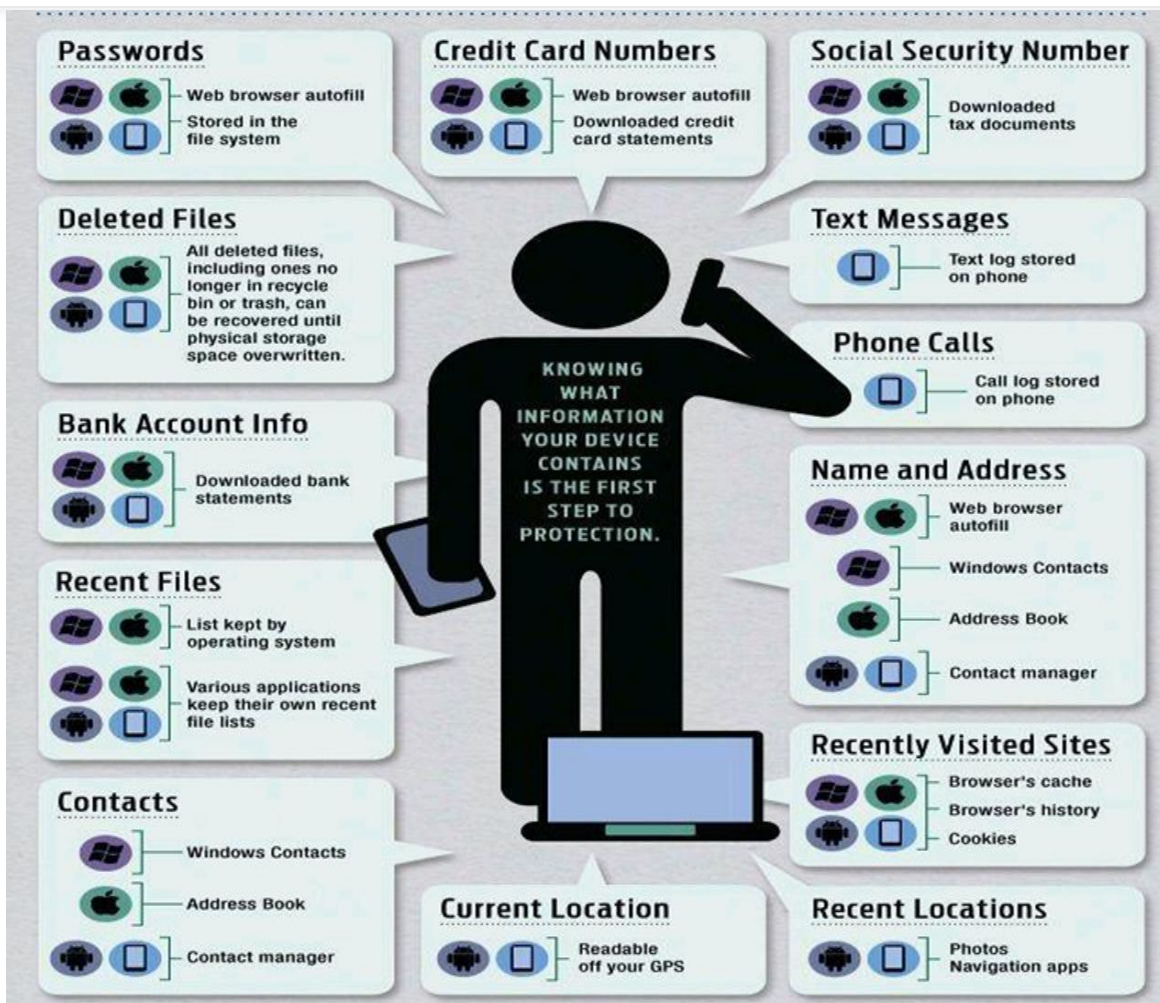


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Data Security (Assets)

- Passwords
- Recent/Deleted Files
- Payment/Financial Information
- Contact and its details
- Messages and Call records
- Browsing History
- Location History etc.

YES
I know!



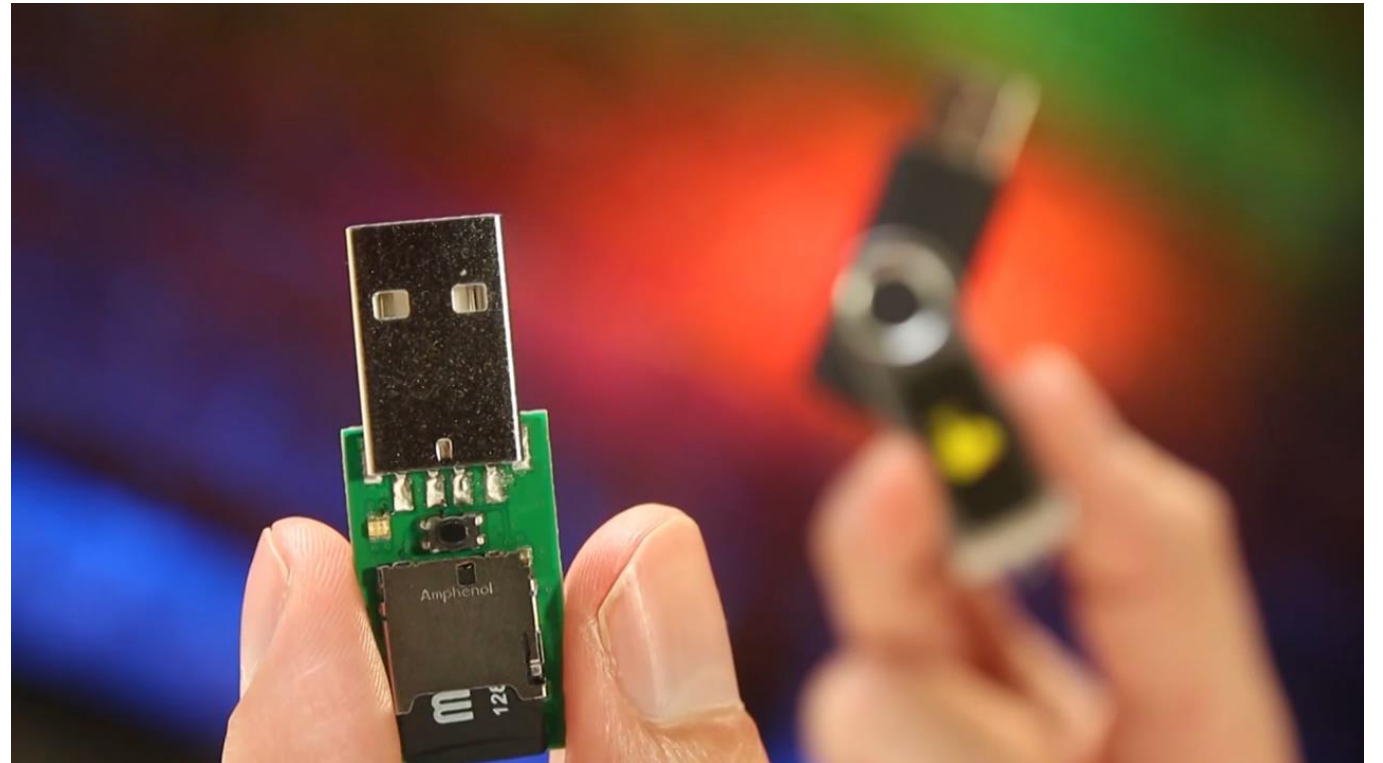
Data Security (Assets)

- Keep sensitive assets away from kids.
- Have appropriate lock and access mechanisms.
- Do not leave devices unlocked and lying around.
- If possible, make separate user or profiles of outside business or private activities.



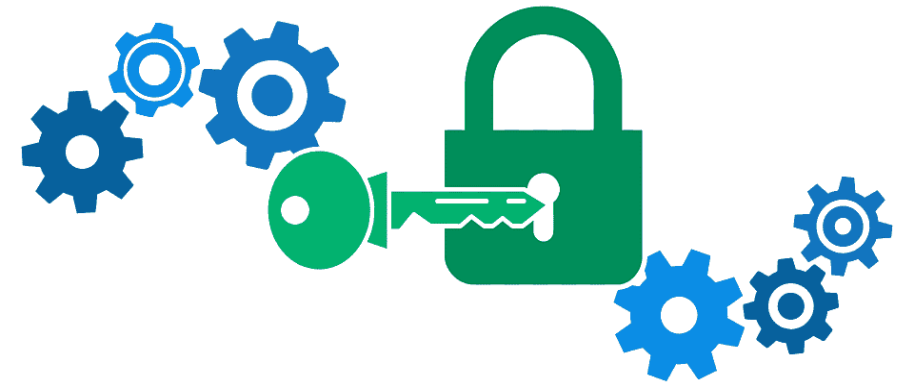
Tools to Breach Data Stealthily

- Rubber Ducky/Bad USB
- Plug n Play Device
- System allows without consent as a Keyboard or a Mouse
- Technical Video



Data Security (Encryption)

- Protect your data through layered defense
- Requires credentials / keys (password/pin) to unscramble
- In Transit (Data Transmission Encryption)
- Internet: Is your browsing data encrypted over internet
- Ensuring https:// (while entering sensitive passwords)
- Utilization of VPN



Threats of Malware

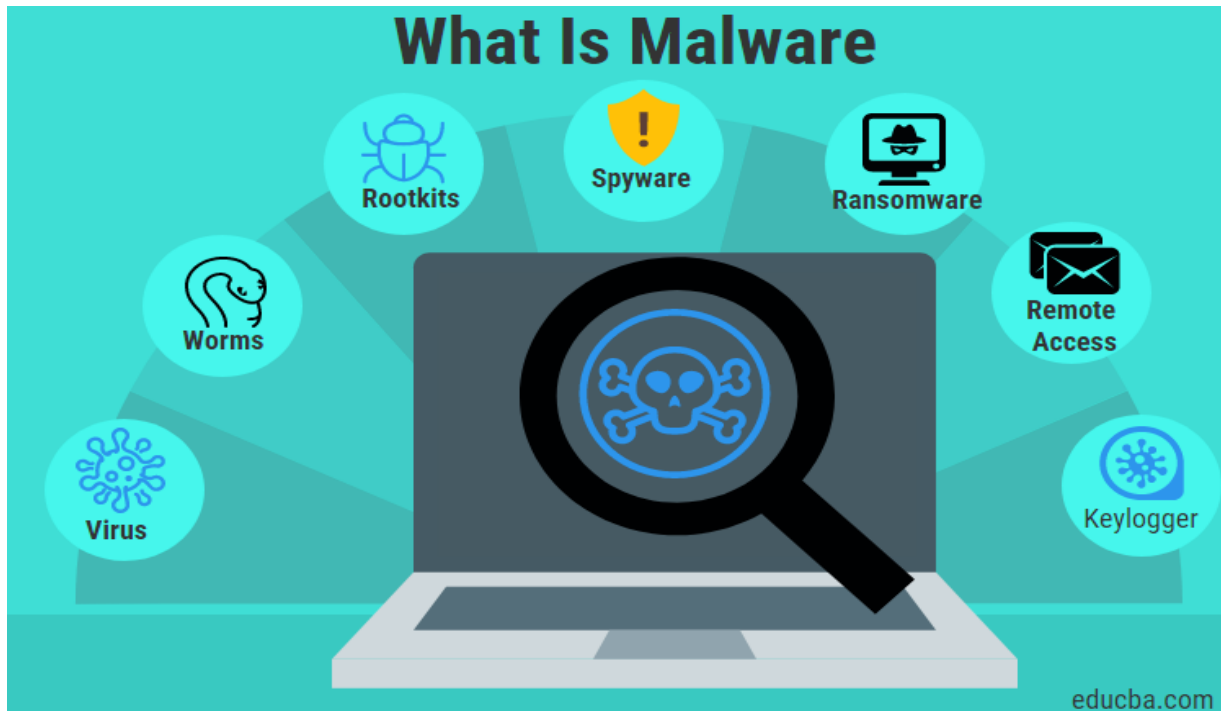
On Data Security



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- **Adware** serves unwanted or **malicious advertising**.
- **Virus infects other programs** and can spread to other systems, in addition to performing its own maliciousness.
- **Worm** can spread itself to other devices or systems. However, a worm does not infect other programs. Worms often go after known exploits.
- **Trojan** program **pretends to be a legitimate one**, but it is in fact malicious. A trojan can't spread by itself like a virus or worm, but instead must be executed by its victim.
- **Ransomware** attacks **encrypt a device's data and holding it for ransom** until the hacker is paid to release it. If the ransom isn't paid by a deadline, the hacker will threaten to delete the data or possibly expose it.
- **Spyware** is used to **monitor the activities of users**. By logging the keystrokes, a user inputs throughout the day, the malware can provide access to usernames, passwords, and personal data.
- **Rootkits** allow **remote access or control** of a computer by a third party.

What Is Malware



How dangerous a single virus can be?

Steal	Steal Your Sensitive Information
Slow	Slow Your Computer
Restrict	Restrict Access to Your Files
Spread	Spread Throughout Your Network
Disrupt	Disrupt Daily Operations



Checking Suspicious Links or Application

- Other Examples


- <https://polyswarm.network/>
- <https://virusscan.jotti.org/>
- <https://opentip.kaspersky.com/>

- Advanced Level Analysis

- <https://app.any.run/>
- <https://www.joesandbox.com/>




Analyze suspicious files, domains, IPs and URLs to detect malware and other breaches, automatically share them with the security community

FILE	URL	SEARCH
 <input type="button" value="Choose file"/>		

Data Security (Passwords/Credentials)


1. 
Two-Factor authentication minimizes impact of stolen credentials.

2. 
Do not use easily guessable information such as phone numbers, birthday, address.

3. **A98#@&s**
Create strong unique passwords unrecognizable by the dictionary: at least 8 characters long made up of upper and lower-case letters, symbols and digits.

4. 
Change the default password of devices you buy.

5. 
Never reuse passwords between different devices and accounts.

6. 
Change/update your passwords regularly

A password is like a toothbrush



Choose a good one Don't share it with anyone Change it occasionally

Password Leaks



- Occurs when a web site's security has been compromised
- Usernames, passwords and email addresses are dumped on the Internet

Are you Compromised !!???

<https://haveibeenpwned.com/>



Note: Any email credentials



Data Security (Password/Credentials)

Avoid using Simple passwords	Nepal123, password, 123456, qwerty
Use combination of Letters, Special Characters and Numbers	P@55w0rD
Longer passwords are harder to guess	D0gsaremybestfr13nds
Don't use same password for different accounts	Gmail: P@55w0rDGm@1IP@lp4n3P@I Yahoo: P@55w0rDY@h00P@lp4n3P@I
Change password every few months (3-6months)	
Don't share your password	
Don't write down password on notebooks or personal diaries or communicate via email or chat or messenger	

Is it SECURE Enough !!

Checking password strength

<https://www.security.org/how-secure-is-my-password/>

Note: Don't use your original credentials

Sample Passwords:

nepal
Nepal
Nepal123
Nepal@123
nepalismyhome



Password Managers

- A software application **designed to store and manage online credentials**. It also generates passwords. Usually, these passwords are stored in an encrypted database and locked behind a master password





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Benefits of Password Manager

- You don't have to memorize all your passwords anymore.
- They can auto-generate highly secure passwords for you.
- Save Time
- Sync across different operating systems
- Help protect your identity.

Data Security (Multi-Factor Authentication)



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Something you
know



Something
you are



Something
you have



Google Dorking

Google Hack



Google Hacking Database

Filters Reset All

Show 15

Quick Search password

Date Added	Dork	Category	Author
2022-06-16	site:com.* intitle:"index of" *.admin.password	Files Containing Juicy Info	Girish B O
2022-06-15	# Description: site:gov.in filetype:xlsx "password"	Files Containing Juicy Info	Mangesh Pandhare
2021-11-18	db_password filetype:env	Files Containing Juicy Info	Thiru kumaran
2021-11-11	inurl:forgotpassword.php	Files Containing Juicy Info	Krishna Agarwal
2021-11-09	site:*/forgotpassword.php	Files Containing Juicy Info	Anirudh Kumar Kushwaha
2021-11-09	site:pastebin.com *@gmail.com password	Files Containing Juicy Info	Anirudh Kumar Kushwaha
2021-11-08	site:gitlab.* intext:password intext:@gmail.com @yahoo.com @hotmail.com	Files Containing Juicy Info	Jorge Manuel Lozano Gómez
2021-11-08	intitle:index of "username" "password" filetype: xlsx	Files Containing Juicy Info	Onkar Deshmukh
2021-11-05	index of:"password" "wp-content"	Files Containing Juicy Info	Veeresh Appasaheb Patil
2021-11-05	intext:"password" "passwd" "pwd" site:anonfiles.com	Files Containing Juicy Info	Nisrin Ahmed
2021-11-01	site:github.com intext:"unattend xmlns" AND "password" ext:xml	Files Containing Juicy Info	Aftab Alam

Online Safe Practices

Core of Cyber Hygiene



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Being Victim to fake Wi-Fi



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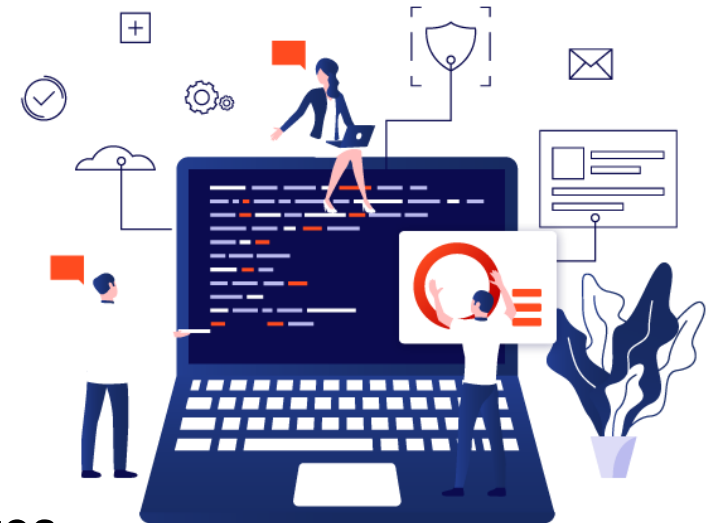
Be cautious with Public WIFI

- Be suspicious of all free Wi-Fi
- Verify legitimacy of Wi-Fi connections
- Use Virtual Private Network (VPN) on public networks
- Mobile Data has become cheaper why not use that instead



Surfing the Web Securely

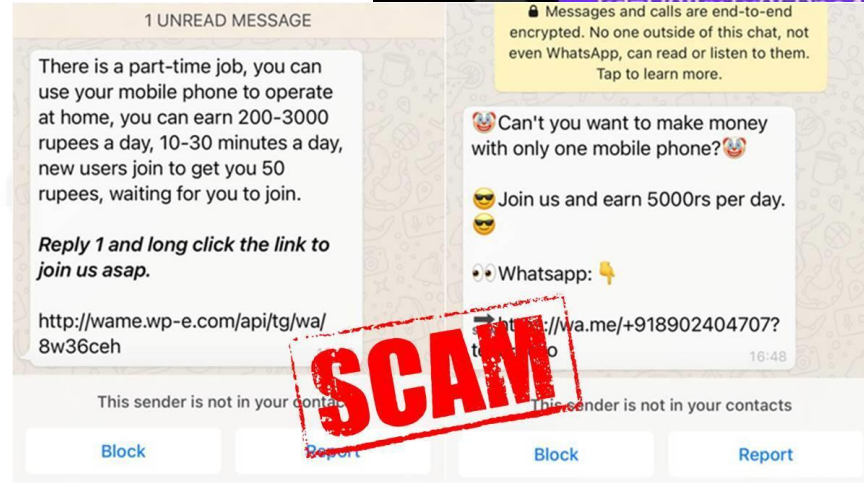
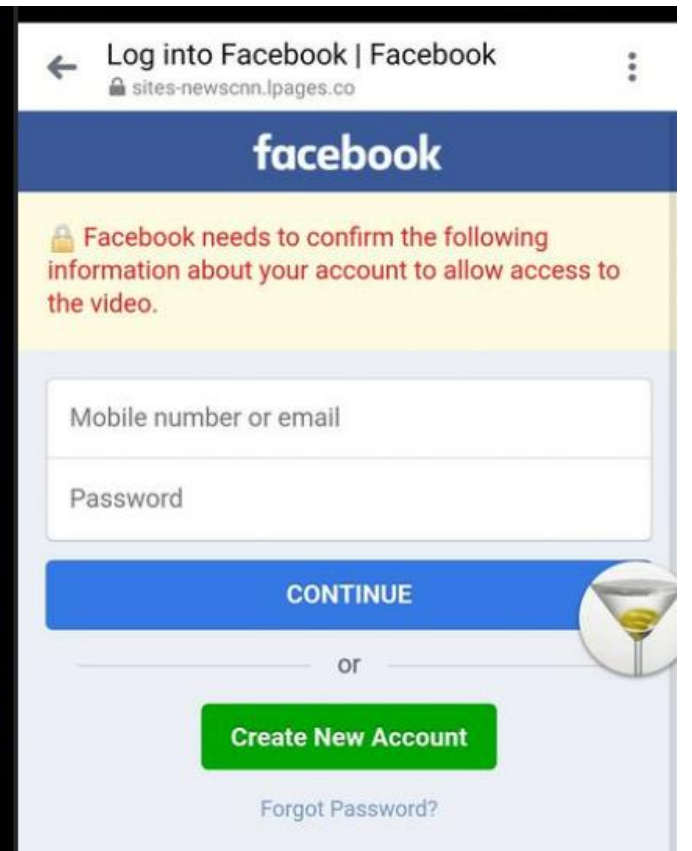
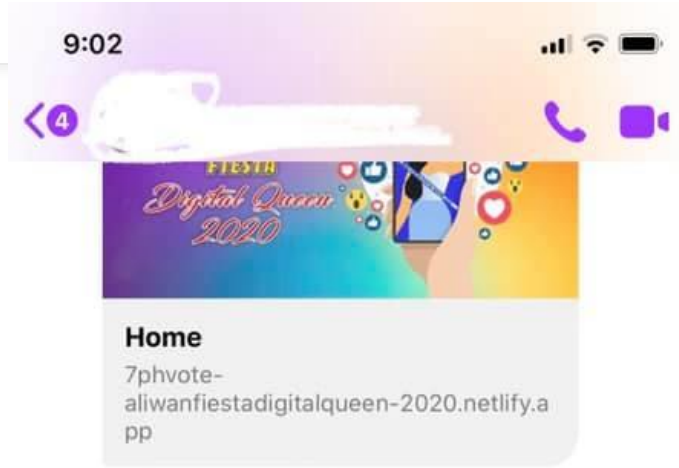
- Don't click on unnecessary Pop-ups and Alerts
- Always keep your browsers updated
- Don't click over suspicious links
- Don't visit barred sites such as Torrent and Porn sites.
- Don't use/download any Pirated Software
- Be cautious about giving out your company's info
- Never use your organization's email for non-work-related websites
- Never use real names on online forums sites
- Never discuss real scenarios or over-share personal information



Using Social Media Responsibly



Misleading Posts



Using Social Media Responsibly

- Don't post private and sensitive information publicly.
- Review all the privacy settings offered by the platform
- Create a unique, difficult-to-guess password for each social account
- Add two-factor authentication to every social account that supports it
- Constantly review your account activity
- Review your connected apps and browser addons



Some Settings to Consider

- Post reachability (Public, Friends or Private).
- Discarding fake, unwanted or misleading friends, groups and pages.
- Limiting past status and postings to friends of friend.
- Setting favorites of the pages and groups that are informative and essential.





Physical Security

Core of Cyber Hygiene



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Scenario of Physical Security



The Nepali text says "We are under CCTV camera surveillance."



Physical Security (CCTV)

CCTV Compromises

- 2017 -Over 70% of the CCTV cameras in Washington DC were hacked
- 2018 - CCTV camera hacked in a Japanese investment consultancy
- 2018 – “Peekaboo flaw”
- 2018 – Vulnerabilities identified in over 30 CCTV networks in India
- 25,000+ used by hackers for a distributed denial-of-service botnet attack



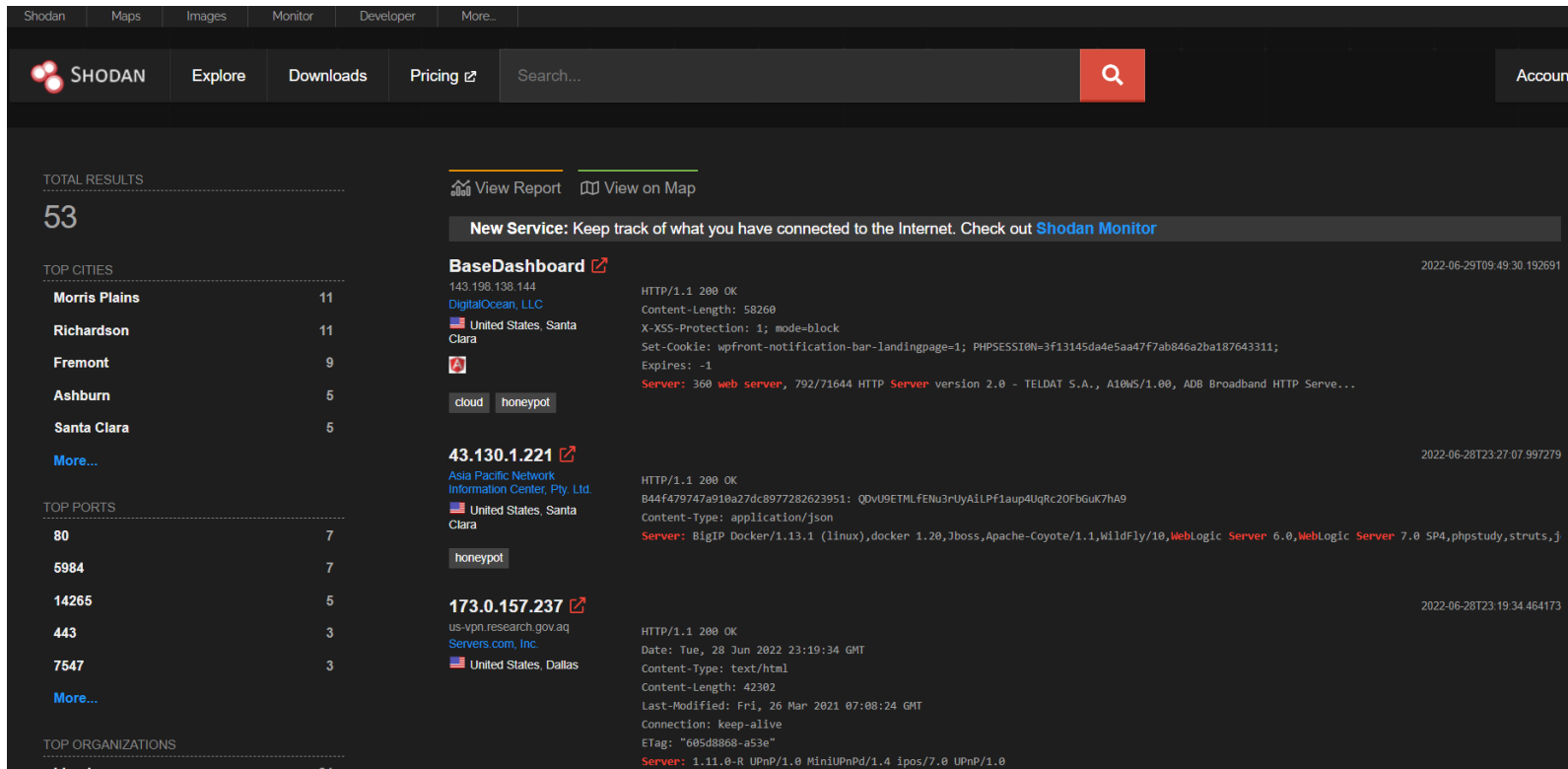
What is Shodan ??



Google Search

I'm Feeling Lucky

Using Shodan



The screenshot displays the Shodan search engine interface. At the top, there are navigation tabs for Shodan, Maps, Images, Monitor, Developer, and More. Below these is a search bar with the Shodan logo, navigation links for Explore, Downloads, and Pricing, and an Account link. The main content area shows search results for 53 total results. On the left, there are sections for 'TOP CITIES' and 'TOP PORTS'. The 'TOP CITIES' section lists Morris Plains (11), Richardson (11), Fremont (9), Ashburn (5), and Santa Clara (5). The 'TOP PORTS' section lists 80 (7), 5984 (7), 14265 (5), 443 (3), and 7547 (3). The main results area shows three entries:

- BaseDashboard** (143.198.138.144): HTTP/1.1 200 OK, Content-Length: 58260, X-XSS-Protection: 1; mode=block, Set-Cookie: wpfront-notification-bar-landingpage=1; PHPSESSID=3f13145da4e5aa47f7ab846a2ba187643311; Expires: -1. Server: 360 web server, 792/71644 HTTP Server version 2.0 - TELDAT S.A., A10WS/1.00, ADB Broadband HTTP Serve...
- 43.130.1.221** (Asia Pacific Network Information Center, Pty Ltd): HTTP/1.1 200 OK, B44f479747a910a27dc8977282623951: QdVU9ETMLfENU3rUyAilLPf1aup4UqRc20FbGuk7HA9, Content-Type: application/json. Server: BigIP Docker/1.13.1 (linux), docker 1.20, Jboss, Apache-Coyote/1.1, WildFly/10, WebLogic Server 6.0, WebLogic Server 7.0 SP4, phpstudy, struts, j...
- 173.0.157.237** (us-vpn.research.gov.aq): HTTP/1.1 200 OK, Date: Tue, 28 Jun 2022 23:19:34 GMT, Content-Type: text/html, Content-Length: 42302, Last-Modified: Fri, 26 Mar 2021 07:08:24 GMT, Connection: keep-alive, ETag: "605d8868-a53e". Server: 1.11.0-R UPnP/1.0 MiniUPnPd/1.4 ipos/7.0 UPnP/1.0

Physical Security

Recommendations

What You Can Do

- Keep a clean desk
- Shred / destroy sensitive documents
- Use privacy screens
- Be aware of monitor placement
- Lock workstations
- Do not leave unattended workstations, equipment, etc.
- Know the importance of assets (e.g., data centres, phone rooms, copy rooms, control systems, etc.)
- Enforce physical access controls to sensitive locations
- Know where fire extinguishers are located
- Ensure proper maintenance of fire extinguishers and sensors



Physical Security

Recommendations

Key Security Tips

- Be aware of your surroundings / environment
- Be mindful of shoulder surfers
- Entry information and ID badges at the office
- Watch for suspicious activity / people
- Secure access to sensitive areas





Organizational Security Awareness



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Resource Pillars of Cybersecurity

People: Refers to the human resources available at an organization.

Process: A process is the steps or actions that combine to produce a particular goal.

Technology: The technology provides the tools that the people can use to implement the process.



Cyber Hygiene – A Team Effort



Targets



Whose Responsibility, is it?

SECURITY IS EVERYONE'S RESPONSIBILITY



BOD

• Decision

Admin

• Formulation

Finance

• Budget

HR

• Training

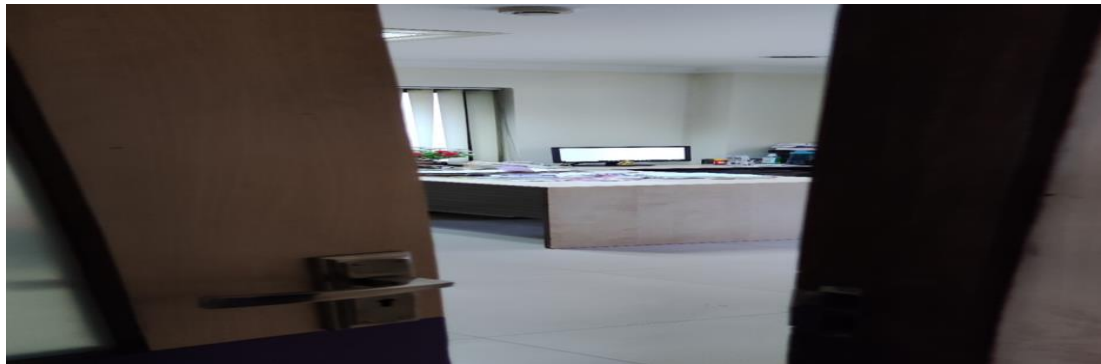
Procurement

• Infrastructures

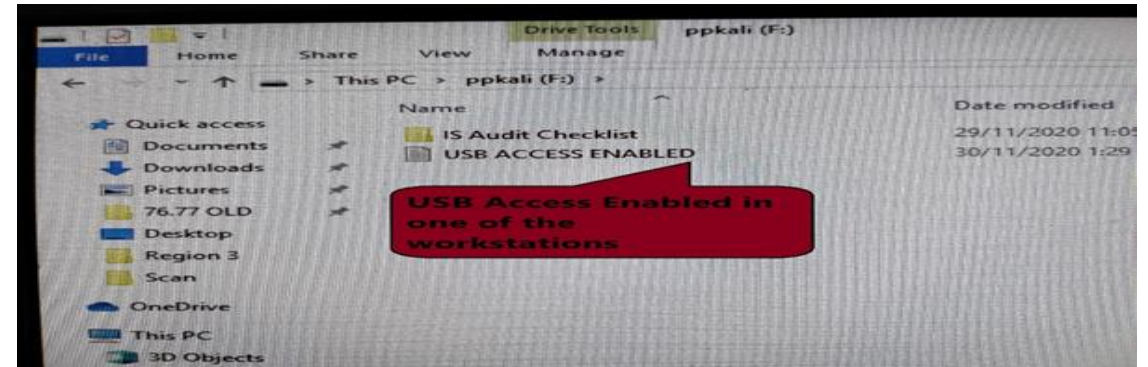
IT

• Performance

Common Audit Findings



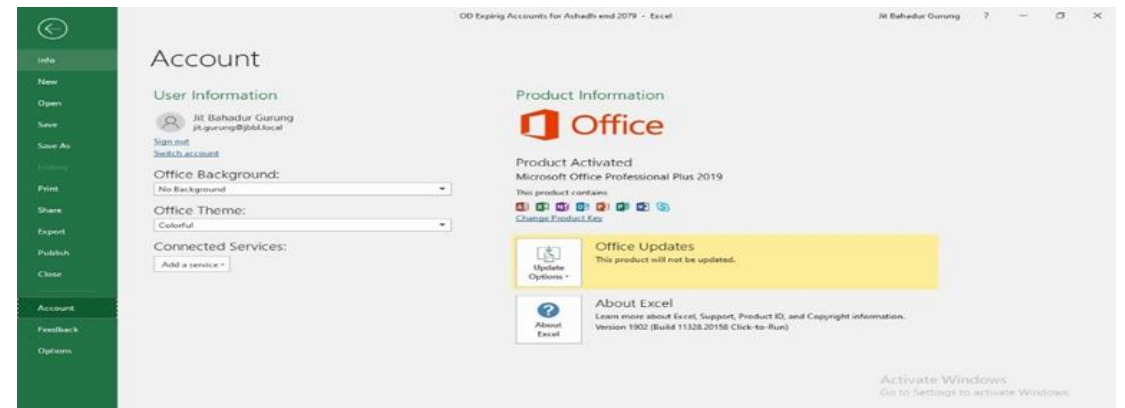
Unattended Desktop/Laptop



USB access enabled in workstation



Document found in Thrash Bin

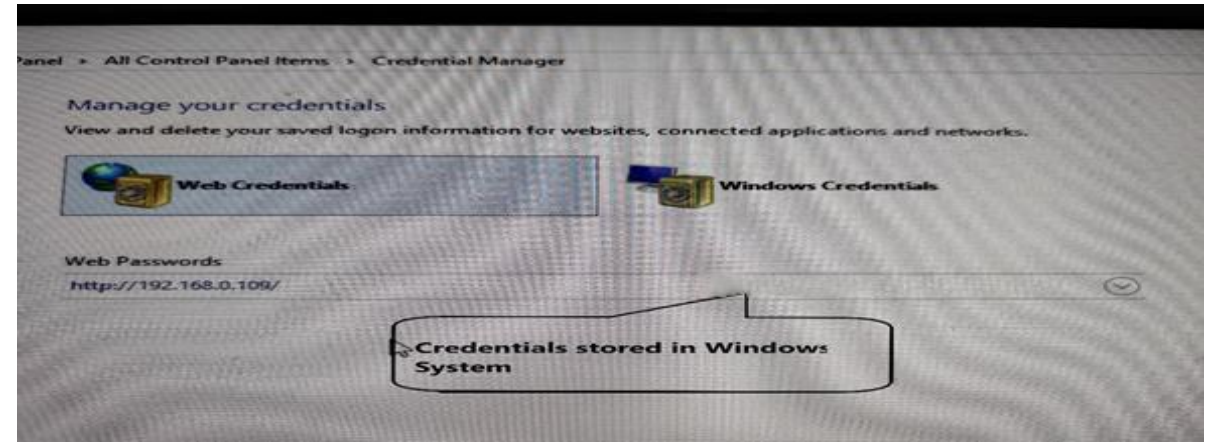


Activate Office Notification in workstations

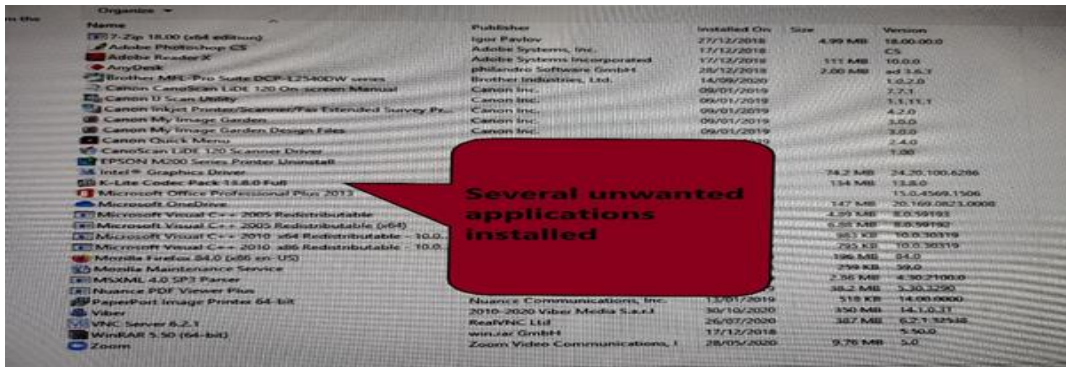
Common Audit Findings (Continue)



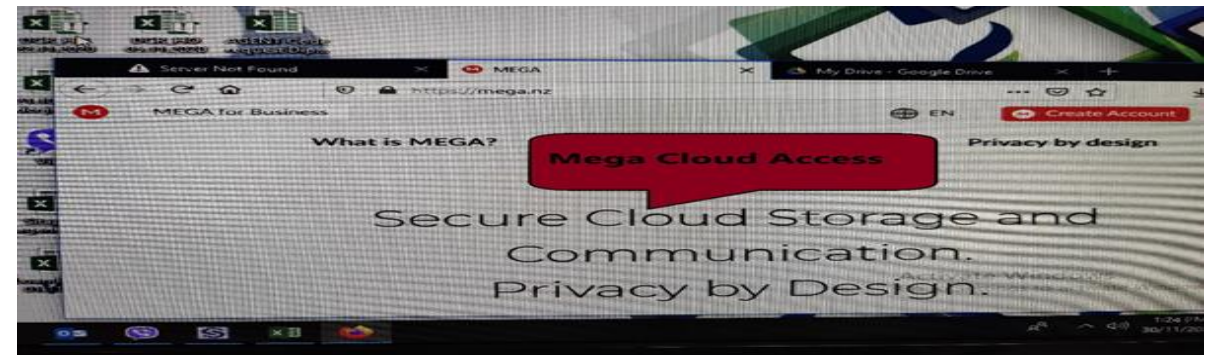
Activator tool stored in workstation



Credentials stored in browser



Several unwanted applications installed

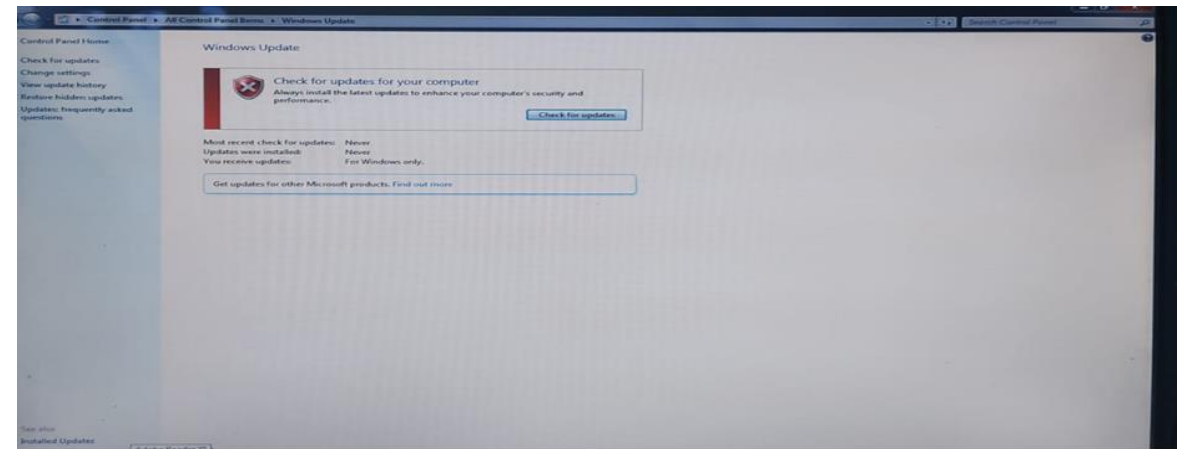


Cloud Drive Access

Common Audit Findings (Continue)



No Password Login Configured



Windows Update Status

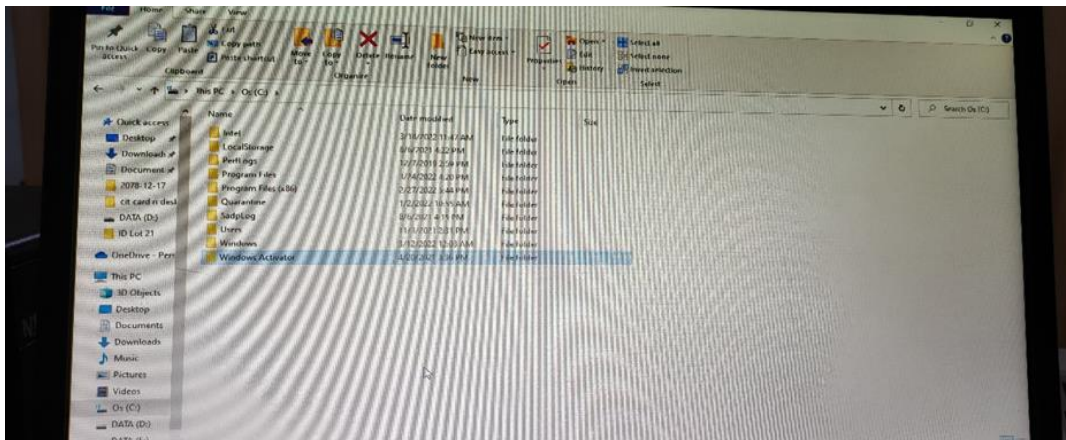


Unlicensed Windows Operating System

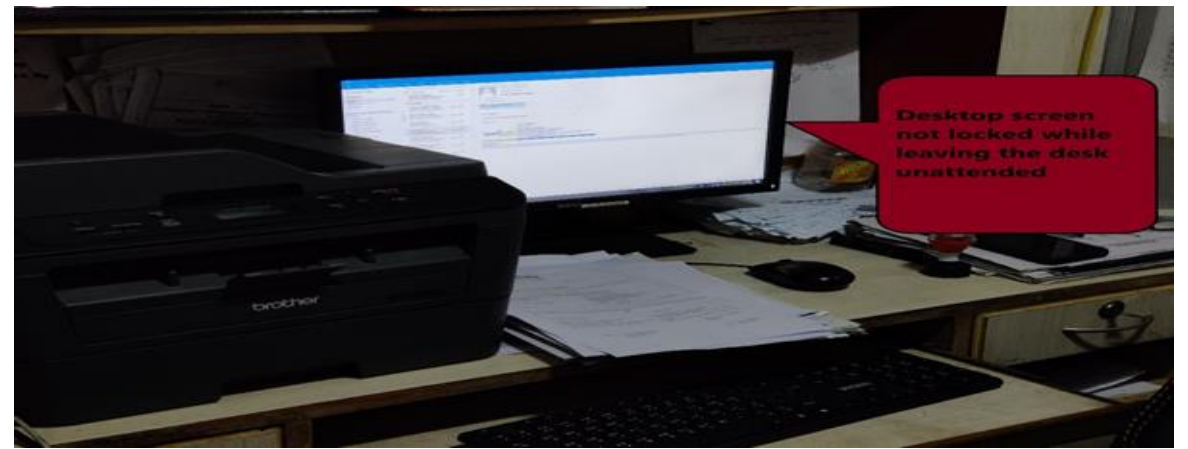


Credentials stored in notes

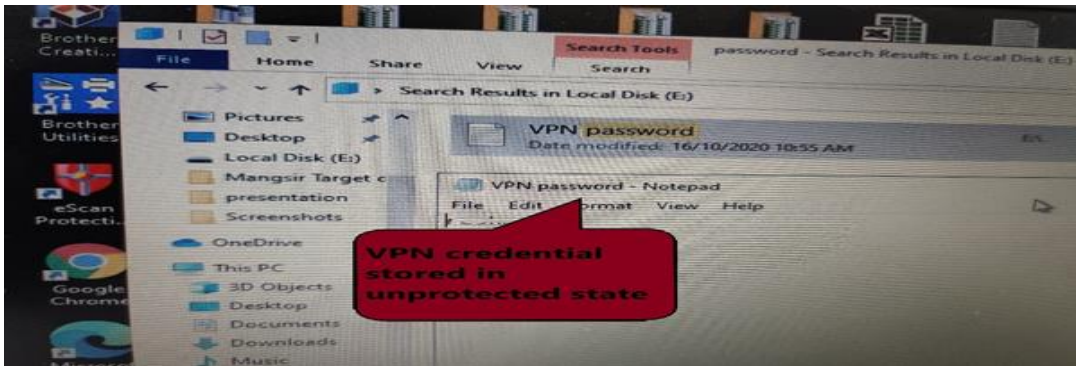
Common Audit Findings (Continue)



Windows Activator Tool



Leaving the workstation unattended



Credentials stored in unprotected state

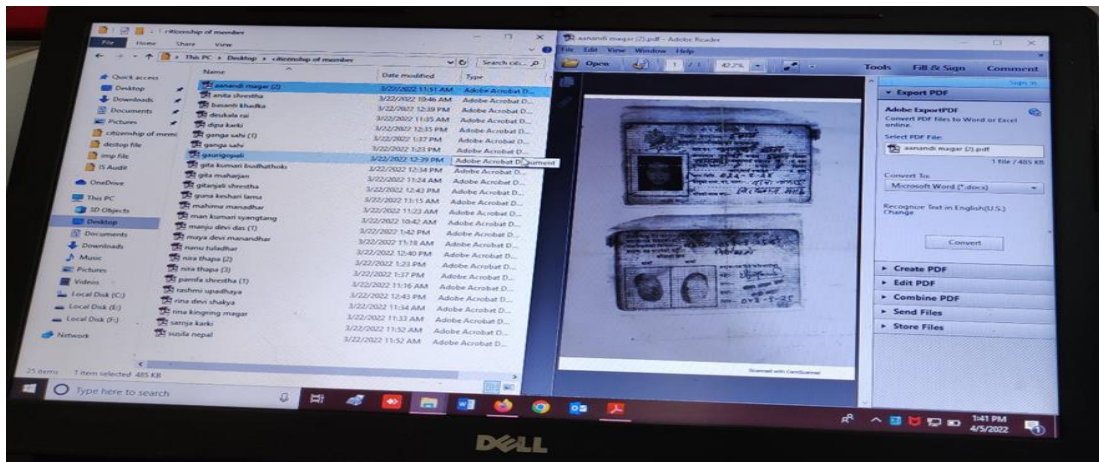


Credentials stored in notes

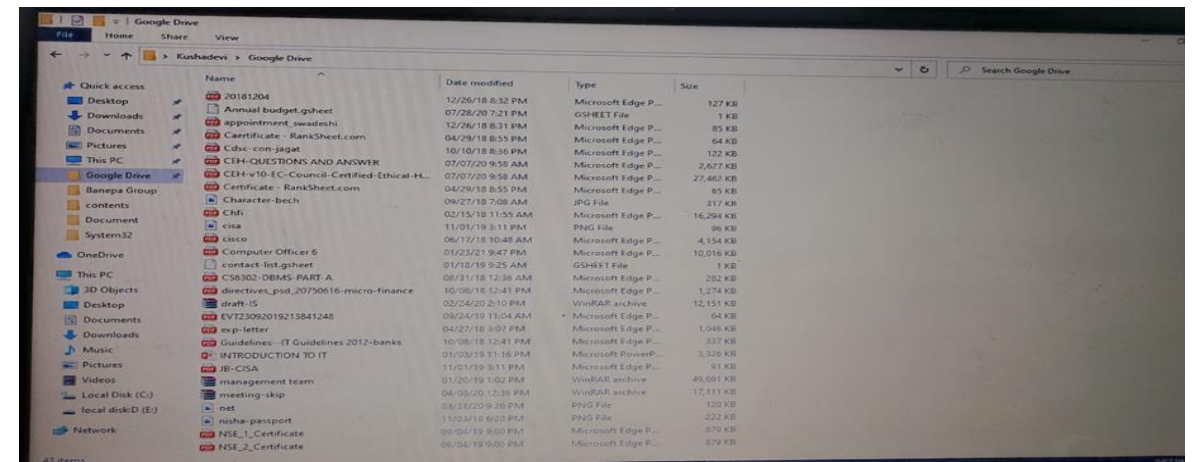
Common Audit Findings (Continue)



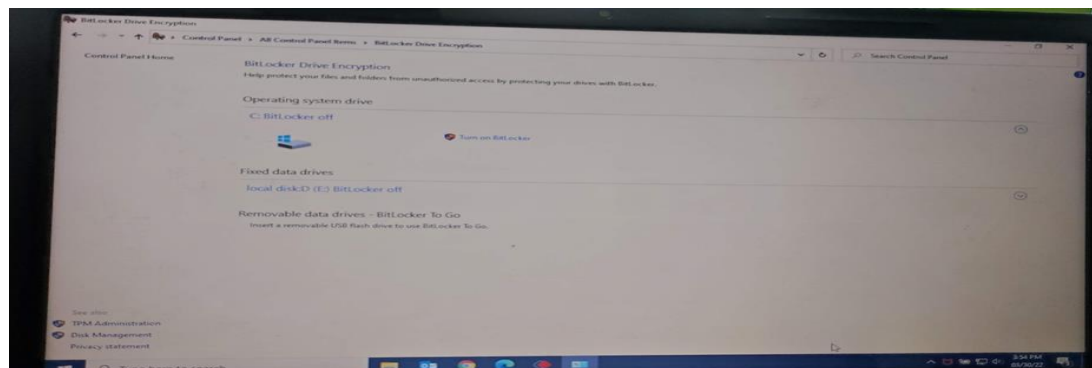
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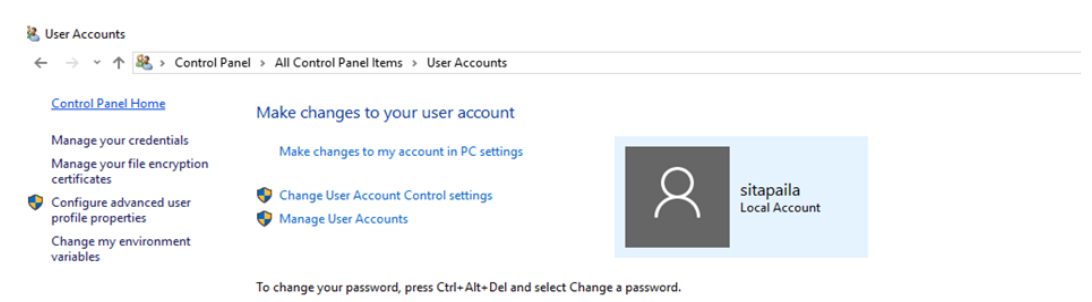
Critical Document - Customers



Previous Employee – Document in the system

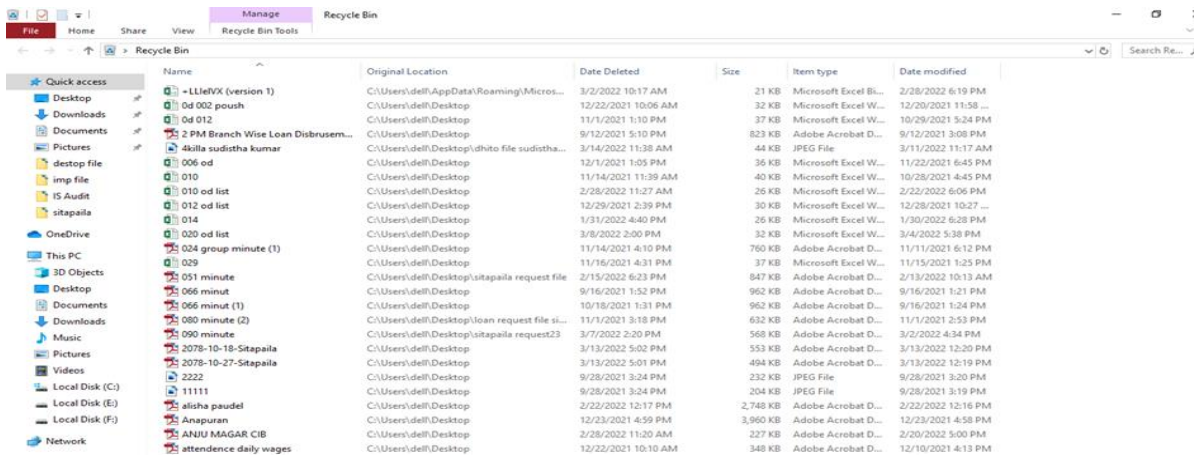


No encryption tools utilized



Generic Account Name

Common Audit Findings (Continue)

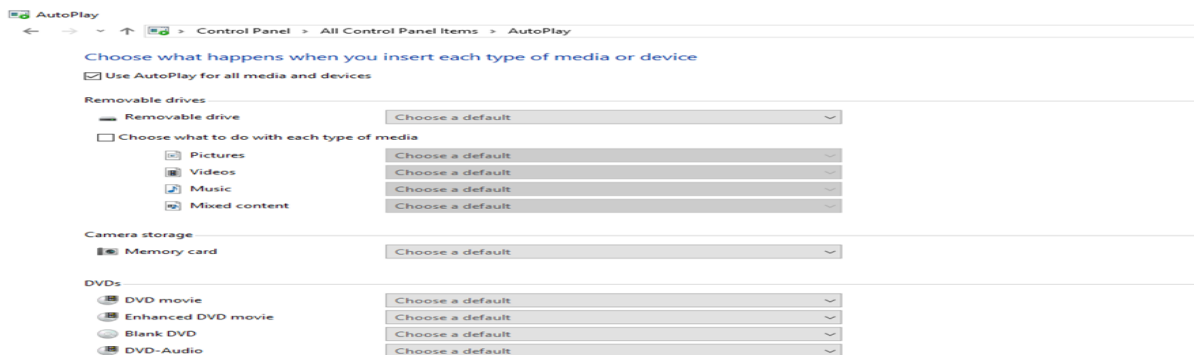


Name	Original Location	Date Deleted	Size	Item type	Date modified
+LlieVX (version 1)	C:\Users\dehl\AppData\Roaming\Micros...	3/2/2022 10:17 AM	21 KB	Microsoft Excel Bl...	2/28/2022 6:19 PM
Od 002 pouch	C:\Users\dehl\Desktop	12/22/2021 10:06 AM	32 KB	Microsoft Excel W...	12/29/2021 11:58 ...
Od 012	C:\Users\dehl\Desktop	11/1/2021 1:10 PM	37 KB	Microsoft Excel W...	10/29/2021 5:24 PM
2 PM Branch Wise Loan Disburse...	C:\Users\dehl\Desktop	9/12/2021 5:10 PM	823 KB	Adobe Acrobat D...	9/12/2021 3:08 PM
4killa sudistha kumar	C:\Users\dehl\Desktop\dhito file sudistha...	3/14/2022 11:38 AM	44 KB	JPEG File	3/11/2022 11:17 AM
006 od	C:\Users\dehl\Desktop	12/1/2021 1:05 PM	36 KB	Microsoft Excel W...	11/22/2021 6:45 PM
010	C:\Users\dehl\Desktop	11/14/2021 11:39 AM	40 KB	Microsoft Excel W...	10/29/2021 4:45 PM
010 od list	C:\Users\dehl\Desktop	2/28/2022 11:27 AM	26 KB	Microsoft Excel W...	2/22/2022 6:06 PM
012 od list	C:\Users\dehl\Desktop	12/29/2021 2:39 PM	30 KB	Microsoft Excel W...	12/28/2021 10:27 ...
014	C:\Users\dehl\Desktop	1/31/2022 4:40 PM	26 KB	Microsoft Excel W...	1/30/2022 6:28 PM
020 od list	C:\Users\dehl\Desktop	3/8/2022 2:00 PM	32 KB	Microsoft Excel W...	3/4/2022 5:38 PM
024 group minute (1)	C:\Users\dehl\Desktop	11/14/2021 4:10 PM	760 KB	Adobe Acrobat D...	11/11/2021 6:12 PM
029	C:\Users\dehl\Desktop	11/16/2021 4:31 PM	37 KB	Microsoft Excel W...	11/15/2021 1:25 PM
051 minute	C:\Users\dehl\Desktop\sitapaila request file	2/15/2022 6:23 PM	847 KB	Adobe Acrobat D...	2/13/2022 10:13 AM
066 minut	C:\Users\dehl\Desktop	9/16/2021 1:52 PM	962 KB	Adobe Acrobat D...	9/16/2021 1:21 PM
066 rminut (1)	C:\Users\dehl\Desktop	10/18/2021 1:31 PM	962 KB	Adobe Acrobat D...	9/16/2021 1:24 PM
080 minute (2)	C:\Users\dehl\Desktop\loan request file si...	11/1/2021 3:18 PM	632 KB	Adobe Acrobat D...	11/1/2021 3:53 PM
090 minute	C:\Users\dehl\Desktop\sitapaila request23	3/7/2022 2:20 PM	568 KB	Adobe Acrobat D...	3/2/2022 4:34 PM
2078-10-18-Sitapaila	C:\Users\dehl\Desktop	3/13/2022 5:02 PM	553 KB	Adobe Acrobat D...	3/13/2022 12:20 PM
2078-10-27-Sitapaila	C:\Users\dehl\Desktop	3/13/2022 5:01 PM	494 KB	Adobe Acrobat D...	3/13/2022 12:19 PM
2222	C:\Users\dehl\Desktop	9/28/2021 3:24 PM	232 KB	JPEG File	9/28/2021 3:20 PM
11111	C:\Users\dehl\Desktop	9/28/2021 3:24 PM	204 KB	JPEG File	9/28/2021 3:19 PM
alisha paudel	C:\Users\dehl\Desktop	2/22/2022 12:17 PM	2,748 KB	Adobe Acrobat D...	2/22/2022 12:16 PM
Anapuran	C:\Users\dehl\Desktop	12/23/2021 4:39 PM	3,960 KB	Adobe Acrobat D...	12/23/2021 4:58 PM
ANJU MAGAR CIB	C:\Users\dehl\Desktop	2/28/2022 11:20 AM	227 KB	Adobe Acrobat D...	2/20/2022 5:00 PM
attendance daily wages	C:\Users\dehl\Desktop	12/22/2021 10:10 AM	348 KB	Adobe Acrobat D...	12/10/2021 4:13 PM

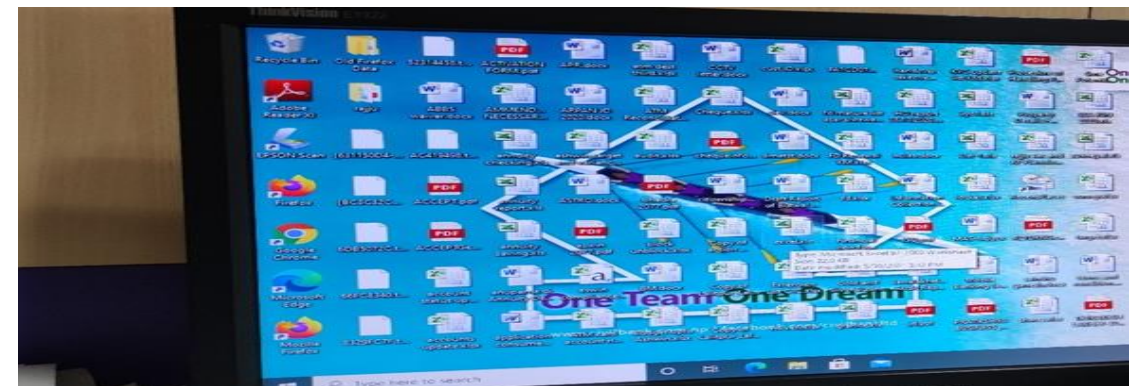
Recycle Bin – Full of Documents



Credentials stored in unprotected state



AutoPlay Features Enabled



Document in Desktops

Common Audit Findings (Continue)



Unattended Keys



Unmanaged Network Room



DVR and CCTV Monitor Screen

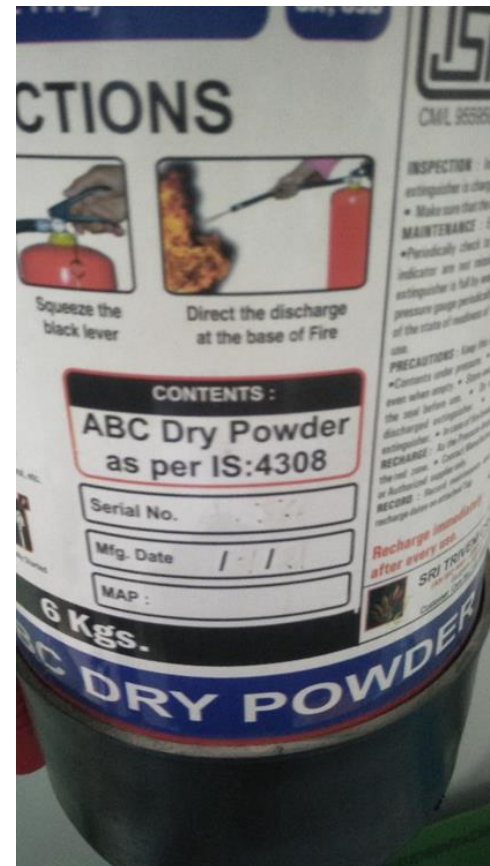


Credentials stored in notes

Common Audit Findings (Continue)



Fire extinguisher - Status



Unclear status of Fire Extinguisher



Don't have specific network room

Closing Notes



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Be proactive and know the threats



This is not a comprehensive list to good cyber hygiene



There are potentially many other actions that can be taken to help improve your cyber hygiene



These considerations are a good starting point for safe cyber hygiene practices

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EMINENCE WAYS
YOUR CYBER-SECURITY PARTNER

Eminence Ways Pvt. Ltd.

Setopool, Maitidevi

Kathmandu, Nepal

Tel: +977 - 1 - 4569328

Email: info@eminenceways.com

URL : www.eminenceways.com



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Raise your
hand if you
have any
questions
