| Session No. | Topic | Details |
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| 1 | What is Cyber Security? | Overview of cyber security concepts, the need for safety, and digital roles. |
| 2 | Importance of Cyber Security | Importance and real-life implications of being cybersecure. |
| 3 | Malware | Explanation, examples, and consequences of malware. |
| 4 | Phishing | Identifying phishing attempts and avoiding them. |
| 5 | Ransomware | Understanding ransomware and preventive measures. |
| 6 | Social Engineering | How attackers manipulate people and ways to stay alert. |
| 7 | Strong Passwords | Creating secure passwords and their importance. |
| 8 | Two-Factor Authentication | Setting up and using 2FA for online accounts. |
| 9 | Software Updates | Importance of keeping software and systems up-to-date. |
| 10 | Firewalls | How firewalls work to secure networks. |
| 11 | VPNs | Understanding and using VPNs for safe browsing. |
| 12 | Secure Wi-Fi | Setting up and ensuring Wi-Fi network security. |
| 13 | Privacy Settings | Configuring privacy settings on social media and devices. |
| 14 | Avoiding Scams | Identifying and avoiding social media scams. |
| 15 | Digital Footprint | Understanding and managing one's digital footprint. |
| 16 | What is Cyberbullying? | Understanding cyberbullying and its effects. |
| 17 | How to Prevent and Respond | Measures to handle and respond to cyberbullying. |
| 18 | Encryption Basics | Basics of encrypting sensitive data and its importance. |
| 19 | Backups | How to back up data securely and avoid data loss. |
| 20 | Handling Personal Data | Safely managing personal and sensitive information. |
| 21 | Ethical Hacking Basics | Introduction to ethical hacking and its role in improving security. |
| 22 | Cyber Laws | Overview of laws governing online activities. |
| 23 | Famous Cyber Attacks | Case studies of major cyberattacks and lessons learned. |
| 24 | Practical Session | Hands-on: Antivirus setup, password managers, and phishing detection. Practical exercise on ethical hacking with Wireshark |