

## Certificate Course on Cyber Law, Security, and Wellness Summary Report (2022-2023)

### Introduction:

The Certificate Course on Cyber Law, Security, and Wellness was conducted by V.M. Salgaocar College of Law, Miramar, to provide participants with essential knowledge and skills in the domain of cyber law, digital security, and mental wellness. This 16-hour course attracted significant interest, with 84 students enrolling from 26<sup>th</sup> may to 31<sup>st</sup> may 2023. The course aimed to address the growing importance of cybersecurity while also focusing on mental health challenges associated with the digital world.

**Course Outcomes:** The course achieved the following objectives:


- **Understanding Cyber Laws:** Participants gained an in-depth understanding of legal frameworks governing cyberspace, including data protection, privacy, and cybercrimes.
- **Digital Security Skills:** The program emphasized the importance of cybersecurity measures and provided practical tools to enhance online safety.
- **Awareness of Digital Wellness:** Students were introduced to the concept of digital wellness, focusing on managing screen time, online behaviour, and maintaining mental health in a technology-driven environment.
- **Problem-Solving in Cyber Issues:** Participants developed the ability to address real-world issues related to cyber law and digital security effectively.

**Evaluation:** The course incorporated a range of evaluation methods:

- **Interactive Sessions:** Students actively participated in discussions and Q&A sessions with industry experts, fostering collaborative learning.
- **Case Studies and Problem-Solving Tasks:** Practical scenarios were analyzed to enhance understanding of cyber laws and digital safety measures.
- **Assignments:** Participants were tasked with identifying cyber risks and suggesting solutions to improve security and wellness.

**Conclusion:** The Certificate Course on Cyber Law, Security, and Wellness was a resounding success, equipping students with a strong foundation in the legal and practical aspects of cybersecurity. By addressing the intersection of technology, law, and mental health, the program prepared participants to navigate and mitigate challenges in the digital age. Its comprehensive approach and relevance attracted widespread participation, making it a valuable addition to the academic offerings of the institution.



  
PRINCIPAL  
V. M. Salgaocar College of Law  
Miramar, Panaji - Goa.