



# CYBER HEALTH PROMOTION

A Guide to Balance your Digital Life



**Central Health Education Bureau**

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## Objectives of Cyber Health Promotion

- ◆ Provide awareness to general public regarding the various Cyber related incidents
- ◆ Elucidate Health Effects of Cyber Health incidents
- ◆ How to prevent Cyber Health Incidents to promote healthy life

## Highlights About Digital India



Source: Number of Internet Users by country, 2021 | Statista

**INDIA RANKS 2ND IN LARGEST DIGITAL POPULATIONS IN THE WORLD AS OF (JANUARY 2023 IN MILLIONS)**

**Incidents of cyber attacks across India from 2015 to 2022 (in 1,000s)**



Source: <https://www.statista.com/statistics/1201177/india-number-of-cyber-attacks/#?text=More%20than%201.3%20million%20cyber-attacks%20of%20internet%20user%20numbers>



## Common Cyber related Incidents

**Cyber Bullying**

**Cyber Stalking**

**Morphing**

**Cyber Fraud**





## What is Cyber Bullying

A form of harassment or bullying inflicted through the use of electronic or communication devices such as computer, mobile phone, laptop, etc.

Source: <https://www.cybercrime.gov.in/Webform/CrimeCatDes.aspx>

### How it impacts

- ◆ Low self-esteem
- ◆ Suicidal ideation
- ◆ Feelings of isolation, fear, anger and anxiety
- ◆ Leads to physical symptoms such as tension headaches, insomnia, and even more severe conditions like panic attacks
- ◆ School/College absenteeism and drop out





## What is Cyber Stalking

Cyber stalking is a type of cybercrime that uses the internet and technology to harass or stalk a person.

Source: <https://www.cybercrime.gov.in/Webform/CrimeCatDes.aspx>

### How it impacts

- ♦ Cyber stalking sometimes escalates to offline stalking that can lead to physical harm
- ♦ The fear of being stalked can trigger the body's "fight or flight" response leading to increased heart rate, elevated blood pressure
- ♦ Change in behavior such as experiencing social phobia
- ♦ Fear of entering new relationships
- ♦ Trust issues with current relationships





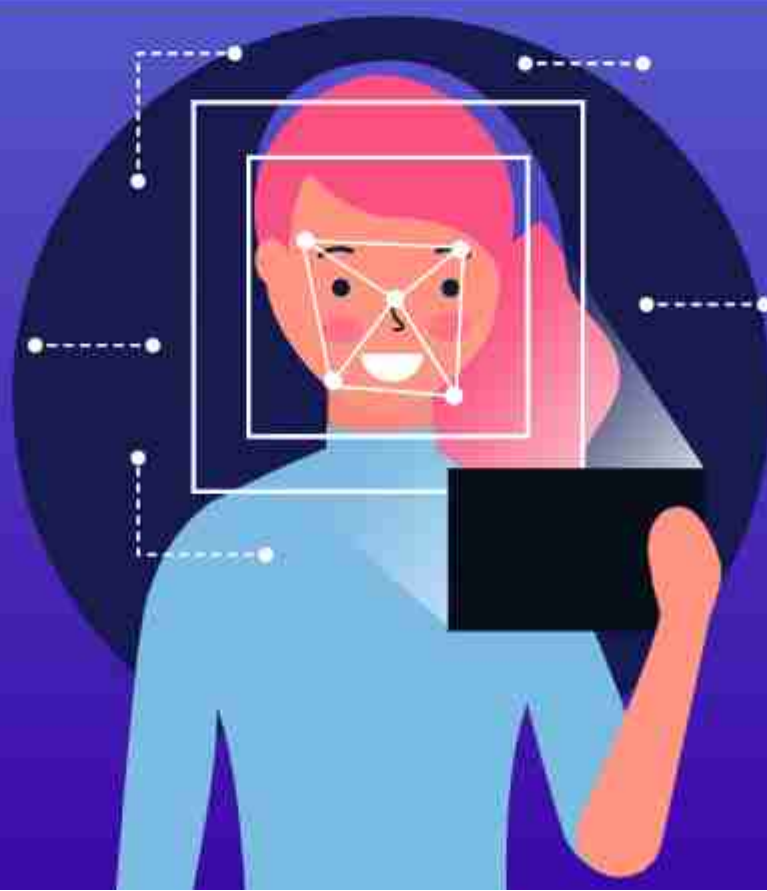
## What is Morphing

**Morphing is altering or changing the pictures of the person using morphing tools available online.**

Source: <https://infosecawareness.in/concept/morphing/cybergirl>

### How it impacts

- ◆ Damage to reputation both personally and professionally
- ◆ Leads to emotional Distress including anxiety, embarrassment, and feelings of violation
- ◆ Victims experience identity crisis
- ◆ Can lead to physical symptoms such as tension headaches, insomnia etc
- ◆ Increases the risk of Self- Harm





## What is Cyber Fraud

Crime committed on internet with the intent to corrupt another individual's personal and financial information stored online

### How it impacts

- ◆ Financial losses
- ◆ Identity theft
- ◆ Emotional distress
- ◆ Trust issues
- ◆ Damage to reputation
- ◆ Legal consequences





## Other Common Cyber Incidents

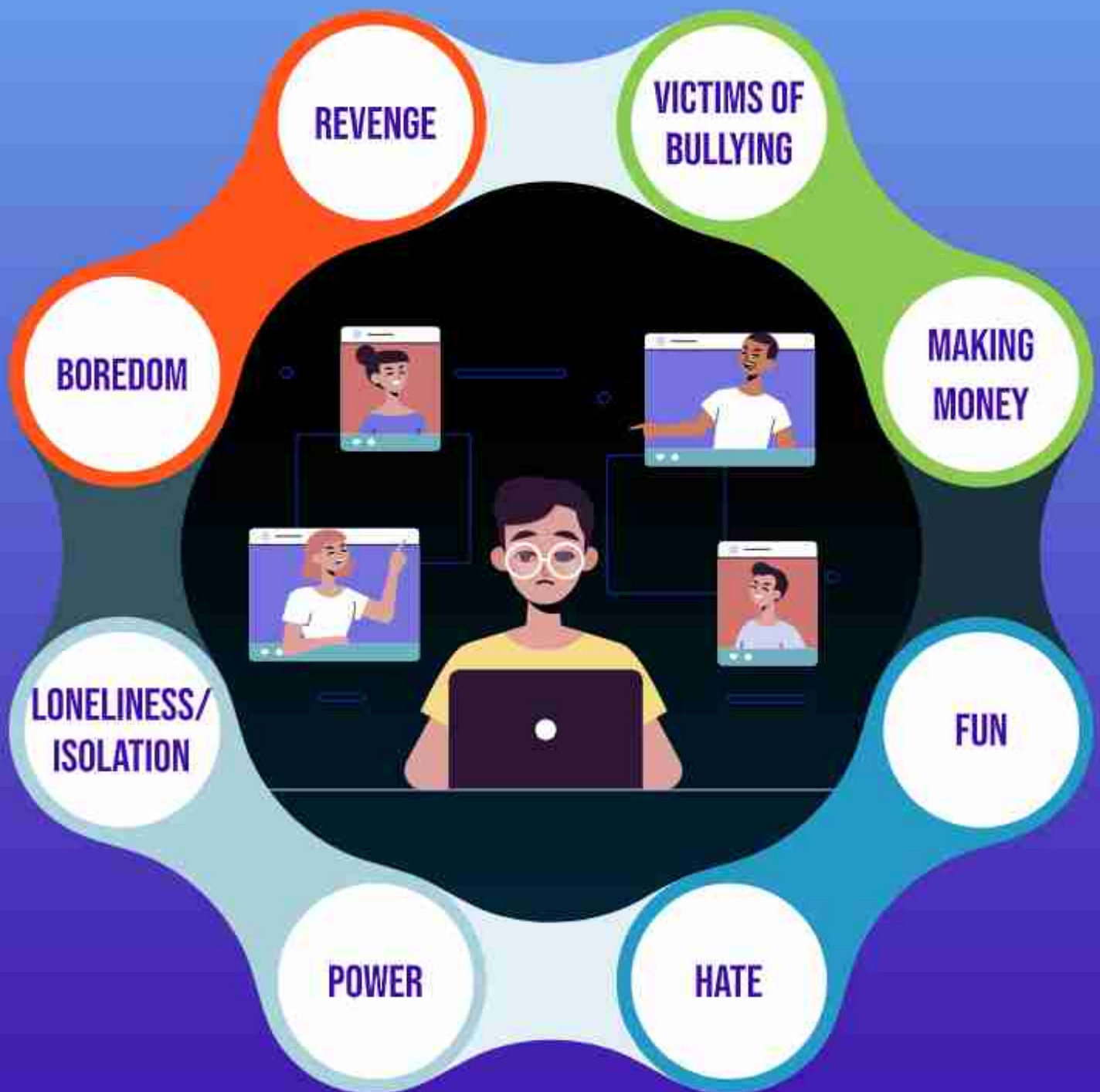
- ◆ **Online harassment:** Repeatedly sending offensive messages via email or other text messaging to a person.
- ◆ **Exclusion:** Cruelly excluding someone from an online group
- ◆ **Sexting:** It is an act of sending sexually explicit digital images, videos, text messages or emails usually by phone.
- ◆ **Impersonation/Identity theft:** It is an act of fraudulently or dishonestly making use of the electronic signature, password or any other unique identification feature of any other person.





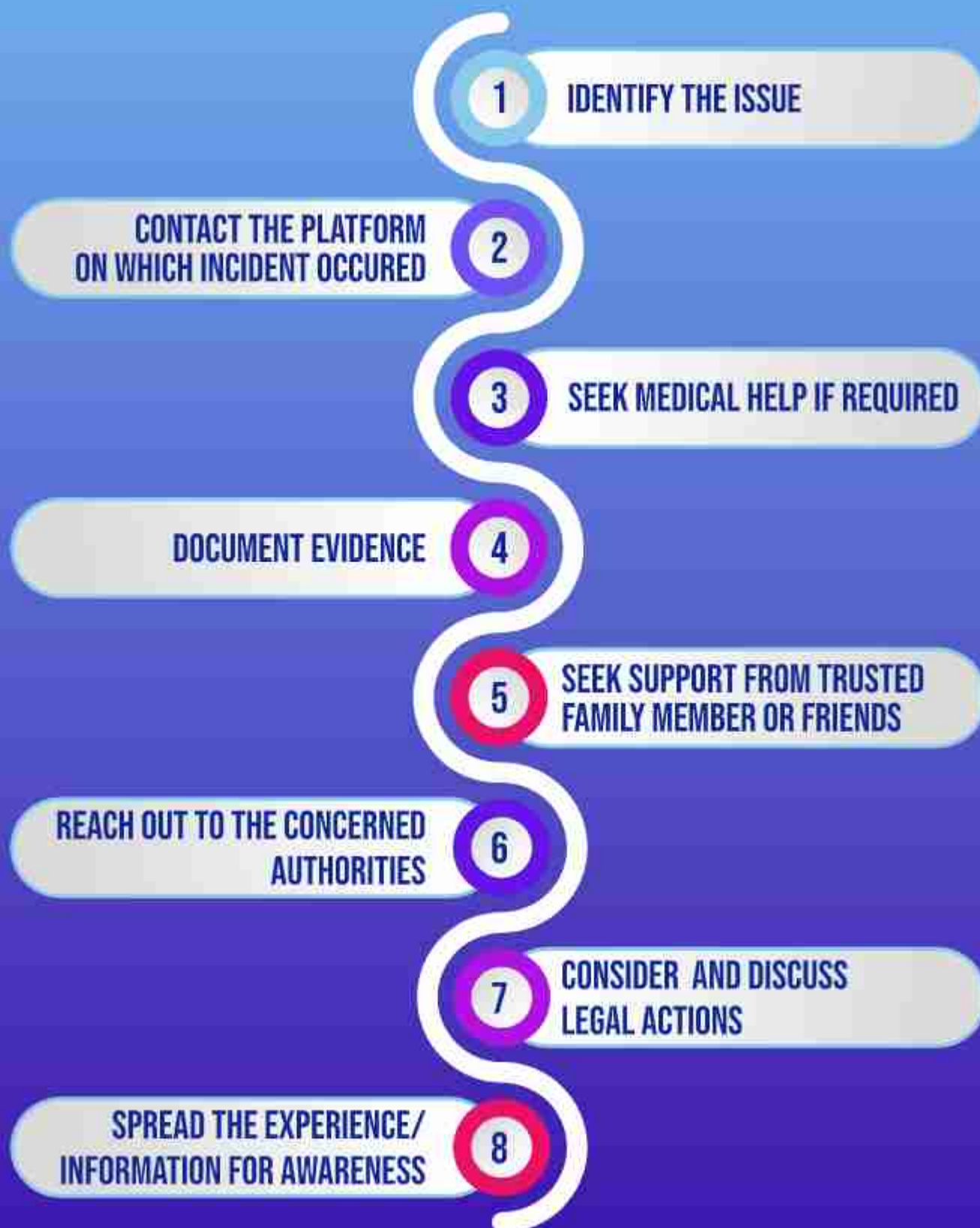


# Why do people indulge in Cyber Incidents?





## Following redressal steps to address issues related to Cyber Health





## Promotion and Prevention of Cyber Bullying

- ◆ Recognize the signs of cyberbullying, like receiving abusive messages, exclusion from online groups, or the spread of hurtful content
- ◆ Take screenshot of your conversation as evidence
- ◆ Always check the authenticity of the person before you accept friend request
- ◆ Think Before You Share any information on social media
- ◆ Avoid retaliating or engaging with the bully
- ◆ If the online environment is becoming overwhelming, take breaks from social media
- ◆ Share your experience with trusted adults
- ◆ Report abuse like spam, harassment to the concerned authorities
- ◆ Always keep your all social media accounts private



## Promotion and prevention of Cyber Stalking

- ◆ Never share your correct/accurate details like name, address, phone number etc. to strangers online
- ◆ Always share your trip to your trust one while travelling alone in cabs
- ◆ Don't advertise your location/hangouts anywhere that you are away from home
- ◆ Be careful while sharing information on vlogs
- ◆ Never meet a stranger alone, whom you know online

## Promotion and prevention of Cyber Morphing

- ◆ Never share your pictures to strangers on any social media platform
- ◆ Never auto-connect to open Wi-Fi networks in public places
- ◆ Never share your mobile devices with strangers
- ◆ Always use strong PIN code for your mobile devices which is tough to predict
- ◆ Keep your social media accounts private/locked



# Promotion and prevention of Cyber Fraud

- ◆ **Never share** your account number, bank details with people online
- ◆ **Never open or download** e-mail attachments from **strangers**
- ◆ Keep your **passwords strong**, the stronger your password, the more secure is your information
- ◆ Always use Licensed OS, Antivirus with **Security**
- ◆ Always use **secured websites** that start with **https://**
- ◆ Be **careful** while doing online shopping
- ◆ Always close other applications while doing **online transactions**
- ◆ **Never send** sensitive details like credit/debit card number or passwords through e-mails or on phone
- ◆ Use **different passwords** for different accounts and change them regularly
- ◆ **Beware** of Jobs scams/ Money Scams/ Lottery frauds
- ◆ Check your **bank statements** on regular basis and if you found any unauthorized transaction report to concerned authorities
- ◆ Do not download mobile apps from any **unauthentic source** or through the links received on e-mail
- ◆ Check the **text messages** from your banks regularly to detect any unwanted digital/financial frauds



## Addressing Health Issues of cyber Related Incidents

### Ensure to communicate with trusted adults/friends:

It Lightens up your mind, provide guidance and make others aware about the incident



**Practicing mindfulness** : Practice mindfulness to avoid mind wavering and increase one's ability to relax and manage stress



**Time spent on any device should not be more than 30 minutes:** To avoid hopping from one app/site to



**National Cyber Crime Reporting portal-** CALL@1930



### Seeking Counselling services for mental and physical ailments

- ◆ Tele MANAS-National Mental Health Programme of India CALL@14416
- ◆ Esanjeevani- National Telemedicine Service (Consult Doctor/Specialist virtually)  
<https://esanjeevani.mohfw.gov.in/#/patient/signin>





## Few Cyber Incidents in Digital Newspaper

Cyberbullying in India reaches alarming highs as more than 1 in 3 kids face cyber racism, sexual harassment, and threats of physical harm as early as at the age of 10 - making India the number 1 nation for reported cyberbullying in the world,"

Source: 85% of Indian children have experienced cyberbullying; Report - Hindustan Times

58% Women Have Faced Online Harassment Ranging From Rape & Death Threats To Abuses. The survey, conducted ahead of the international Day of Girl Child 2020, polled 14,000 girls and young women aged 15 to 25 in 22 countries including Brazil, India, Nigeria, Spain, Thailand and the US.

Source: [58% Women Have Faced Online Harassment Ranging From Rape & Death Threats To Abuses \(indiatimes.com\)](#)

### 80% OF INDIAN NETIZENS HARASSED ONLINE: SURVEY

An online survey commissioned by Symantec Corporation has found that 80% of adult Indian internet users have suffered some form of online harassment. The security software company's antivirus business Norton conducted the survey in India in the months of May & June this year. Here are some of its findings:



- > 65% of those under the age of 40 reported harassment
- > In 40% incidences of cyberbullying and 50% cases of cyberstalking, the perpetrator was a stranger
- > 71% people with disabilities reported receiving threats of physical violence



(Source: Norton by Symantec, No. of respondents: 101)

Source: 20th Theme Based Papers (TBP)-623-1-16-20200078 (1).pdf





## Few Cyber Incidents in Digital Newspaper

**Bhopal: Family of 4 committed suicide after cyber hacking, theft; requested for collective cremation in suicide letter**

Source: <https://organiser.org/2023/07/13/183574/bharat/bhopal-family-of-4-committed-suicide-after-cyber-hacking-and-theft-asked-for-a-collective-cremation/>

**Cyber sextortion: Railway staffer dies by suicide, Police said that they recovered a note from the deceased person's pocket describing how he was being extorted and blackmailed and was left with no choice but to take his life.**

Source: <https://indianexpress.com/article/cities/mumbai/cyber-sextortion-railway-staffer-dies-by-suicide-three-booked-8977125/>

### **Beware, Cyber Con Calling! How Elderly Mumbai Couple Lost Rs 4 Crore PF scam**

An elderly couple in Mumbai lost over Rs 4 crore in a cyber fraud. The couple was tricked by a caller posing as a provident fund representative and shared all their accurate details to gain their trust.

Source: <https://www.timesnownews.com/mumbai/beware-cyber-con-calling-how-elderly-mumbai-couple-lost-rs-4-crore-pf-scam-article-104717731>

A viral deepfake video of actress Rashmika Mandanna has brought the spotlight on the unsettling world of AI deepfakes and the perils of the unregulated access of the growing Artificial Intelligence (AI).

Source: <https://www.news18.com/explainers/rashmika-mandanna-deepfake-video-what-is-deepfake-technology-how-it-is-created-how-against-it-8650820.html>

### **Loan Apps Harass Women With Morphed Porn Pics**

Source: <https://www.ndtv.com/india-news/rashmika-mandanna-deepfake-loan-apps-morphing-womens-pics-singers-big-claim-amid-deepfake-row-4555872>







## Laws on Cyber Incidents In India under IPC & IT ACT 2005

- Sec.66A – Sending offensive messages through communication service, etc.
- Sec.66C – Identity Theft
- Sec.66D – Cheating by personation by using the computer resource
- Sec.66E – Violation of privacy
- Sec.67B – Punishment for publishing or transmitting of material depicting children in any sexually explicit act, etc. in electronic form
- Sec. 65- Tampering with computer source documents
- Sec. 67- Publishing information which is obscene in electronic form
- Sec. 68- Failure/refusal to comply with orders
- Sec. 69 – Failure/refusal to decrypt data
- Sec. 70- Securing access or attempting to secure access to a protected system
- Sec.72 – Breach of confidentiality and privacy
- Sec.503 Indian Penal Code (IPC) – Sending threatening messages through email
- Sec. 506 IPC-Punishment for criminal intimidation. If threat be to cause death or grievous hurt, etc
- Sec. 507 IPC- Criminal intimidation by an anonymous communication
- Sec.509 IPC – Word, gesture or act intended to insult the modesty of a woman
- Sec.499 IPC – Sending defamatory messages through email
- Sec. 500 IPC – Email Abuse
- Sec. 354 A IPC-Sexual harassment and punishment for sexual harassment.
- Sec. 354 D IPC – Stalking





## Initiatives taken by Indian govt

### **The Digital Personal Data Protection Bill, 2023**

**Ministry:** Electronics and Information Technology

The bill involves the storage and processing of any critical information related to people only in India.

Source: [The Digital Personal Data Protection Bill, 2023 \(prsindia.org\)](https://prsindia.org)

**Cyber Swachhta Kendra** : seen by the Ministry of Electronics and Information Technology 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.

Source: [Cyber Swachhta Kendra \(csk.gov.in\)](https://csk.gov.in)

**National Cyber Security Policy-2013**–to build a secure and resilient cyber space for citizens, business and governments.

Source: [National Cyber Security Policy \(1\).pdf \(rmeity.gov.in\)](https://rmeity.gov.in)

**Cyber Crime Portal** for reporting of Cyber Crime.

Source: <https://cybercrime.gov.in/>

**IT Rules 2021:** released under section 87 of the IT Act, 2000 for Social-Media, Digital Media, and OTT platforms.

**POCSO Act 2012** : The protection of children from sexual offences act, 2012. Act to protect children from offences of sexual assault, sexual harassment and pornography and provide for establishment of Special Courts for trial of such offences and for matters connected therewith or incidental thereto.

<https://www.indiacode.nic.in/bitstream/123456789/9318/1/sexualoffencea2012-32.pdf>



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