

Security in a Box

Tools and tactics for your digital security

Presented By,
Syeda Uzma Gardazi

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Link: <https://fastnucces.academia.edu/SyedaUzmaGardazi/>

Email Address: uzma.gardazi@gmail.com

Skype: [uzmagardazi](https://www.skype.com/people/uzmagardazi)

Sessions Court, District Charsadda.



About me

- Syeda Uzma Gardazi brings an uncommon background as information security, Media, lecturer and compliance professional to the service. As the former Information Security Manager to a US based company with offices on three continents. She has developed an in-depth knowledge of data security laws and protocols, i.e., HIPAA/HITECH/ISO 27001/ISO 9001, and served as the primary resource on standard and regulatory developments in this area. She is currently pursuing a Computer Science Degree and hopes to complete her PhD one day. She also got Ambassador of Peace title from INSPAD. Her combined experience as information security strategist, compliance and teaching professional makes her an ideal candidate for Information Security and Compliance related process management.

<https://pk.linkedin.com/in/syedauzmagardazi>



Boolean Security & Compliance

"BSC - Boolean Security & Compliance" (www.booleancompliance.com) is a global technology services company, assisting its customers in planning, building and supporting their Information Security infrastructures. BSC is a leading partner in the area of IT Security with a long and successful relationship with its customers in the field of information security governance, compliance and risk assessment services. BSC has proven its ability to deliver high quality service, flexibility and commitment. BSC will fill a growing cyber security need: the provision of quality information technology security services, software products, personalized compliance and practical guidance to individuals and growing businesses without the prohibitive expense, inefficiency and unnecessary trappings associated with large compliance firms within AJK, Pakistan and Internationally.

BSC's vision is to support organizations through the whole lifecycle of managing IT security risks – from assessment to ongoing management.

1. Governance, Risk and Compliance Assessments

- Strategic Security Management Consultancy
- ISO 27001 Compliance Assessment
- PCI Readiness Assessment & Certification
- Threat and Risk Assessment
- Policies & Procedures

2. Vulnerability Assessment Services

- Vulnerability Assessment / Management
- Infrastructure, System and Client-side (Desktop) Penetration Test
- Application Penetration Test
- Secure Development Coaching/ Workshops
- Automated and Manual Application Source Code Review
- Database Penetration Test

In order to do this we take a cyclical approach to assisting customers – but organizations can engage with us at any stage of the cycle. In the assessment and compliance phase we assist organizations in identifying risk within different parts of their IT environment.

Contacts Us:

Phone number: 0323-7979555

Email address: booleancompliance@gmail.com,

Facebook:

<https://www.facebook.com/Boolean-Security-Compliance-163144287441172/>

Twitter: [boolcompliance](#), Skype :booleancompliance

Web Address: www.booleancompliance.com



Boolean Security & Compliance

Depending on the maturity of their own IT risk management approach this may start with a risk assessment or a gap analysis, or it may be more specifically focused on an area of risk, involving a network or application vulnerability assessment, a requirements analysis or other consultative investigation. Armed with the knowledge from the Assessment and Compliance phase we assist our clients moving into the Planning phase to develop a plan addressing the risks that were uncovered or explored in the first phase. Typically, this involves the development of a security roadmap or framework that sets out the security goals of the client and the supporting projects that must be completed to achieve those goals in a given time period. Depending on maturity of the client's security organization this may involve development of security policies, procedures and guidelines. Once the plan has been completed our clients are ready to move into an architecture focused solutions phase where we can support them with a redesign of the network to support their security objectives. In the solutions phase the most suitable security technologies are deployed to meet the organization's current and future needs. In the operations management phase we provide ongoing maintenance for the deployed technologies, assisting our clients in determining whether to outsource the management of some, or the entire security environment. Because of the evolving nature of risk, and a view of IT security as a process and not a result, once the operations management phase has been considered, we can assist our clients with the implementation of a security and risk management process or framework which includes regular assessment and compliance analysis to assure control. BSC consultants are experts in organizational and management level security consultancy and assessments, as well as in technical vulnerability assessment services.

Competencies and Capabilities

Our consultant, brings an uncommon background as information security, lecturer and compliance professional. As the former Information Security Manager to a US based company with offices on three continents, she has developed an in-depth knowledge of data security laws and protocols, i.e., Health Insurance Portability and Accountability Act (HIPAA) / Payment Card Industry Data Security Standard (PCI DSS)/ International Standards Organization (ISO) 27001 Information Security Management System (ISMS)/ISO 9001 Quality Management System (QMS), and served as the primary resource on standard and regulatory developments in this area. She is currently pursuing a Computer Science Degree and hopes to complete her PhD one day.

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Presentation Outline

- Technical Requirements
 - How to protect your computer from malware and hackers
 - How to create and maintain secure passwords
 - How to protect the sensitive files
 - How to use parental controls in Windows 8
 - How to keep your internet communication private
 - How to access blocked or monitored content anonymously
 - How to protect yourself and your data when using social networking sites
 - How to use mobile phones securely as possible
 - How to use smart phones as securely as possible
 - How to recover from information loss
 - How to destroy sensitive information



Presentation Outline

- Administrative Requirements
-
- Organizational Requirements
- Physical Requirements
 - How to protect your information from physical threats



INFORMATION SECURITY GUIDELINES FOR PAKISTANI E-COURT

- The E-court will make use of online communication. If some witness cannot come to the court (for instance the elderly or disabled, or an overseas witness), the court can record their statements online. E-court is an encouraging step to provide speedy justice to everyone but information security role shall be considered to enhance confidentiality, integrity and availability of E-court confidential data. This article will provide guideline for E-court system within Pakistan. I would like to suggest that judicial system should consider information security related practices and review/revise existing legislations to accommodate e-court requirements. A few suggestions are listed below:
- Existing documentation and record retention regulation should be reviewed to address and manage E-court record statements. It is suggested that E-court record statement shall be maintained for a period of not less than six (6) years from the date of document was created or was last in effect.
- Access means the ability or the means necessary to read, write, modify, or communicate data/information or otherwise use any system resource for E-court proceeding.
- The connection used for E-Court shall be encrypted and consistent with NIST Special publication 800-52, Guidelines for the Selection and Use of Transport Layer Security (TLS) Implementation; 800-77, Guide of IPsec VPNs, or 800-113, Guide to SSL VPNs, and may include others which are Federal Information Processing Standards FIPs 140-2 validated.



INFORMATION SECURITY GUIDELINES FOR PAKISTANI E-COURT

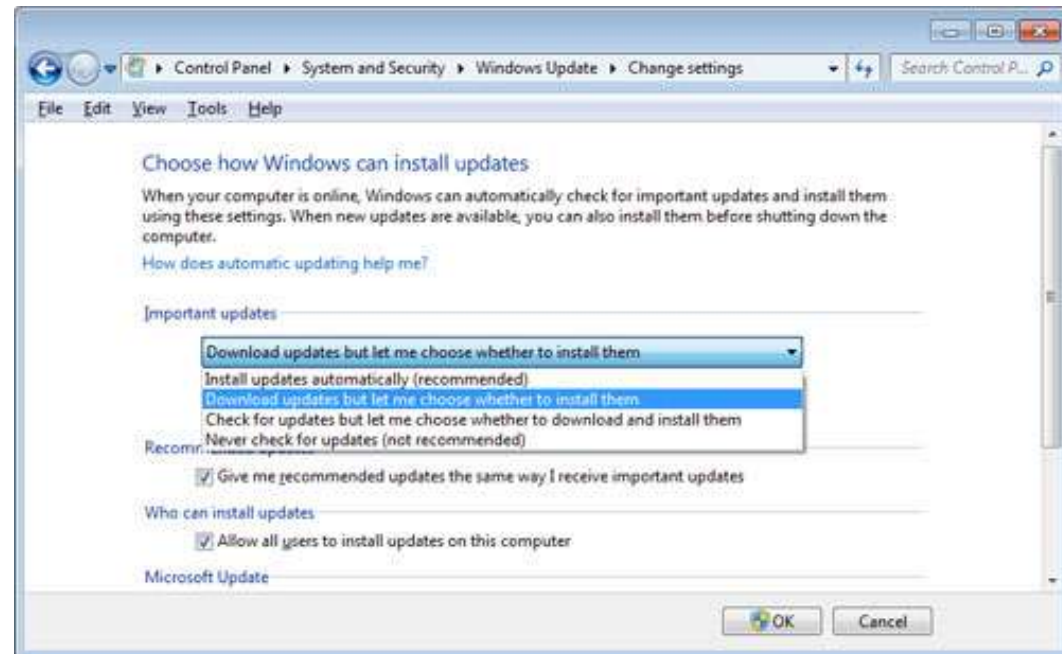
- Valid encryption process for data at rest (i.e. data that resides in databases, file systems and other structured storage systems) are consistent with NIST Special publication 800-11, Guide to Storage Encryption Technologies for End User Devices.
- Court shall train all members of its workforce on the policies and procedure with respect to information as necessary and appropriate for the members to carry out their job responsibilities. Further, court should in place sanctions against members of its workforce who fail to comply with privacy policies and procedures.
- A written request must be submitted to the Court for disclosure of record statement. The request form must be maintained and indexed for a minimum of six (6) years.
- A breach of record statement shall be treated and notice shall be provided to the court and affected individuals. Further, all documentation related to the breach investigation, including the risk assessment, shall be retained for a minimum of six years.
- The media on which E-court statements are recorded shall be destroyed in following ways: Paper, film, or other hard copy media have been shredded or destroyed such that the confidential information cannot read or otherwise cannot be reconstructed . Electronic media have been cleared, purged, or destroyed with consistent NIST Special Publications, 800-88, Guidelines for Media Sanitization, such that the PHI cannot be retrieved.
- <https://stateviews.com.pk/information-security-guidelines-for-pakistani-e-court/>



Keeping your software up to date

Automatic update

- [Open the Control Panel](#)
- Under System and Security, click Turn automatic updating on or off in the Windows Update section.
- In the Important updates section (as shown below), click the down arrow and choose how you want Windows to download and install updates.
- Click OK to save the changes.



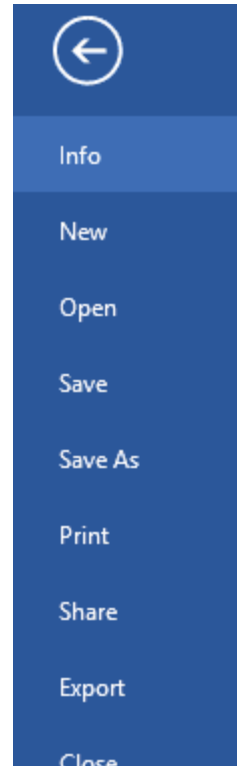


How to protect the sensitive files

- With the document you wish to password protect open, select **“File”** > **“Info”**.
- Select the **“Protect Document”** option (icon with a lock)
- Choose **“Encrypt with password”**.
- Type the password you wish to use, then select **“OK”**.
- Type the password again, then select **“OK”**.

How to create and maintain secure passwords

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- Type the password you wish to use, then select **“OK”**.
- Type the password again, then select **“OK”**.



Info

Mitch

Desktop



Protect Document
Control what types of changes people can make to this document



Mark as Final

Let readers know the document is final and make it read-only

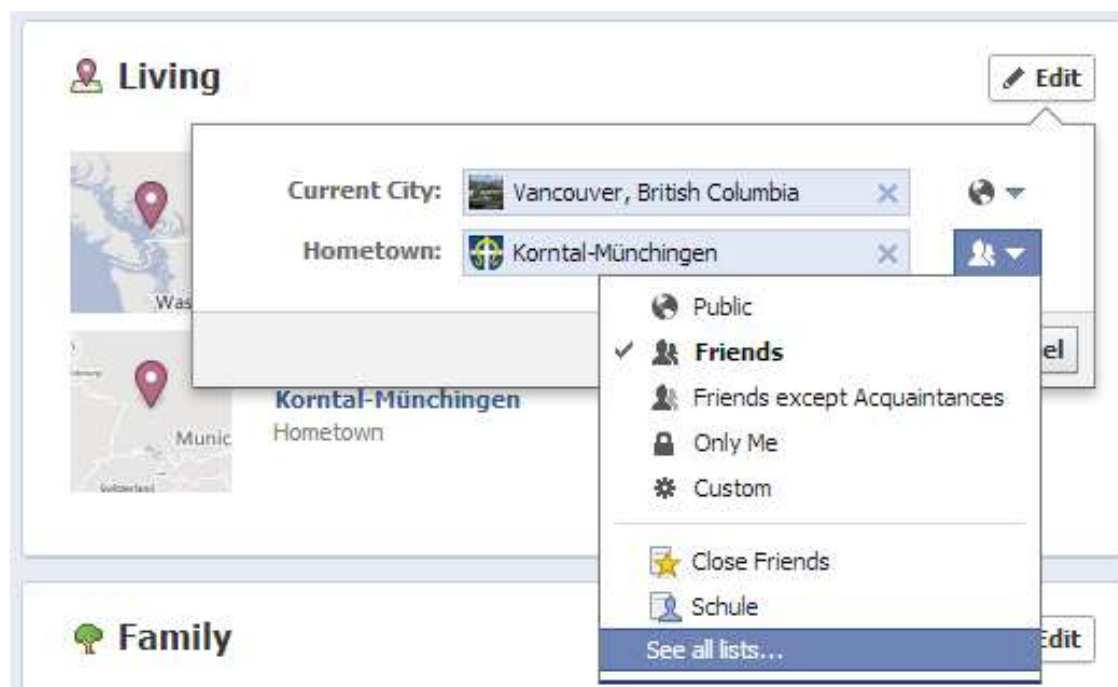


Encrypt with Password

Password-protect this document

How to create and maintain secure passwords and Login

- How Can I Remove Items From Public View?





How to create and maintain secure passwords

- Introducing Login Approvals





How to create and maintain secure passwords

- Introducing Login Approvals

Confirm your phone

You'll need to confirm that you still have access to your phone before turning on Login Approvals.

Please check your text messages at 1 415 5272 and enter the security code below:

[Resend Code](#)

[Next](#) [Cancel](#)

Enter Security Code

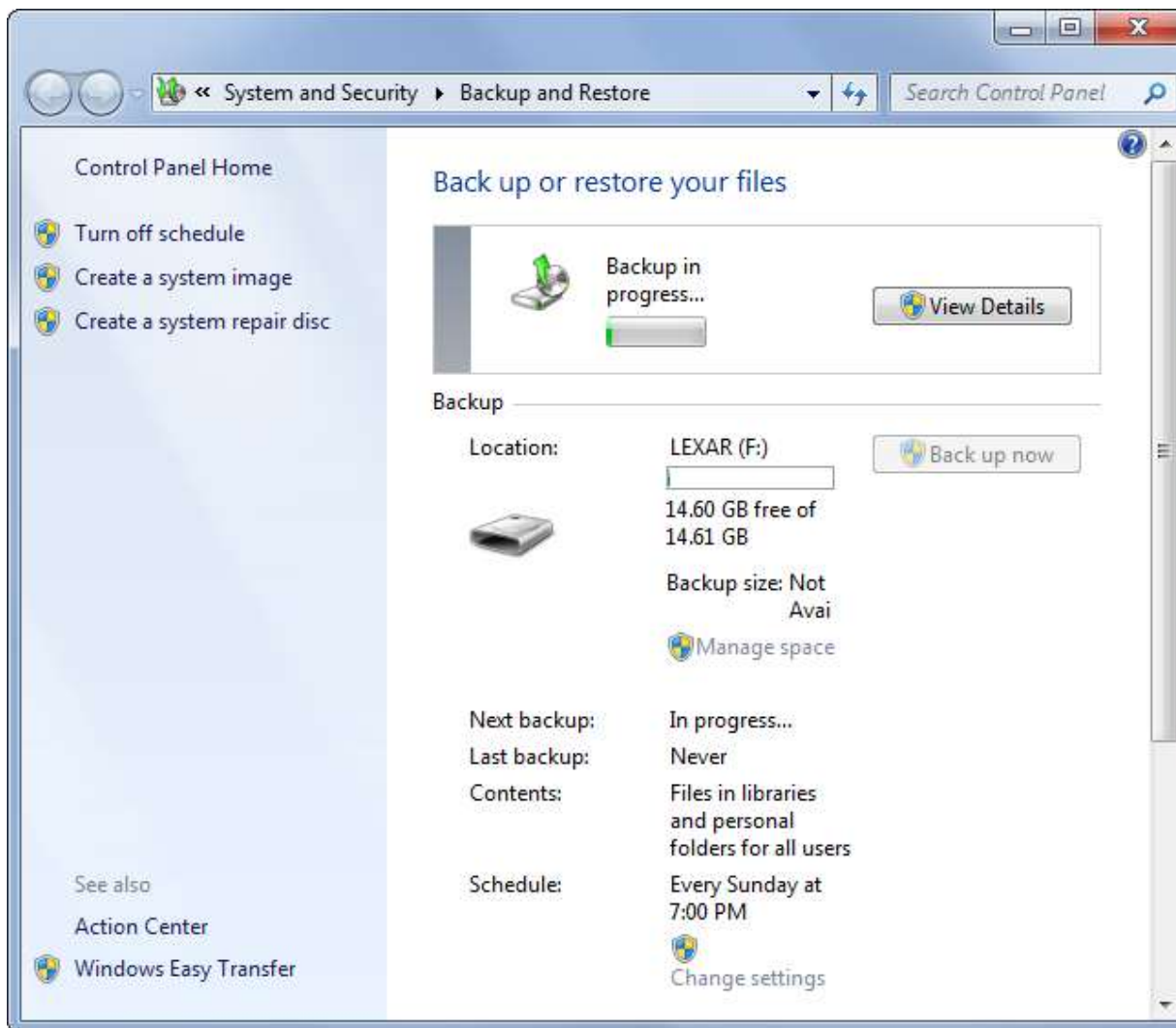
We don't recognize the device you're using.

Please check your text messages at 1 415 5272 and enter the security code below.

[Resend Code](#)

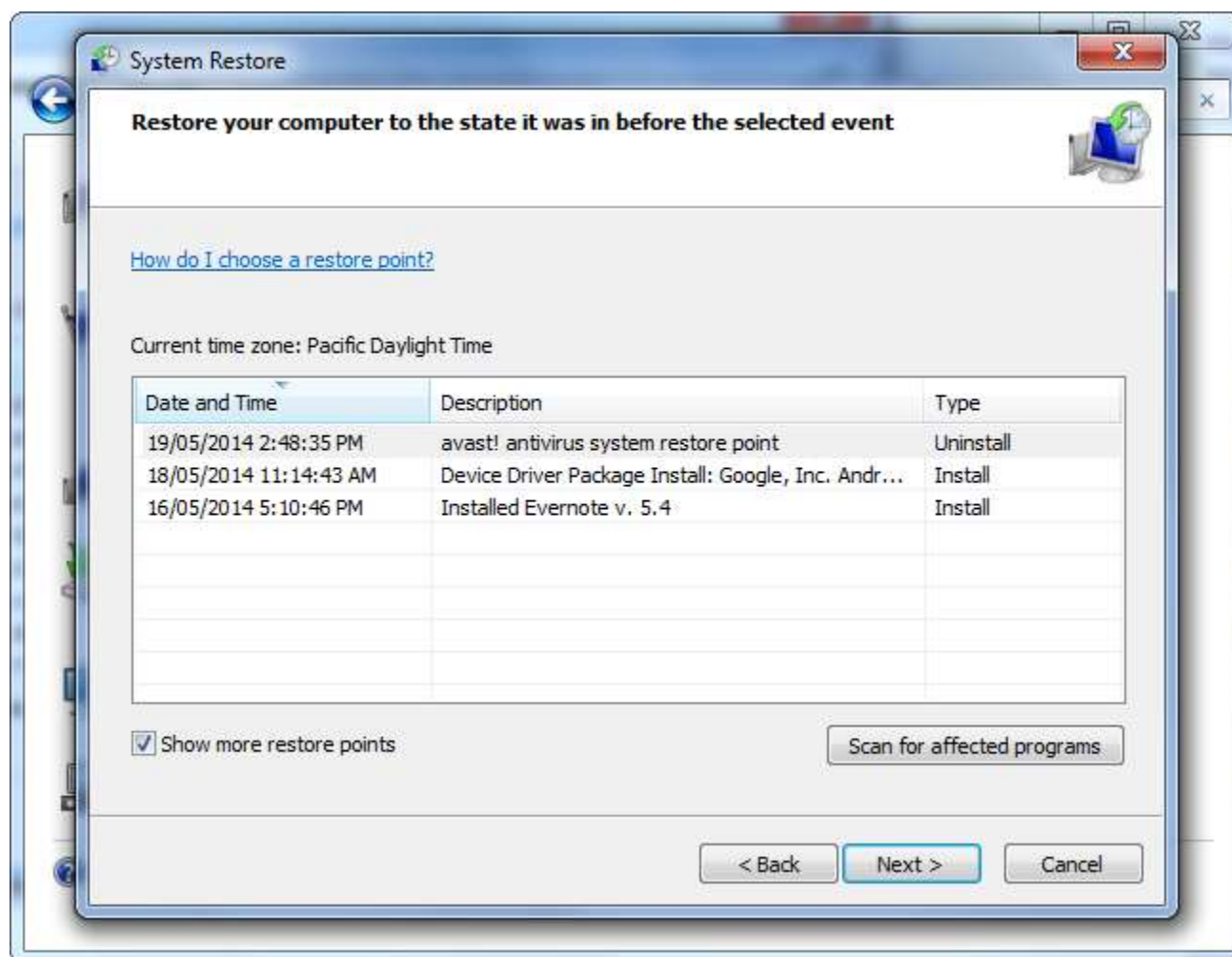
[I can't get my code](#) [Submit Code](#)

How to recover from information loss





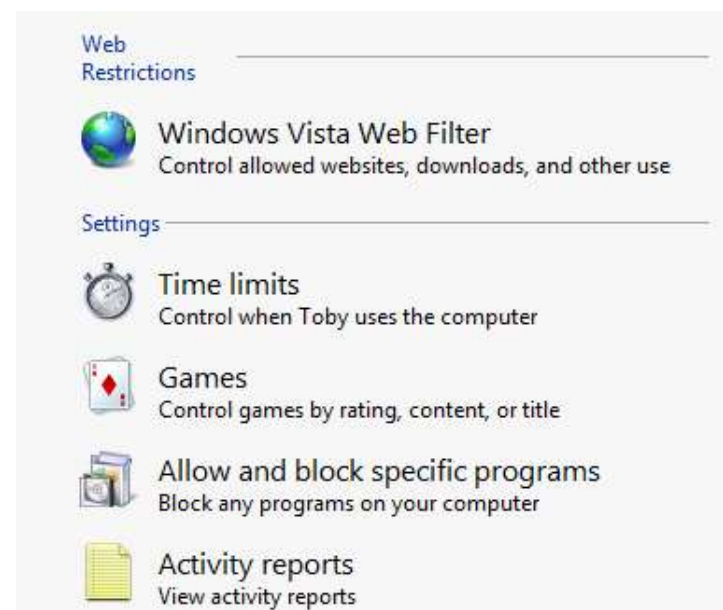
How to recover from information loss





How to use parental controls in Windows 8

- **Turning on Family Safety**
- **Configuring Family Safety**
- **Web filtering** allows you to choose a Web restriction level and block file downloads. You can also allow or block specific Web sites. Turning Web filtering on will also enable strict mode for SafeSearch, which filters out adult content from search engines like Google, Bing, and Yahoo.
- **Time limits** allow you to set a time allowance and a curfew. Time allowance is new to Windows 8 and it allows you to set the amount of time the user is allowed to use the PC per day. By default, it's set up in two sections: weekdays and weekends, but you can drill down and set limits for each day of the week.
- **Windows Store and game restrictions** allows you to control which apps and games the user can use, based on ESRB (Entertainment Software Rating Board) ratings. You can also allow or block specific games.
- **App restrictions** lets you set which apps and programs on the PC can be used by the user.





How to use parental controls in Windows 8

Add a user

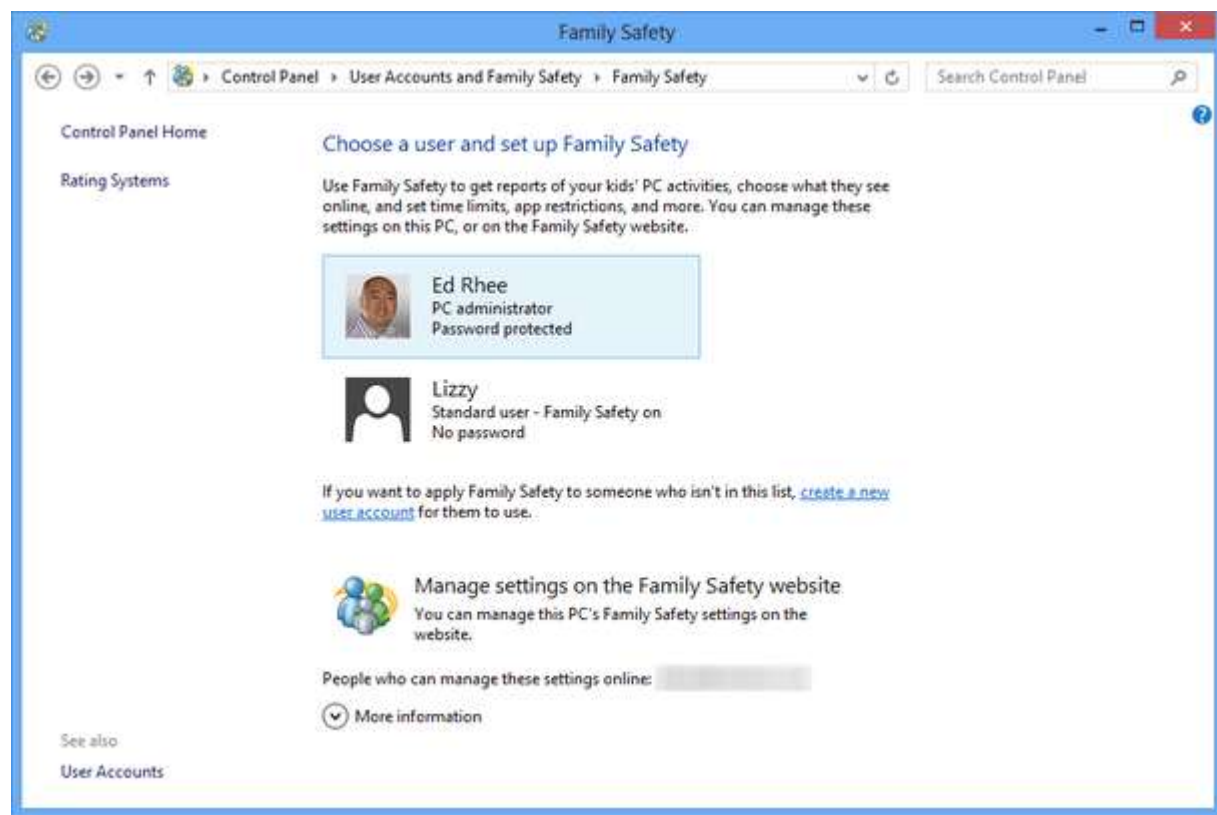
The following user will be able to sign in to this PC.



Lizzy
Local account

Is this a child's account? Turn on Family Safety to get reports of their PC use.

How to use parental controls in Windows 8





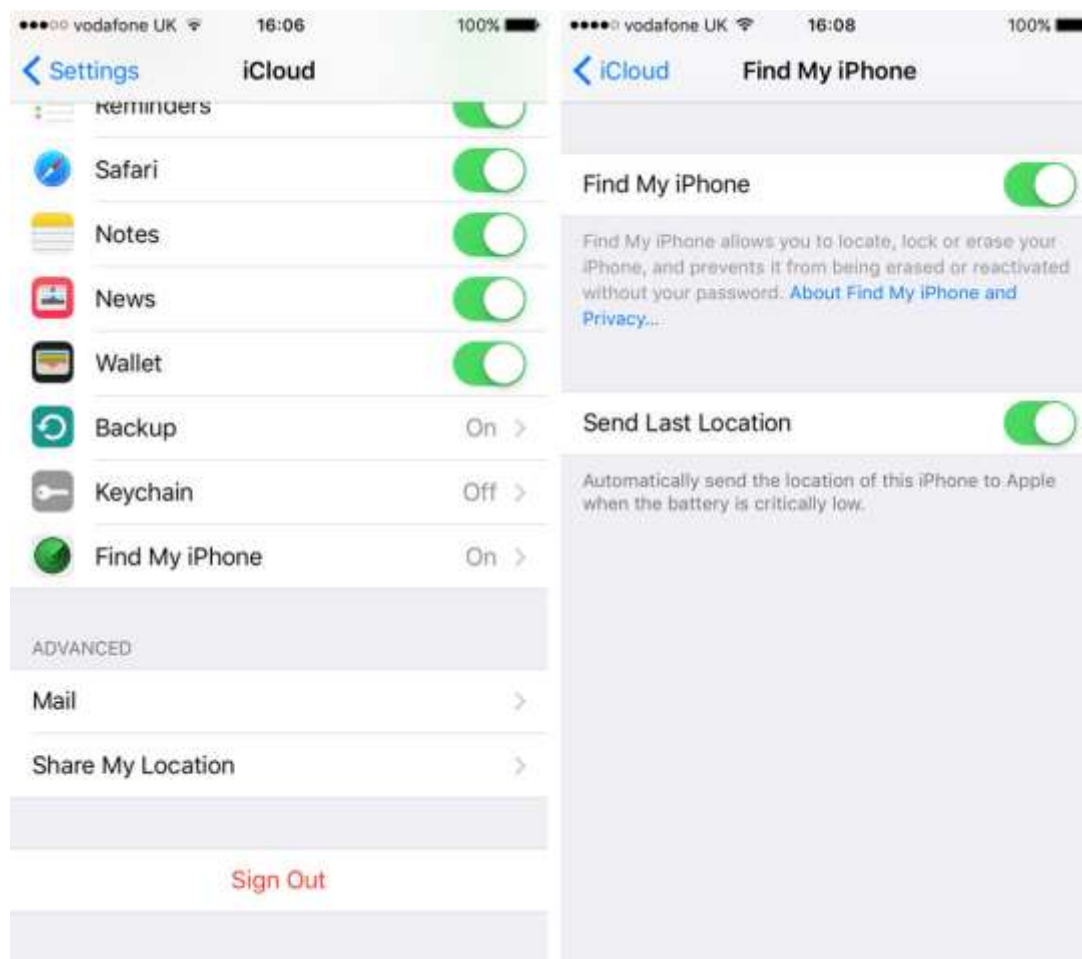
How to Find the IMEI (International Mobile Equipment Identity) or MEID Number on a Mobile Phone

Dial `*#06#`. You typically will not need to press the Call or Send button, as the IMEI/MEID number will appear as soon as you finish dialing the code.

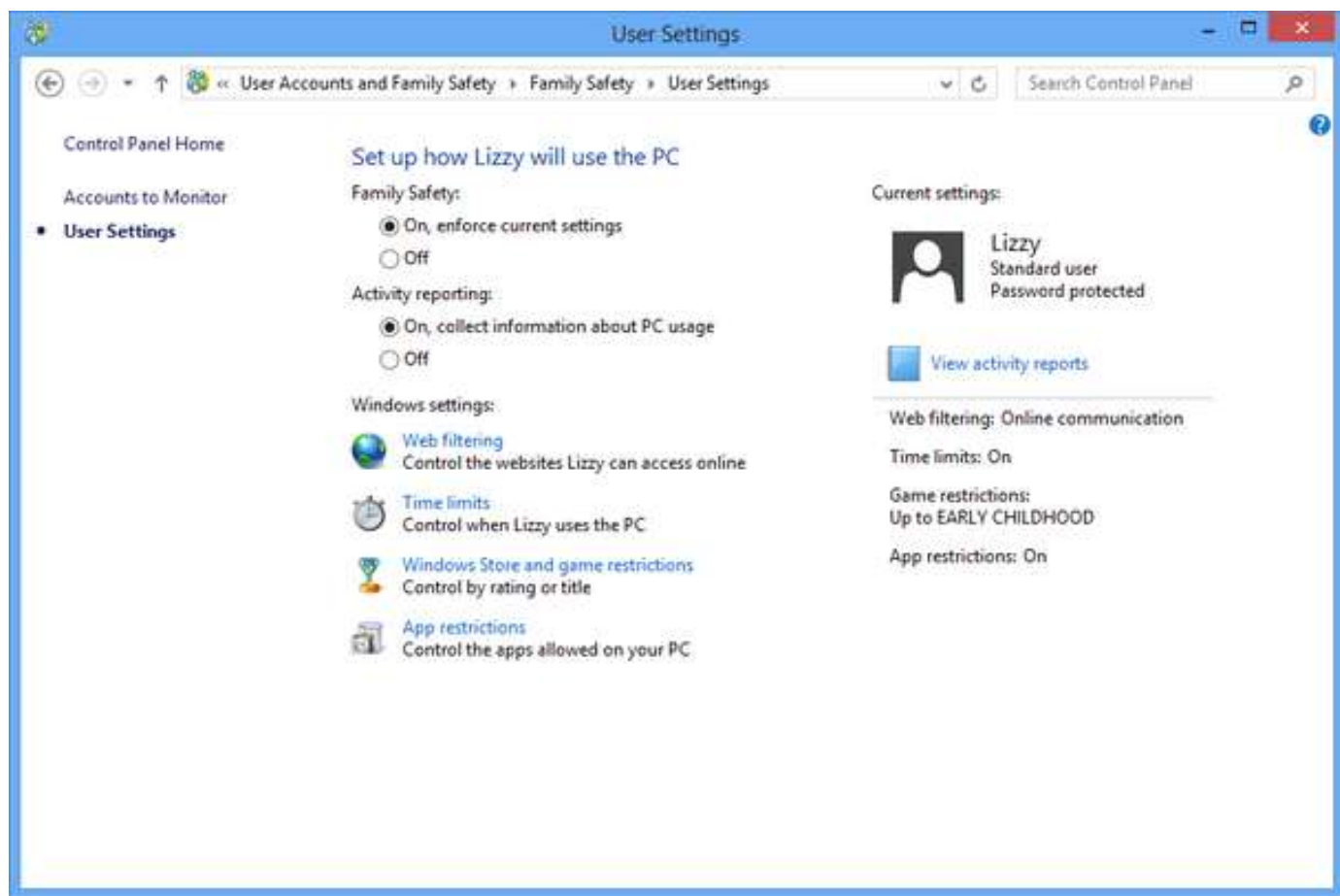




Find my iphone



How to use parental controls in Windows 8





Viewing activity reports

Activity reporting
Family Safety > Lizzy > Activity reporting

Lizzy
Web filtering
Web filtering lists
Activity reporting
Requests
Time limits
Game restrictions
App restrictions

Family Members
Lizzy
Ed Rhee

Activity report for Lizzy from 10/11/2012 to 10/17/2012

Turn on activity reporting Turn off activity reporting

Summary Web activity PC activity

Most popular websites (View all)

Website	Number of pages visited
cnet.com	8
bing.com	5
facebook.com	5
msn.com	3

Latest searches (View all)

- just dance 4
- wreck it ralph

Number of pages visited



Viewing activity reports

Activity reporting
Family Safety ► Lizzy ► Activity reporting

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Activity report for Lizzy from 10/11/2012 to 10/17/2012

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Summary Web activity PC activity

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facebook.com	5
msn.com	3

Latest searches (View all)
just dance 4
wreck it ralph

Number of pages visited



Q&A Session

If you have any questions, you may send it to **uzma.gardazi@gmail.com**.