

CYBER JAGROOKTA DIWAS AUGUST 2025

DIGITAL DETOX – SECURE YOURSELF BY CLEANING THE CLUTTER



- Delete unused apps & browser extensions - Especially free tools you don't use anymore.
- Remove old online account- Social media, forums, shopping sites ,etc.
- Clear cookies, cache & browsing history- Stops ad tracking and improves speed.
- Unsubscribe from unnecessary emails - Reduces phishing and spam risks.
- Update your privacy settings - On all social media platforms like Google, Facebook, Instagram, and other services.
- Back up important data & clean your storage - Keep only what's needed – organize it securely.
- Turn off permissions for apps you don't use often - Like mic, camera, location access.