# Digital Wellness

**As we become more cyber-smart every day, we also become more cyber-endangered. This Course is about what cyber wellness implies, why it is needed in today's world and the values that promote digital wellness.**

**Key Features of Course**

- Basic of cyber ethics and cyber security

- Basic terminologies  and principles of Cyber Security

- Knowledge about online etiquettes and  online behavior

- Principle and necessity of Online Security

- Role and importance of Security on Mobile and Tab devices

- Importance of Health and safety