



INSIGHT INTERNATIONAL
IT solutions · consultancy · training

CRASH COURSES

CYBERSECURITY

TOPICS TOOLS

Course - Cybersecurity

Day 1

Duration - 3 Day

Content

Intro to Cybersecurity, CIA, Risk Mgmt, Networking Basics

Topics & Subtopics

- ✓ Cybersecurity Overview
- ✓ CIA Triad & Risk Analysis
- ✓ TCP/IP, OSI Model
- ✓ Common Attacks

Tools

- ✓ Wireshark, Packet Tracer
- ✓ Cisco Packet Tracer, VirtualBox



Day 2

Duration - 3 Day

Content

SOC, Malware, Threats, Windows/Linux Security, OWASP

Topics & Subtopics

- ✓ SIEM Intro (Wazuh/ELK)
- ✓ Malware Types
- ✓ Linux/Windows Hardening
- ✓ OWASP Top 10 Summary

Tools

- ✓ Wazuh, ELK Stack
- ✓ Nmap, Linux Tools



Day 3

Duration - 3 Day

Content

CEH Overview, VAPT Basics, Tools (Nmap, Nessus), Careers

Topics & Subtopics

- ✓ CEH Overview
- ✓ Red vs Blue Teams
- ✓ Tools: Nmap, Nessus, Wireshark
- ✓ Job Roles

Tools

- ✓ Nessus, Nmap, Metasploit
- ✓ Burp Suite



Day 4

Duration - 5 Day

Content

Kali Linux, VAPT, Burp Suite, Attack Simulations

Topics & Subtopics

- ✓ Kali Linux Basics
- ✓ Scanning & Exploitation
- ✓ Burp Suite Demo
- ✓ Attack Simulation Lab

Tools

- ✓ Kali Linux, Burp Suite, Hydra
- ✓ Metasploit Framework



Day 5

Duration - 5 Day

Content

SIEM Tools, SOC Playbooks, Compliance (ISO/NIST)

Topics & Subtopics

- ✓ Splunk Dashboards
- ✓ Alerting Rules
- ✓ IR Playbook Walkthrough
- ✓ ISO27001/NIST Mapping

Tools

- ✓ Splunk, IBM QRadar, ELK
- ✓ NIST Framework Docs



Week 1

Duration - 30 Day

Content

Networking, Firewalls, Threat Models, Attack Lifecycle

Topics & Subtopics

- ✓ Network Protocols
- ✓ Firewalls, IDS/IPS
- ✓ Threat Lifecycle
- ✓ Secure Configurations

Tools

- ✓ Cisco Tools, Wireshark, Netcat
- ✓ Virtual Machines



Week 2

Duration - 3 Day

Content

CEH Modules, Exploits, Social Engineering, Phishing

Topics & Subtopics

- ✓ CEH Modules: Scanning, Gaining Access
- ✓ Payloads, Reverse Shells
- ✓ Phishing & SE Attacks

Tools



- ✓ Metasploit, Social Engineering Toolkit (SET)
- ✓ Nessus, Nikto

Week 3

Duration - 5 Day

Content

SOC Tools (Splunk, ELK), Log Analysis, IR, Threat Intel

Topics & Subtopics

- ✓ Splunk/Wazuh Use Cases
- ✓ Log Collection & Parsing
- ✓ Alert Investigation & RCA
- ✓ Threat Intel Sources

Tools



- ✓ Splunk, ELK, Wazuh
- ✓ MISP, ThreatConnect

Week 4

Duration - 30 Day

Content

Web App Testing, VAPT, Compliance, Final Red vs Blue

Topics & Subtopics

- ✓ Web App Pentesting
- ✓ SQLi, XSS, CSRF
- ✓ Reporting VAPT Findings
- ✓ Red vs Blue Final Lab

Tools



- ✓ Burp Suite, OWASP ZAP
- ✓ OpenVAS, Dradis