

**TELECOM REGULATORY AUTHORITY OF INDIA (TRAI)  
CONSUMER AWARENESS PROGRAMME(CAP) AT LUNGDAI,  
KOLASIB DISTRICT**

***Date: 02/02/2026 (Monday)***

***Venue: Lungdai Hmar Veng Presbyterian Church Hall.***

***Chairman: Mr.R.Lalremthanga Secy. MCU Branch Lungdai***

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Total No. of Attendance: 75

The participants are mainly women who were selected from women Association and the Church. 11 member representatives of MHIP, MUP and MCU were also participated.

Mr. T. Vanlalruatfela, Editor Consumer Chhantu & Office Assistant presented '**Cyber Hygiene**' on the basis of TRAI's letter and write up. He explained the meaning, core components, importance and benefits of Cyber Hygiene.

**Key Areas of Awareness:** Cyber hygiene involves establishing consistent, proactive habits to protect digital assets, such as using strong/unique passwords, enabling Multi-Factor Authentication (MFA), updating software immediately, and recognizing phishing attempts. These routine practices prevent malware and data breaches, ensuring both personal and organizational data security.

Mr. Thanglura, President MCU was the main resource person. He started saying that Telecom Regulatory Authority of India (TRAI) is a regulatory body of Telecom sector/ services viz, Tariff Order, Complaint Redressal and Quality Services etc. He also mentioned that TRAI is a regulatory body of Cable TV Services and D.TH services.

He informed the participants that any one used to Mobile has to book sim card from service Providers such as BSNL, Airtel, Jio etc. with his Aadhar I.D with proof of residence. He/she should avoid using already existing Sim card as this in the name of other persons (and not in his/her name).

These days Mobile numbers, Bank Accounts, Aadhar numbers, LPG consumer numbers, Subsidy etc. are linked with internet/broadband services.