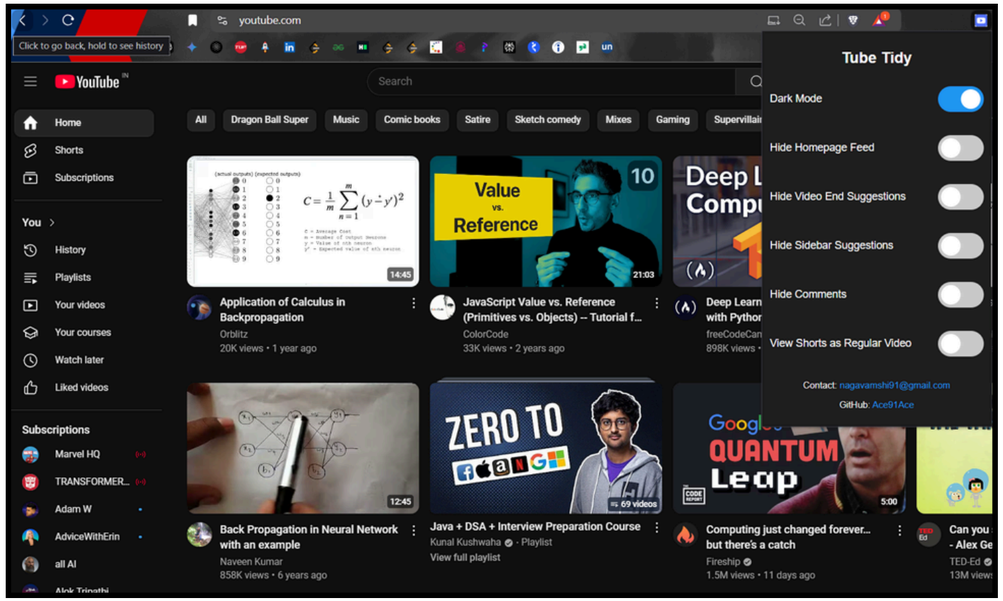
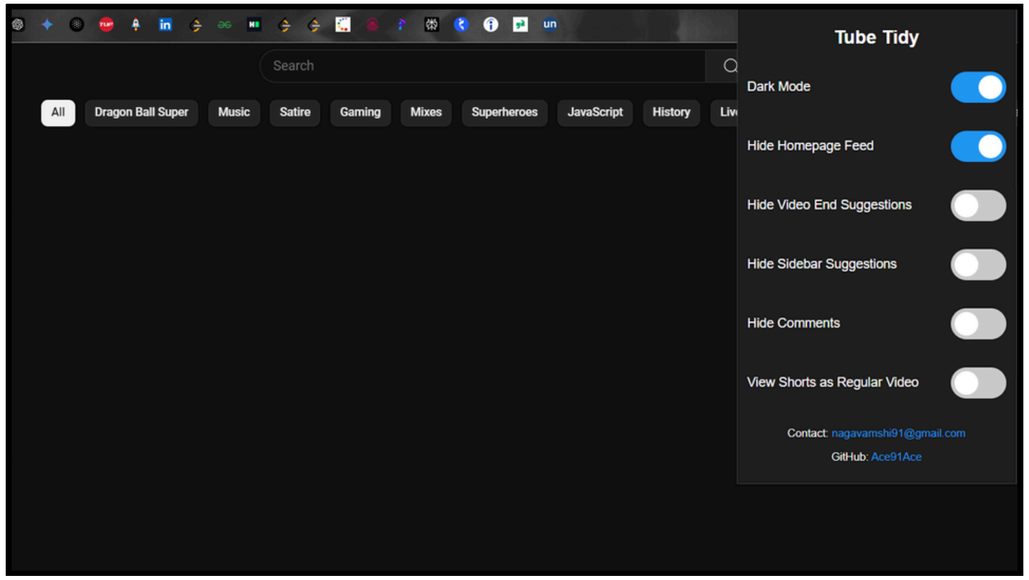
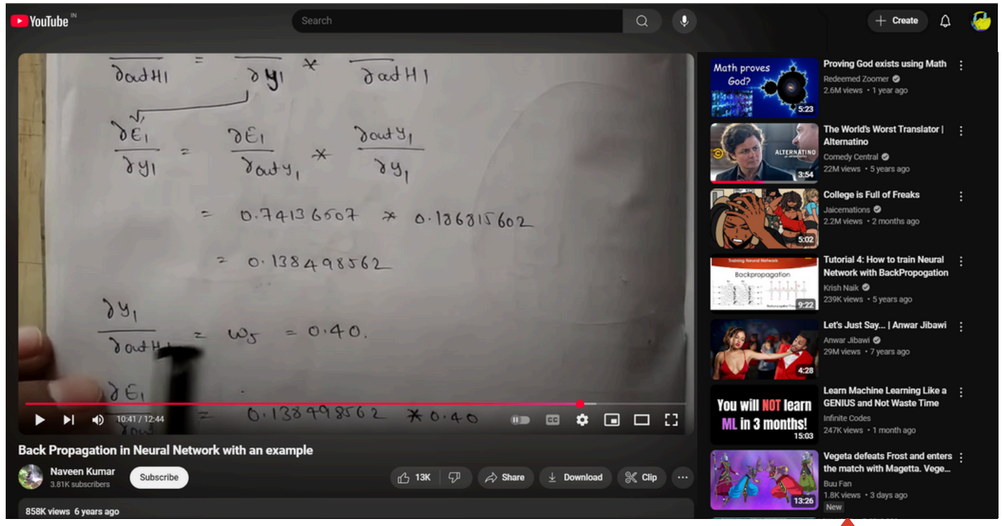
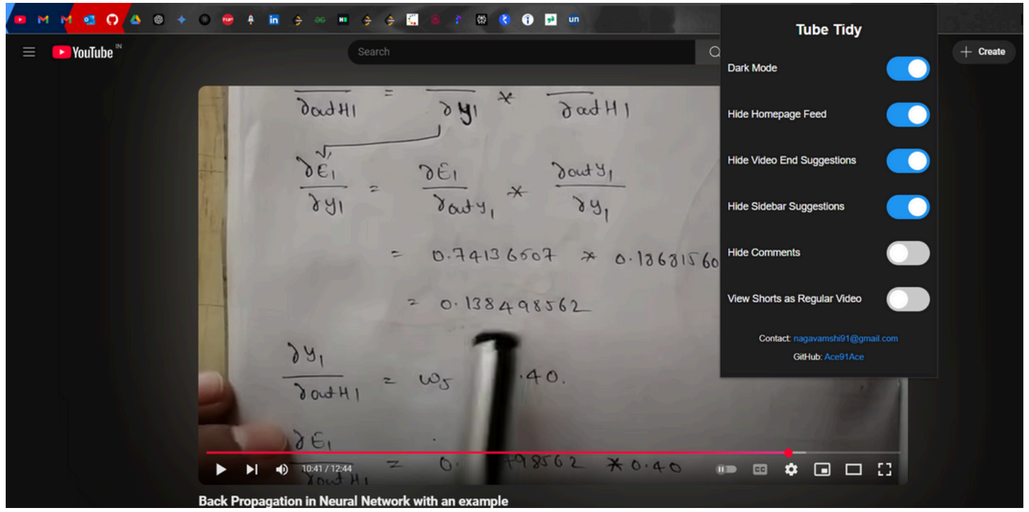
Before:



After Turning On the extension:



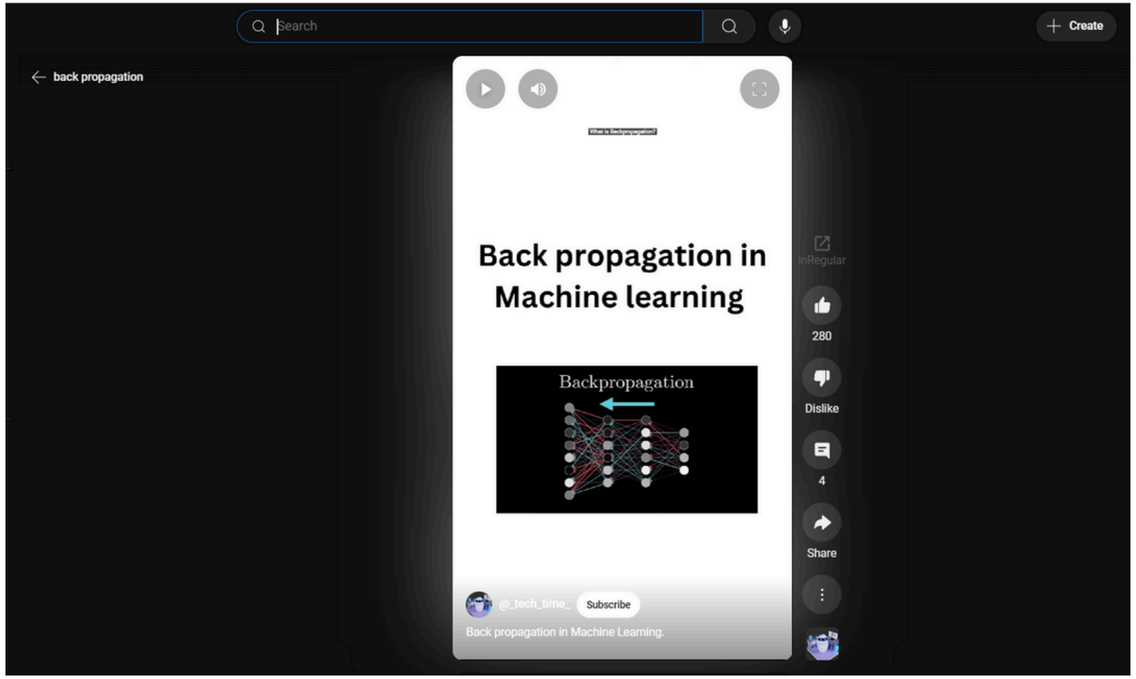
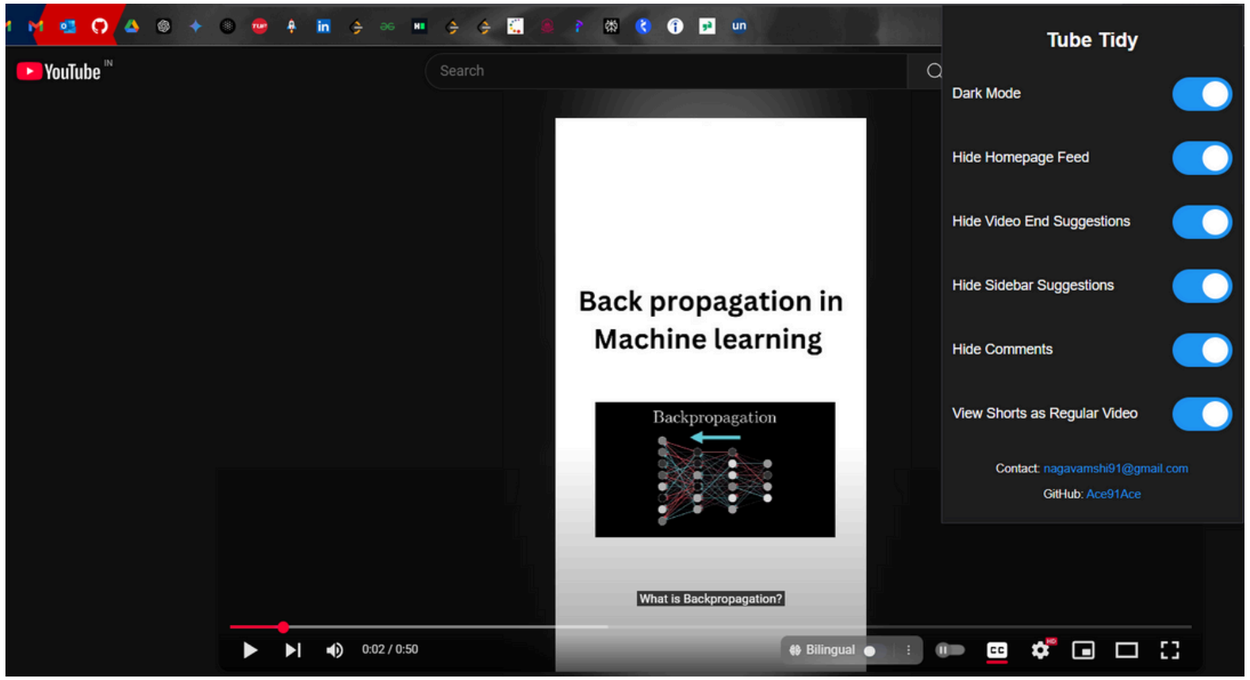




Distracting suggestions

Clean Study space

Shorts being Scrollable:



Non-Scrollable , Normal Video: