

Instagram Reel Transcription

Source: https://www.instagram.com/reel/DSu7jdvgloP/?utm_source=ig_web_copy_link&igsh=MzR...

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Sure, here is the transcription of the audio from the video:

0:00 Instagram la auto scroll nu oru option vandhuruchu

0:04 Eppi nu adhu auto matikiteye poru irukkum kai kuda vekama

0:05 eppidi adhu auto scroll aithe irukkum

0:06 Oh ok name

0:07 Ok ok press

0:08 ok

0:09 So platform more addictive aagathukku

0:11 Insanely time spent

0:13 Prepared people

0:15 unprepared people

0:16 unprepared people

0:17 podu

0:18 Vihayam ennana neenga simply

0:19 Naan social media la distract

0:20 Social media la business panrathukku distract aavam nu neenga irukkanum

0:22 neenga irukkanum na simple tips sollam

0:23 Simple tips

0:25 Phone open panrathukku muna exactly

0:26 ethuku eduthenu theriyanam

0:27 Therinjukite thaan open pananum

0:28 Appadi illa na kadal maari

0:29 kadal maari

0:30 varum nu illa

0:31 ennada panitu iruken nu theriyathu

0:32 ennada panitu iruken nu theriyathu

0:33 Kadal maari varum nu illa

0:34 attention span

0:35 less than 20 sec

0:36 less than 20 sec maari aayiduchu

0:37 adhu

0:38 So

0:39 Goldfish oda

0:40 Goldfish oda

0:41 attention span thaan

0:42 almost 5

0:43 5 to 10 sec

0:44 ungalala currently focus panamudiyum