



Anuvrat Vishva Bharati Society  
presents

# ANUVRAT DIGITAL DETOX

ADD Value to life

## DIGITAL WELL BEING: WHERE DO U STAND ON DIGIMETER?

01

**Digitoxic (ST:- 6 hr)**

Insomnia, Depression, Short-tempered



02

**Digislave (ST:- 5 hr)**

ADHD, Phone Addiction, Mindless Scrolling



03

**Digipuppet (ST:- 4 hr)**

Influenced by others likes, comments and views



04

**Digitolerable (ST:- 3 hr)**

Unproductive Surfing



05

**Digihealthy (ST:- 2 hr)**

Adequate Usage

Reduce the digital load,  
scan the QR Code

06

**Digichamp (ST:- 1 hr)**

Mindful & Productive usage



ST excludes productive usage (Profession, Academic, etc.)

ST refers to Screen Time