



Anuvrat Vishva Bharati society Presents

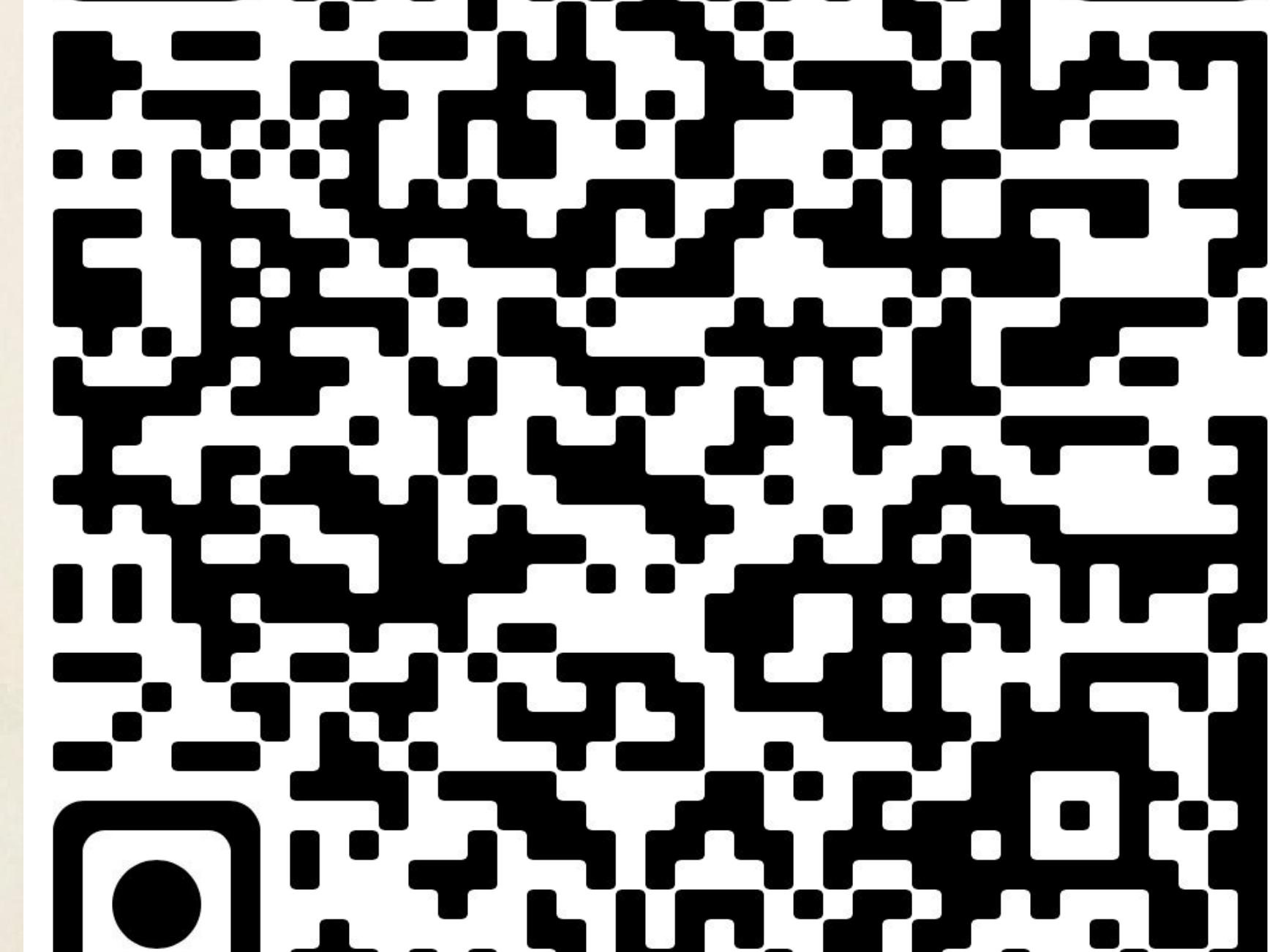
ANUVRAT DIGITAL DETOX

ADD Value to life.

Why to chase virtual story ?

When you can enjoy your
own glory !

**Reduce the
Digital Load**



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Acharya Shri Mahashramanji

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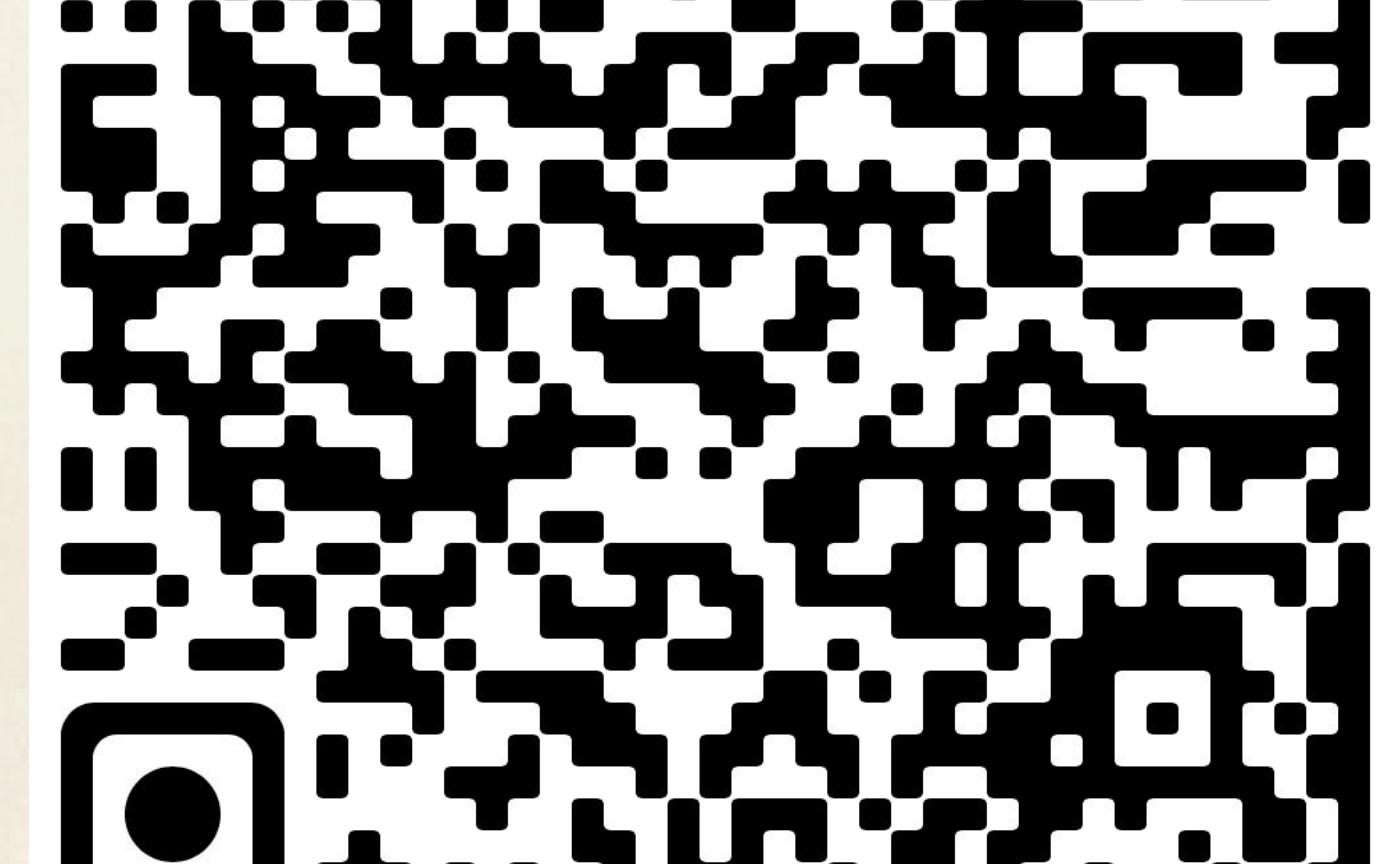
ADD Value to life.

Few seconds of your screen time is worth **TRILLIONS**

for **BIGTECHS**

How much is it for **YOU ?**

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Digital Load*



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ADD Value to life.

कम्पीटेक्नो Media
usage
जब गुरुदेव दे रहे प्रवचन
Face to Face !

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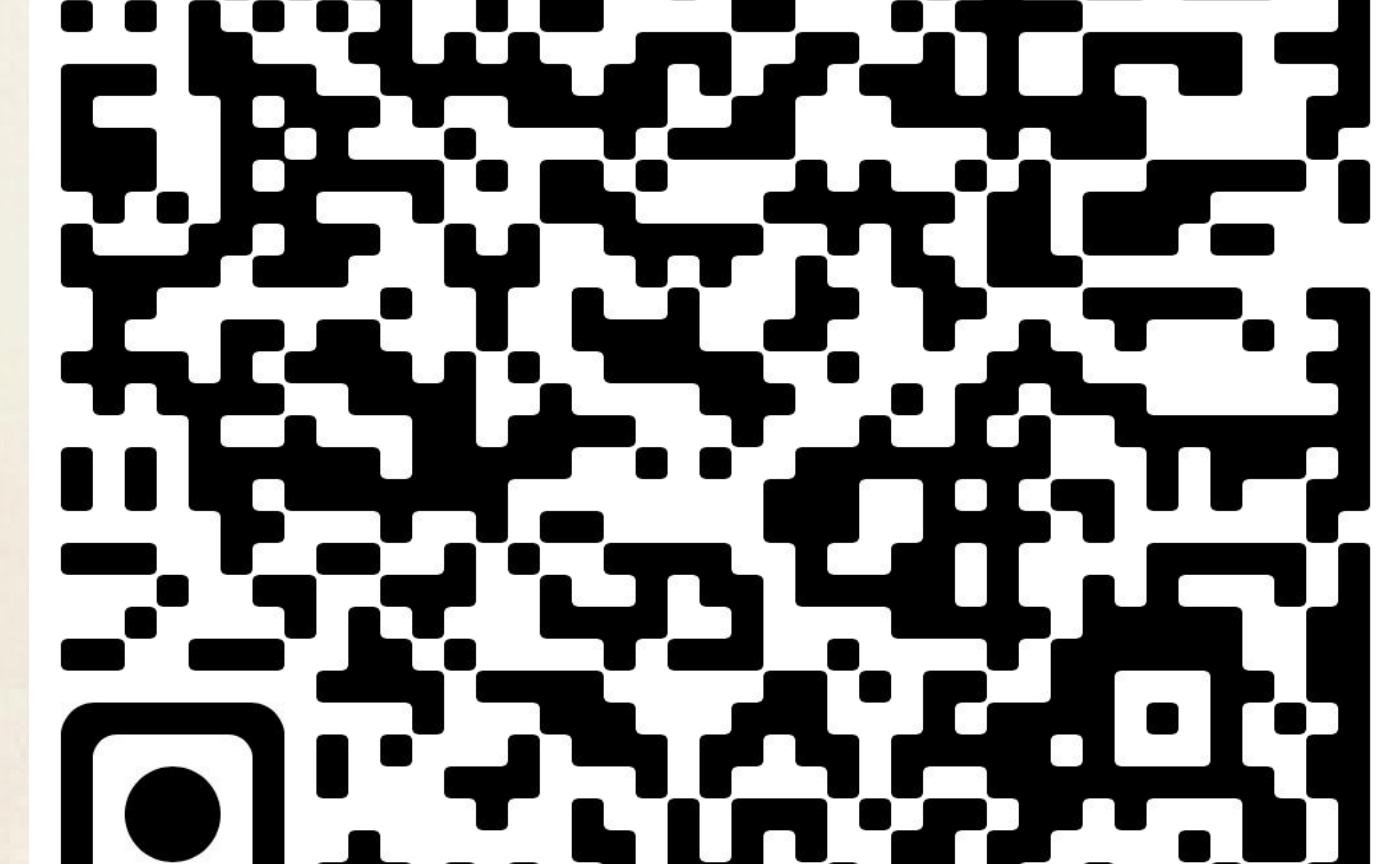
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ADD Value to life.

आत्मा क्ने परमात्मा,
मोबाइल कम करो जगाओ
अंतरात्मा!

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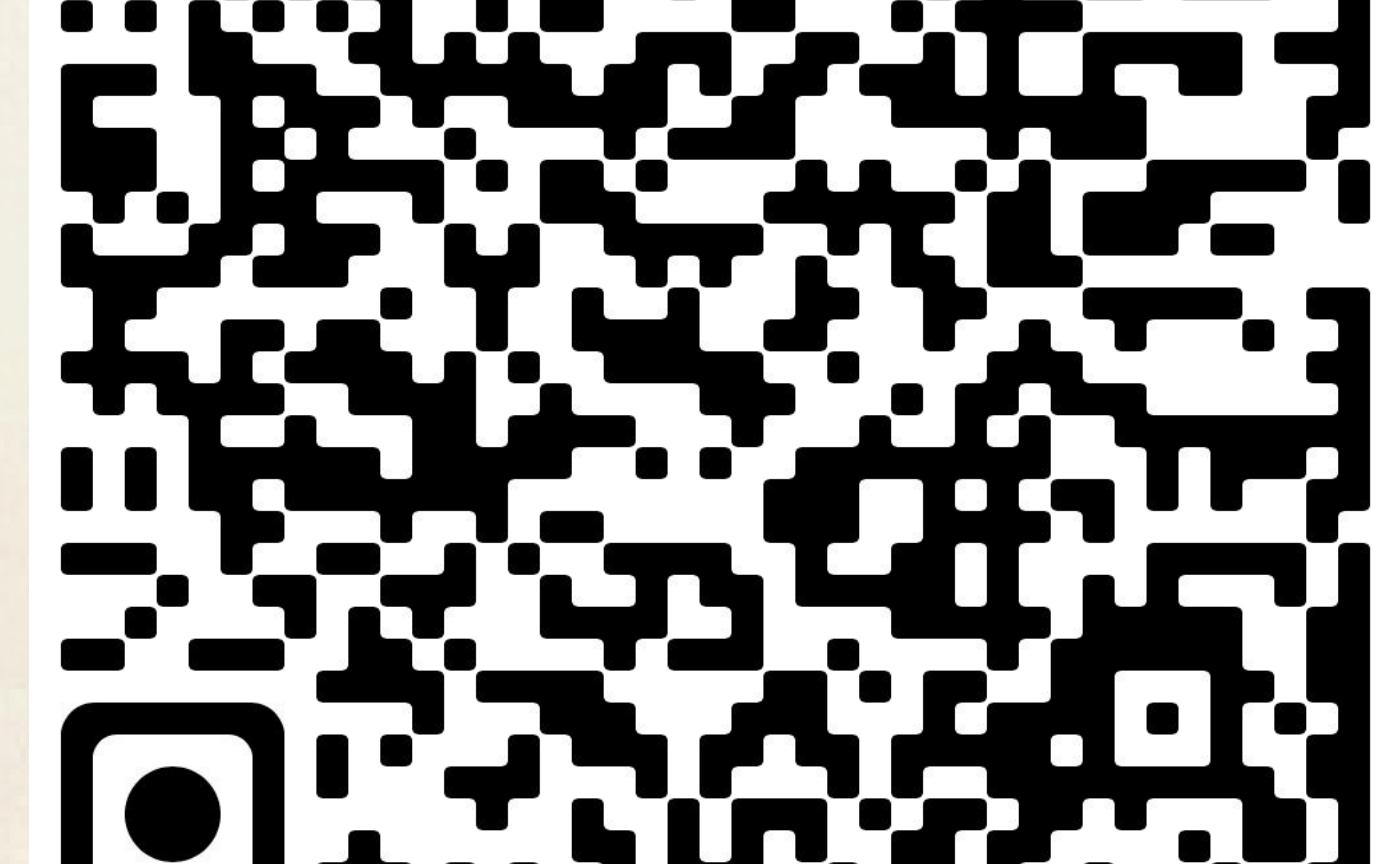
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ADD Value to life.

क्यों देते हो आंखों को इतना
STRESS ?

LIVE LIFE, रहो FRESH

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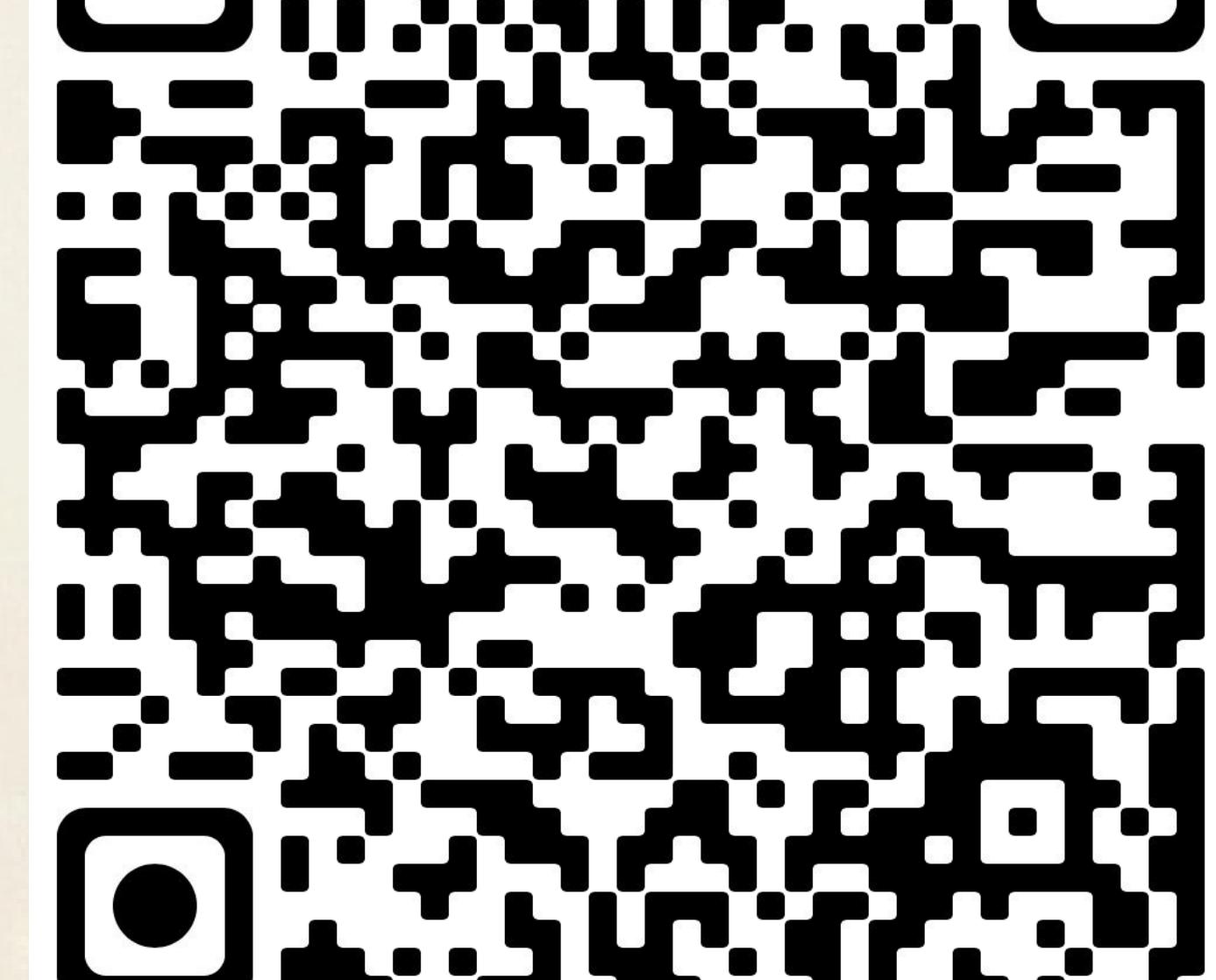
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ADD Value to life.

ज्यादा MOBILE
INFORMATION
कैसे लाएंगे
TRANSFORMATION?

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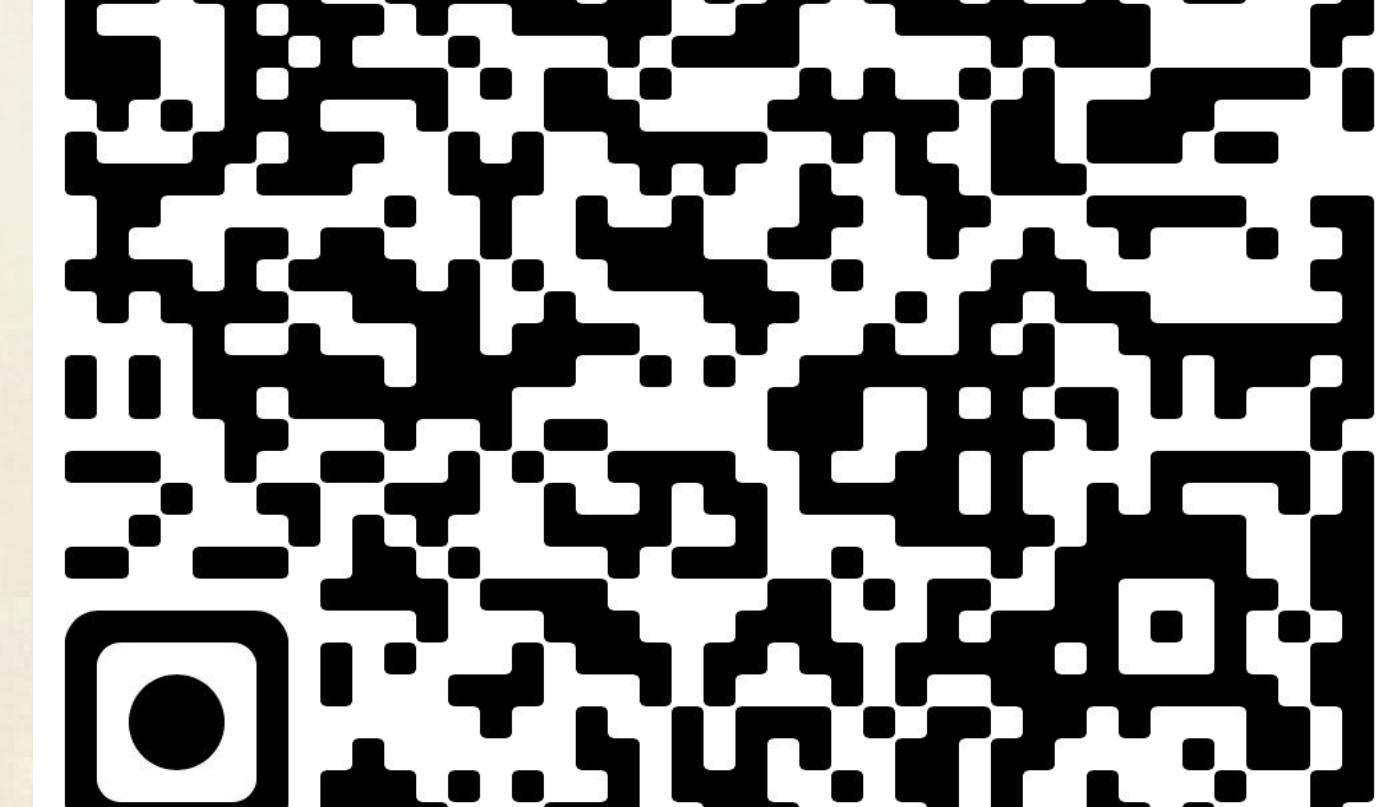
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ADD Value to life.

ज्यादा REELS कैसे करोगे
DREAMS FULFILL ?

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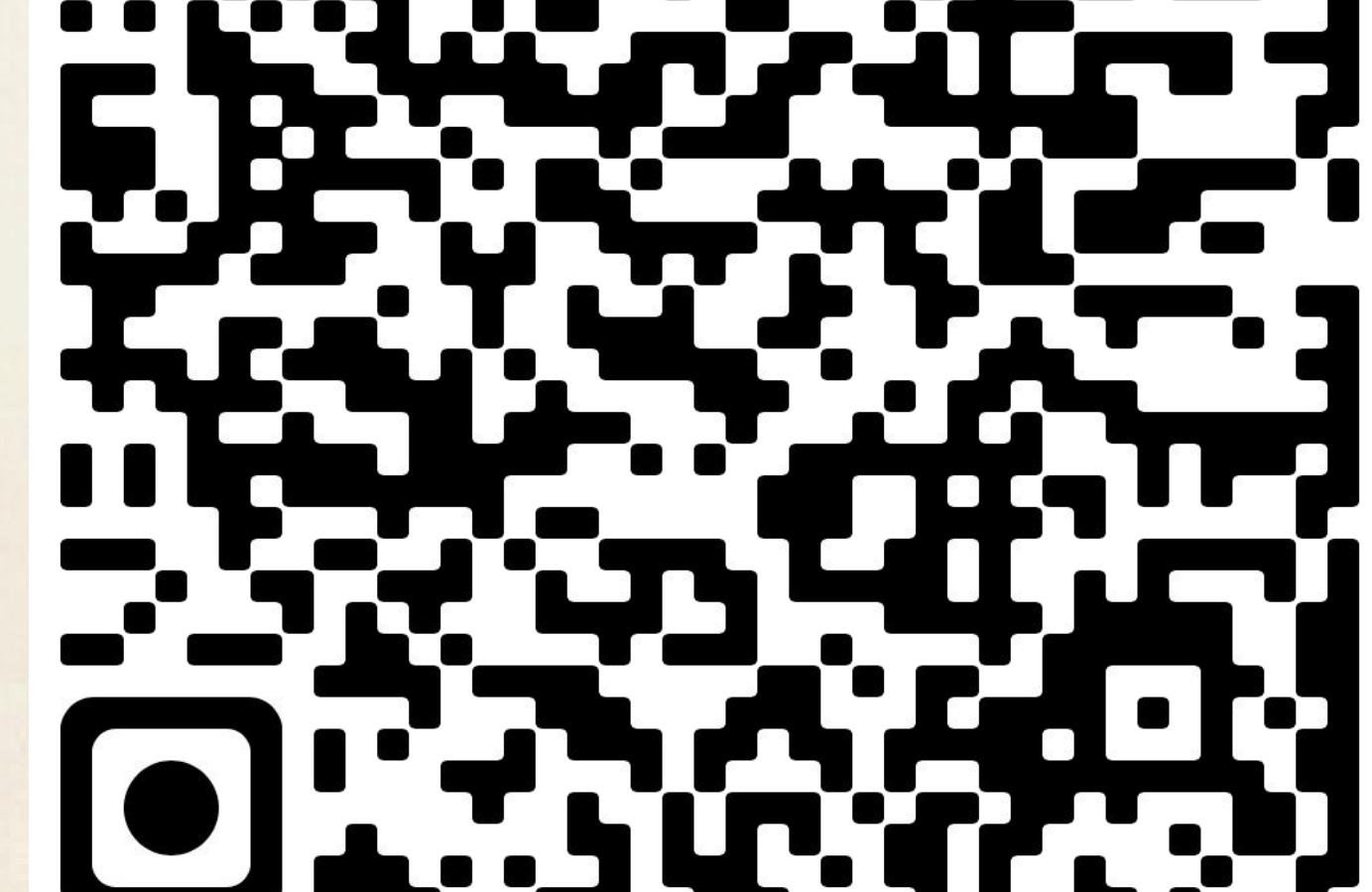
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ADD Value to life.

Silent your Phone
Enter Happiness Zone !

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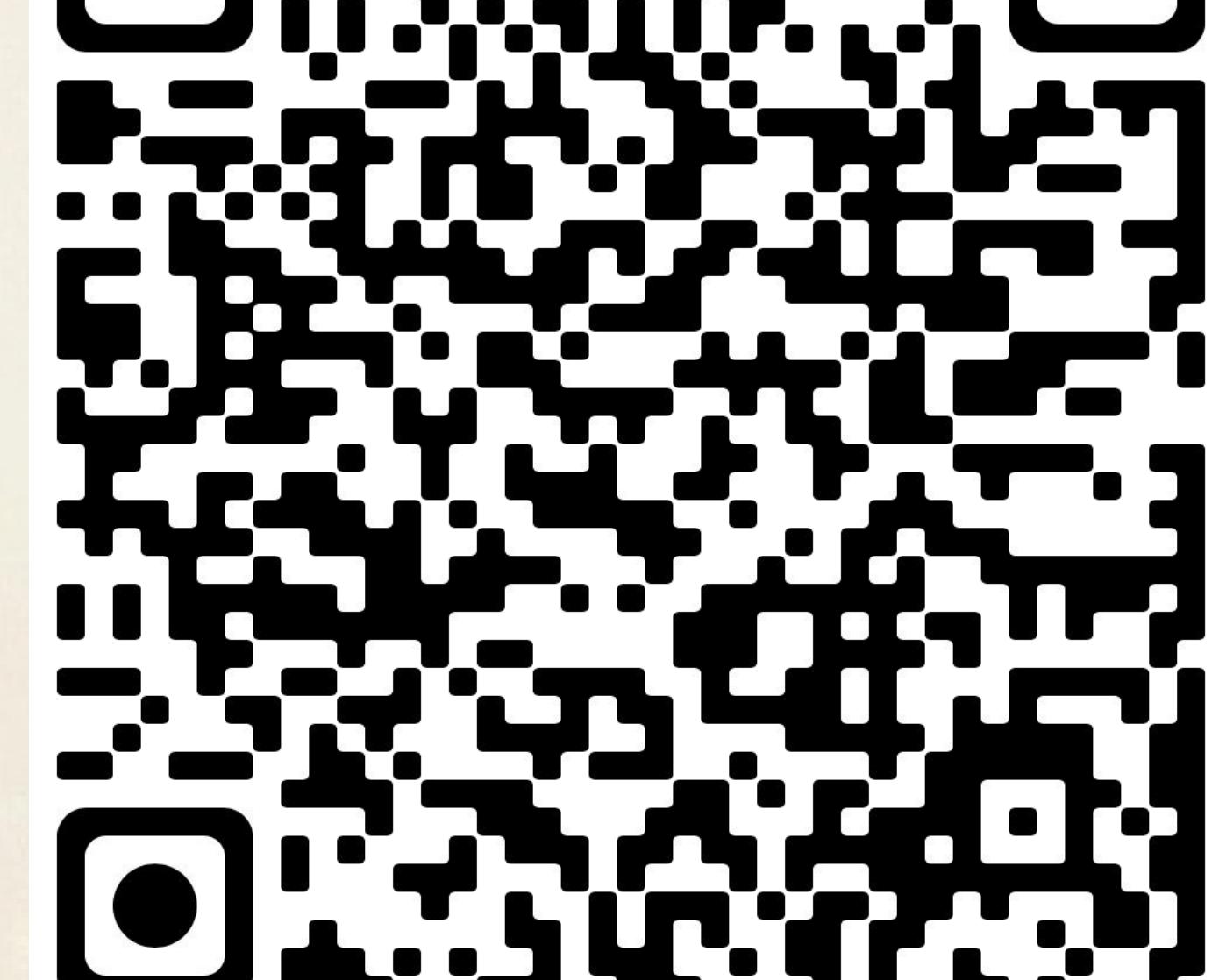
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ADD Value to life.

Watching toxic is a waste of time,
Watching tonic is an invest in time.

Reduce the Digital Load



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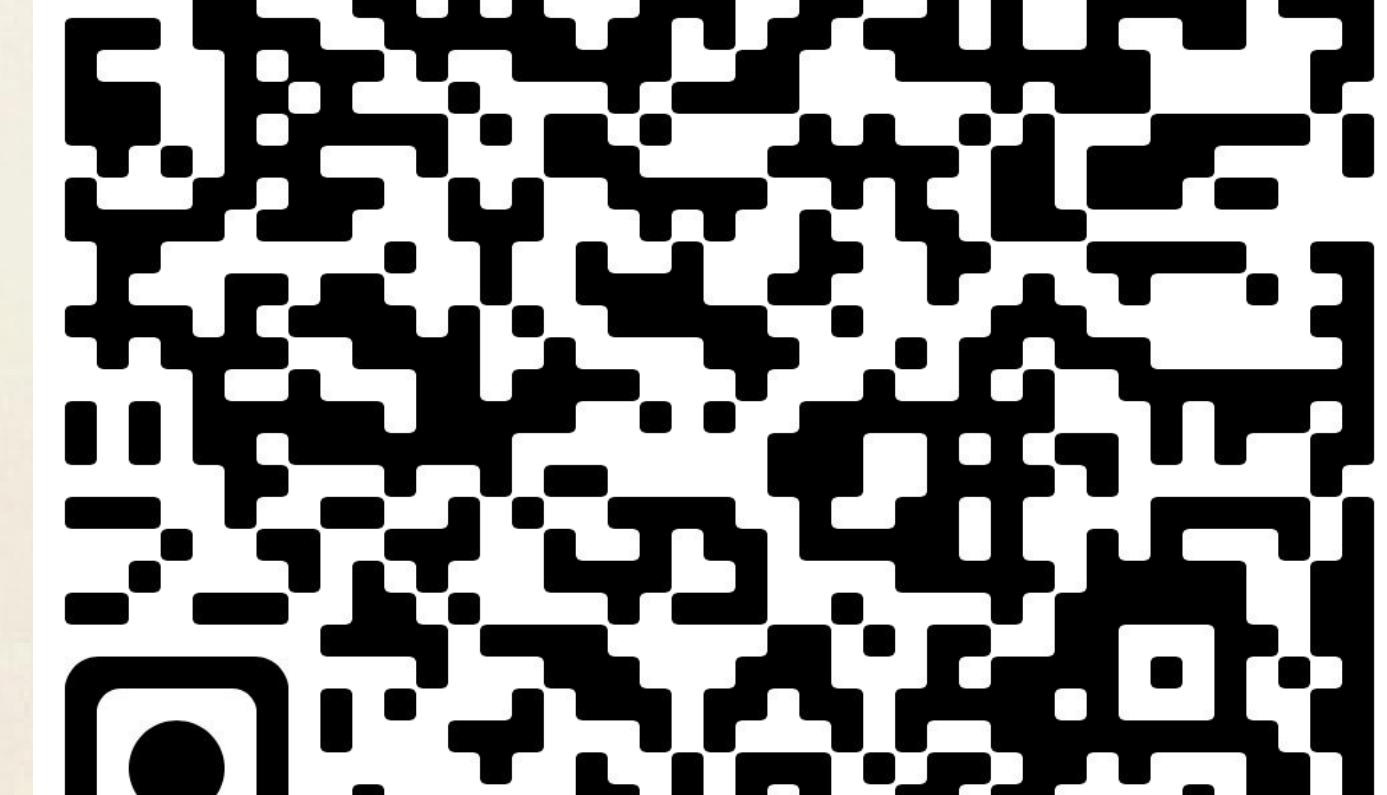
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ADD Value to life.

The world of screens, make
mindful choices.

With ADD, hear your
inner voices.

**Reduce the
Digital Load**



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ADD Value to life.

Limit the virtual,
Embrace the actual.

**Reduce the
Digital Load**



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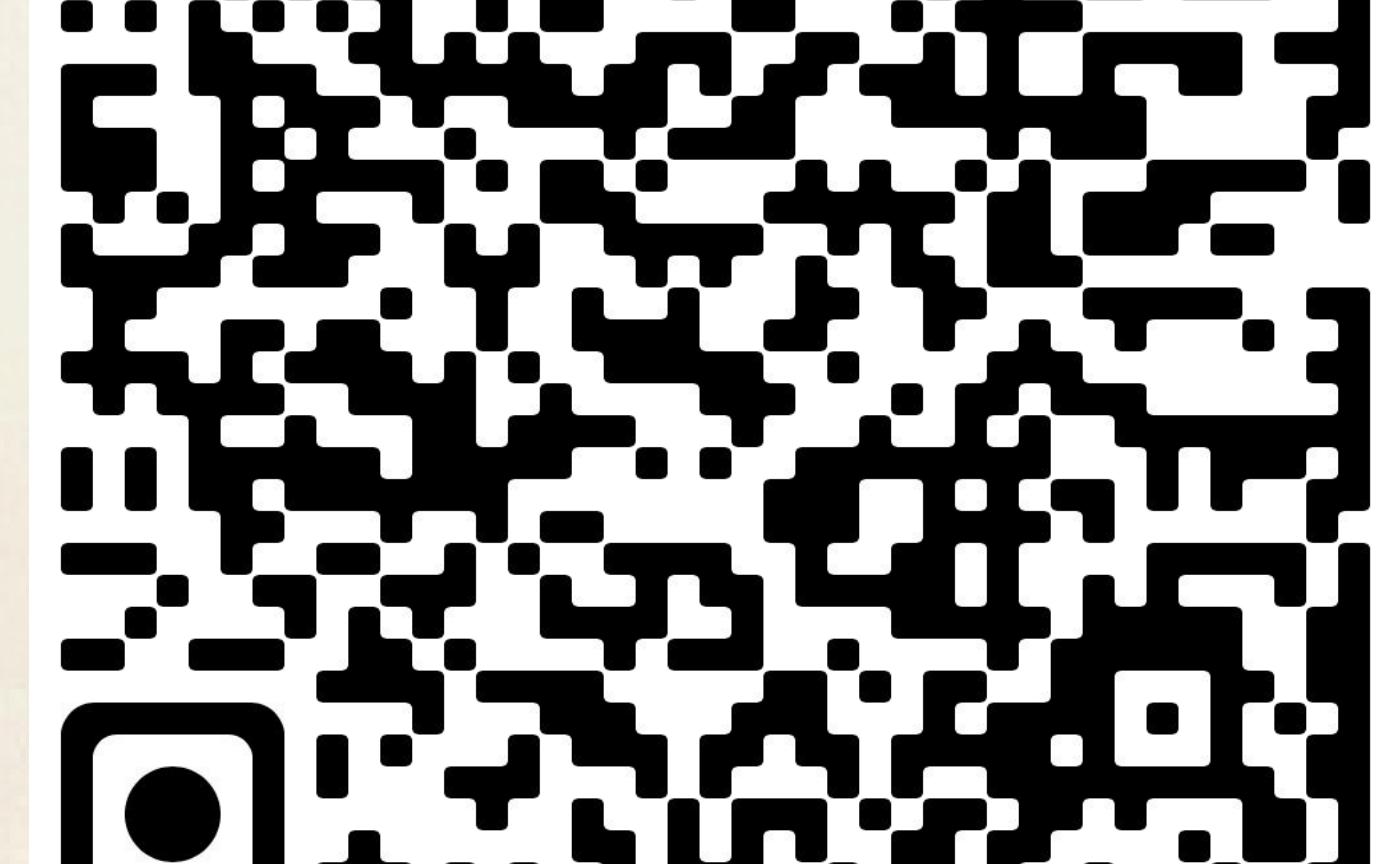
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ADD Value to life.

*Release the virtual hold,
discover the inner gold.*

*Reduce the
Digital Load*



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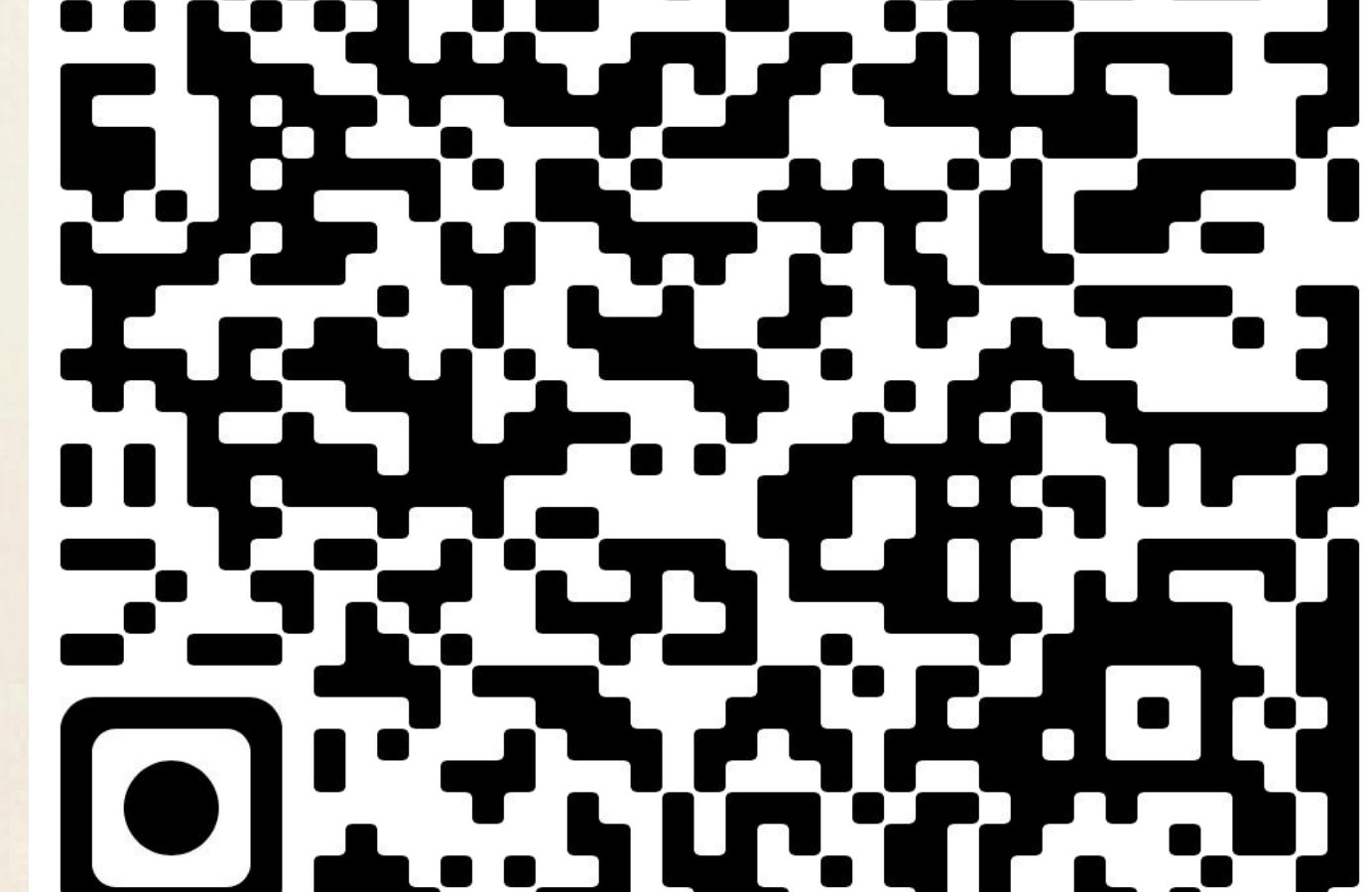
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ADD Value to life.

In a world full of digital
distractions, DINING should
be a time for human
connection.

**Reduce the
Digital Load**



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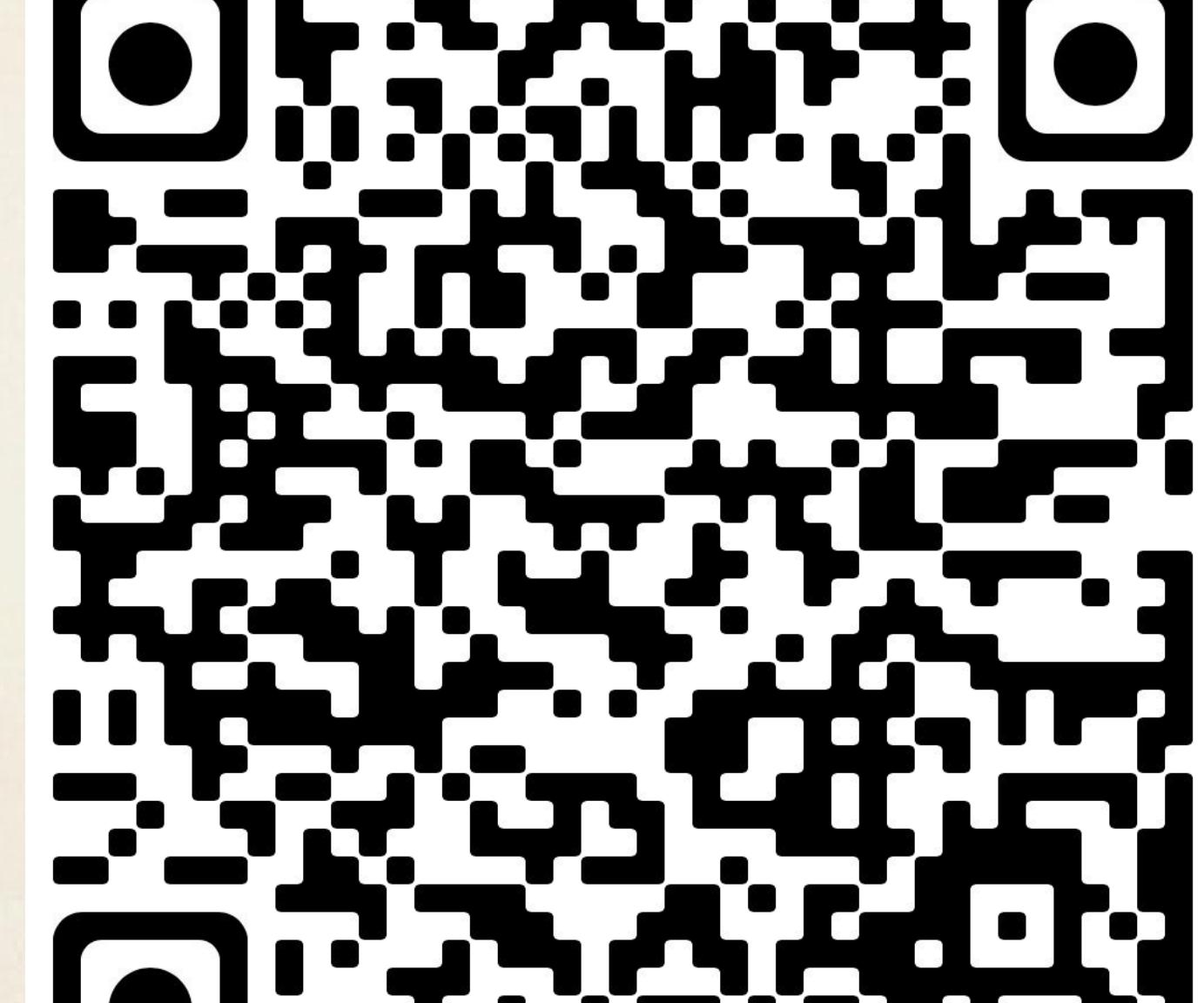
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ADD Value to life.

In the online world,
we often get lost.
Unplug for a while, it's
worth the cost.

*Reduce the
Digital Load*



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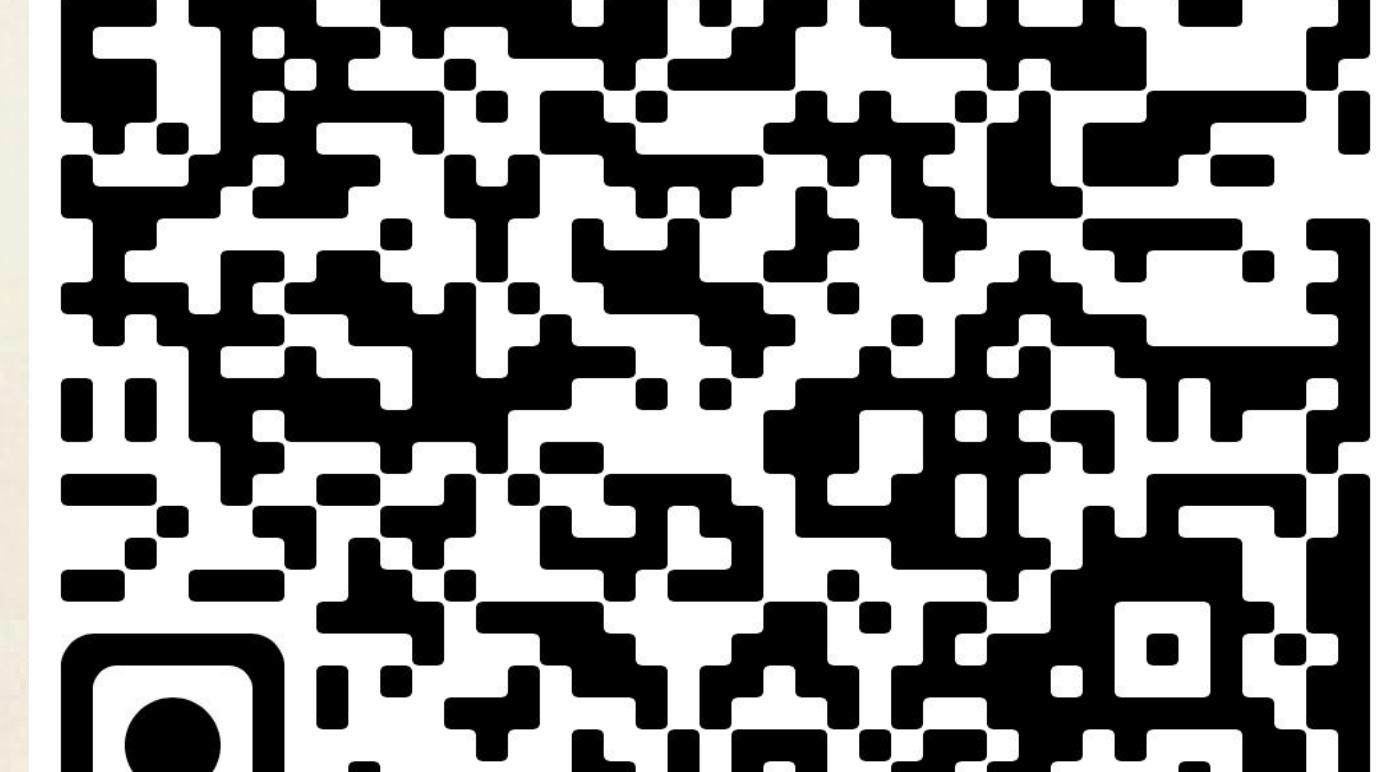
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ADD Value to life.

*Charging your phone, but
what about you?*

*Take time for yourself, it's
long overdue.*

*Reduce the
Digital Load*



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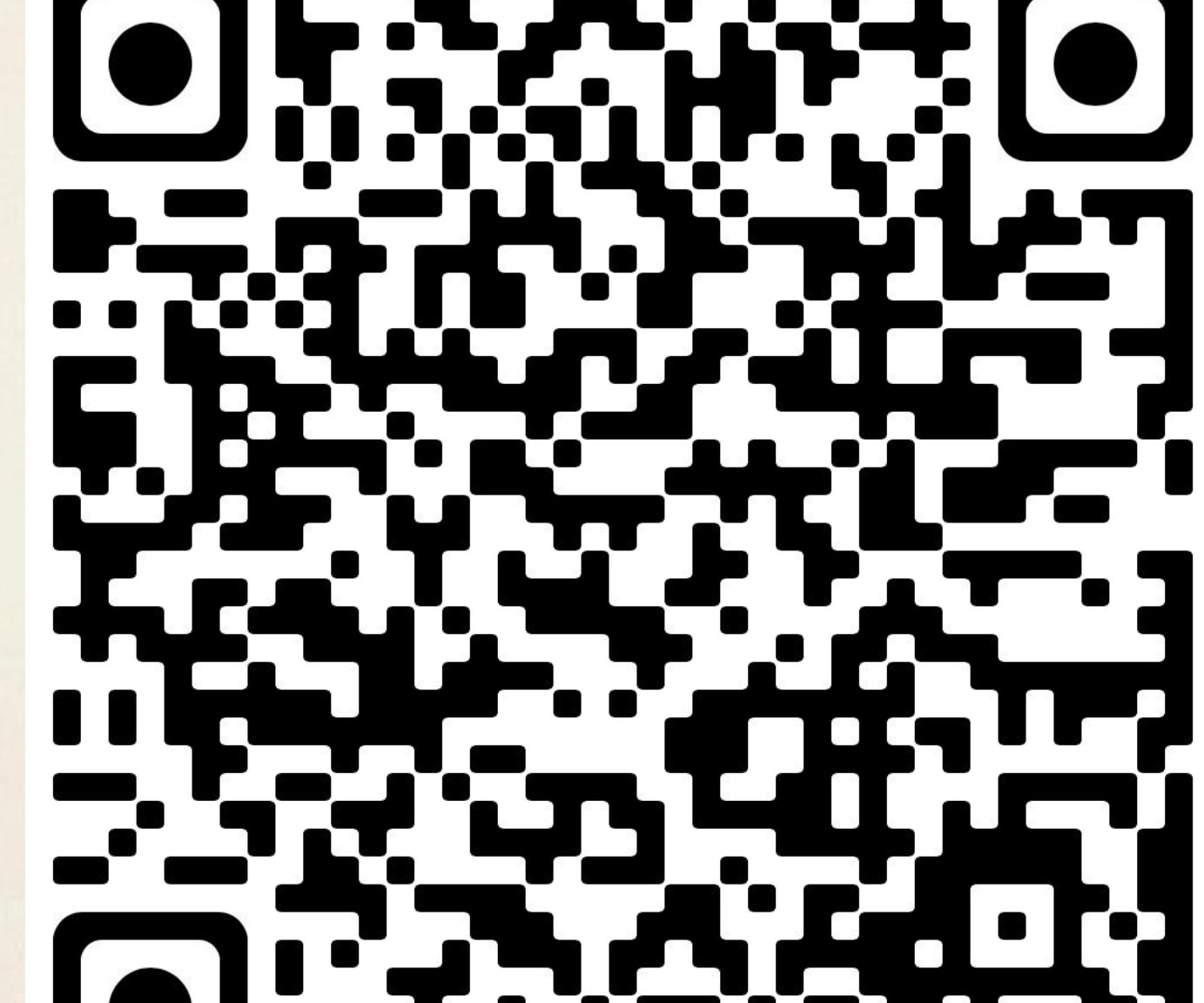
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ADD Value to life.

Want to find peace of mind?
ADD is the chance to unplug
and unwind.

*Reduce the
Digital Load*



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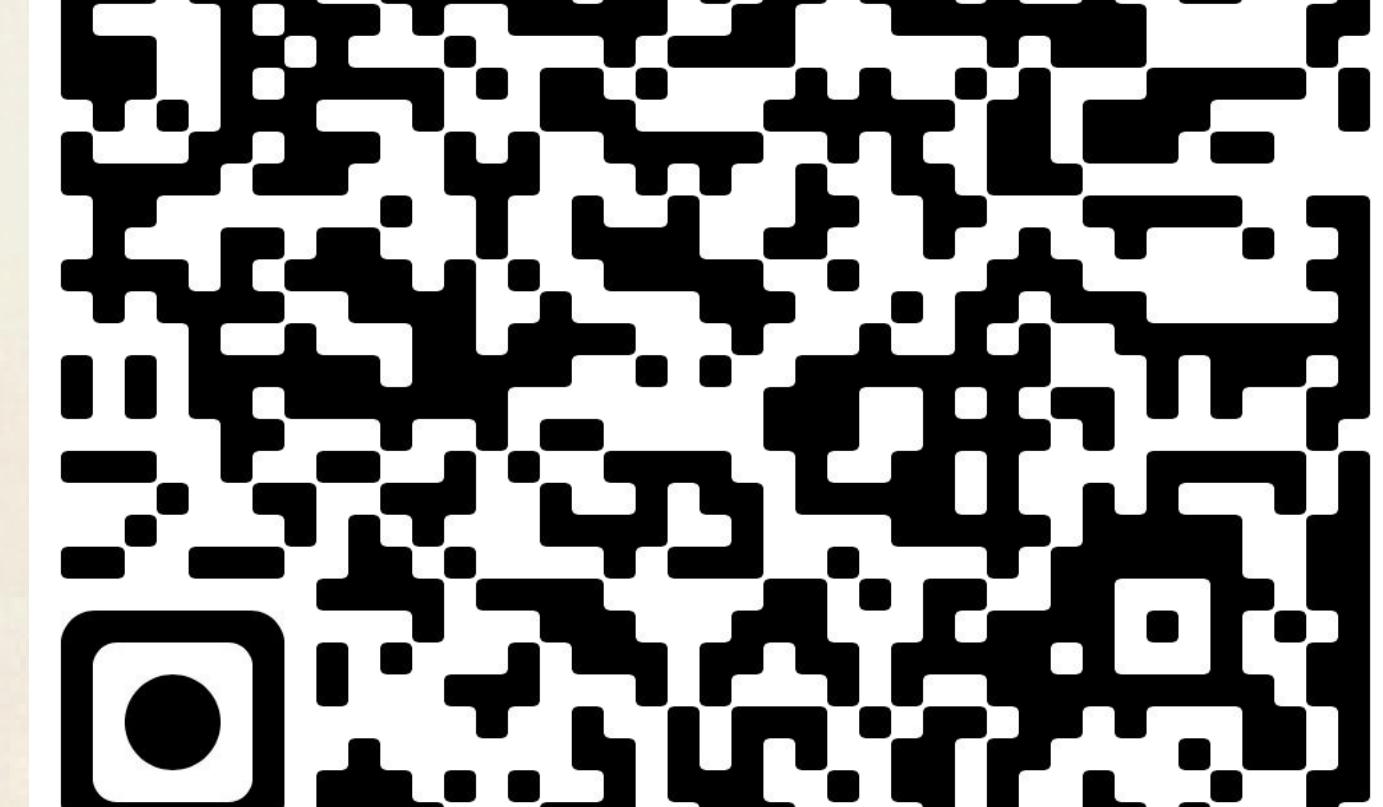
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ADD Value to life.

*Swipe and click,
life's moments slip.*

**Reduce the
Digital Load**



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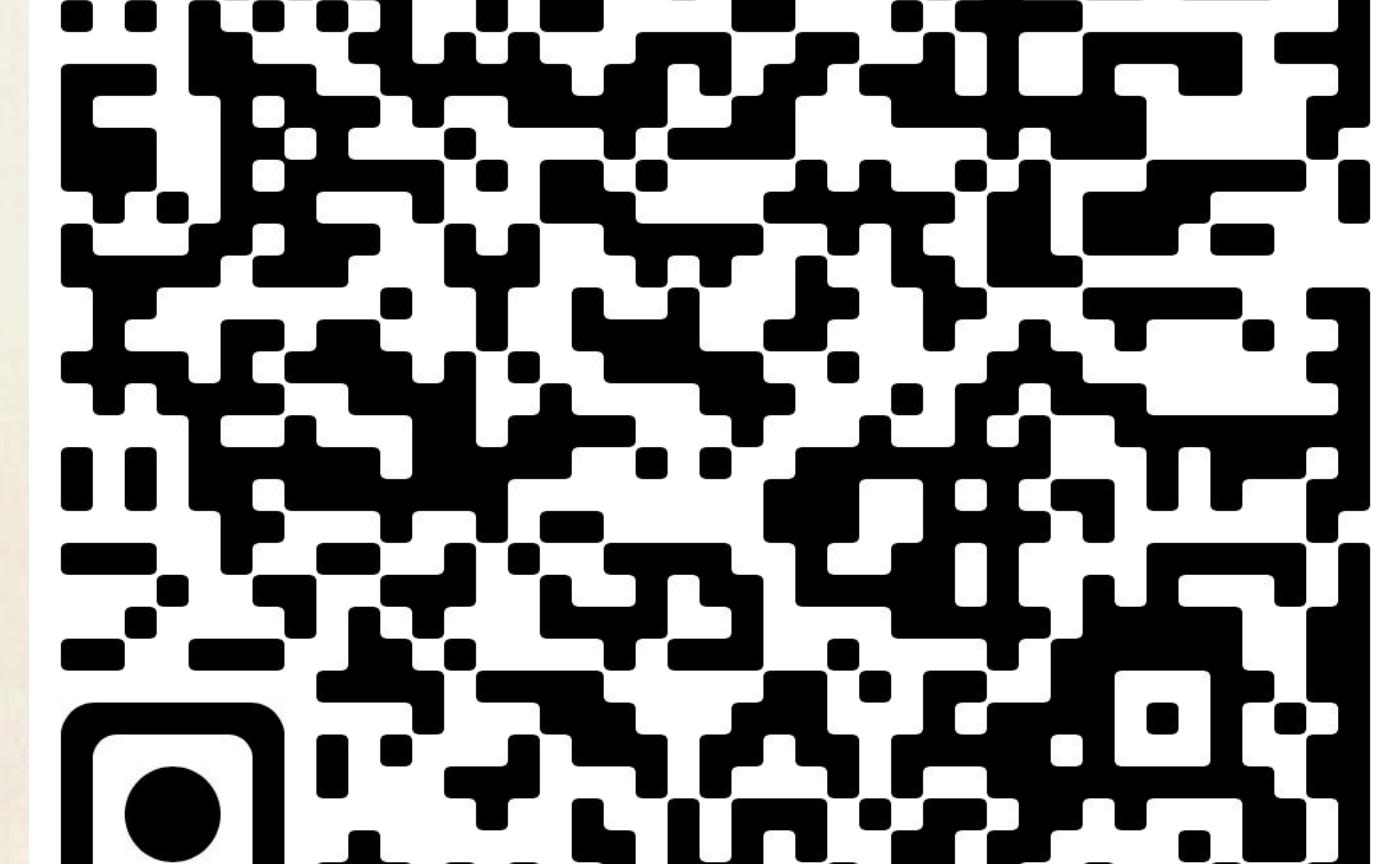
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ADD Value to life.

*Screens may entertain,
but is that your aim?*

*Reduce the
Digital Load*



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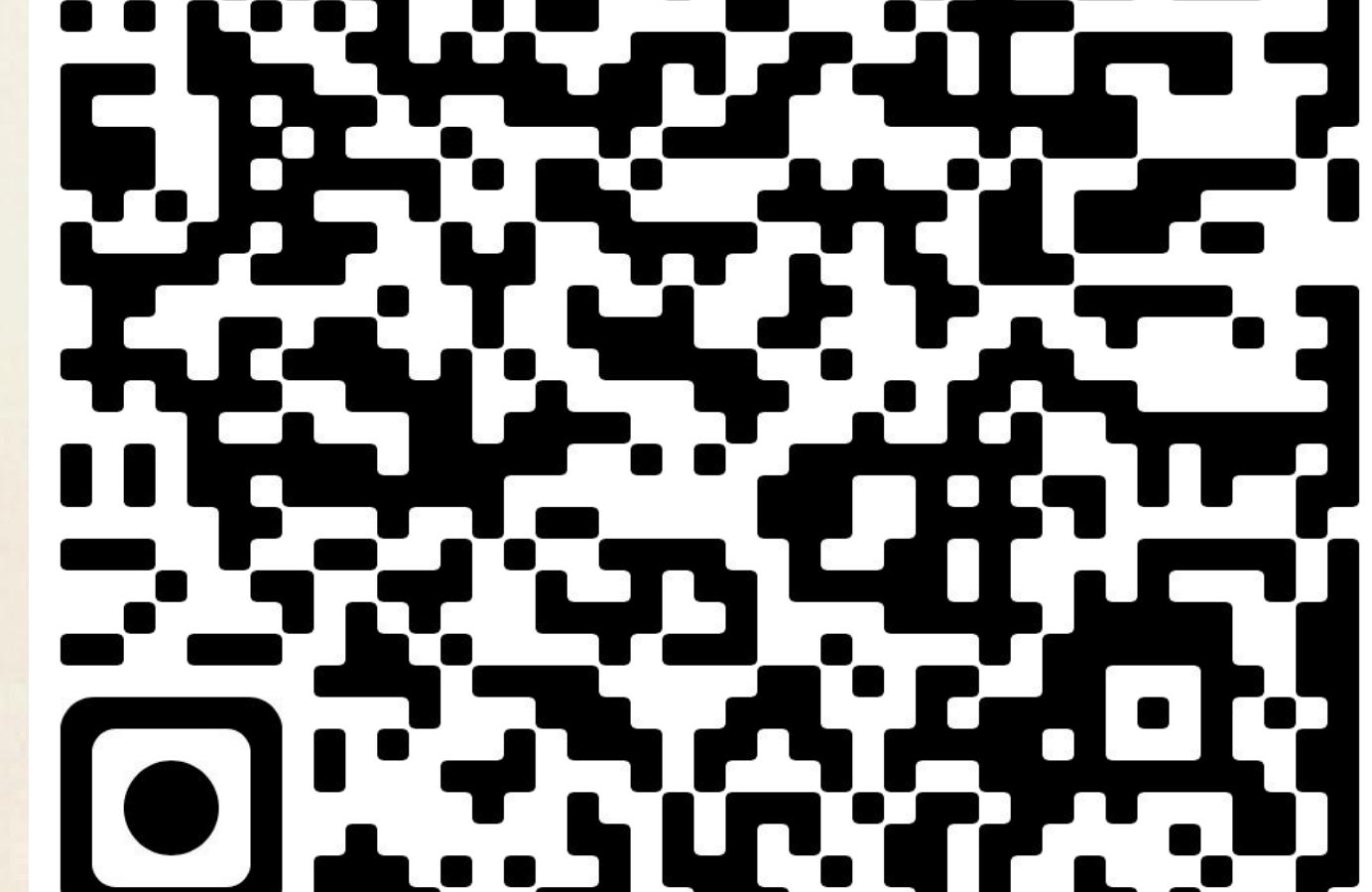
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ADD Value to life.

Overuse the device, and
you'll pay the price.

*Reduce the
Digital Load*



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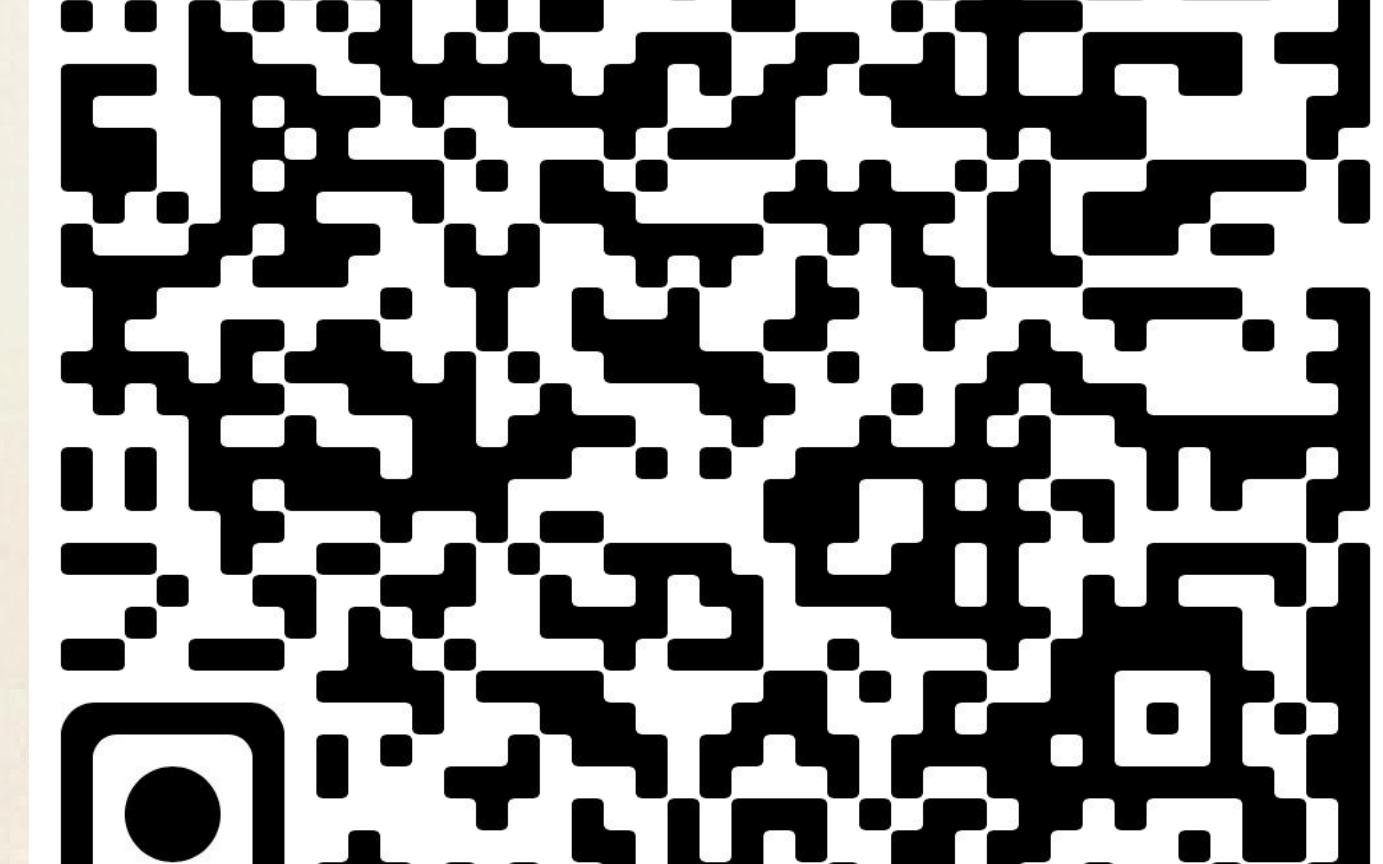
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ADD Value to life.

*Put devices to rest,
refresh your best*

*Reduce the
Digital Load*



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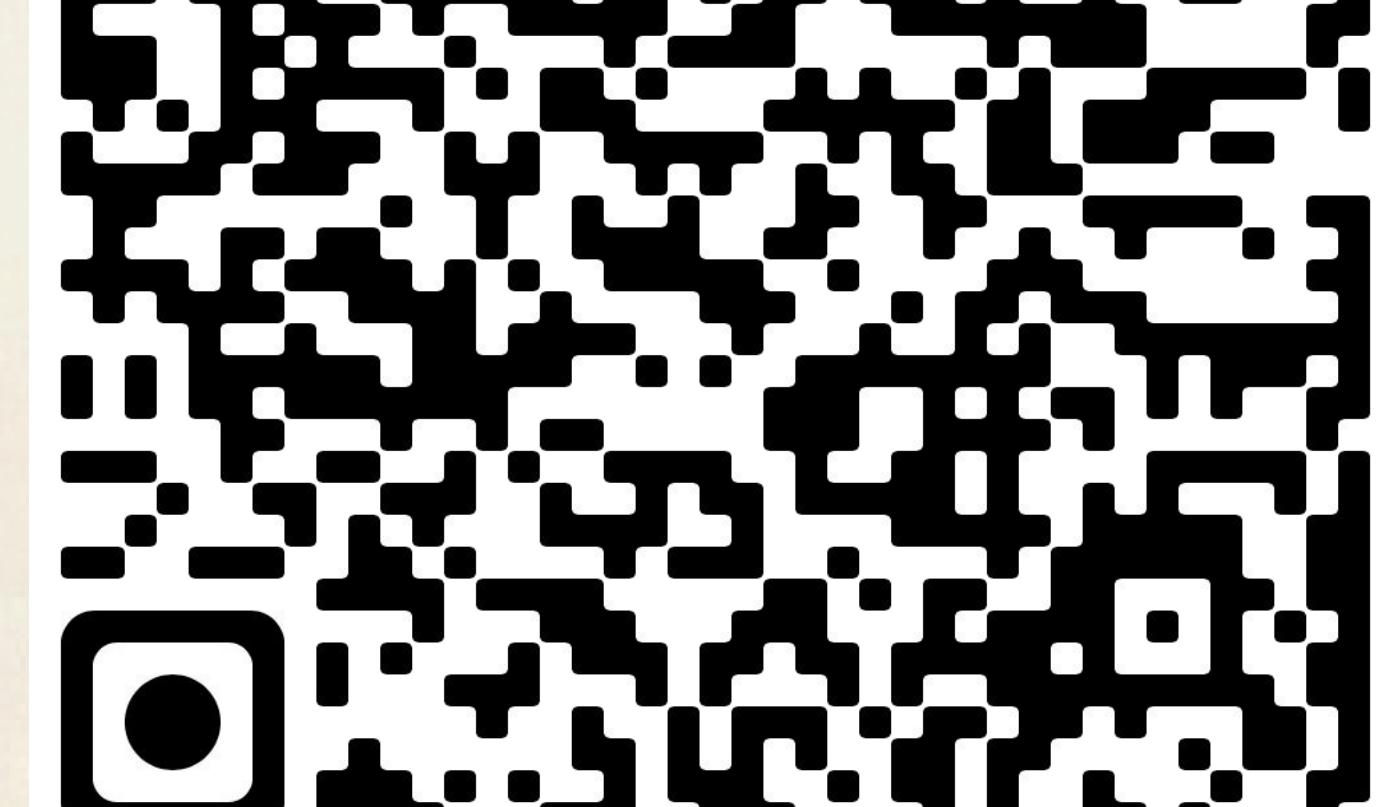
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ADD Value to life.

*Screens out of sight,
reclaim your inner light.*

*Reduce the
Digital Load*



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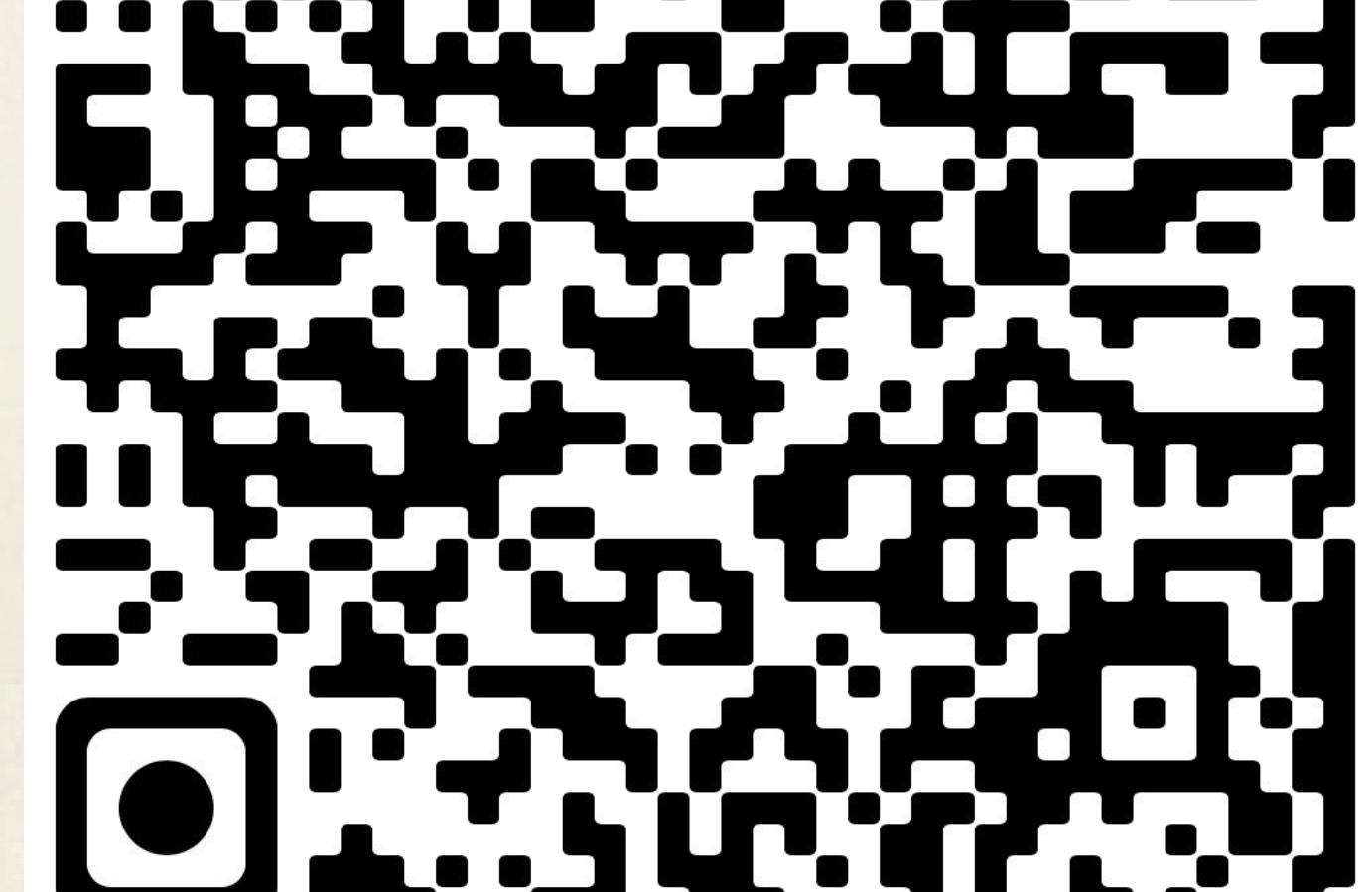
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ADD Value to life.

Ditch the tweets, savor
real-life treats.

*Reduce the
Digital Load*



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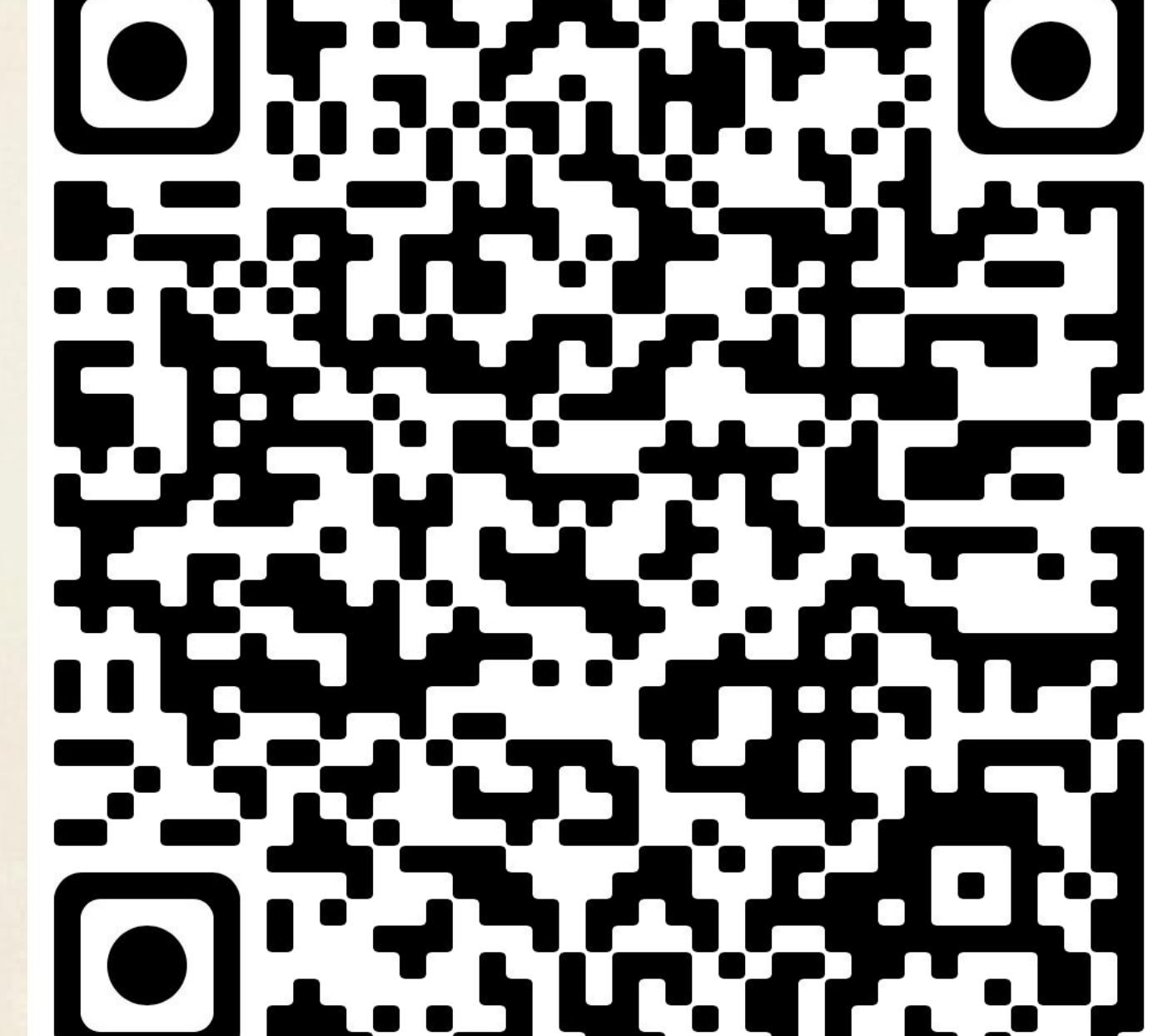
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ADD Value to life.

*Text less, live more, on
the ADD floor.*

*Reduce the
Digital Load*



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अनुव्रत आंदोलन



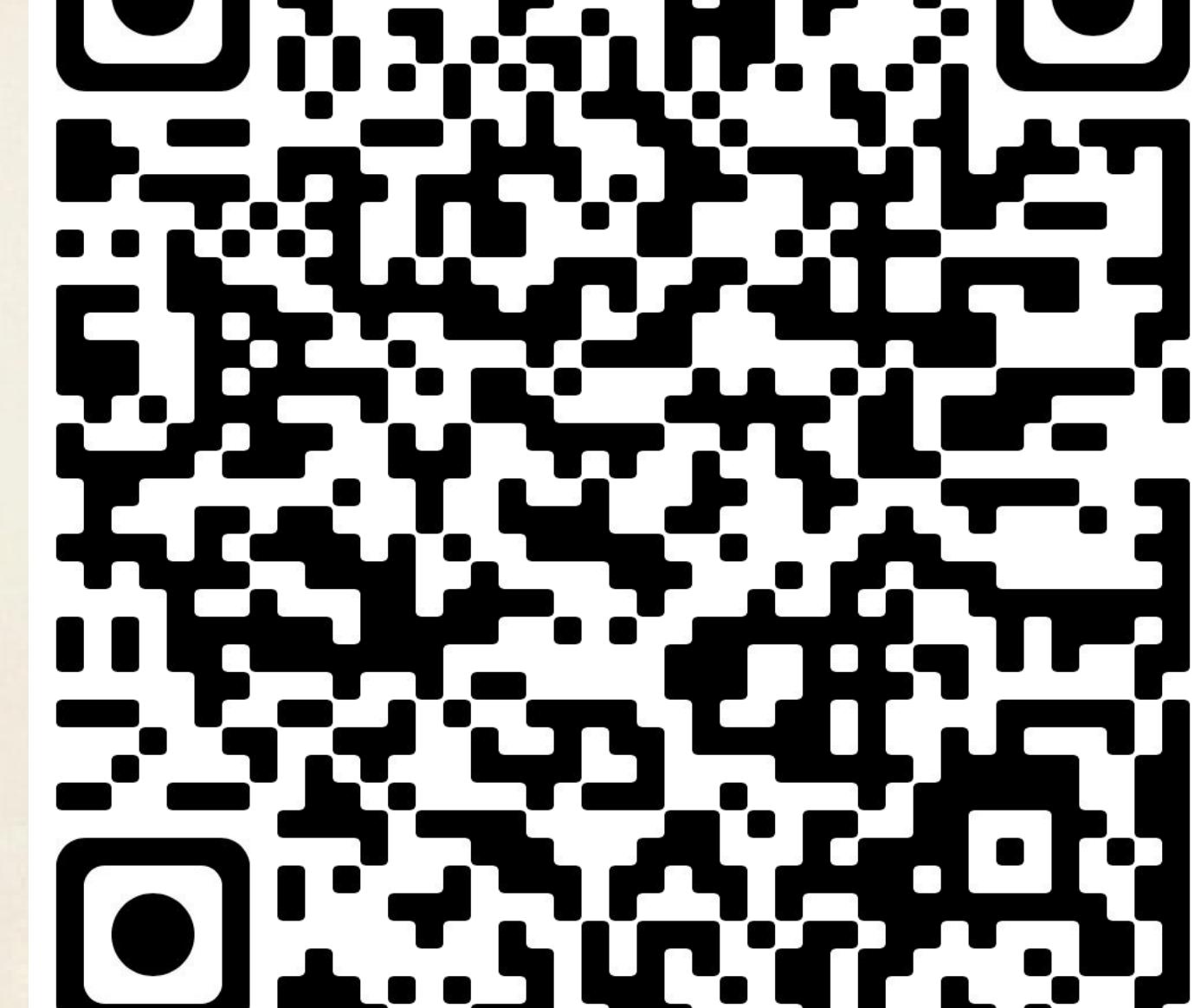
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ADD Value to life.

*Shut the screen,
Unlock your dream.*

*Reduce the
Digital Load*



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