

ANUVRAT VISHVA BHARATI PRESENTS

ANUVRAT DIGITAL DETOX

ADD Value To Life

DIGITAL DETOX CHALLENGE



99% PEOPLE FAIL

3	8	5
4	1	7
9	6	2

CAN YOU PASS THIS?



Blindfold & touch any number
Follow the task aligned with the
number in the table below.



Reduce the Digital Load,
Scan the QR Code

ADD PLEDGES

DAY	1	2	3	4	5	6	7	8	9
MON	5 minutes of Chanting	No social Updates	15 minutes of brainstorming	No movie	No webseries	No TV	No news	Limit screen time to 4 hrs	Consume Career growth content for 15 mins
TUES	No online stalking	30 min communication in person	No reels	No photos	No mobile for 1 (active) hour.	No incognito browsing	Schedule your day in creative activities	Digital Navkarsi (12 am -7am)	Digital upvas (24 hrs)
WED	Digital Intermittent fasting (few minutes or hrs)	No scrolling more than 15 mins	No mobile in washroom	No gadgets while meals	Learn 2 phone numbers	No gambling	No video games	15 mins outdoor activities	10 min with nature
THURS	Digital Dravya seema (only 5 apps a day)	30 mins family time	15 mins reading	No alexa	Check phone at 30 mins interval	No OTT	No online food ordering	No online shopping	Skip one social media app
FRI	Digital Samayik (48 minutes)	5 minutes meditation	10 mins yoga	15 mins physical exercise	Promote Digital detox to 3 more people	No insta for 2 (active) hrs	Restraint digital world after midnight	Digital fast for half day	Check messages only 5 times a day
SAT	No phone while studying	Limit time of all apps to 1 hr	Journalize your day	Do physical activity double the time of mobile usage	No youtube shorts	No FB for 2 (active) hrs	Restraint digital world for 2 hrs after waking up	No posting of pics on the same day it was clicked	20 min outing without phone
SUN	No likes & comments	5 mins of self introspection	Make your screen black & white	No snaps	No daily soaps	No youtube for 2 (active) hrs	Restraint digital world while walking	Turn off notifications of messaging apps	Charge gadgets only once a day