



ANUVRAT VISHVA BHARATI SOCIETY PRESENTS

ANUVRAT DIGITAL DETOX

ADD Value to Life!

What is Anuvrat Digital Detox?

Small (anu), Vows(Vrat) towards Digital Detox.

Try out this Digital DRIFT challenge

Dravya limit	-	Maximum 5 apps in 24 hrs.
Refrain	-	Few minutes
Intermittent fasting	-	11 pm to 7 am
Fasting (Upvass)	-	30 hours
Time limit	-	Max 2 hrs screen time



SCAN TO JOIN US NOW



जुड़ें, जोड़ें, बनायें बेजोड़

Inspiration - Anuvrat Anushasta
Acharya Shri Mahashramanji

Nivedak: Chaturmas Vyavsatha Samiti, Mumbai
Saujanya - Anuvrat Samiti, Mumbai