



Anuvrat Vishva Bharati society Presents

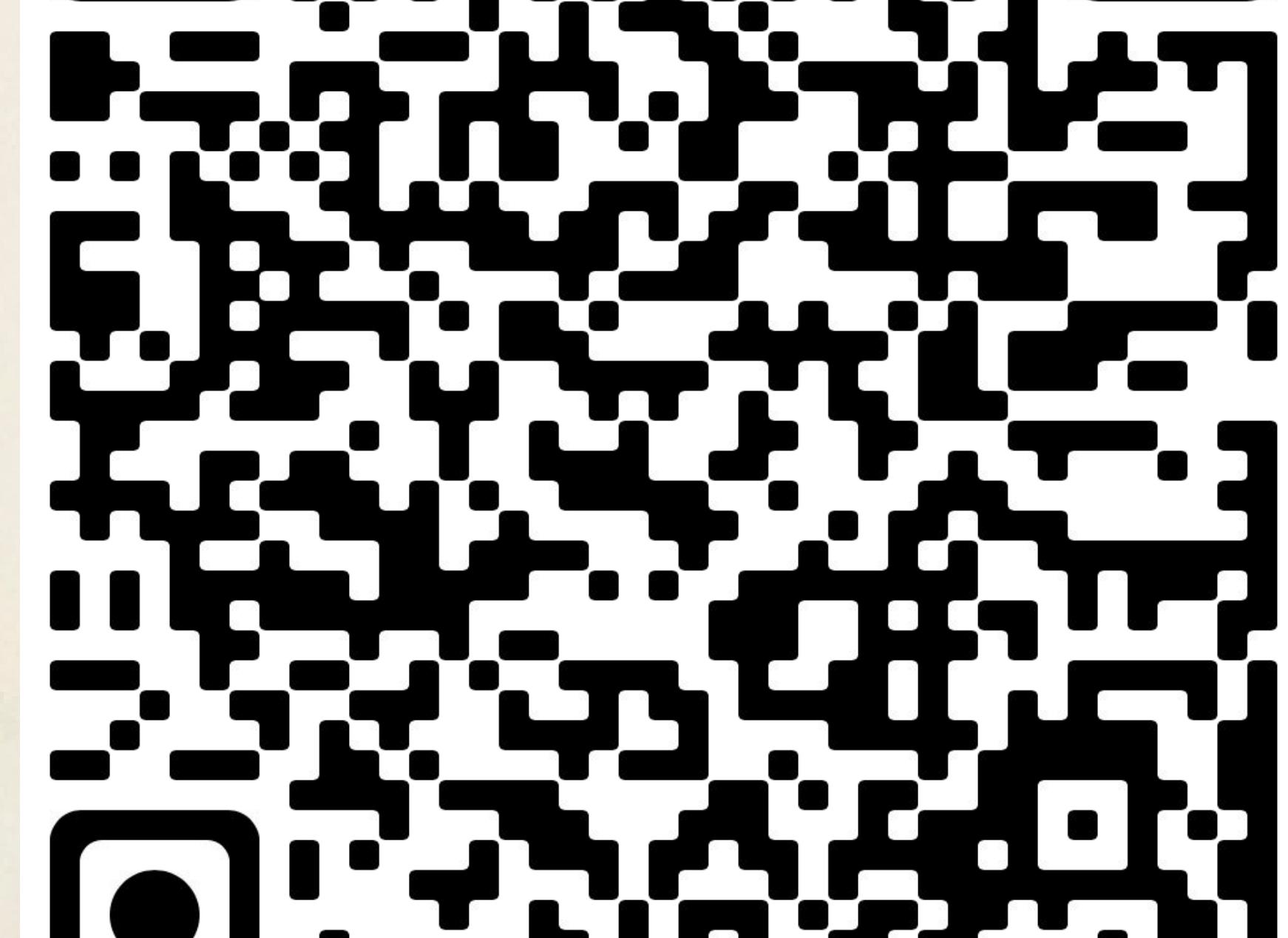
ANUVRAT DIGITAL DETOX

ADD Value to life.

Why to chase virtual story ?

When you can enjoy your
own glory !

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~ Inspiration ~

Anuvrat Anushasta

Acharya Shri Mahashramanji

~ Nivedak ~

Chaturmas Vyavasatha

Samiti, Mumbai

~ Pracharak ~

Anuvrat Samiti

mumbai



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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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ADD Value to life.

कम करो Digital Media

का usage

जब गुरुदेव दे रहे प्रवचन

Face to Face !

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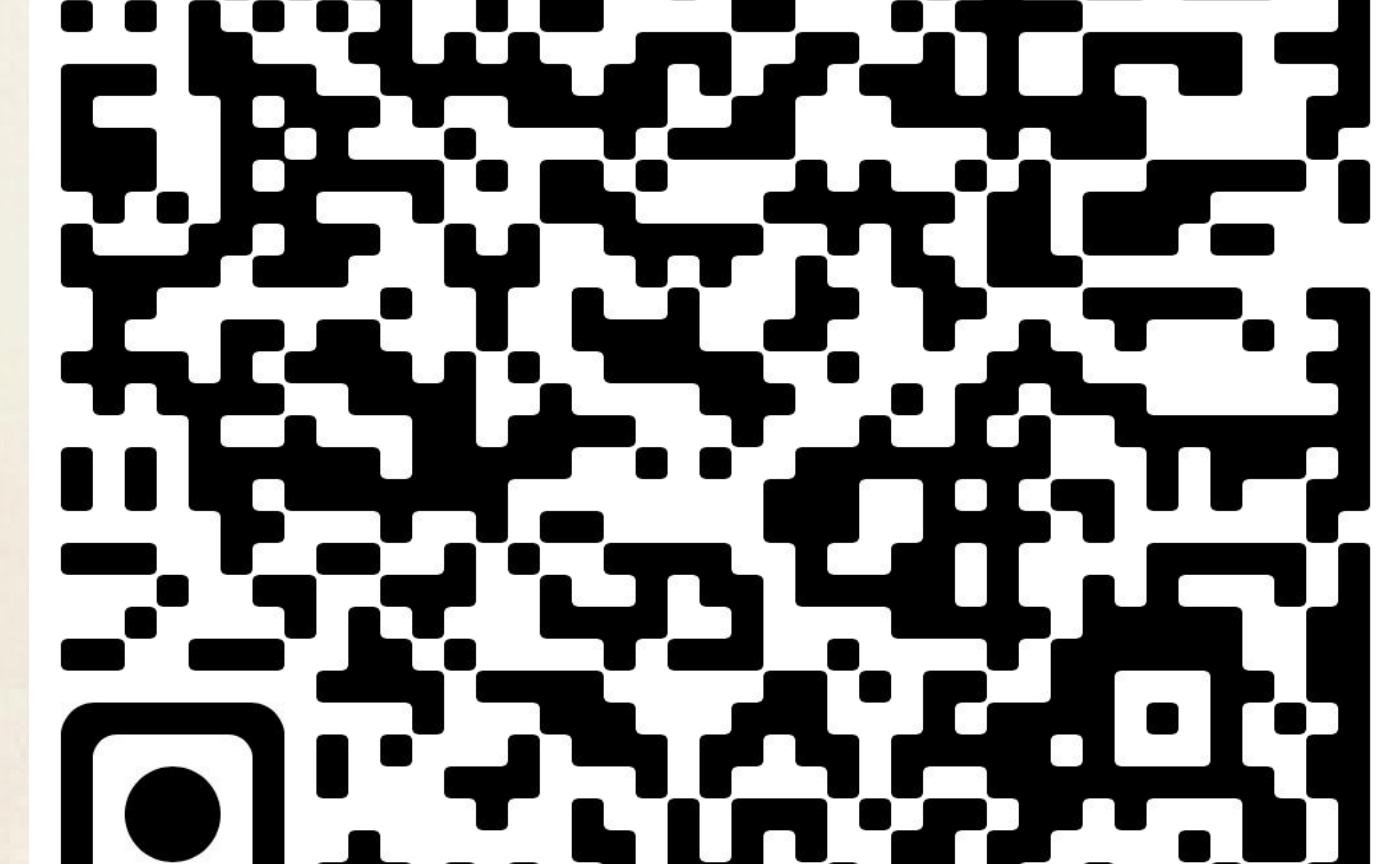
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आत्मा क्ने परमात्मा,
सोबाइल कम करो जगाओ
अंतरात्मा!

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क्यों रहे हो आंखों को इतना

STRESS ?

LIVE LIFE, रहे FRESH

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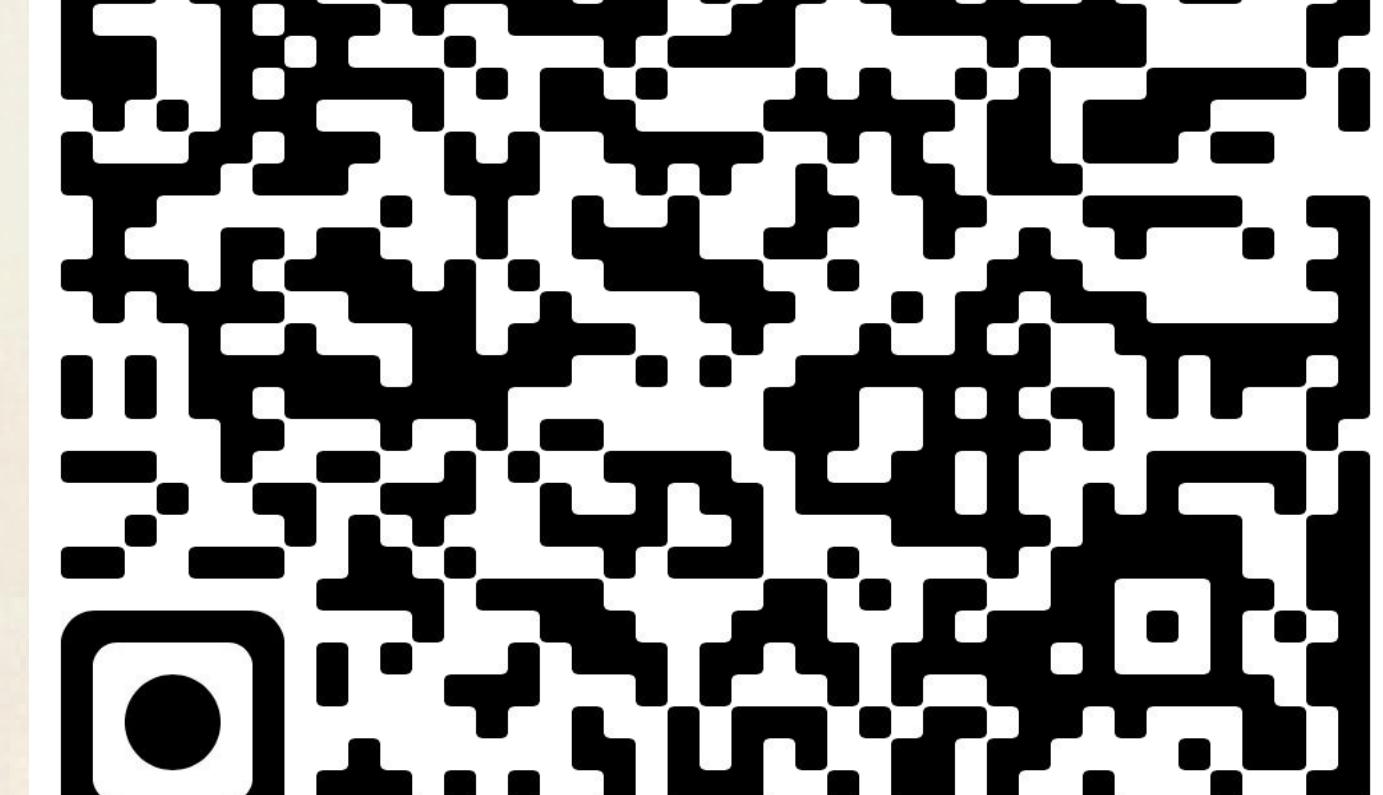
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ज्यादा MOBILE INFORMATION

कैसे लाओगे

TRANSFORMATION?

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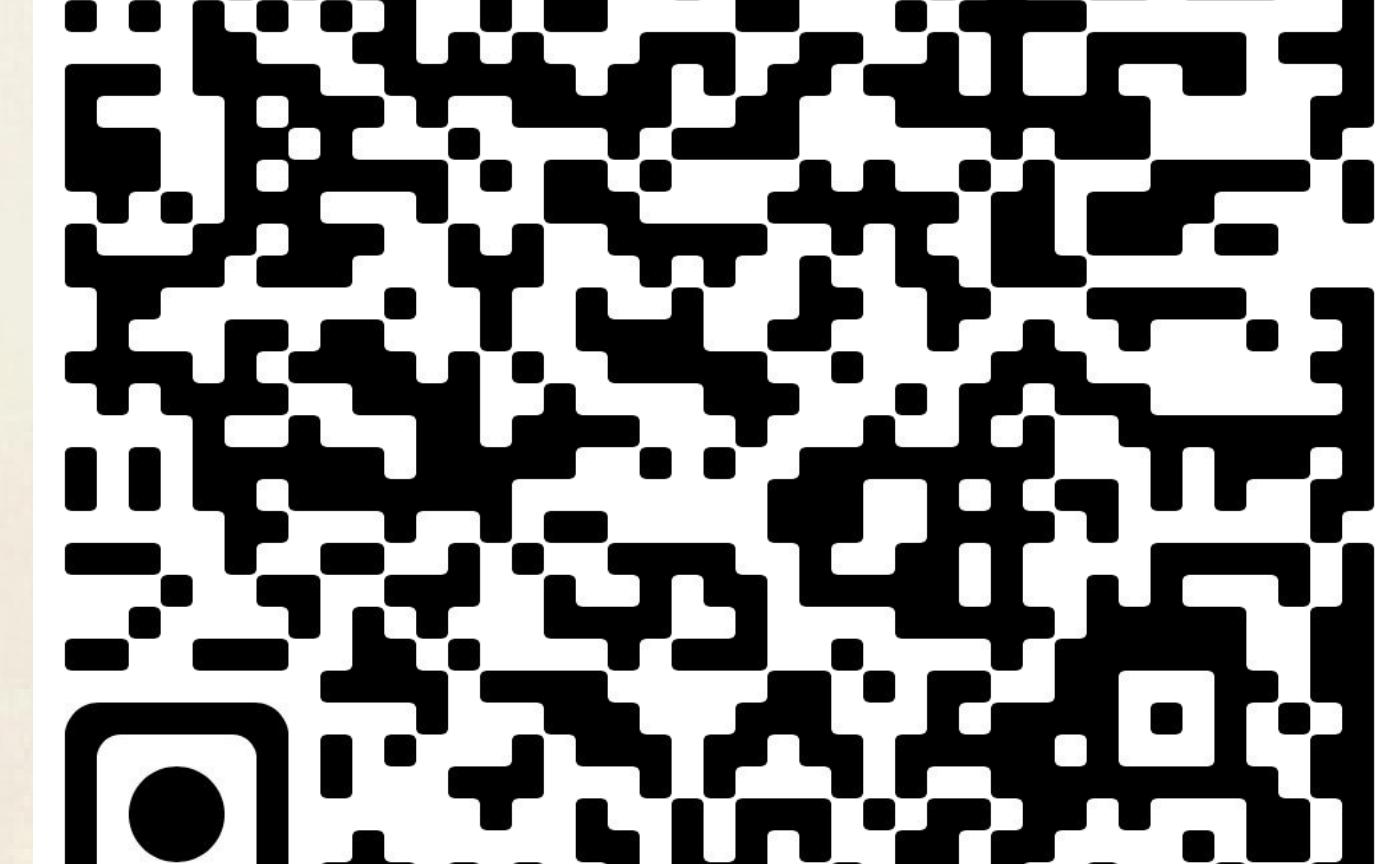
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ज्यादा REELS कैसे करोगे
DREAMS FULFILL ?

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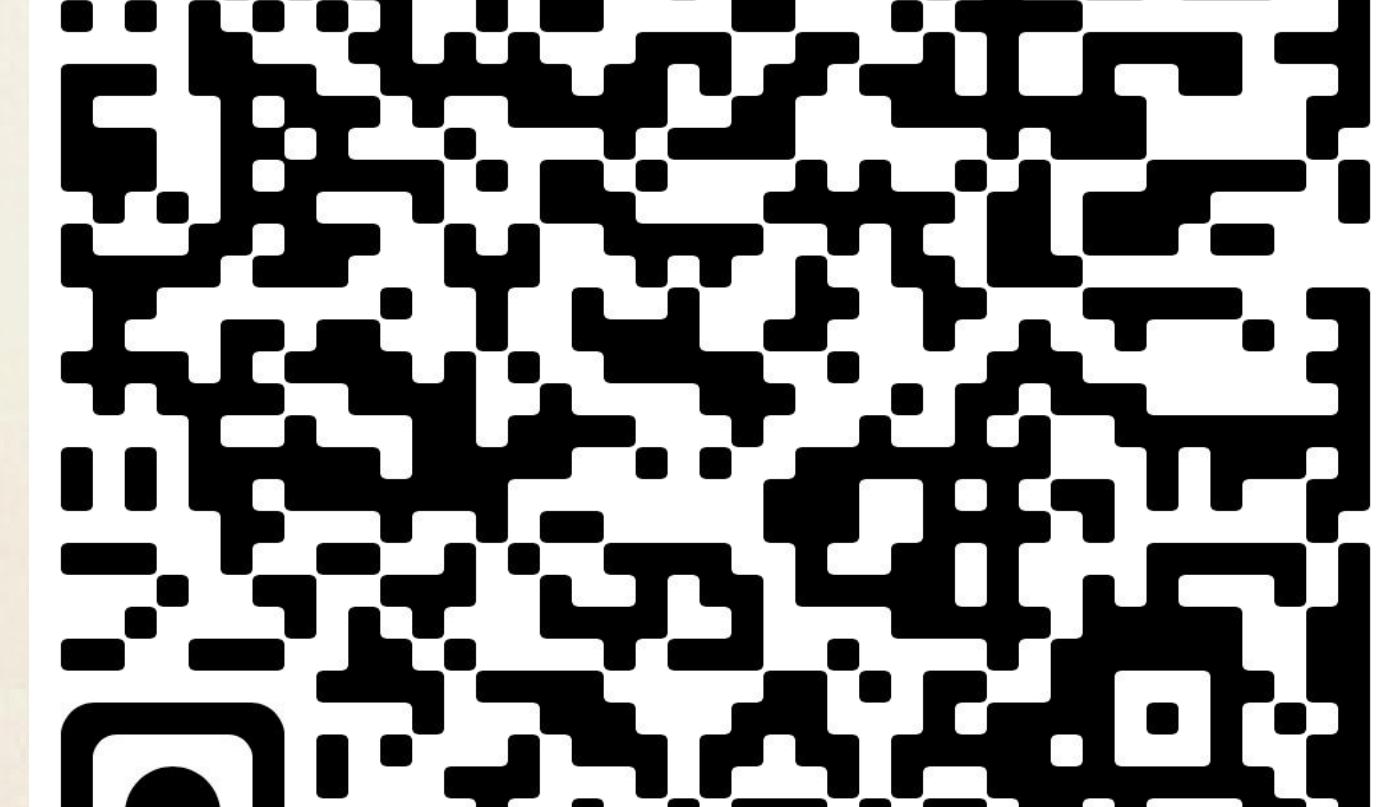
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ADD Value to life.

Silent your Phone
Enter Happiness Zone !

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