



Anuvrat Vishva Bharati Society
Presents

Anuvrat Digital Det x

ADD *Value to Life!*



Inspiration:
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THE NEW AGE ADDICTION

The Digital Addiction Trap

Digital addiction is obsessive use of digital devices, digital technologies, and digital platforms.



GET RID OF THE TRAP!

What is anuvrat digital detox?

Take small (Anu) vows (vrat) to limit unnecessary use of digital devices.

Step away from technology for a scheduled period of time

*Look up, Look around,
For a world beyond the virtual ground!*



Detoxify Today !

- **Spend time with your loved ones.**
- **Explore your hobbies.**
- **Engage yourself in healthier activities.**

Try out our Digital Challenges

Digital Navkarsi

11pm to 7am.

Digital Upvaas

For 30 hours.

Digital Atomic Fasting

For a few minutes or hours.

Digital Dravya Challenge

Any 5 apps For 24 hours.

Digital Samayik

For 48 minutes.

***To reduce your Digital Load,
Scan the QR Code***



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#DisconnectToReconnect