



Anuvrat Vishva Bharati Society  
Presents

# ANUVRAT DIGITAL DETOX

**ADD Value to life**

## PICK A CHIT, DON'T CHEAT !

*This a game of chits.*

**Daily pick a chit from the bowl. Carry out the task  
for the day. Keep the chit back in the bowl.  
Every new day, take a new chit.**

- Inspiration -  
Anuvrat Anushasta  
Acharya Shri  
Mahashramanji

- Nivedak -  
Chaturmas Vyavasatha  
Samiti, Mumbai

- Pracharak -  
Anuvrat  
Samiti, Mumbai

<b>Not Scrolling More Than 15 Minutes</b>	<b>No Gossip Talks On Call</b>	<b>No Digital Gadgets In Washroom</b>	<b>No Electronic Gadgets While Having Meals</b>
<b>No Music While Working</b>	<b>Don't do 2 or more tasks at once</b>	<b>No E- Gambling</b>	<b>No Toxic Content Consumption</b>
<b>No Usage of Alexa OR Similar Devices</b>	<b>No OTT Consumption</b>	<b>No Online Food Delivery</b>	<b>No Online Shopping</b>
<b>No Movie</b>	<b>Not Watching Live Broadcasting of Sports</b>	<b>No Social Updates , viz : Story ,Status , Post</b>	<b>No Web Series</b>
<b>No T.V</b>	<b>Do not Stalk Anyone Else</b>	<b>Ask 3 riddles</b>	<b>Don't use Incognito or Private Browsing</b>
<b>No screen News</b>	<b>Don't touch Mobile for 1 Hour while working</b>	<b>Restraint from Digital World after 10 pm</b>	<b>Restraint from Digital World while Eating</b>
<b>Read a self help book</b>	<b>Restraint from Digital World till 2 hours of Waking Up</b>	<b>Restraint from Digital World While Walking</b>	<b>Talk to helping hands</b>
<b>Compliment someone</b>	<b>Do not Post Pics the Day It was Clicked</b>	<b>Not to use Digital devices at a stretch of more than 20 mins</b>	<b>Uninstall Gaming Apps every Night</b>
<b>Restraining Using Your Mobile while Conversing With Someone ( at least till 5 mins )</b>	<b>Turn Off Notifications of all Messaging Apps</b>	<b>Quitting Online Shopping for a given Period of Time</b>	<b>No Likes &amp; Comments</b>
<b>Note down your dreams</b>	<b>Appreciate yourself</b>	<b>No Daily Soaps</b>	<b>No Snaps</b>

<b>15 Mins Of Observing Your Surrounding</b>	<b>One Time Analysis of usage Of Apps</b>	<b>10 Mins Of Laugh With Your Loved Ones</b>	<b>15 Mins Of Outdoor Activities</b>
<b>10 mins Spending Time In Nature</b>	<b>15 mins Family Time</b>	<b>10 Mins Of Self Introspection</b>	<b>10 Mins Of Reading</b>
<b>Make Your Screen Black &amp; White</b>	<b>Check Phone At Every 30 Mins Of Interval</b>	<b>2 Hours Of Fasting While Awake</b>	<b>Skip One Social Media App</b>
<b>5 mins of Meditation</b>	<b>5 Mins Of Focused Deep Breathing</b>	<b>10 mins of Yoga</b>	<b>10 Mins Of Physical Excercise</b>
<b>Promote &amp; Mentor Digital Detox Activity to 3 People</b>	<b>5 Mins Of Chanting</b>	<b>15 mins of Brainstorming</b>	<b>Limit screen - Time till Hours</b>
<b>Consume Career Growth Content for 15 Mins</b>	<b>30 mins Communication in Person</b>	<b>Schedule Your Day In Creative Ideas</b>	<b>Quitting any 1 Social Media Platform ( WhatsApp , Instagram , Snapchat )</b>
<b>Solve a quiz</b>	<b>Only Half an Hour Gaming</b>	<b>Complete Digital Fast for Half - Day</b>	<b>Checking Messages only at Some Specific time ( ex : 6 am , 10 am , 2 pm )</b>
<b>Uninstall Gaming Apps Every Night</b>	<b>Turn off Notifications Of All Messaging Apps</b>	<b>Having a Deliberate mins 20 mins Outing Without Phone</b>	<b>Charge Gadgets Such as ( Phone , Laptop , AirPods ) once a Day</b>
<b>Wake up at 7am</b>	<b>I will Constantly Observe my Screen Time &amp; write it down</b>	<b>Limit Time of Every App you use to 1 Hour</b>	<b>Use Mobile only for the Double of the Time you do any physical outdoor Activity</b>
<b>Learn First Aid Skills</b>	<b>15 Mins Of Healthy Debate</b>	<b>Spontaneous JAM ( Just A Minute ) Speaking</b>	<b>Do household chores</b>