



Anuvrat Vishva Bharati society Presents

ANUVRAT DIGITAL DETOX

ADD Value to life.

I pledge to...

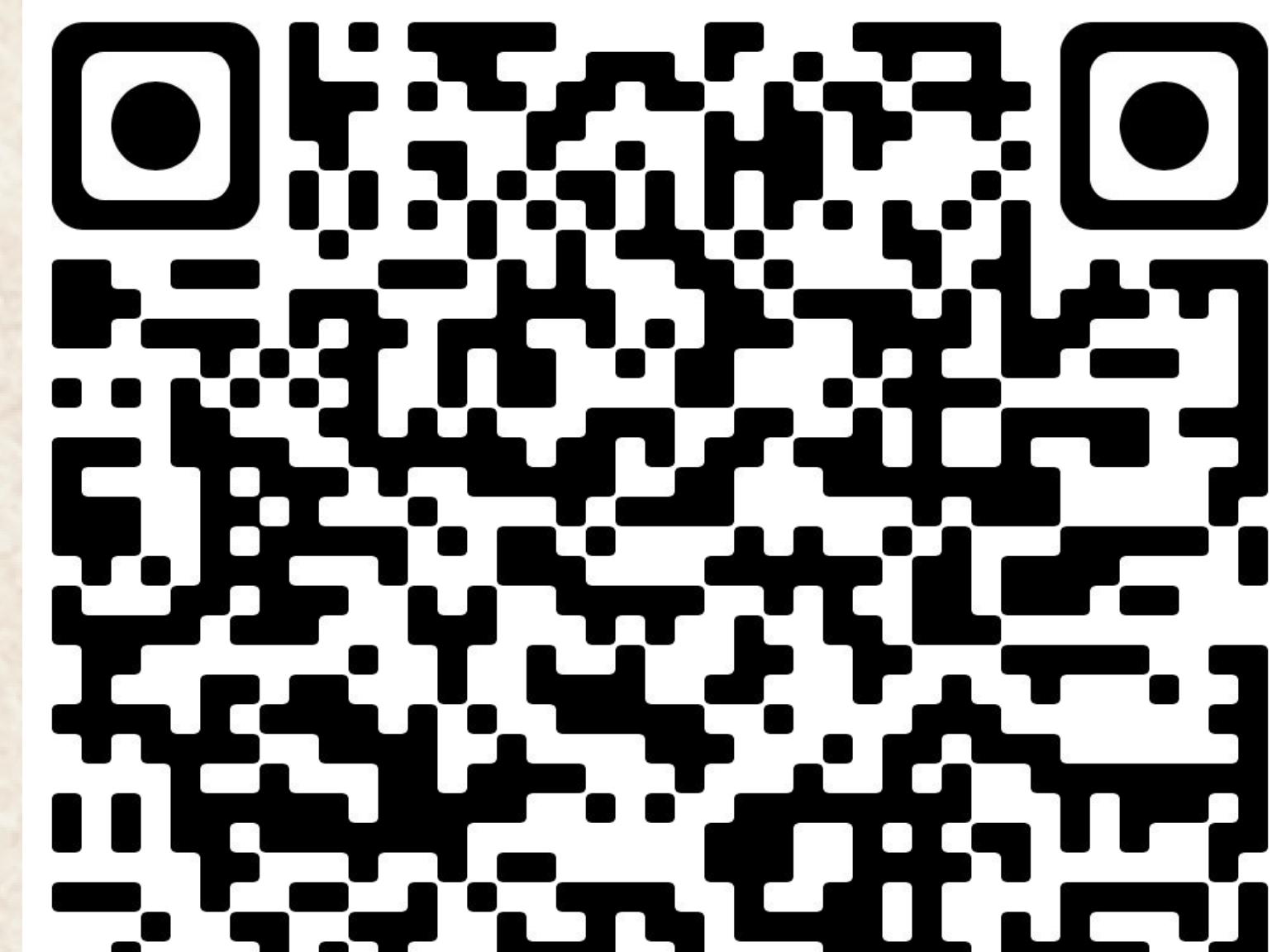
- 1) Practice digital fasting between 11pm - 7am**
- 2) Practice digital fasting during meals.**
- 3) Practice digital fasting while driving.**
- 4) Practice digital fasting 30 minutes prior sleep.**
- 5) Practice digital fasting post wakeup.**
- 6) Add 3 people to ADD Drive.**

* *Digital fasting refers to screen free time.*

* *Emergency & essentials are excused.*

 **7045291313**

***Reduce the digital load,
Scan the QR code .***





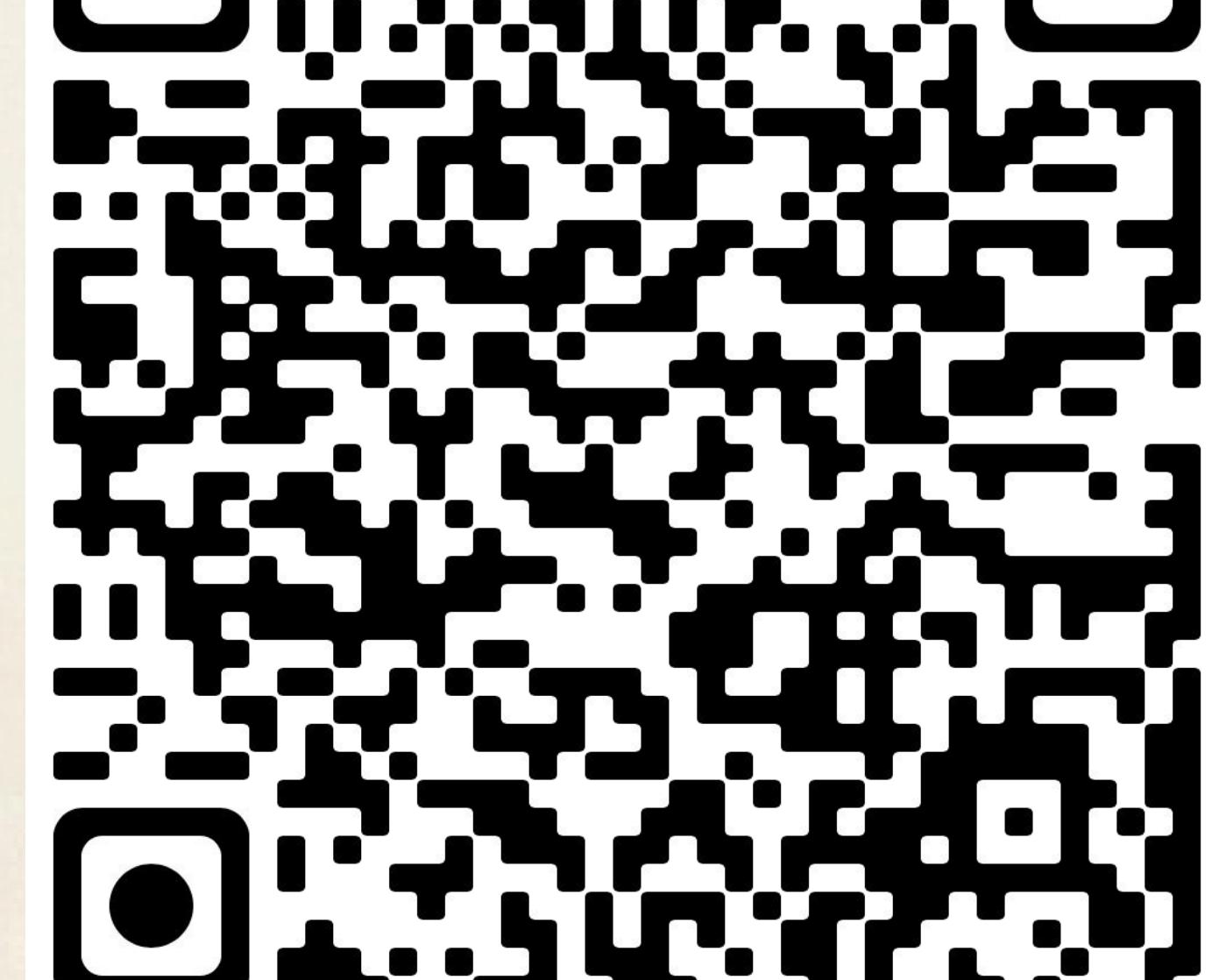
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ADD Value to life.

Watching toxic is a waste of time,
Watching tonic is an invest in time.

Reduce the Digital Load



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~ Inspiration ~

Anuvrat Anushasta

Acharya Shri Mahashramanji

~ Nivedak ~

Chaturmas Vyavasatha

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ADD Value to life.

The world of screens, make
mindful choices.

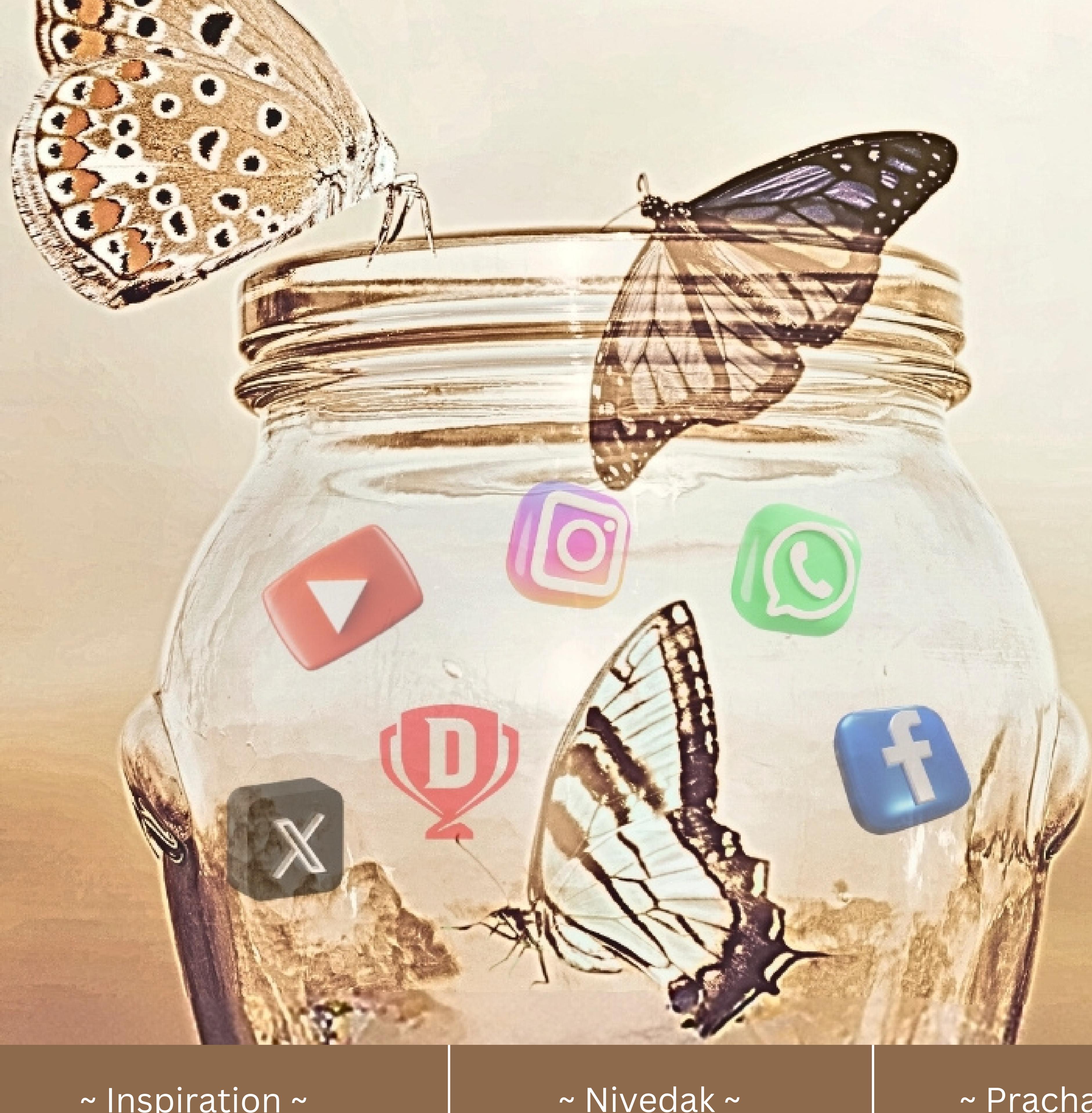
With ADD, hear your
inner voices.

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Digital Load**



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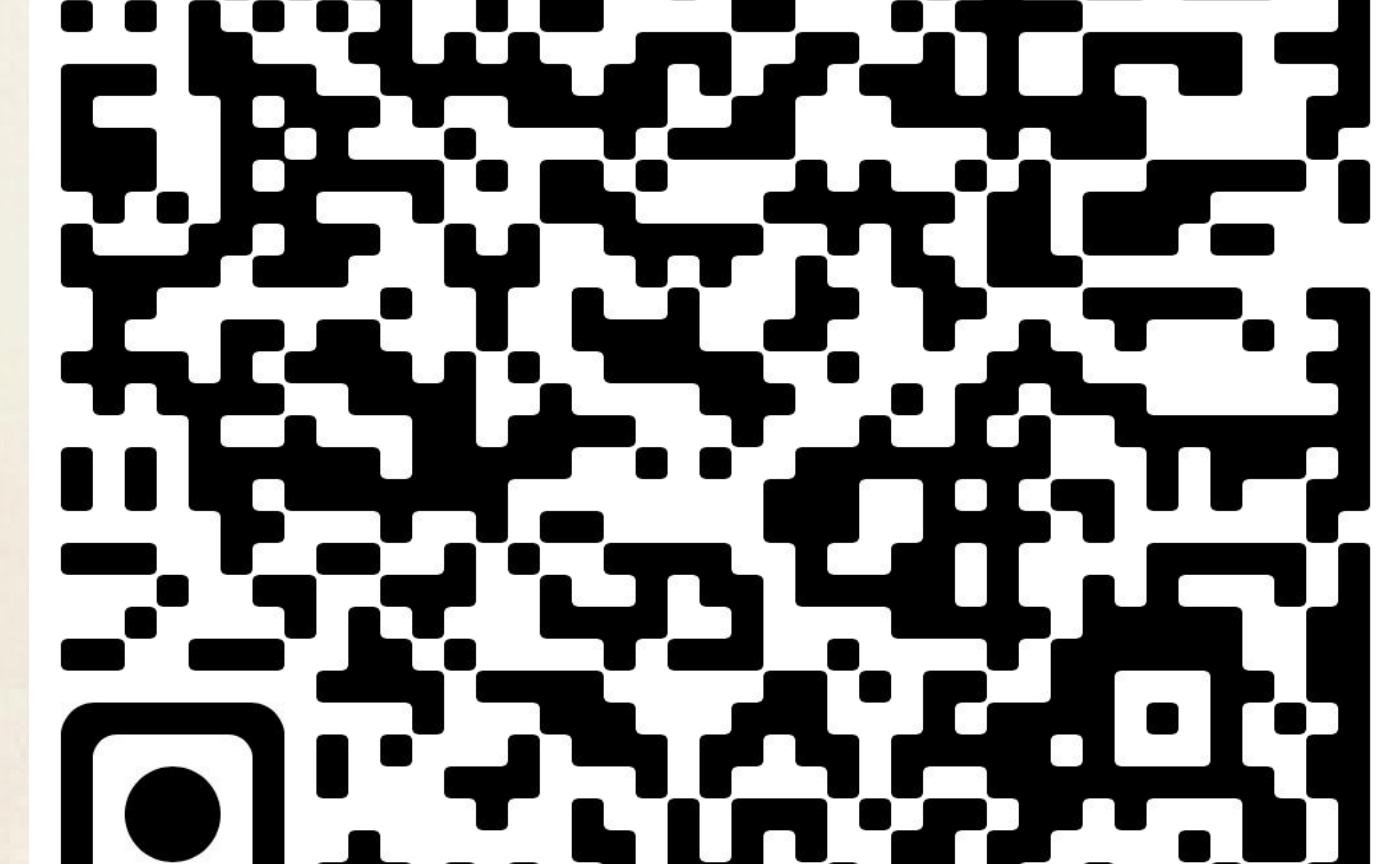
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ANUVRAT DIGITAL DETOX

ADD Value to life.

*Limit the virtual,
Embrace the actual.*

*Reduce the
Digital Load*



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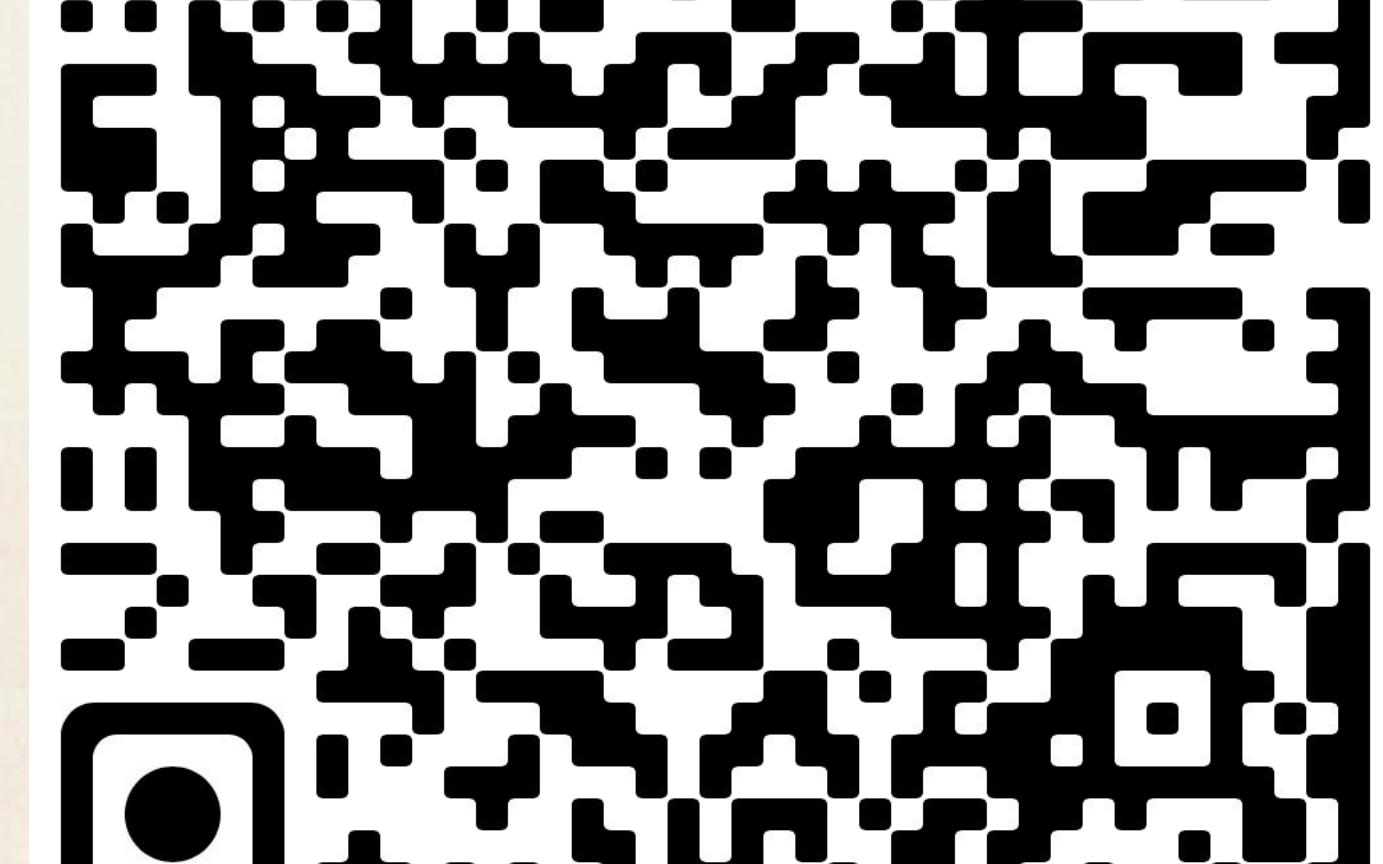
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ADD Value to life.

*Release the virtual hold,
discover the inner gold.*

*Reduce the
Digital Load*



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ADD Value to life.

*In a world full of digital
distractions, DINING should
be a time for human
connection.*

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Digital Load***



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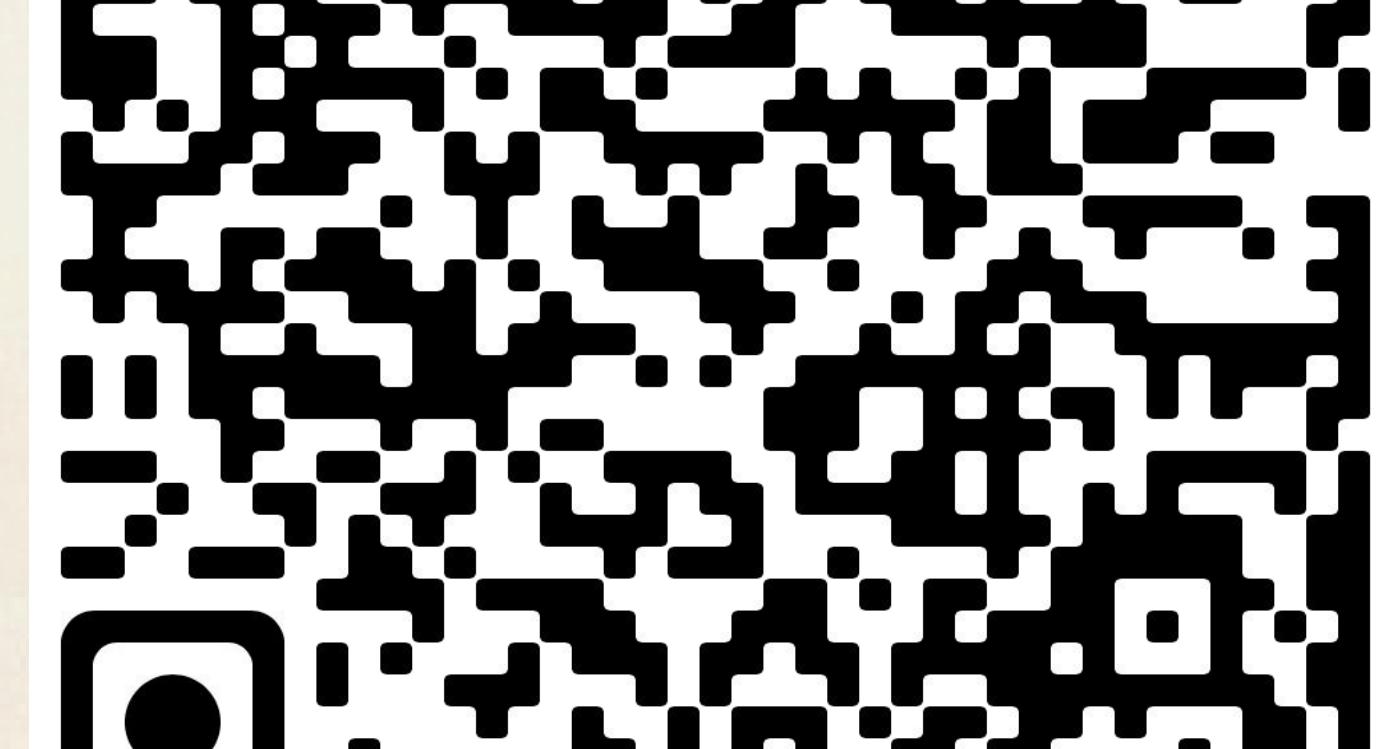
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ADD Value to life.

In the online world,
we often get lost.
Unplug for a while, it's
worth the cost.

*Reduce the
Digital Load*



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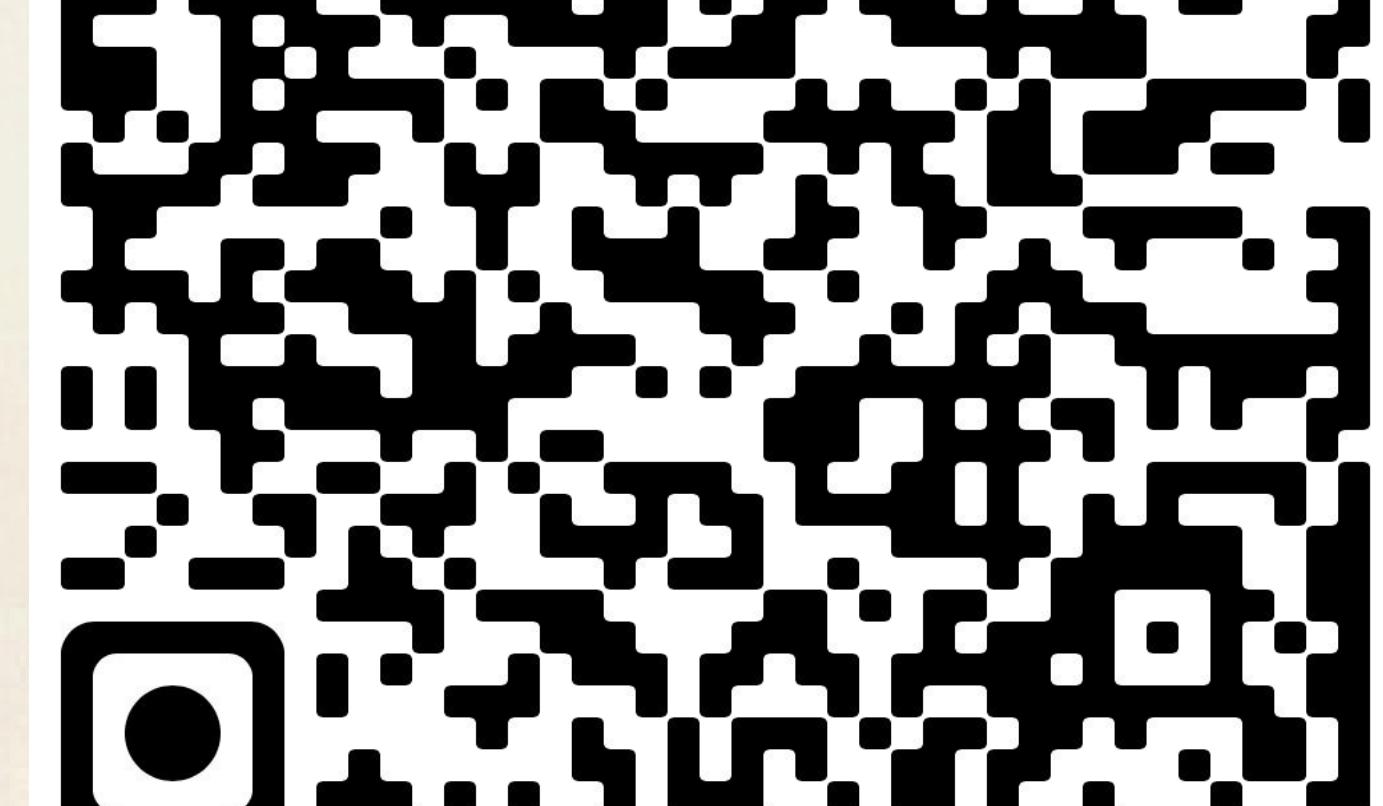
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ADD Value to life.

*Charging your phone, but
what about you?*

*Take time for yourself, it's
long overdue.*

*Reduce the
Digital Load*



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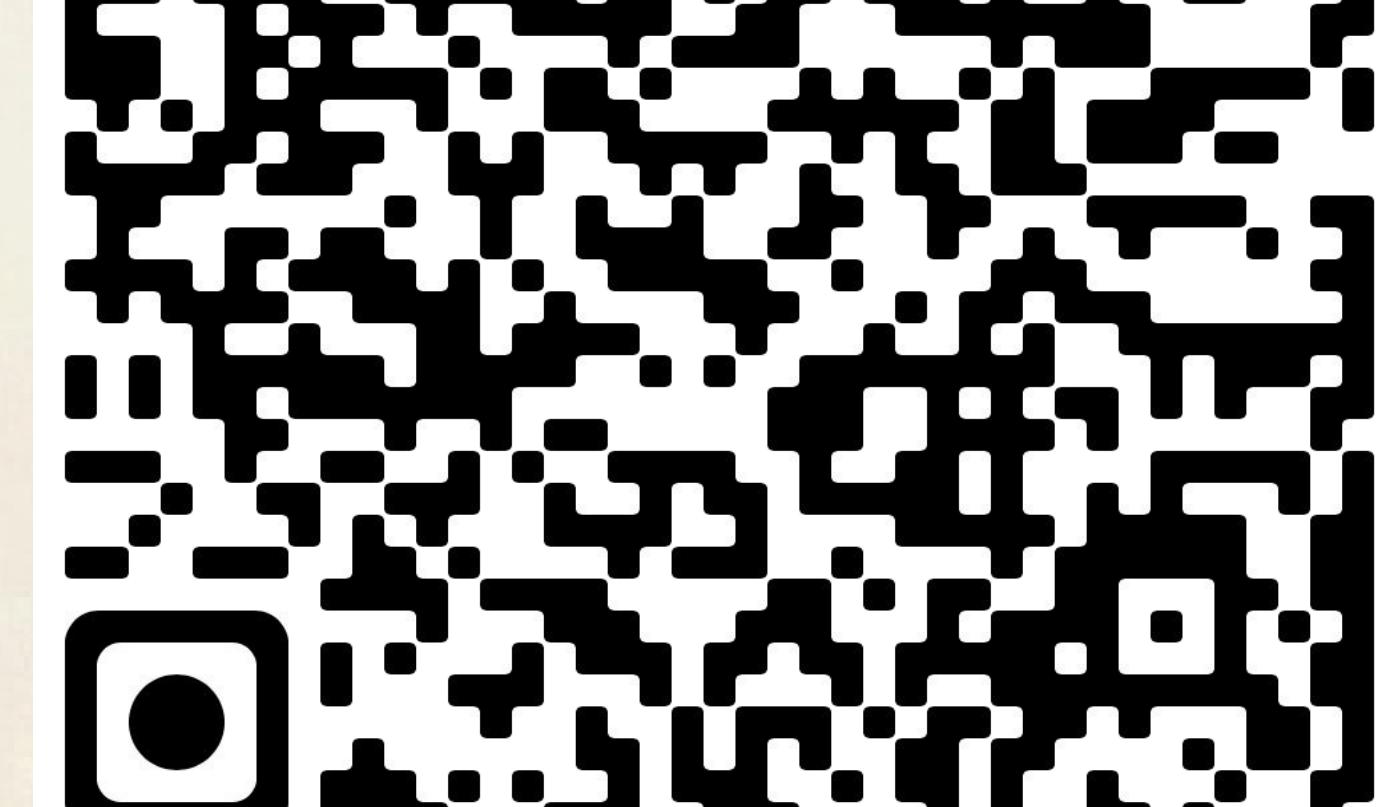
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ADD Value to life.

Want to find peace of mind?
ADD is the chance to unplug
and unwind.

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Digital Load*



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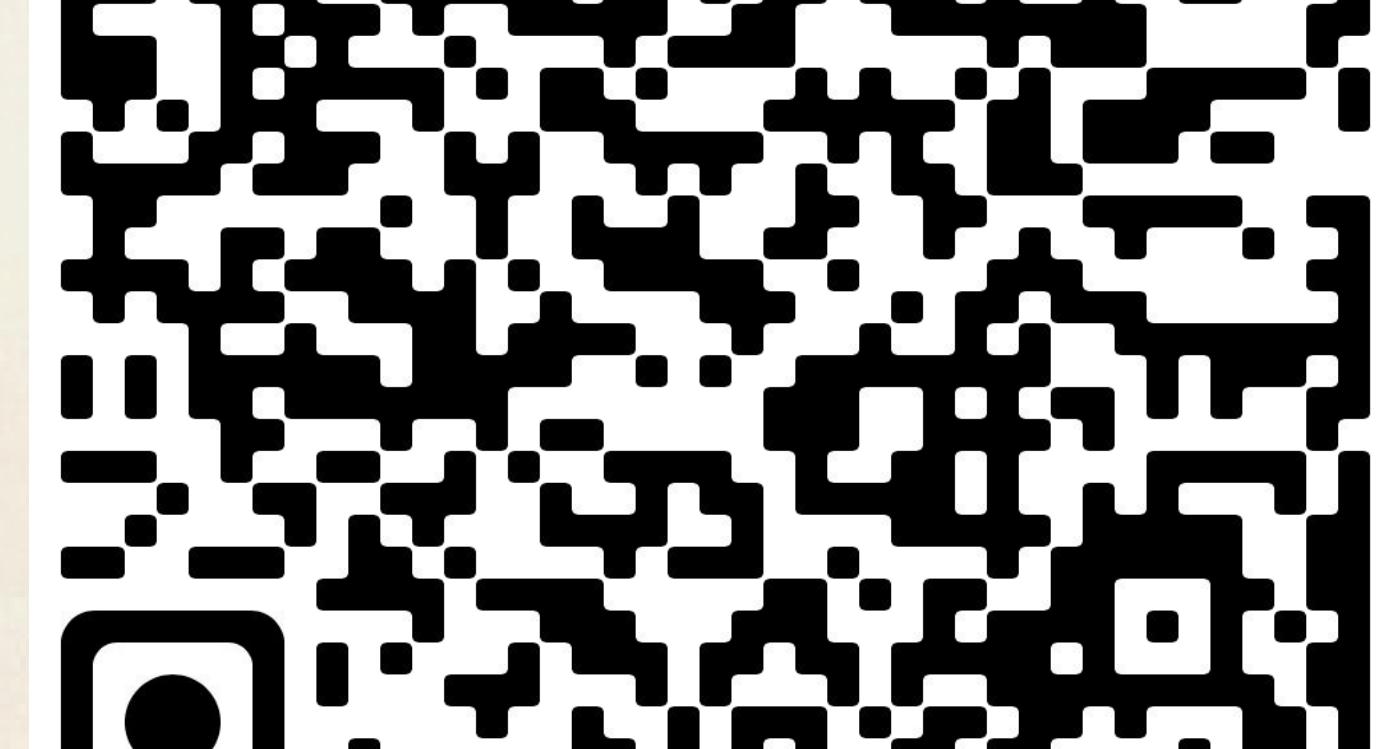
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ADD Value to life.

*Swipe and click,
life's moments slip.*

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Digital Load**



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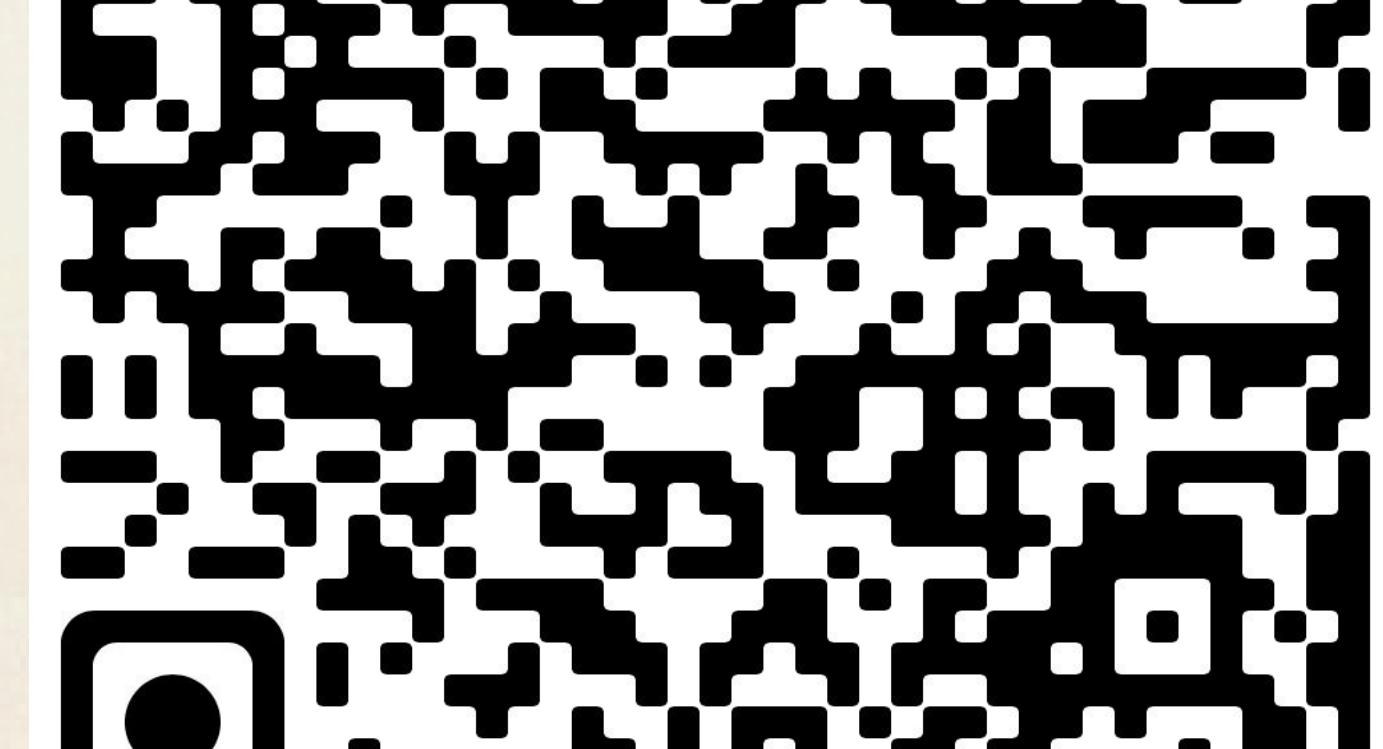
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ADD Value to life.

Screens may entertain,
but is that your aim?

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Digital Load**



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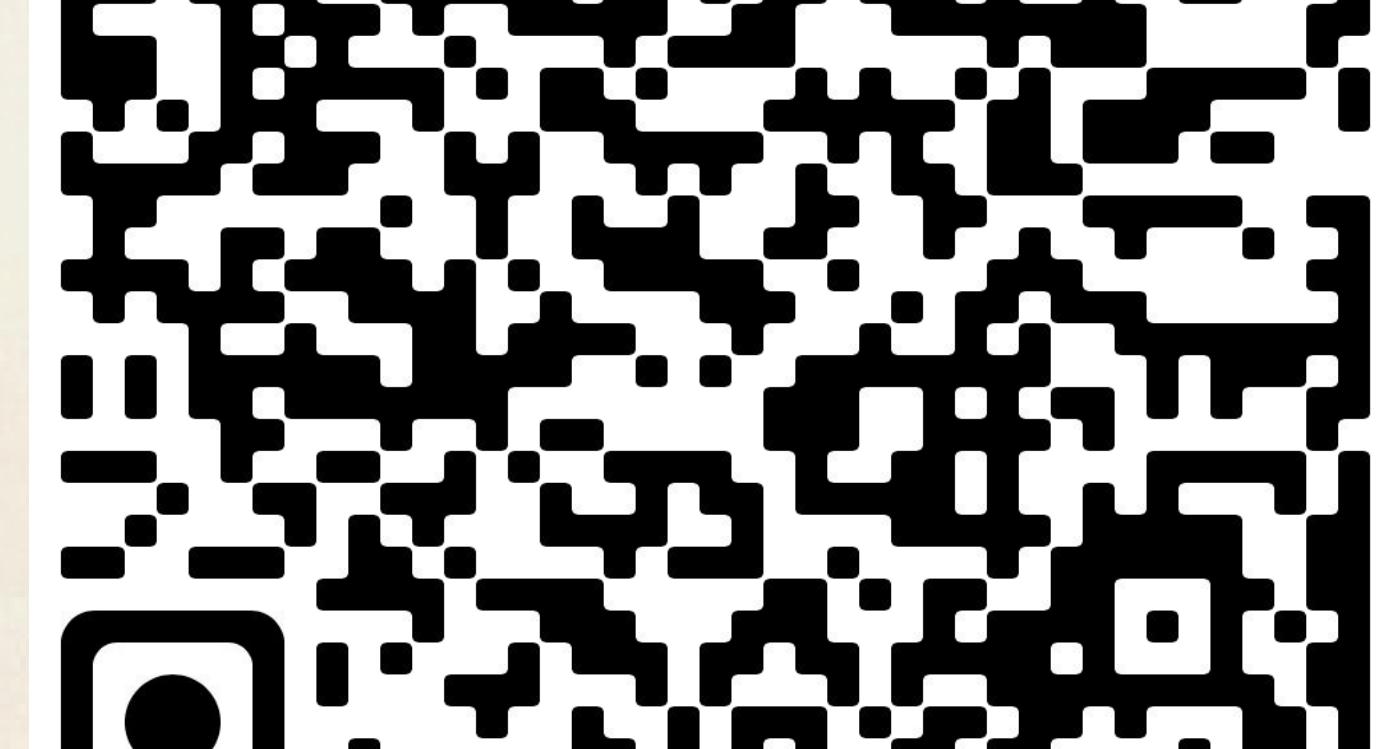
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ADD Value to life.

*Overuse the device, and
you'll pay the price.*

*Reduce the
Digital Load*



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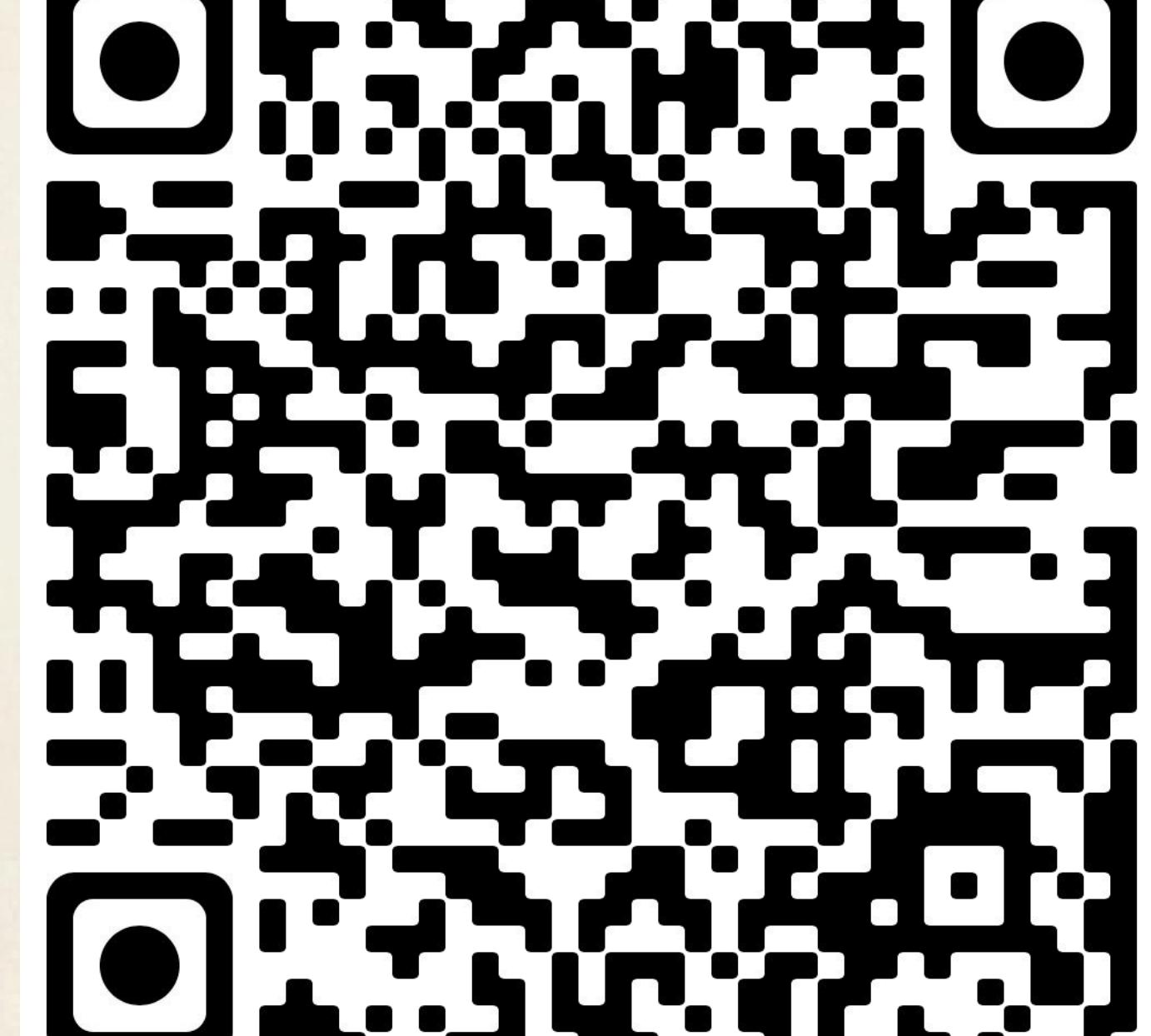
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ADD Value to life.

*Put devices to rest,
refresh your best*

*Reduce the
Digital Load*



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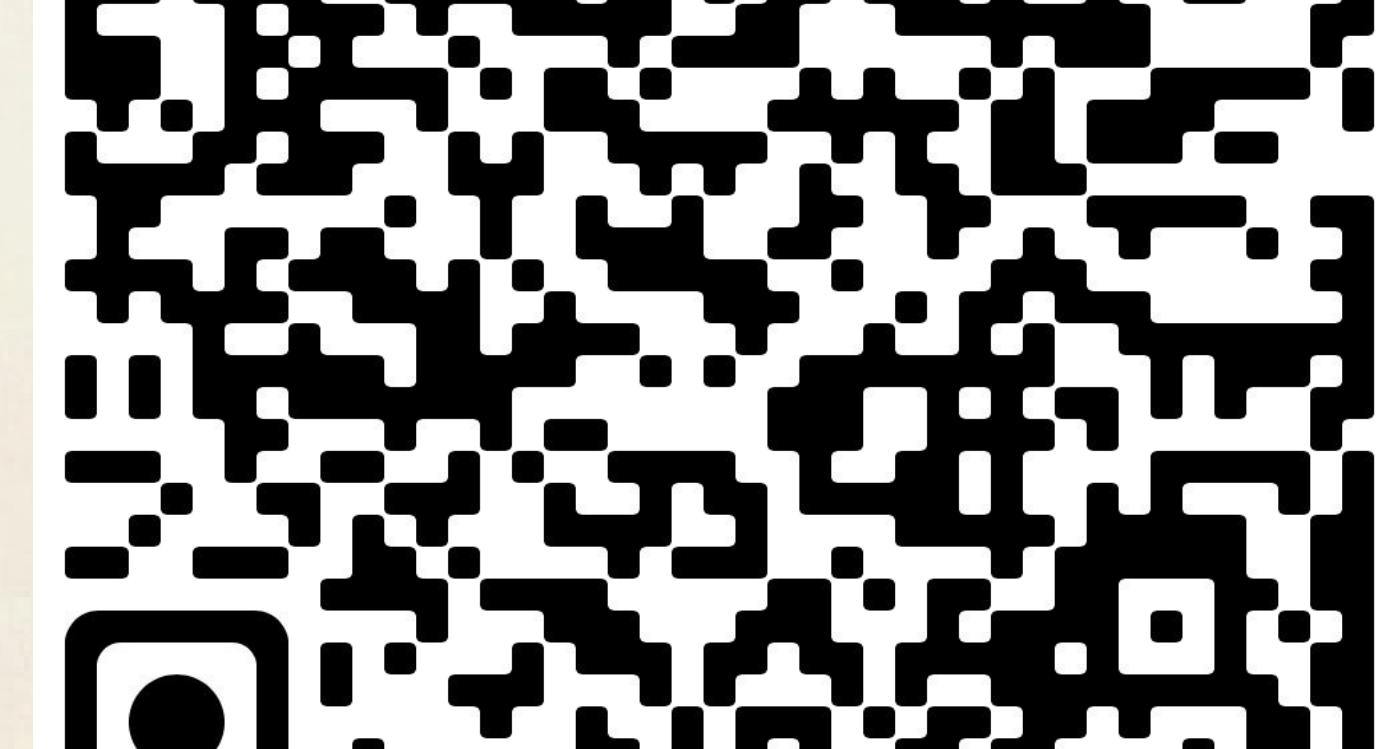
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ADD Value to life.

*Screens out of sight,
reclaim your inner light.*

**Reduce the
Digital Load**



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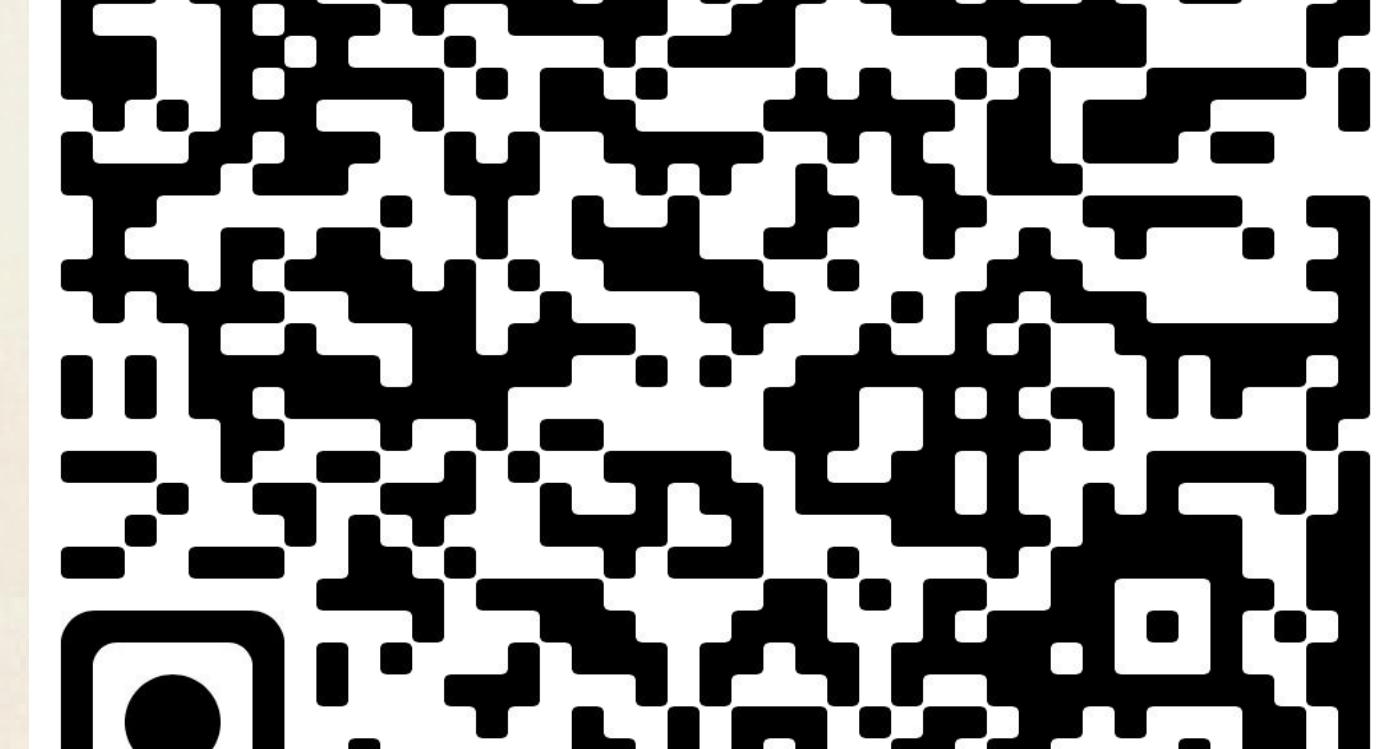
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ADD Value to life.

Ditch the tweets, savor
real-life treats.

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Digital Load*



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*Text less, live more, on
the ADD floor.*

*Reduce the
Digital Load*



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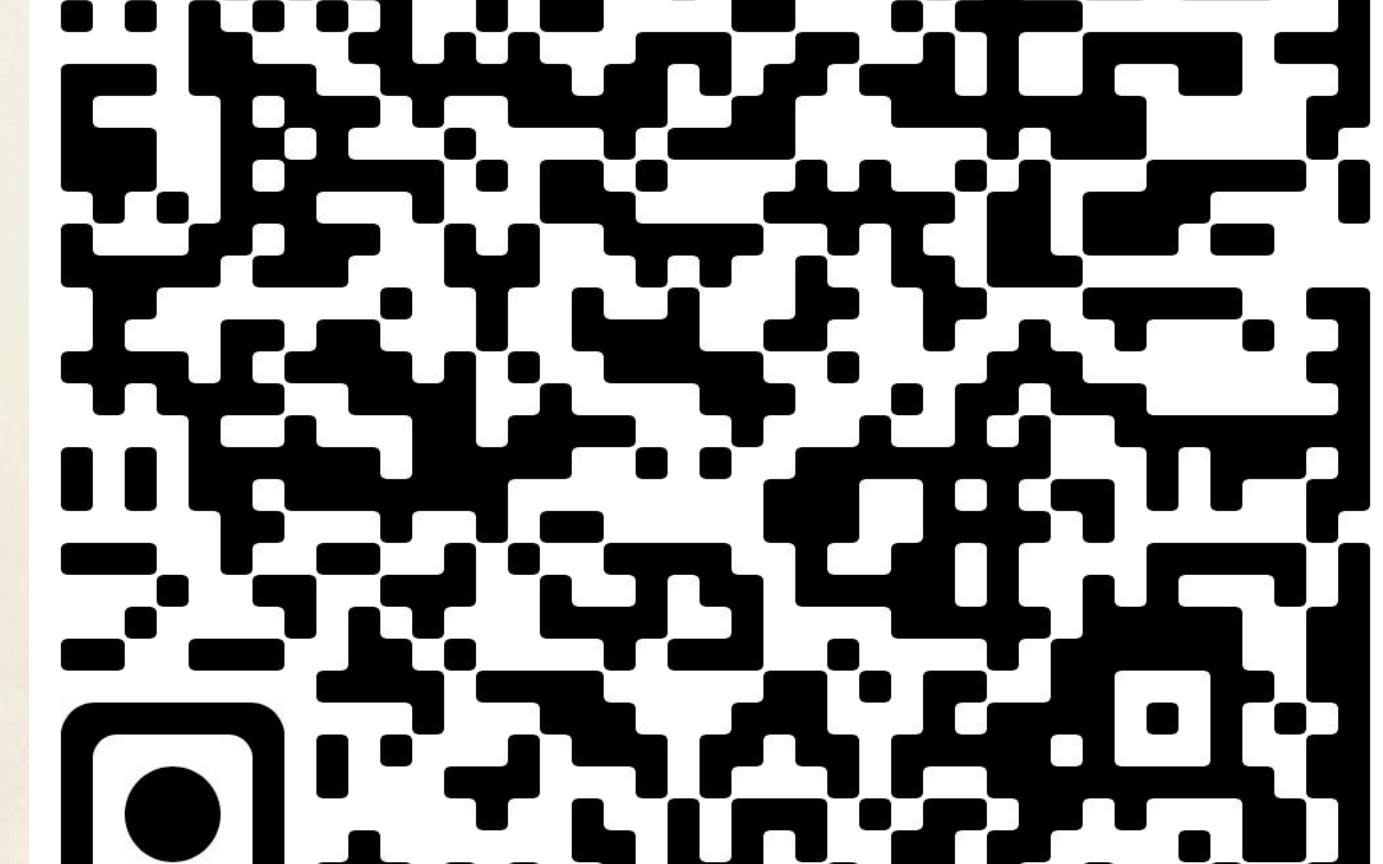
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ADD Value to life.

*Shut the screen,
Unlock your dream.*

*Reduce the
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