



Anuvrat Vishva Bharati Society
presents

ANUVRAT DIGITAL DETOX

ADD Value to life

DIGITAL WELL BEING: WHERE DO U STAND ON DIGIMETER?

01

Digitoxic (ST:- 6 hr)

Insomnia, Depression, Short-tempered



02

Digislave (ST:- 5 hr)

ADHD, Phone Addiction, Mindless Scrolling

03

Digipuppet (ST:- 4 hr)

Influenced by others likes, comments and views



04

Digitolerable (ST:- 3 hr)

Unproductive Surfing



05

Digihealthy (ST:- 2 hr)

Adequate Usage

Reduce the digital load,
scan the QR Code

06

Digichamp (ST:- 1 hr)

Mindful & Productive usage



ST excludes productive usage (Profession, Academic, etc.)

ST refers to Screen Time