



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

- Supported by -

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