



Anuvrat Vishwa Bharti
Society Presents

Anuvrat Digital Detox

ADD Value to Life!

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

DETOXIFY TODAY!

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

To reduce your
Digital Load,
Scan the QR Code



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