

*Anuvrat Vishva Bharati Society
Presents*

ANUVRAT DIGITAL DET^{ON}X

ADD Value to life.

M-S-D PLEDGE

Log off the addiction towards excessive digital use
to reboot your mind & body !
#StayRestrictedNotAddicted

M

Not using
any screen
while having
meals.



S

Not using screen
between midnight
00:00am -
7:00 am



D

Not using
screen while
driving



Scan the QR code to take up the pledge