

*Anuvrat Vishva Bharati Society  
Presents*

# ANUVRAT DIGITAL DETOX

*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 to  
morning 7am.



D

Not using  
screen while  
driving



Scan the QR code to take up the pledge