



ANUVRAT VISHVA BHARATI SOCIETY PRESENTS

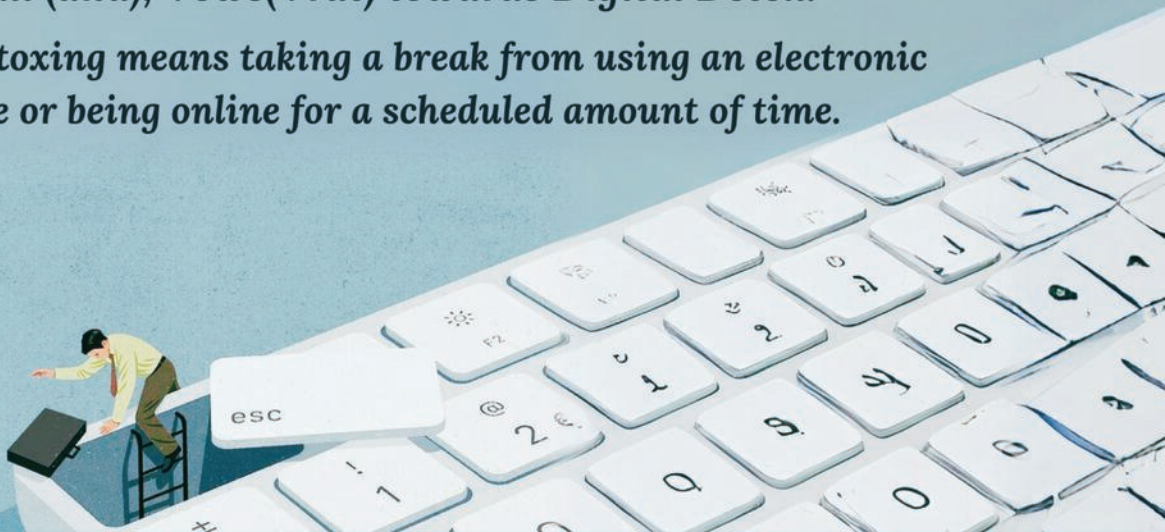
ANUVRAT DIGITAL DETOX

ADD Value to Life!

What is Anuvrat Digital Detox?

Small (anu), Vows (Vrat) towards Digital Detox.

Digital Detoxing means taking a break from using an electronic device or being online for a scheduled amount of time.



Join **ADD**
Feel **GLAD**
Then **SPREAD**

Want **EVOLUTION**,
Join **ADD** **REVOLUTION** !

SCAN TO JOIN US NOW



जुड़ें, जोड़ें, बनायें बेजोड़

Inspiration - Anuvrat Anushasta
Acharya Shri Mahashramanji

Nivedak: Chaturmas Vyavsatha Samiti, Mumbai
Saujanya - Anuvrat Samiti, Mumbai