



ANUVRAT VISHVA BHARATI SOCIETY PRESENTS

ANUVRAT DIGITAL DETOX

ADD Value to Life!

What is Anuvrat Digital Detox?

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

Try out this Digital **DRIFT** challenge

- | | |
|------------------------------|-----------------------------|
| D ravya limit | – Maximum 5 apps in 24 hrs. |
| R efrain | – Few minutes |
| I ntermittent fasting | – 11 pm to 7 am |
| F asting (Upvass) | – 30 hours |
| T ime limit | – Max 2 hrs screen time |



SCAN TO JOIN US NOW



जुड़ें, जोड़ें, बनायें बेजोड़