



Anuvrat Vishva Bharati Society

Presents



ANUVRAT DIGITAL

DETUX

Disconnect to Reconnect

ANUVRAT **D**IGITAL **D**ETOX
Value to life !



What is DIGITAL DETOX ?

DIGITAL DETOX is to disconnect from the digital world i.e digital devices such as mobile, T.V, Laptop, etc. to reconnect to the Real world.

HERE, WE RECOMMEND TO YOU SOME AMAZING WAYS TO DIGITALLY DETOX YOURSELF :

DIGITAL NAVKARSI

Disconnect yourself from the digital world from 11pm to 7am.

DIGITAL UPVAAS

Disconnect yourself from the digital world for 30 hours.

DIGITAL
INTERMITTENT
FASTING

Disconnect yourself from the digital world in between your regular daily schedules for a few minutes or hours.

DIGITAL DRAVYA
CHALLENGE

Disconnect yourself from any 5 or more apps for 24 hours.

DIGITAL SAMAYIK

Disconnect yourself from the digital world for 48 minutes.

करो
DIGITAL FAST,



रहो
SUPER FAST !

Inspiration ~ Anuvrat Anushasta Acharya shri Mahashramanji

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