

Turn Samsung Galaxy J7 Prime into a Focus-Only Study Phone

That's a smart idea 🙌 turning your Galaxy J7 Prime into a "focus-only" study phone is very possible, especially since it's rooted. You basically want:

- ✅ No distractions (social media, games, ads, pornography).
- ✅ Only essential apps (study, notes, dictionary, maybe browser).
- ✅ Smooth + battery-friendly setup.

Here's a step-by-step plan 📝

1. Remove or Block Unwanted Apps

- Use Titanium Backup or System App Remover (root) to uninstall/freeze social media apps, games, and Samsung bloatware.
- If you don't want to delete permanently, "freeze" them — they stay installed but won't run.

2. Block Ads, Porn, and Distractions

- Install AdAway → add blocklists (ads, malware, porn).
- Use CleanBrowsing Family DNS or AdGuard Family DNS (system-wide) for extra adult content filtering.
- With this combo, even browsers and third-party apps can't access porn or ad networks.

3. Restrict App Usage

- Install AppBlock (works without root) → lets you block apps during study time.
- Or use AFWall+ (root firewall) → block all apps from using the internet, except study ones (e.g., dictionary, PDF reader, Google Classroom).

4. Minimal Home Screen

- Replace Samsung launcher with Niagara Launcher or KISS Launcher → clean, distraction-free UI with only 4–5 study apps visible.
- Hide app drawer completely.

5. Notification Control

- Turn off notifications for all non-essential apps (Settings → Notifications).
- Or install FilterBox / Blocker → advanced notification filtering.

6. Extra Hardcore Options (Optional)

- Digital Detox Apps:
 - Focus To-Do, Stay Focused, or Digital Detox → lock you out of distracting apps for set times.
- Hosts Trick: Add social media/game servers into AdAway's blocklist → even if apps reinstall, they can't connect.
- Custom ROM (optional): If you're open to flashing, you can install a lightweight ROM (like LineageOS) with only bare essentials.

Example Setup for Study-Only J7 Prime

- Allowed apps: Google Keep, Dictionary, PDF Reader, Notes, Browser (with AdAway + DNS filtering).
- Blocked apps: Facebook, Instagram, TikTok, YouTube app, Play Store games.
- Firewall: Only Keep + Browser allowed internet, everything else blocked.
- Launcher: Minimal launcher with only study tools visible.

On rooted phone

Install from adb

Perfect — you want to **flash Magisk from your PC directly to TWRP on your J7 Prime**. There are two main approaches:

Option 1: Transfer Magisk ZIP to Phone Storage

1. Download the **Magisk ZIP** (latest stable version) on your PC.
 - Example: Magisk-v26.1.zip
 2. Connect your J7 Prime to your PC via **USB cable**.
 3. Copy the ZIP to your phone's **internal storage** or **SD card**.
 4. Boot into **TWRP Recovery**:
 - Power off → Press **Volume Up + Home + Power**.
 5. In TWRP:
 - Tap **Install** → Locate the Magisk ZIP → Swipe to flash.
 6. Reboot system.
 7. Verify installation with **Magisk Manager** app.
-

Option 2: Flash Magisk ZIP Directly via ADB Sideload (no need to copy ZIP manually)

This is handy if you don't want to transfer files:

1. Download **Magisk ZIP** on your PC.
2. Boot phone into **TWRP Recovery**.
3. Connect via USB.
4. In TWRP:
 - Go to **Advanced** → **ADB Sideload** → **Swipe to start**.
5. On PC, open terminal or command prompt and navigate to ZIP location:

adb devices

adb sideload Magisk-v26.1.zip

6. Wait for flashing to complete.
7. Reboot system.

✅ Using **ADB sideload** is safe and doesn't require storing the ZIP on the phone first.

Tips

- Make sure your phone is **rooted or has unlocked bootloader**.
 - Always flash the **latest stable Magisk** version.
 - After flashing, open **Magisk Manager** to check root status.
-

If you want, I can make a **step-by-step exact guide for your J7 Prime: TWRP → Flash Magisk → Verify root**, so you can follow it safely.

Do you want me to make that?

Oppo f11 pro. Study guide

Here's your text **well-formatted into a clean guide style** with consistent headings, bullets, and a professional summary table:

📱 Staying Focused While Studying (Oppo F11 Pro Guide)

Staying focused while studying—especially with the distraction of a smartphone—is a common challenge. Based on your use of an **Oppo F11 Pro**, here's a tailored guide with practical strategies and device-specific tips to help you maintain concentration.

📱 1. Manage Your Phone Settings

- **Use Built-in Features:** Oppo phones include *Focus Mode* or *Zen Mode* (Settings → Additional Settings). These temporarily block distracting apps.
 - **Enable Do Not Disturb (DND):** Silence notifications by activating DND (Settings → Sound & Vibration → Do Not Disturb). You can schedule it to match your study routine.
 - **Grayscale Mode:** Reduce screen color to grayscale (Settings → Additional Settings → Accessibility → Color Mode). This makes your phone less visually appealing.
 - **App Timer:** Use *Digital Wellbeing* or *Screen Time Management* to set daily usage limits for distracting apps.
-

2. Create a Productive Study Environment

- **Dedicated Space:** Choose a quiet, clutter-free area. Keep your phone out of reach to resist temptation.
 - **Minimize Digital Distractions:** Use website blockers like *Freedom* or *StayFocusd* on browsers.
 - **Noise Control:** Use noise-canceling headphones or listen to focus-friendly music (classical, lo-fi).
-

3. Adopt Effective Study Techniques

- **Pomodoro Technique:** Study 25 minutes → take 5 minutes break. After 4 cycles, take a longer break.
 - **Active Learning:** Summarize, quiz yourself, or teach others to stay engaged.
 - **Schedule Study Time:** Plan study sessions with Oppo's *Clock app* timers.
-

4. Lifestyle Adjustments for Better Focus

- **Prioritize Sleep:** Aim for 7–9 hours of quality rest.
 - **Eat & Hydrate Smartly:** Drink water and eat brain-boosting foods (nuts, berries, whole grains).
 - **Exercise Regularly:** Even short walks improve clarity and focus.
-

5. Leverage Technology Mindfully

- **Study Apps:** Try *Forest* (focus timer) or *Todoist* (task management).
 - **Voice Assistant (Breeno):** Set reminders or timers hands-free.
 - **Cloud Sync:** Use Google Drive or similar to access study files without distractions.
-

6. Practice Mindfulness & Stress Management

- **Meditation:** Try 5–10 minute meditation before study (apps like *Stop, Breathe & Think*).
 - **Breaks & Rewards:** Stretch, hydrate, or check your phone briefly as a reward after study blocks.
-

Feature / Setting	How to Access	Benefit for Studying
Focus Mode	Settings → Additional Settings → Focus Mode	Blocks distracting apps during study sessions
Do Not Disturb	Settings → Sound & Vibration → Do Not Disturb	Mutes notifications
Grayscale Mode	Settings → Additional Settings → Accessibility → Color Mode → Grayscale	Makes phone less appealing
App Timer	Settings → Screen Time Management → App Limits	Encourages disciplined app usage
Voice Assistant (Breeno)	Activate via side button or voice command	Hands-free reminders & timers

Conclusion

Staying focused requires a mix of **phone management**, **environment control**, and **healthy lifestyle choices**. On the Oppo F11 Pro, tools like **Focus Mode** and **Do Not Disturb** help cut distractions. Pair these with proven study methods like the **Pomodoro Technique** and good habits (sleep, nutrition, exercise) for optimal concentration.

👉 Consistency is key—experiment with these strategies and refine them to discover what works best for you.

Would you like me to also make a **short “cheat sheet version” (1-page summary only)** so you can glance at it quickly while studying, instead of scrolling through the full guide?

Installed app.

- **Digital Detox**
- **AFWall+** (commonly stylized this way)
- **AdAway**
- **AdGuard**
- **KISS Launcher**

Experimented: j7 prime

Note: Make Inbuild j7 pro features which is faster and easy to use.

Focus: Study & Productivity

- Improved study focus.
- Converted **AFWall+** and **AdAway** into system apps.

- Hid unnecessary notifications to minimize distractions.

Note: Greenify cannot hibernate system apps, so there will be no turning back to distractions.

Focus Study Setup Notes

- Use the **in-built function** on **Samsung J7 Prime**. Use own luncher.
- Add a **mentor code** to the **AFWall+** app.

To hide app

- I used freezed feature from luck patcher.

To block ads on spotify

spclient.wg.spotify.com

audio-fa.scdn.co

pubads.g.doubleclick.net

pagead2.googlesyndication.com

adclick.g.doubleclick.net

on kali kernel

AFWall+

- Import rules only on **AFWall+**.
- All import rules and profile settings are supported **only in the Pro version**.

Note (AFWall+):

- #no internet symbol issue.
- Blocking apps works perfectly compared to allowing apps.
- Example: Blocking all distraction apps first, then only allowing specific ones.

Kindle & Keep Notes (on Kali Phone)

- On Kali phone, **Kindle** and **Keep Notes** stop working.
 - They require **Chrome** to run properly as an app.
-

Turn oppo f11 pro into a Focus-Only Study Phone

Inbuild oppo f11 pro features

Digital Detox Guide – Oppo F11 Pro

The Oppo F11 Pro has inbuilt **Digital Wellbeing** and **App Lock** features you can use to block distractions and stay focused.

Step 1: Set Up Your Account

- Create an **Oppo account**.
 - Add a **recovery email** for App Lock in case of password issues.
-

Step 2: Block Distraction Apps


- Go to **Settings > Digital Wellbeing & Parental Controls**.
 - Set app timers to **0 minutes** for social media, browsers, and games.
-

Step 3: Lock the System

- Use **App Lock** to lock:
 - Digital Wellbeing itself
 - App stores (Play Store, etc.)
 - Set a password and give it only to your **mentor**.
-

Step 4: Hand Over Control

- Share the **App Lock password** with your mentor.
 - Give them access to your **recovery email** (optional).
 - This ensures you can't bypass the lock yourself.
-

 **Result:** You'll have no access to distracting apps unless your mentor unlocks them — a complete digital detox.

Experience

I found a glitch in **Parallel Space**. Even after adding a limitation on its usage through *Digital Wellbeing*, Parallel Space could still access multiple apps like YouTube and Chrome. This loophole allowed me to use those apps for longer than I intended. -this is distraction app.

Control your phone.

How to Block a Website (by URL) on Android Using NextDNS + Private DNS

This method blocks a site at the **DNS level**, so it works across the whole phone (all browsers & apps that rely on system DNS).

We'll go step by step:

- A)** Get your NextDNS hostname
- B)** Enter it into Android Private DNS
- C)** Add the website to NextDNS's denylist
- D)** Test & troubleshoot

A — Create a NextDNS Account & Get Your Private Hostname

1. On your phone or PC, open [NextDNS](https://nextdns.io) and log in (or sign up).
2. Open the **Setup / Endpoints** area in your NextDNS dashboard.
3. Find your **Configuration ID** (profile ID).
4. Your Private DNS hostname = ID.dns.nextdns.io
 - Example: abcd1234.dns.nextdns.io
5. Copy this exact hostname.

B — Put the NextDNS Hostname into Private DNS on Oppo F11 Pro


(menu names may vary slightly by ColorOS / Android version)

1. Open **Settings**.
2. Go to **Network & internet** (or *Connections / Wi-Fi & Internet / Network & security*).
3. Tap **Advanced** → **Private DNS**.
4. Select **Private DNS provider hostname**.
5. Paste the copied hostname (e.g., abcd1234.dns.nextdns.io).
6. Tap **Save**.

7. Reconnect Wi-Fi or toggle **Airplane Mode** to apply the change.
-

C — Add the Website to Your Denylist (Blocklist)

1. In your NextDNS dashboard, open the same configuration (same ID).
 2. Go to **Allowlist / Denylist** → open **Denylist**.
 3. Add the domain(s) you want to block:
 - To block Facebook: facebook.com
 - To block all subdomains: *.facebook.com

 **Important:** Only add domain names (no https://). Example: example.com or *.example.com.

DNS-level blocking cannot block a specific page path like example.com/page.
-

D — Test the Setup

1. On your phone, open test.nextdns.io.
 - It should show “configured” if Private DNS is active.
 2. Try opening the blocked site.
 - If blocking worked, you’ll see NextDNS’s block page or the site won’t load.
-

Quick Troubleshooting

- If **test.nextdns.io** doesn’t show “configured”:
 - Double-check the hostname format (ID.dns.nextdns.io).
 - Re-save settings and toggle Airplane Mode or reboot.
 - If it works on Wi-Fi but **not on mobile data**, your carrier may be intercepting DNS.
 - Try another Wi-Fi or configure NextDNS on your router.
 - Some apps bypass system DNS (using their own DoH).
 - Fix: use the **NextDNS Android app**, configure your router, or add rules for those apps in NextDNS.
-



Copy-ready text ends here.

Do you want me to also make a **super-short “quick reference” version** (like 10 lines total) that you can keep on your phone for fast setup?

To check dns ping.

Here's your text cleaned up into a neat, **copy-ready step-by-step guide format** (like the first one):

How to Check Your NextDNS Latency

Latency = the time it takes your device to reach NextDNS servers. Lower latency = faster browsing.

We'll check it three ways:

◆ Method 1 — Using the Official NextDNS Test Site

1. On your phone or PC (with Private DNS set up), open a browser.
 2. Go to test.nextdns.io.
 3. It will show:
 - If you're connected to NextDNS.
 - The server location you're using.
 - The latency (in ms).
 - 👉 Aim for < 50 ms for smooth performance.
-

◆ Method 2 — Ping the Server Manually (PC)

1. Open **Command Prompt** (Windows) or **Terminal** (Linux/Mac).
 2. Type:
 3. `ping dns.nextdns.io`
 4. You'll see results like:
 5. Reply from xx.xx.xx.xx: time=35ms
 - That time= value is your latency.
 - Lower = better.
-

◆ Method 3 — Using an App on Android

1. Install an app like **PingTools Network Utilities** or **Termux**.
 2. Run:
 3. `ping dns.nextdns.io`
 4. Check the **average response time** (ms).
-

⚡ What If Latency is High?

- If latency is **150 ms or more**, performance may feel slow.
 - Fix: change your **NextDNS server location** manually in the NextDNS dashboard.
-

📌 Copy-ready text ends here.

Do you want me to also format a **quick 1-minute version** (only 5–6 lines) so you can check latency fast without reading the full guide?

Denylist websites

- All play store services
play.google.com
play.googleapis.com
android.clients.google.com
gvt1.com
gvt2.com
- Yts.mx, yts.am
- Ww4.tinyzone.org

Installed app and features

📱 Installed Apps & Features

App / Feature	Purpose / Use Case
Kids Space	Child-friendly mode with restricted apps & content
Digital Detox	Helps reduce screen time & distractions
Digital Wellbeing	Tracks phone usage, app timers, bedtime mode
Focus Mode	Blocks distracting apps for better concentration
KISS Launcher	Lightweight, minimalistic Android launcher

Digital Wellbeing: Set websites to 0 minutes to block them completely — for example, Chrome, YouTube, Play Store (though Chrome may not stop because it's a system app), and other browsers.

Use Digital Detox: Use it while studying. If important work comes up, use the mentor accountability feature to temporarily unblock or allow the necessary app.

Experimented

Title: Potential Digital Wellbeing bypass on Oppo F11 Pro

Device: Oppo F11 Pro

Function tested: Built-in hidden function accessed with code #9705#

Observed behavior: While using the hidden function, I encountered a loop that seems to permit

access to the Digital Wellbeing feature without providing the mentor password. As a result, apps that were locked by Digital Wellbeing could be opened without being unlocked.

Impact: This may allow users to bypass parental/mentor controls on the device.

Recommendation: If this is a security/privacy issue, consider reporting it to Oppo support or through their official vulnerability disclosure channels rather than sharing exploit steps publicly.

Turn Windows 10 into a Focus-Only Study Phone

hosts

C:\Windows\System32\drivers\etc\hosts

```
127.0.0.1    yts.am
127.0.0.1    yts.mx
127.0.0.1    www3.tinyzonetv.se
127.0.0.1    tinyzonetv.se
127.0.0.1    ww4.tinyzone.org
```

=== Social Media Block ===

```
127.0.0.1 youtube.com
127.0.0.1 www.youtube.com
127.0.0.1 m.youtube.com
127.0.0.1youtu.be
```

```
127.0.0.1 facebook.com
127.0.0.1 www.facebook.com
127.0.0.1 m.facebook.com
```

```
127.0.0.1 instagram.com
127.0.0.1 www.instagram.com
```

```
127.0.0.1 tiktok.com
127.0.0.1 www.tiktok.com
127.0.0.1 m.tiktok.com
```

```
127.0.0.1 twitter.com
127.0.0.1 www.twitter.com
127.0.0.1 x.com
127.0.0.1 www.x.com
```

```
127.0.0.1 reddit.com
127.0.0.1 www.reddit.com
```

```
127.0.0.1 snapchat.com
127.0.0.1 www.snapchat.com
```

=== Adult Sites (sample common block) ===

```
127.0.0.1 pornhub.com
127.0.0.1 www.pornhub.com
```

127.0.0.1 xnxx.com
127.0.0.1 www.xnxx.com
127.0.0.1 xvideos.com
127.0.0.1 www.xvideos.com
127.0.0.1 redtube.com
127.0.0.1 www.redtube.com
127.0.0.1 youporn.com
127.0.0.1 www.youporn.com
127.0.0.1 hentaihaven.org
127.0.0.1 www.hentaihaven.org

=== Ads / Trackers (sample) ===

127.0.0.1 ad.doubleclick.net
127.0.0.1 googleads.g.doubleclick.net
127.0.0.1 pagead2.googlesyndication.com
127.0.0.1 partner.googleadservices.com
127.0.0.1 ads.yahoo.com
127.0.0.1 ads.twitter.com
127.0.0.1 static.doubleclick.net

----block all port sites

<https://gist.github.com/sibaram-sahu/5248d7600a24284f580219b29d178c49>

Put dns

e78e2f.dns.nextdns.io

How to Set Up NextDNS on Windows 10

Method 1: Using DNS-over-HTTPS (Recommended)

1. **Open Windows Settings**

Press Windows Key + I and go to:

Network & Internet → Status → Change adapter options.

2. **Open Network Adapter Properties**

Right-click your active network connection (Wi-Fi or Ethernet) → **Properties.**

3. **Configure DNS**

- Select **Internet Protocol Version 4 (TCP/IPv4) → Properties.**
- Choose **Use the following DNS server addresses.**
- Enter the NextDNS IPv4 addresses:
 - **Preferred DNS server:** 45.90.28.27
 - **Alternate DNS server:** 45.90.30.27
- Check **Validate settings upon exit** → click **OK.**

4. **Enable DNS-over-HTTPS (DoH)**

- Go back to **Properties** for your network adapter.
- Select **Internet Protocol Version 4 (TCP/IPv4) → Properties → Advanced**.
- Go to the **DNS** tab and check **Use encryption (DNS over HTTPS)**.
- Enter the DoH template:
- `https://dns.nextdns.io/e78e2f`
- Click **OK** to save.

5. Link Your IP (If Required)

- Visit whatismyipaddress.com to find your public IP.
- Go to your NextDNS dashboard → **Linked IP** → Add your IP address.

6. Flush DNS Cache

Open **Command Prompt as Administrator** and run:

7. `ipconfig /flushdns`

Method 2: Using NextDNS App (Simpler Alternative)

1. Download the NextDNS App

Visit [NextDNS Download Page](#) → download the Windows CLI client.

2. Install and Configure

- Run the installer and follow the prompts.
- Use your Profile ID (e78e2f) during setup.
- The app will automatically configure DNS-over-HTTPS and manage settings.

Verification

1. Check if NextDNS is active: my.nextdns.io
2. Test DNS leaks: [DNS Leak Test](#)

Notes

- **IPv6 Support:** If your network uses IPv6, repeat Step 3 for **Internet Protocol Version 6 (TCP/IPv6)** using the IPv6 address:
 - `2a07:a8c0:e7:8e2f`
- **Firewall:** Ensure Windows Firewall allows DNS traffic (port 443 for DoH).
- **Dynamic IP:** If your IP changes frequently, use the NextDNS app to auto-update your linked IP.

This setup ensures encrypted DNS queries and applies your NextDNS profile settings (blocklists, privacy, etc.).

Creating a Study-Only Guest Account

Distraction-Free Setup on a Laptop

1. **Set up a guest account**
 - Create a guest user and name it **Study Focus**.
2. **Secure the administrator account**
 - Lock the administrator account with a strong password.
3. **Restrict system modifications**
 - The guest user cannot change the *hosts* file.
 - They also cannot edit system settings.
4. **Allow only study use**
 - The guest account can be used only for browsing **study-related content**.

current administrator account secondary

Here's How to Do It Safely

Step 1: Create a new account

1. Press **Win + I** → **Accounts** → **Other users**.
2. Click **Add account**.
3. Choose:
 - **Microsoft account** if you want it connected to Outlook, Store, etc.
 - Or **“I don't have this person's sign-in information”** → **Add a user without a Microsoft account** for a local account.

Step 2: Make the new account Administrator

1. Go back to **Settings** → **Accounts** → **Other users**.
2. Click the new account → **Change account type**.
3. Select **Administrator** → OK.

Final

Gather all your keys and passwords (e.g., phone device keys for the J7 Prime and Oppo F11 Pro, and the Windows 10 admin password) into a single Excel spreadsheet. Encrypt the spreadsheet with a strong password. Write that encryption password by hand and store the paper in a secure place (for example, a locked drawer or safe). Create one encrypted backup copy and store it separately. Only share the encryption key or code with people you truly trust. Finally, remove any unencrypted copies from your phones and any other devices.

Experimentation

Experience with the Digital Detox App

The app is easy to use and functions smoothly.

Make sure to allow the phone launcher for better accessibility and performance.

Tips for Setup:

1. Go to **Accessibility Settings**.
2. Navigate to the **Download App** section.
3. In the download section, click on **Greenify Auto Hibernation**.
4. Select **Shortcuts**.
5. Press and hold for 3 seconds on the volume **up and down buttons** simultaneously.
6. This will activate the Greenify features and enable automatic hibernation of apps.

Experiment and Observation

No Internet Connection Issue on Forest App with Private DNS Enabled

While experimenting with the **Forest app**, I encountered an internet connection issue when **Private DNS** was enabled.

This issue is **not related to the Play Store**, but rather to how the app functions when a private DNS is set. When Private DNS is active, **certain features of the Forest app stop working**, such as:

- Connecting with friends
- Studying together (group session mode)
- Synchronization of data

This may be due to restrictions caused by Private DNS settings or potential conflicts with **apps developed in China**, which may not be fully compatible with custom DNS configurations.

Discord- focus study.

Focused Study on Discord – Tips

1. During Study Sessions

- When you join a Discord study stream, avoid looking at Discord while studying. Stop looking what other are doing.
- Maintain discipline: only check Discord after completing your study session.
- If any thought or idea comes up, don't open Discord immediately—just note it down on a cheat sheet and handle it after your session.

2. Pro Tips for Better Focus

- Use one laptop/PC for studying (e.g., ChatGPT, notes, resources).
- Use another laptop/PC for the Discord live session. Control it via Deskflow with your main keyboard and mouse.
- Keep the display of the Discord monitor turned off during your session, and only turn it on after you finish studying. Help me gain an focus.
- This method helps you stay focused, reduce stress, and be more productive.