Contents

[Turn Samsung Galaxy J7 Prime into a Focus-Only Study Phone 2](#_Toc208831972)

[1. Remove or Block Unwanted Apps 2](#_Toc208831973)

[2. Block Ads, Porn, and Distractions 2](#_Toc208831974)

[3. Restrict App Usage 2](#_Toc208831975)

[4. Minimal Home Screen 2](#_Toc208831976)

[5. Notification Control 2](#_Toc208831977)

[6. Extra Hardcore Options (Optional) 2](#_Toc208831978)

[🎯 Example Setup for Study-Only J7 Prime 3](#_Toc208831979)

[Installed app. 3](#_Toc208831980)

[Oppo f11 pro. Study guide 3](#_Toc208831981)

[Turn oppo f11 pro into a Focus-Only Study Phone 5](#_Toc208831982)

[Control your phone. 5](#_Toc208831983)

[To check dns ping. 7](#_Toc208831984)

[Denylist websites 8](#_Toc208831985)

[Installed app and features 9](#_Toc208831986)

[Turn Windows 10 into a Focus-Only Study Phone 9](#_Toc208831987)

[hosts 9](#_Toc208831988)

[Put dns 10](#_Toc208831989)

[Creating a Study-Only Guest Account 12](#_Toc208831990)

[Experimentation 12](#_Toc208831991)

[Experience with the Digital Detox App 12](#_Toc208831992)

[Experiment and Observation 13](#_Toc208831993)

# 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.

## Installed app.

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

## 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.

**📊 Oppo F11 Pro — Study-Friendly Features**

| **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?

# 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.

Got it 👍 I’ll clean up your text into a clear, copy-ready **step-by-step guide format** with headings, bullets, and consistent styling:

**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](https://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**](https://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

127.0.0.1 youtu.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

## 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](https://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](https://nextdns.io/download) → 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](https://my.nextdns.io/)
2. Test DNS leaks: [DNS Leak Test](https://dnsleaktest.com/)

**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**.

# 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.