



**Anuvrat Vishva Bharati Society  
Presents**

# Anuvrat Digital Detox

***ADD Value to Life!***



**Inspiration:**

**Anuvrat Anushasta Acharya Shri Mahashramanji**

# ABOUT US

**Anuvrat Vishva Bharati Society (ANUVIBHA)** an international organization works with the basic goal of creating an ideal society based on human values.

The organization is affiliate to the **Civil Society Department of the United Nations**. It holds a strong network of anuvrat samitis working in more than 200 cities/towns in india with its thousands of workers dedicated to carry forward this mission. It also works with other organisations carrying on their activities with like ideology and objectives in more than 50 countries around the world

## OUR VISION

Our vision is to reach out to every individual, enabling him/her to lead a healthy lifestyle, while being mindful of digital use and help him/her to connect with inner-self.

## OUR MISSION

**Assist** individuals worldwide in achieving a healthy balance between their use of technology and their daily lives.

**Promote** a culture of mindfulness and self-care in an increasingly digital world.

**Create** a community of like-minded individuals who can support and encourage each other in their digital detox journey.

Break the digital cage, Take the **ADD** PLEDGE



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# HOW DO YOU WISH TO SEE THE WORLD?

Disconnect to Reconnect



## ANUVRAT DIGITAL DETOX



**ADDICTED**



**DETOXED**

**The Digital Revolution:** Technology and the digital revolution have brought about numerous positive changes, including improved communication, access to information, and increased convenience in our lives.

However, as we have become more reliant on these devices, there is a growing concern that we are now overusing them and, in some cases, using them for unproductive or even harmful purposes, what we can say as “The New Age Addiction”

So now, what actually hides under the word **Digital**

**D**isturbance : Excessive digital device usage disrupts your daily life routines impacting your focus, irrespective of one’s age or gender.



**I**Q reduction : Over-reliance on digital technology, especially AI, may contribute to cognitive decline viz. memory loss, Alzheimer in old age



**G**ap : Excessive usage of digital devices creates communication gap between individuals and their families or loved ones leading to distrust, conflicts and reducing Emotional Quotient (EQ)



**I**llness : Prolonged screen time can lead to various health issues, such as eye strain (physical) and sleep disturbances (mental)



**T**oxicity : Excessive consumption of negative news, abusive OTT content, misuse of Dark Web have a toxic effect impacting mental health.



**A**ddiction : Real time/excessive status updates, online gaming, online gambling, etc can cause digital addiction and excessive dependency on smart devices and the internet



**L**oneliness : Being a victim of online gambling, cyber bullying and cyber-frauds, reducing real life engagement and excessive virtual activity intensifies loneliness leading to Isolation and Depression



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# The Solution lies in **Detox**

## **D**igital Fasting

- Prohibiting usage of phone during - driving, eating, before sleeping, 12 midnight to 7 am and when around loved ones etc.



## **E**ngage Positively

- Engaging yourself in healthy habits like reading, sports, meditation, Me and family time, exercise, practicing mindfulness & gratitude.



## **T**rain your Brain

- Consciously taking steps to use technology wisely and mindfully.



## **O**rganize

- Plan your schedule well to have more of productive or creative tasks and less spare time for digital gadgets.



## **X**-Factor

- Explore your special qualities or the Unique Selling Point (USPs) that differentiate you from others & focus on improving them.



## 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.
- Stepping away from technology allows you to be more present with yourself and your loved ones.
- It may also relieve stress, improve sleep, and deepen your relationship with family and friends.

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"With artificial intelligence, we are summoning the demon"

**-Elon Musk**

"Homo sapiens as we know them will disappear in a century or so. I strongly believe that given the technologies we are now developing, within a century or two at most, our species will disappear."

**-Yuval Noah Harari**

Efforts to develop artificial intelligence (AI) and create thinking machines could spell the end of the human race

**- Stephen Hawkings**

**70%**

**NO MOBILE Phobia in 2021**

**6 Hrs  
58 Mins**

**Global screen time each day**

**26%**

**Car Accidents due to cell phones**

**1 Bn**

**Virtual & augmented users by 2030**

**21.7%**

**ADHD among internet addicts**

**26.3%**

**Depression among internet addicts**

**23.3%**

**Anxiety among internet addicts**

**87%**

**Dark web listings related to criminal activities**

**50 Mn**

**Personal Data of FB users leaked**

*~ Citation ( The great Hack)*

**\$\$**

**Social media apps nurture addiction for profitability**

*~ Social Dilemma Documentary*

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**Leave Screen,  
Live dream**

**Say Cheese,  
No web series**

**No Mobile,  
Know Life !**

**Eye cry,  
Brain die,  
If Digital high**

**Tech  
dependency,  
Today's tendency**

**Online overload,  
Troublesome  
episode**



## **Workshop Program Highlights**

**Understanding the ills of digital age**  
**Discuss ways of Digital Detox**  
**Experience the real high through Meditation**  
**Science of Living**  
**First step with anu-vrat (small vows)**  
**Interaction and Q&A**

## **Try out this Digital DRIFT Challenge**

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

**Break the digital cage, Take the **ADD** PLEDGE**



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



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Reduce the DIGITAL LOAD,  
Scan the QR CODE

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

Together, we can shape a digitally empowered,  
and a screen-conscious world.



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