



TIME AUR FOCUS MANAGEMENT

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GADGETS AUR SOCIAL MEDIA KA ISTIMAAL

MODULE 10



OUTLINE

- Social media ke nuqsanaat
- Ye samjhna ke gadgets ke zyada istimaal se humari tawajjah kam ho jaati hai aur is wajah se waqt ka ziyaa hota hai.
- Social media ka istimaal kaisay karain.

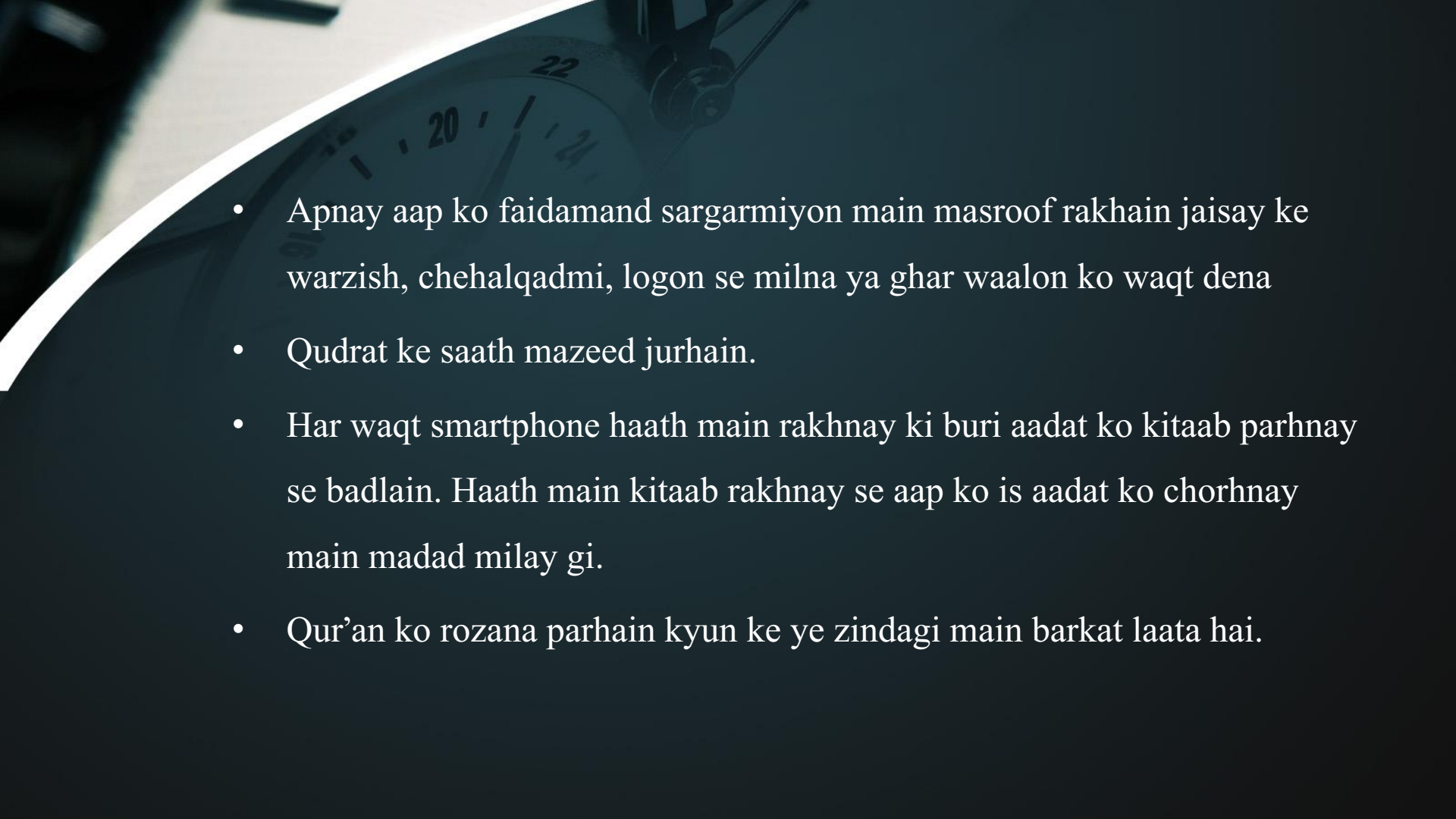


AIK BARHA MASLA

Apps main humesha log in rehtay hain aur bohot
saari notifications mausool hoti hain

SOCIAL MEDIA AUR APPS KA ISTIMAAL

- Notifications ko band rakhain (siwaye un ke jo ehem hain)
- Facebook aur deegar apps se log out karain.
- Social media applications ko check karnay ke liye aik (1) makhsos waqt rakhain aur is dauraan tawajjah ke saath e-mails aur whatsapp ke messages ka jawab dain.
- Homepage aur smartphone ke main page par faidamand applications rakhain.
- Internet/4G ko band karain aur makhsos auqaat par switch on karain.
- Har waqt online dastyaab na rahain warna log mehsoos karen gay ke aap humesha online maujood hotay hain jis ke nateejay main aap ko bohut saray messages mausool hongay.

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- Apnay aap ko faidamand sargarmiyon main masroof rakhain jaisay ke warzish, chehalqadmi, logon se milna ya ghar waalon ko waqt dena
 - Qudrat ke saath mazeed jurhain.
 - Har waqt smartphone haath main rakhnay ki buri aadat ko kitaab parhnay se badlain. Haath main kitaab rakhnay se aap ko is aadat ko chorhnay main madad milay gi.
 - Qur'an ko rozana parhain kyun ke ye zindagi main barkat laata hai.

RESEARCH ASSIGNMENT

DOPAMINE FAST

To Reprogram and Detox
For a New Rebooted Life



HARRY HARDING



YAAD KARNAY KE LIYE DUA'A

اَللّٰهُمَّ اِنِّ نَفْسِيْ تَقْوَاهَا وَ زَكَّاهَا اَنْتَ خَيْرٌ مِّنْ زَكَّاهَا اَنْتَ وَلِيُّهَا وَ مَوْلَاهَا

Ay Allah! Meray nafs ko us ka taqwah ataa kar aur usko paak rakh, tu hi usko behtareen paak karnay wala hai, tu hi us ka wali aur maula hai.