



**Have You Become a
Prisoner to Technology?**

Take the **Tech-Addiction Test** to find out.

FIND OUT HERE >

Hi There,

A wise man once said "Neend sone se nahi, Wifi band karne se aati hai" (Sleep doesn't come from going to bed but from turning the wifi off). Truer words were never spoken.

Technology is an indispensable part of our daily lives. But anything in excess is unhealthy. When even the excessive gets excessive, it can become an addiction.

Are you following healthy "Technology Use" practices or are you imprisoned by technology?

Take our **Technology Addiction Test** to find out.

[CLICK HERE TO TAKE THE TEST](#)

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

**Standing with you
Team YourDOST**
