

DISCOVERY GUIDE

Digital Life, Online Safety & Screen Habits

Lifestyle & Life Skills / Practical & Digital Life Skills

No standalone pathway purchase · Recommended package fee · not a standalone pathway fee

INR 7,999

Access

4 weeks package access

Study plan

10-20 minutes · device and real-world practice

Learning format

Public discovery guide; package delivery and inclusions must be checked separately

Programme overview

Improve privacy habits, scam awareness, respectful online behaviour, screen boundaries and digital confidence without fear-based or surveillance-heavy advice.

Who this is for

- 1 Families, teens with guardian support, students, adults and seniors who want safer, calmer and more intentional use of phones, apps, social media and online services.

Published topics and learning focus

- 1 Review privacy and app permissions
- 2 Identify suspicious links and pressure tactics
- 3 Create one screen-free routine
- 4 Practise a respectful response to uncomfortable online contact
- 5 Teach or learn one useful digital task

Related package

A related starting package; it does not automatically include this complete pathway. Confirm additional scope and fees.

Discipline, Productivity & Life Reset

Before you choose

- 1 For under-18 users, a parent or guardian should supervise. Never encourage secret accounts, evasion of parental safeguards, or sharing private identifying information.
- 2 This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
- 3 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Enrol in Discipline, Productivity & Life Reset

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.