

A self-fulfilling prophecy

How To Lose Social Media Addiction In Ten Days Or Maybe Not!



Graphic: Aryaveer Singh & Parth Bhalla, VIII A, AIS VKC Lucknow



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Every night you go to bed with one dream – having a perfect day where you wake up early morning, exercise, eat healthy, and finish all your tasks. Sounds utopic, right? But reality sets in when your peaceful slumber is disrupted by your phone, buzzing at 3 am with notifications from your night owl friends sending you random reels. “This won’t do!” you tell yourself and decide to take matters into your hands by bidding your final adieu to social media.

The one with hustle

Endless doomscrolling on Instagram and a zillion *moye moye* later, suddenly the screen time limit notification pops up on your screen and you feel like a kid caught with their hand in the cookie jar. You start to feel guilty for wasting so much time on social media, but then the hustle culture hits you like a truck and you decide to become the next Elon

Musk. With a (non)indestructible resolve, you delete all social media apps. One by one, all of them fade away, as if Thanos snapped his mighty fingers. With alarms up and schedules set down to every minute of the day, you are ready to focus, but really, are you?

The one with motivation

As soon as you walk into school, you are hit with waves of whispers. Apparently, Taylor Swift announced a brand-new album and BTS is going on tour. While you do lowkey start feeling a little out of touch with everyone, you are too busy flexing everything you achieved in one night, including a good night’s sleep. As you proudly strut down the hallways, you catch your bestie giving you a look of sheer exasperation, because let’s be real: even you have lost count of how many times you have arrived at this decision (and failed!).



The one with FOMO

Day five of giving up social media and you start to feel like a fish out of water. You suddenly miss all the conversations around someone’s posts, reels, and stories. And let’s not forget about those snap streaks that you worked so hard to maintain – all gone in a poof! As the days pass excruciatingly slowly, you find yourself checking your phone for

notifications out of habit, only to be disappointed every time. And to make matters worse, your friends come up to tell you all about those broken streaks or the mentions in reels. The FOMO starts creeping up on you like a

cat, and you start questioning your so-called sane decision.

The one with YOLO

The motivation high starts to wear off faster than a cheap pair of shoes. Your heart wins the battle against head, but at what cost? You give in to the temptation of reinstalling social media on day ten, with the forever excuse of, and as the millennials so eloquently put it, YOLO. Suddenly, life is filled with the bliss of aesthetics and the constant background noise of cringe songs. You quickly catch up on everything you missed out on, as if it is your lifeline and the next few days are spent in this returned harmony until the next time this cycle is set into motion like a never-ending game of whack-a-mole.

As you make a triumphant return, you can’t help but feel proud of yourself for attempting a social media detox. You craft a post about your valiant effort to disconnect from the endless scroll – trying to be productive by staying off social media only to end up using it to talk about your failure. It’s a comedic paradox that highlights the absurdity of life. Since we’re in this together, let’s suffer and make the most of it, shall we?

Pics: Siddharth Tripathy, AIS VKC Lucknow, XII B

In Spotlight



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