



MANVI KHAITAN

## AI in Student Life: Boon or Threat?

Artificial Intelligence (AI) has rapidly entered the everyday lives of students, transforming the way they learn, research, and interact with information. From smart search engines and virtual assistants to AI-powered writing tools and personalized learning apps, AI is no longer a distant concept—it is a daily companion in student life. While some view this transformation as a boon, others worry that it may become a serious threat. The reality lies somewhere in between.

As a boon, AI has made learning more accessible and efficient. Students can now receive instant explanations for complex topics, practice with adaptive quizzes, and access study material tailored to their individual pace and style. AI tools help bridge learning gaps, especially for students who may not have access to quality coaching or academic support. Language

translation tools, speech-to-text features, and accessibility aids have also empowered students with diverse learning needs. For many, AI acts as a supportive tutor that is available anytime, anywhere. AI also enhances creativity and productivity. Students use AI for brainstorming ideas, structuring assignments, coding support, data analysis, and even career planning.

However, AI also raises serious concerns. Overdependence on AI can weaken fundamental skills such as writing, problem-solving, and independent thinking. If students rely on AI to complete assignments without understanding the content, learning becomes superficial. Academic integrity is another major issue. Misuse of AI for plagiarism or cheating challenges the credibility of education systems and devalues genuine effort.

There is also the risk of misinformation. AI tools can generate confident-sounding but inaccurate responses. Students who accept AI outputs without verification may develop flawed knowledge. Moreover, constant exposure to screens and algorithm-driven content can increase distraction, reduce attention spans, and affect mental well-being.

The real question, therefore, is not whether AI is a boon or a threat, but how it is used. AI should be seen as an assistant, not a replacement for human intelligence. Educational institutions must update policies, encourage ethical use, and teach students how to use AI responsibly. Students, on their part, must develop digital literacy, curiosity, and self-discipline.



ANJALI KUMARI

## Youth in Transition: Skills, Stress & Survival

literacy, problem-solving, and teamwork are becoming essential across all fields. At the same time, emerging technologies like artificial intelligence, automation, and data analytics are reshaping careers faster than curricula can adapt. This gap between education and employability creates anxiety among students who fear being left behind.

Alongside skill-related pressure comes stress—mental, emotional, and social. Academic competition, uncertain career prospects, family expectations, and constant comparison on social media have significantly increased stress levels among young people. The culture of “always being productive” often glorifies exhaustion while ignoring mental health. Many youths struggle silently, believing that stress is a sign of weakness rather than a common human experience.



Today's youth are growing up in a time of rapid change and constant uncertainty. Technological advancement, shifting career patterns, social pressures, and global challenges have placed young people in a state of continuous transition. While opportunities are expanding, so are expectations. The modern youth must not only acquire skills but also learn to manage stress and develop the ability to survive—and thrive—in an increasingly competitive world.

One of the biggest challenges facing youth today is the changing nature of skills. Traditional education systems often emphasize degrees and marks, but the job market now demands adaptability, creativity, and practical competence. Skills such as critical thinking, communication, digital

Unfortunately, lack of awareness and stigma around mental health prevent many from seeking help when they need it most.

Equally important is the role of purpose and values. In the rush to succeed, many young people lose sight of why they are pursuing certain paths. Aligning skills with personal interests and social responsibility can bring both satisfaction and sustainability. Volunteering, creative pursuits, and community engagement help youth develop empathy and a sense of belonging.

In conclusion, challenge is real, but so is the potential. With the right balance of learning, this generation can build a future that is not only successful, but meaningful.





## India's Youth Power: Opportunities & Responsibilities



**AMIT SHARMA**  
EDITOR

India stands at a unique moment in history. With more than 65% of its population below the age of 35, the country today is not just young in numbers, but young in ideas, energy, and aspirations. This demographic advantage—often called India's youth power—has the potential to shape the nation's future in extraordinary ways. However, power without purpose can be fragile. As we reflect at the beginning of 2024, it is important to ask not only *what opportunities lie before India's youth, but also what responsibilities come with them.*

The opportunities before young Indians have never been wider. Rapid digitalization, affordable internet, and access to global knowledge have transformed learning and working environments. A student sitting in a small town can now attend online courses from world-class universities, freelance for international clients, or launch a startup with minimal capital. Fields such as artificial intelligence, data science, renewable energy, content creation, and digital marketing are opening doors that did not exist a

decade ago. Government initiatives like Startup India, Skill India, and Digital India further aim to convert youthful ambition into innovation and employment.

Yet, opportunities alone do not define progress. The true strength of youth lies in how responsibly these opportunities are used. In an age of instant gratification, viral fame, and constant comparison on social media, young minds often face pressure to succeed quickly—sometimes at the cost of ethics, mental health, or long-term growth. The responsibility of today's youth is to cultivate patience, discipline, and integrity. Success achieved without values is temporary; progress built on ethics is lasting.

Education plays a critical role here. Degrees and marks remain important, but they are no longer sufficient. The responsibility of students today is to move beyond rote learning and focus on skill-critical thinking, communicat-

ion, adaptability, and emotional intelligence. At the same time, educational institutions must nurture curiosity, creativity, and social awareness, not just exam performance. Youth power becomes meaningful when knowledge is applied for the betterment of society, not merely personal gain.

Another major responsibility of young Indians is civic and social engagement. Democracy thrives when its youth are informed, aware, and participative. Voting, questioning misinformation, respecting diversity, and standing against discrimination are not

optional duties; they are essential contributions to a healthy society. In a diverse country like India, unity does not mean uniformity—it means mutual respect. The youth must become bridges, not barriers, in matters of language, culture, gender, and belief.

Equally important is the responsibility towards mental and physical well-being. Hustle culture often glorifies burnout, but a tired and anxious generation cannot lead a nation forward. Seeking help, supporting peers, and breaking the stigma around mental health are acts of courage, not weakness. A strong nation requires healthy minds as much as skilled hands.

Environmental responsibility also rests heavily on young shoulders. Climate change, pollution, and resource depletion will impact the youth more than any other generation. Conscious consumption, sustainable habits, and environmental activism are no longer "extra" activities—they are necessities for survival.

As we begin 2024, India's youth must recognize that they are not just beneficiaries of change, but drivers of it. If young Indians can balance ambition with empathy, innovation with integrity, and success with service, India's demographic advantage will transform into a moral and intellectual force.

The future of India is not waiting somewhere ahead—it is already sitting in classrooms, hostels, libraries, and campuses. The question is not whether the youth have power. The real question is: *how wisely will they use it?*





DYANSHI SHARMA

## Social Media Pressure and the ‘Perfect Life’ Myth

Social media has become an inseparable part of modern life, especially for the youth. Platforms like Instagram, Facebook, Snapchat, and YouTube allow users to share moments, express opinions, and stay connected. While social media offers creativity and communication, it also creates intense pressure by promoting an illusion of the “perfect life.” Behind carefully edited photos and curated posts lies a reality that is often far from perfect.

The ‘perfect life’ myth is built on highlight reels. People usually share their achievements, celebrations, travels, and happy moments, while struggles, failures, and insecurities remain hidden. As students and young adults scroll through these images, they begin comparing their ordinary lives with extraordinary portrayals. This constant comparison can lead to feelings of inadequacy, self-doubt, and low self-esteem. The number of likes, comments, and followers slowly becomes a measure of self-worth, even though it has little connection with real success or happiness.

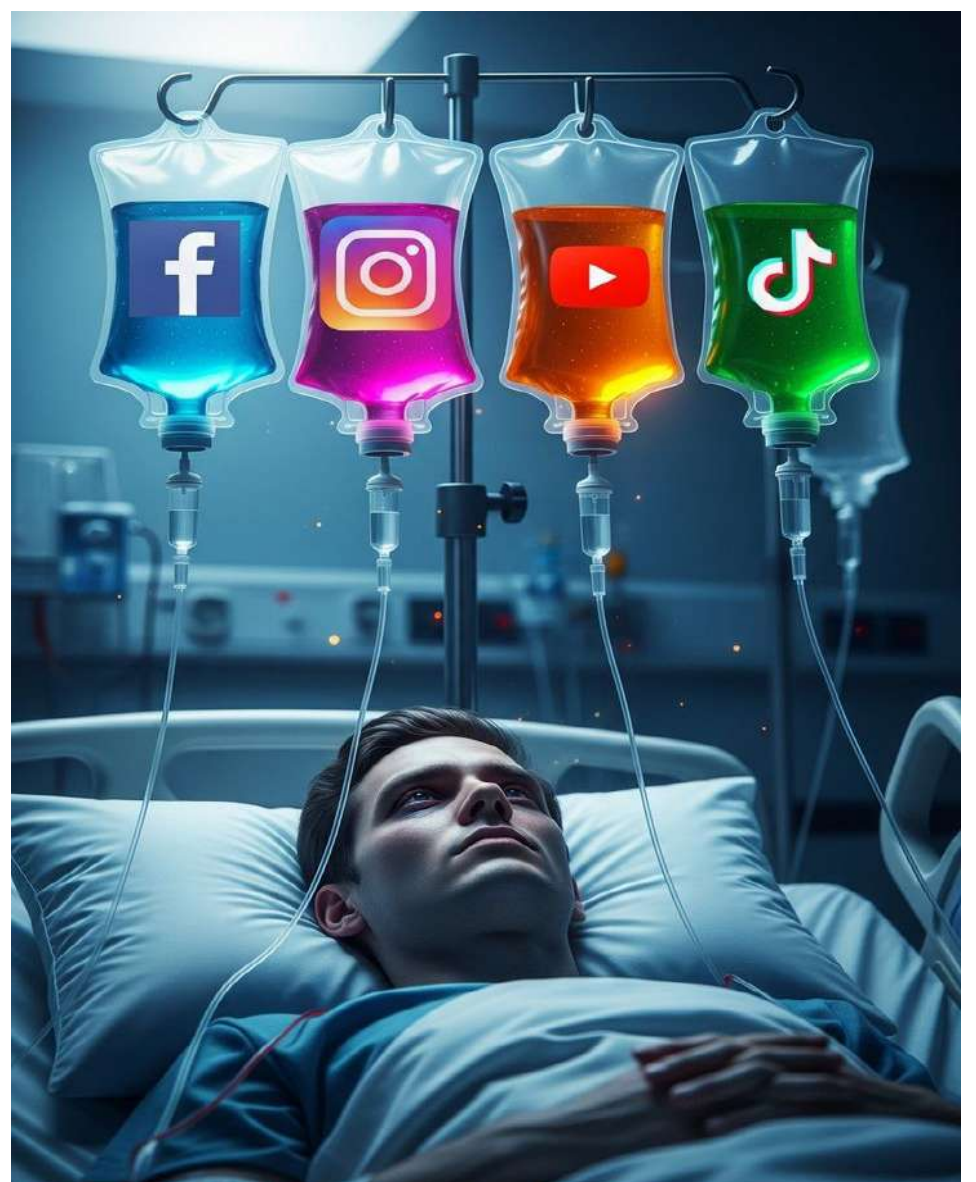
Social media pressure also affects mental health. The fear of missing out (FOMO), pressure to look attractive, and the need to stay relevant online can cause anxiety and stress. Many young people feel compelled to maintain a certain image, even if it does not reflect their true self. This performance-based identity can be emotionally exhausting. Studies and real-life experiences show increasing cases of loneliness and depression among youth, despite being more “connected” than ever before.

Another concern is the unrealistic standard of success promoted online. Influencers often showcase luxury lifestyles, rapid success, and constant positivity without revealing the hard work, privilege, or failures behind them. This can distort young minds into believing that success must be quick and effortless. When reality does not match these expectations, frustration and disappointment follow.

Breaking free from this pressure requires awareness and balance. Youth must remember that social media is a tool, not a mirror of reality. Limiting screen time, unfollowing accounts that trigger negativity, and engaging with meaningful content can help maintain mental well-being. More importantly, real-life relationships, hobbies, and personal growth should take priority over virtual validation.

Educational institutions and families also play a crucial role by encouraging open conversations about social media use and mental health. Teaching digital literacy and emotional intelligence can empower young people to use social media responsibly.

In conclusion, the ‘perfect life’ portrayed on social media is largely a myth. Real life includes struggle, growth, and imperfection—and that is what makes it authentic. By embracing reality over comparison, youth can reclaim confidence, peace of mind, and a healthier relationship with the digital world.



# Youth and Democracy: Why Voting & Awareness Matter



**PURVI MANGALA**

Democracy is strongest when its citizens are informed, active, and responsible. In a country like India, where youth form a significant portion of the population, their participation plays a decisive role in shaping the nation's future. Yet, despite having the power to influence policies and leadership, many young people remain indifferent to voting and civic engagement. Understanding why voting and awareness matter is essential for strengthening democracy and ensuring meaningful change.

Voting is not just a right; it is a responsibility. It gives citizens the power to choose representatives who make decisions affecting education, employment, healthcare, and social justice. When young people vote, they ensure that issues relevant to their generation—such as quality education, job opportunities, climate change, and digital rights—are placed at the center of public discourse. Low youth voter turnout weakens democratic representation and allows decisions to be shaped by a limited section of society.

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However, voting alone is not enough. Awareness is equally important. An informed voter is a powerful voter. In the age of social media and instant information, misinformation spreads rapidly, often influencing opinions without facts. Youth must develop the habit of questioning sources, understanding policies, and evaluating candidates beyond slogans and popularity. Political awareness enables young citizens to

distinguish between promises and performance, and emotion and evidence.

Active participation in democracy goes beyond election day. Youth can engage through debates, discussions, community service, student unions, and social initiatives. Peaceful expression of opinions, respect for diverse viewpoints, and involvement in local issues strengthen democratic

culture. When young people participate constructively, democracy becomes more inclusive and responsive.

Youth also bring fresh perspectives and idealism to governance. They are more open to change, innovation, and equality. Their involvement challenges outdated practices and encourages transparency and accountability. History shows that many social reforms and movements have been driven by young minds who dared to question injustice and demand progress.

Families, educational institutions, and media have a vital role in nurturing democratic values. Encouraging dialogue, critical thinking, and civic education from an early age can build responsible citizens. Democracy cannot survive on laws alone; it needs conscious participation.

In conclusion, youth are not just future citizens—they are present stakeholders in democracy. Voting gives them a voice, and awareness gives that voice direction. A democracy where youth are informed, engaged, and active is not only stronger but more hopeful. The choice to participate today determines the quality of leadership and freedom tomorrow. Their meaningful participation today is essential for strengthening democratic values and building a just, inclusive, and progressive society.

