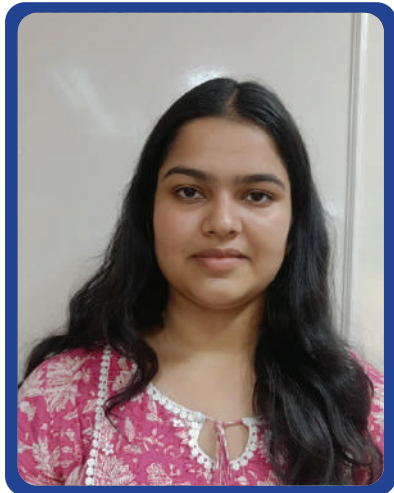




## Between Likes and Loneliness: The Mental Health Dilemma



PRIYA ANAND

You post a picture. The likes start trickling in. A few heart emojis, some fire reactions, and maybe even a comment or two. For a moment, it feels like you matter. You're seen. But once the screen fades, so does the feeling. Sound familiar?

Welcome to the digital age—where being constantly connected doesn't always mean we feel connected. In fact, for many of us, it's the opposite. We're caught in a strange in-between space: between **likes and loneliness, between online smiles and offline struggles, between a curated life and a chaotic mind.**

### The Illusion of Connection

Social media was designed to bring us closer. And in many ways, it has. We can video call a friend across the globe, join interest-based communities, and find relatable content that makes us feel less alone. But beneath the surface of likes, stories, and reels lies a growing sense of isolation—one that many of us are too afraid to admit.

When our self-worth starts depending on how many people "double-tap" a photo or view a story, we unknowingly hand over control of our mental state to invisible algorithms and digital applause. The comparison game begins—someone's vacation looks better, someone's relationship seems happier, someone's career looks more successful. And suddenly, our own life feels... not enough.



### The Pressure to Be 'Always On'

In this always-online world, there's a strange pressure to constantly perform—to look good, sound smart, be funny, stay updated, and always respond. The line between personal and public has blurred. Our lives have become content, and our emotions, if not aesthetically pleasing, often feel unshareable.

This performative culture can be mentally exhausting. It fosters **anxiety, impostor syndrome, FOMO (Fear of Missing Out),** and in many cases, **burnout.** College students especially find themselves juggling academics, relationships, career-building, and digital personas—often without a pause button.

### Signs We Shouldn't Ignore

The symptoms are subtle but real. You might find yourself:

- Feeling low after scrolling through social media.
- Comparing your life with filtered versions of others'.
- Struggling to focus without checking your phone.
- Feeling lonely despite having hundreds of online friends.

Using likes and comments as a measure of self-worth.

If any of these sound familiar, it's not just you. It's a growing reality for many in our generation.

### Talking About It: The First Step

The good news? We're talking about it more than ever. Mental health is no longer the hush-hush topic it once was. Memes about anxiety, relatable reels on overthinking, and digital mental health communities have helped break the stigma.

Apps like **Wysa, Calm, and Headspace** are making therapy and mindfulness more accessible. Even colleges are beginning to acknowledge the need for mental wellness programs, student counseling services, and awareness drives.

But awareness must turn into action. Talking is great, but listening—especially to ourselves—is even more important.

### Healing in a Hyperconnected World

Here are some small yet powerful ways to take back control:

- Curate your feed:** Follow people and pages that uplift, not drain you.
- Set screen limits:** Give your brain a break from constant stimulation.
- Disconnect to reconnect:** Take digital detox days to reconnect with yourself, nature, and real-life conversations.
- Talk it out:** Whether it's with a friend, counselor, or journal—express what you feel.
- Celebrate the ordinary:** You don't have to post everything. Some moments are best lived, not shared.

### Conclusion: It's Okay Not to Be Okay

We're all figuring it out. Behind every smiling selfie is a story, a struggle, a human just like you. So, if you ever feel overwhelmed, remember this—you're **not alone** in your loneliness.

Between likes and loneliness, choose **honesty over perfection, connection over comparison, and self-care over social validation.** Because mental health is not just a trend—it's a lifeline. And it's okay to unplug and just be.



# Influence Over Information: The Rise of Content Creators vs. Journalists



**AMIT SHARMA**  
EDITOR

Not long ago, journalism was a profession built on rigorous fact-checking, editorial ethics, and a commitment to truth. Today, that world is rapidly blending with another—a flashy, fast-paced world driven by virality, personal branding, and followers. This is the age of the content creator, where influence often overshadows information, and opinions are consumed faster than facts.

## In the battle for attention, who wins—the journalist or the influencer?

### A Changing Media Landscape

The media ecosystem has undergone a revolution. With the rise of social media platforms like Instagram, YouTube, and TikTok, anyone with a smartphone and a voice can become a "news source." Content creators no longer wait for

editorial approval or printing deadlines—they publish in real time, speak directly to audiences, and shape public opinion instantly.

Journalists, on the other hand, are bound by traditional values—balance, fact-checking, multiple sources, and editorial review. This process ensures credibility but can seem slow in a world that thrives on speed and clickbait.

This shift raises an important question: Are we valuing influence over accuracy?

### Trust in the Digital Age

There was a time when people trusted newspapers or news anchors. Today, trust is fragmented.

Gen Z and millennials are more likely to get their news from creators on Instagram or YouTube than from traditional news channels. According to global studies, young audiences often see creators as more "relatable" or "authentic" than journalists. Why? Because creators appear human—they share their lives, admit their flaws, and speak the language of their audience.

### But relatability is not reliability.

Many content creators don't follow journalistic ethics. They might present opinions as facts, promote unverified claims, or jump on trending topics for views. While

some are genuinely passionate and responsible, others are driven by engagement metrics, sponsorship deals, and algorithms—not truth.

In contrast, journalists are trained to verify information, protect sources, and report without bias. But in the age of reels and reels of content, are audiences losing patience for the slower, fact-based approach?

### Blurring Boundaries

Interestingly, the line between journalist and creator is now blurred. Some journalists have adapted by becoming creators themselves—running YouTube channels, hosting podcasts, or using Instagram to simplify news for younger audiences. On the other hand, some influencers are venturing into social commentary, political analysis, and advocacy—territory traditionally dominated by journalism. This fusion is both exciting and risky. It offers new ways to communicate serious issues—climate change, mental health, politics—to digital-native audiences. But it also opens the door to misinformation, confirmation bias, and echo chambers, where viewers only hear what they want to believe.

### What Does This Mean for Students?

For students in journalism and mass communication, this is a crucial

moment. The future belongs to those who can balance influence with integrity. You don't have to choose between being a journalist or a creator. Instead, learn to be both: someone who can build an audience and tell the truth. Use storytelling skills, embrace digital tools, but never compromise on credibility.

For all students—whether from BBA, BCA, or MBA—this shift teaches a powerful lesson: Think critically. Don't accept everything on your feed as fact. Whether it's a tweet, a reel, or a "breaking story" from your favorite influencer, always ask: Is this verified? What's the source?

### Conclusion: The Real Responsibility

In today's world, everyone has a platform. But with that power comes responsibility. Content creators may win in terms of reach and engagement, but journalists still carry the torch of accountability. Both have a role to play in shaping minds and informing society.

As readers, creators, or future media professionals, let's not sacrifice truth at the altar of trend. Because while influence fades, information—and the integrity behind it—lasts.



# From Doodles to Digital: Creativity in the Age of Canva



AMRITANSHU

## Creativity Has Left the Classroom

In the past, “creative” students were a specific category—the ones who drew well, acted in plays, or edited the school magazine. But now, creativity is no longer confined to the arts. It’s a **21st-century skill** demanded across fields—from branding in business to infographic-making in journalism and UI design in tech.

Thanks to platforms like Canva, Adobe Express, and Figma, creativity has become more accessible and collaborative. A student can now build an entire brand identity, design social media content, or plan an event with ready-to-use templates and drag-and-drop ease.

**Design is no longer a niche skill—it’s a life skill.**

## The Canva Revolution

Launched in 2013, Canva was initially a simple graphic design tool for non-designers. Today, it’s a powerhouse used by over 100 million people, from students to professionals. Its success lies in simplicity. No need to learn Photoshop or Illustrator. Canva gives users the power to create professional-level designs within minutes—using pre-built layouts, icons, fonts, animations, and more.

Not long ago, creativity meant pencils, paintbrushes, or a notebook filled with doodles during boring lectures. Design was a skill that required mastery of complex software or formal training in fine arts. But today, in the digital-first world, all it takes is an idea—and a Canva account.

**Welcome to the democratization of design**, where anyone, regardless of background or technical skill, can create logos, presentations, posters, and even videos with just a few clicks. Whether you’re a BBA student designing a startup pitch, a Journalism student crafting a magazine layout, or a BCA student creating UI mockups—Canva has become the digital sketchbook for a new generation.

For students, Canva is more than a design tool—it’s a **creative outlet**, a **project enhancer**, and in many ways, a **resume booster**. Here’s how:

- For classwork:** Make stunning presentations, brochures, and posters that stand out.

- For events:** Design invites, certificates, and banners for college fests.

- For portfolios:** Showcase your creativity with a clean, digital portfolio.

- For side hustles:** Start freelance social media work, resume design, or even digital marketing using Canva templates.

## More Than Just Pretty Pictures

Design is not just about aesthetics—it’s about communication. A well-designed pitch deck can win investors. A clear infographic can educate the public. A powerful social media post can raise awareness. Students across departments are beginning to understand that visual storytelling is just as important as verbal fluency.

## For example:

- A journalism student can turn a long-form report into an

eye-catching digital magazine.

- An MBA student can pitch a business plan using Canva’s dynamic slide decks.

- A BCA student can showcase app UI using mockups.

In essence, **creativity and communication now go hand in hand with digital tools.**

## The Flip Side: Are Templates Killing Originality?

Of course, with great accessibility comes a valid criticism: **Are we becoming too dependent on templates?** When everyone uses the same set of designs, is creativity being limited rather than enhanced?

The answer lies in **how you use the tools**. Templates are starting points—not final products. The most impactful creators tweak, customize, and add personal touches. They go beyond drag-and-drop, adding original ideas, copy, and flair. In other words, **tools can guide you, but creativity must still come from you.**

## Tips to Stand Out Creatively

- Start with a sketch:** Even in the digital age, a hand-drawn idea can lead to the most authentic designs.

- Customize everything:** Colors, fonts, layouts—don’t settle for default.

- Tell a story:** Every poster, slide, or video should have a narrative.

- Explore beyond Canva:** Try Adobe XD, Figma, or Procreate for deeper creative control.

- Learn the basics of design:** Typography, color theory, and alignment can elevate even simple designs.

## Conclusion: Create Without Limits

From classroom doodles to digital design boards, creativity has evolved—but its essence remains the same: **expression**. Tools like Canva have simply removed the barriers, allowing anyone to be a designer, storyteller, or creator.

So whether you’re making memes, building a brand, or presenting an idea—don’t hold back. The world is your canvas. And today, it’s just a few clicks away.





# Your Future Boss Might Be a Bot: Preparing for AI Workspaces



**SALONI AHUJA**

Imagine logging into work one morning and receiving tasks, feedback, and performance evaluations—not from a human manager, but from an AI-powered system. It might sound like science fiction, but it's quickly becoming our new reality. As Artificial Intelligence (AI) reshapes industries, the future workplace could very well be **run, organized, and optimized by algorithms.**

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Welcome to the age of **AI workspaces**, where bots don't just assist us—they might supervise us.

## The Rise of AI in the Workplace

AI is no longer confined to self-driving cars or voice assistants. It has entered offices, factories, classrooms, and even boardrooms. From HR software that shortlists candidates to chatbots that handle customer queries 24/7, AI is taking on roles once reserved for humans.

In many companies, AI tools already **assign tasks, track productivity, flag errors**, and even recommend promotions based on data. Some organizations use AI systems to monitor remote employees, analyze communication patterns, and suggest workflow improvements. In short, bots are starting to make decisions—and that includes decisions **about people.**

## Will AI Replace Human Bosses?

Not entirely. AI can process huge amounts of data, identify patterns, and make logical recommendations. But it still lacks emotional intelligence, empathy, and ethical judgment—traits that good leaders need. So while AI might manage operations, schedules, and targets, it's unlikely to **completely replace** human leadership.

However, in many sectors, AI will become the **first point of contact**, the evaluator, or even the one setting deadlines. For young professionals and students, this means one important thing: **we need to learn how to work with AI, not just under it.**

## What This Means for Students and Future Professionals

Whether you're in Journalism and Mass Communication, BBA, BCA, MBA, or MCA—AI will impact your field in some form. Here's how you can prepare:

### 1. Learn AI Literacy

You don't have to become a coder, but understanding the basics of AI—how it works, its strengths and limitations—is a must. Tools like ChatGPT, Midjourney, Grammarly, and even Canva now use AI to enhance productivity. Knowing how to use them gives you a major edge.

### 2. Focus on Human Skills

Ironically, the more AI takes over routine tasks, the more valuable human skills become. Creativity, empathy, critical thinking, ethical reasoning, and communication—these are areas where humans still outperform machines.

### 3. Adaptability Is Key

Workflows will keep changing. New tools will emerge. Being flexible and willing to learn constantly is more important than mastering any single software.

### 4. Understand Data Ethics

If your future boss is a bot, who ensures it's fair? AI systems can carry biases, make errors, or invade privacy. Students should be aware of digital ethics, data protection laws, and how to question automated decisions.

## 5. Collaborate with AI, Don't Compete

See AI as a teammate, not a threat. It can help you write better reports, automate boring tasks, analyze data faster, and free up time for strategic thinking.

### Examples from the Real World

- In journalism, AI tools now generate news summaries, suggest headlines, and flag fake news. Reporters use bots to analyze data leaks and find hidden stories.
- In business, companies like Amazon and Google use AI to evaluate performance, predict customer behavior, and optimize supply chains.
- In tech, programmers use AI to auto-generate code, debug errors, or simulate user interfaces.
- In HR, AI tools like HireVue or Pymetrics help conduct virtual interviews and personality assessments using machine learning models.

In all these cases, AI is not taking away jobs—**it's changing how jobs are done.**

### The Emotional Side: Can a Bot Motivate You?

One big question remains: Can an AI truly lead? Leadership isn't just about assigning tasks—it's about inspiring teams, resolving conflicts, recognizing potential, and building trust. These are qualities no algorithm can replicate (yet). So while bots might handle logistics, human managers will still be essential for creating healthy, humane workplaces. Embrace technology, but don't lose what makes you human.

