



AI's Growing Thirst, The Hidden Water Cost of Cooling Data Centers



DYANSHI SHARMA

As artificial intelligence (AI) continues to transform industries worldwide, experts are raising concerns about an often-overlooked environmental issue - the large amount of water required to cool AI-powered data centers.

These facilities house uses thousands of high-performance servers that generate intense heat while processing massive amounts of data. To maintain safe operating temperatures, many data centers rely on water - based cooling systems that consume millions of litres of water each year.

With the rapid expansion of AI technologies, the demand for computing power is increasing significantly, leading to greater pressure on local water resources. Environmental researchers warn that excessive water consumption could affect communities in regions already facing water scarcity. Technology companies are now being urged to adopt many sustainable cooling solutions, such as recycled water systems, air cooling, and energy - efficient infrastructure, to reduce their environmental footprint.

Recognizing the challenge, leading technology companies are investing in innovative cooling solutions. These include air-cooling technologies, liquid cooling systems with closed - loop water circulation, recycled wastewater usage, and AI-driven energy management systems that optimize cooling efficiency while reducing water consumption.

Governments and the environmental organizations are also encouraging greater transparency by urging data center operators to publicly disclose their water usage and adopt sustainable practices.

Experts believe that technological innovation and environmental responsibility must go hand in hand. While AI has the potential to solve some of the world's most complex challenges, its development should not come at the expense of natural resources.

Sustainable infrastructure, efficient cooling technologies, and responsible water management will play a crucial role in ensuring that the future of AI remains both of innovative and environmentally conscious.



The Silent Struggle: Mental Health in Today's Generation



AADYA SISODIA

In today's fast-moving world, youngsters are facing many challenges that often go unnoticed. One of the biggest social issues among youth is mental health problems such as stress, anxiety, depression, and loneliness. While young people may look happy on social media, many of them silently struggle in real life.

The pressure to perform well in academics, build a successful career, maintain relationships, and meet society's expectations has increased a lot. Students often feel burdened by exams, competition, and fear of failure. Along with this, the constant comparison on social media creates insecurity and low self-esteem.

Many youngsters hesitate to talk about their emotions because they fear being judged. In many families and communities, mental health is still not taken seriously. Instead of support, young people are often told to "stay

strong" or "ignore it." This can make the problem worse.

To solve this issue, we need to create a supportive environment where youngsters feel safe to express themselves. Schools and colleges should organize counselling sessions, stress-management workshops, and awareness campaigns. Parents and teachers should listen without criticism and encourage open conversations.

Mental health is just as important as physical health. If today's youth are mentally strong and emotionally healthy, they can build a brighter future for themselves and society. It is time to break the silence and support the young minds around us.



डिग्री नहीं, दक्षता ही असली पहचान



कृष्णकांत
संपादक

आधुनिक अर्थव्यवस्था तीव्र गति से “कौशल-आधारित” (skill-based) होती जा रही है। नियोक्ता अब केवल शैक्षिक योग्यता पर ही ध्यान केंद्रित नहीं करते, बल्कि यह भी परखते हैं कि अभ्यर्थी अपने ज्ञान का व्यावहारिक उपयोग किस प्रकार करता है। समस्या-समाधान क्षमता, प्रभावी संप्रेषण, टीमवर्क, समय-प्रबंधन तथा परिवर्तित परिस्थितियों में अनुकूलन—ये सभी गुण आज अत्यंत महत्वपूर्ण हो गए हैं।

इसी संदर्भ में “स्किल गैप” एक गंभीर

प्रोजेक्ट्स, कार्यशालाएँ और उद्योग-संबंधित कार्यक्रम विद्यार्थियों को वास्तविक कार्य-परिवेश से परिचित कराते हैं। ये अनुभव न केवल कौशल-विकास में सहायक होते हैं, बल्कि पेशेवर व्यवहार और कार्यस्थल की समझ भी विकसित करते हैं। डिजिटल युग ने शिक्षा के आयामों का व्यापक विस्तार किया है। आज विद्यार्थी ऑनलाइन माध्यमों से डेटा विश्लेषण, प्रोग्रामिंग, डिजिटल मार्केटिंग, साइबर सुरक्षा तथा आर्टिफिशियल इंटेलिजेंस जैसे क्षेत्रों में नई-नई दक्षताएँ अर्जित कर सकते

सकता है। अतः “आजीवन अधिगम” (lifelong learning) अब एक अनिवार्यता बन चुका है। विद्यार्थियों को यह समझने की आवश्यकता है कि केवल शैक्षणिक संस्थानों पर निर्भर रहना पर्याप्त नहीं है। उन्हें स्वयं आगे बढ़कर इंटरनशिप करना, प्रोजेक्ट्स पर कार्य करना, प्रतियोगिताओं में भाग लेना तथा अनुभवी व्यक्तियों से मार्गदर्शन प्राप्त करना चाहिए।

अंततः, डिग्री का महत्व समाप्त नहीं हुआ है; यह अब भी एक सुदृढ़ आधार प्रदान करती है। किंतु सफलता प्राप्त करने के लिए कौशल, अनुभव और निरंतर सीखने की प्रवृत्ति का समन्वय आवश्यक है। वर्तमान वैश्विक परिस्थितियाँ - जैसे अंतरराष्ट्रीय संघर्ष और आर्थिक प्रतिबंध - दुनिया के साथ-साथ भारत के समक्ष भी नई चुनौतियाँ प्रस्तुत कर रही हैं। ऐसे समय में युवाओं को आत्मनिर्भरता, नवाचार और उद्यमशीलता के माध्यम से अपने तथा राष्ट्र के विकास में सक्रिय योगदान देना चाहिए।

आज का कुशल युवा देश की प्रगति में महत्वपूर्ण भूमिका निभा रहा है। शिक्षा के क्षेत्र में नए पाठ्यक्रम और प्रशिक्षण अवसर उपलब्ध हो रहे हैं जिनका समुचित लाभ उठाकर युवा अपने भविष्य को सशक्त बना सकते हैं। आने वाला समय उन्हीं का होगा जो परिवर्तन को स्वीकार करते हैं, निरंतर सीखते रहते हैं और अपने ज्ञान को व्यवहार में परिवर्तित करने की क्षमता रखते हैं। अतः सफलता का वास्तविक अर्थ केवल डिग्री प्राप्त करना नहीं, बल्कि स्वयं का सतत विकास करना है।

पढ़ते रहिए...

पाठकगण!

“यंगस्टर” का नवीन अंक शीघ्र ही आपके समक्ष प्रस्तुत हुआ है। आशा है कि यह अंक आपके ज्ञान-विस्तार में सहायक सिद्ध होगा। विद्यार्थियों ने अपनी लेखनी के माध्यम से कुछ विषयों पर सार्थक लेख प्रस्तुत करने का प्रयास किया है। यह केवल एक प्रारंभ है; आगे की संभावनाएँ और भी व्यापक हैं।

वर्तमान समय में राष्ट्र के समक्ष कुशल युवाओं की एक बड़ी संख्या उपस्थित है, जो निरंतर बेहतर करियर विकल्पों की खोज में संलग्न है। यह स्पष्ट होता जा रहा है कि केवल डिग्री प्राप्त कर लेना सफलता की गारंटी नहीं है।

आज के परिप्रेक्ष्य में “योग्यता” की परिभाषा में महत्वपूर्ण परिवर्तन आया है। पूर्व समय में उच्च शिक्षा की डिग्री को सफलता का प्रमुख आधार माना जाता था। यह धारणा प्रचलित थी कि एक प्रतिष्ठित डिग्री प्राप्त होते ही रोजगार, सामाजिक सम्मान और आर्थिक स्थिरता सुनिश्चित हो जाएगी। किंतु बदलते वैश्विक और आर्थिक परिवेश ने इस अवधारणा को चुनौती दी है। अब डिग्री के साथ-साथ व्यावहारिक कौशल (skills) का होना भी अनिवार्य हो गया है।

वर्ष 2026 में वैश्विक चुनौतियों और आर्थिक जटिलताओं ने यह स्पष्ट कर दिया है कि डिग्री केवल एक आधार है, अंतिम लक्ष्य नहीं। यद्यपि पारंपरिक शिक्षा प्रणाली ने सदैव समाज को बौद्धिक आधार, अनुशासन और सैद्धांतिक ज्ञान प्रदान किया है, और चिकित्सा, विधि, अभियांत्रिकी तथा प्रशासन जैसे क्षेत्रों में डिग्री आज भी आवश्यक है, फिर भी यह प्रश्न प्रासंगिक है कि क्या यह पर्याप्त है।



चुनौती के रूप में उभरता है। अनेक शैक्षणिक संस्थानों का पाठ्यक्रम उद्योग उद्योग की वास्तविक आवश्यकताओं से पूर्णतः मेल नहीं खाता, जिसके परिणामस्वरूप विद्यार्थी सैद्धांतिक रूप से सक्षम होते हुए भी व्यावहारिक परिस्थितियों में असहज अनुभव करते हैं। यह अंतर उनके आत्मविश्वास और व्यावसायिक दक्षता को प्रभावित करता है।

इस समस्या के समाधान हेतु व्यावहारिक अनुभव का महत्व निरंतर बढ़ रहा है। इंटरनशिप, लाइव

हैं। यह विशेष रूप से उन छात्रों के लिए उपयोगी है, जो पारंपरिक पाठ्यक्रम से आगे बढ़कर स्वयं को प्रतिस्पर्धी बनाना चाहते हैं। वर्तमान समय में वही विद्यार्थी सफल माना जाता है, जो स्वप्रेरित होकर सीखने की पहल करता है, निरंतर नए अवसरों की खोज करता है और स्वयं को अद्यतन रखता है। इसके अतिरिक्त, अनुकूलन क्षमता (adaptability) भी अत्यंत आवश्यक गुण बन चुकी है, क्योंकि तकनीकी प्रगति इतनी तीव्र है कि आज का ज्ञान शीघ्र ही अप्रासंगिक हो



Grand Conclusion of “Film Fiesta 2026”



PRGYANSH TIWARI

New Delhi: The vibrant campus of Tecnia Institute of Advanced Studies came alive on April 11, 2026, as the Department of Journalism and Mass Communication, in collaboration with the Indian Knowledge System (IKS) Cell, hosted the grand finale of “Film Fiesta 2026.” Held at the Tecnia Auditorium, the closing ceremony turned into an unforgettable celebration that seamlessly blended youthful creativity with the richness of India’s intellectual and cultural heritage.

This year’s theme, “Frames That Speak: Indian Knowledge System,” set the tone for a deeply engaging and thought-provoking festival. Through short films and documentary competitions, budding filmmakers showcased their storytelling prowess while exploring diverse dimensions of Indian traditions, philosophy, and knowledge systems. The event not only highlighted technical excellence but also reflected a strong sense of cultural awareness, leaving the audience inspired and intellectually enriched. The campus buzzed with energy as students, faculty, and guests came together to appreciate the artistic expressions of young creators.

One of the standout attractions of the festival was the fashion showcase titled “IKS Icon: The Knowledge Runway.” Organized with the support of the Cultural Club, this segment captivated the audience with its unique presentation of Indo-Western and traditional Indian attire. Participants creatively interpreted heritage through fashion, transforming the runway into a visual narrative of India’s evolving cultural identity. The show offered more than just style—it became a symbolic journey connecting tradition with

TECNIA INSTITUTE OF ADVANCED STUDIES
 NAAC GRADE "A" INSTITUTE (CYCLE -2)
 Recognized Under Sec. 2(f) of UGC Act 1956,
 Approved by AICTE, Ministry of Education, Govt. of India, Affiliated to Guru Gobind Singh Indraprastha University.
 Institutional Area, Madhuban Chowk, Rohini, Delhi 110085

Department of Journalism and Mass Communication
Presents
FILM FIESTA
THEME: “FRAMES THAT SPEAK”
Indian Knowledge System

FILMMAKING COMPETITION
 • Short Film Competition
 • Documentary Film Competition

IKS ICON
 THE KNOWLEDGE RUNWAY - A Fashion Show
 (A Special Segment of Film Fiesta 2026 in Collaboration with Cultural Club)

11th APRIL, 2026
9:00 AM ONWARDS
TECNIA AUDITORIUM

Faculty Co-ordinator
Mr. Mayank Arora

Student Co-ordinators
 Muskan Asopa 7011823248 | Shivam Bajaj 9319248302 | Ansh Panchal 7291068036 | Purvi Mangla 8368470174 | Poornima 9667555829

Co-Powered By Associate Partners Cinematic Partners Gifting Partner

modernity, leaving a lasting impression on everyone present.

The event was graced by Dr. Durgesh Tripathi, Dean of USMC at Guru Gobind Singh Indraprastha University (GGSIPU), who attended as the Chief Guest. Addressing the gathering, he emphasized the power of cinema and fashion as influential mediums that not only entertain but also reconnect individuals with their roots. He remarked that such platforms play a crucial role in projecting India’s knowledge systems on a global stage, inspiring students to embrace their cultural identity while pursuing creative excellence. His words resonated strongly with the young audience, encouraging them to think beyond conventional boundaries.

Faculty Coordinator Mr. Mayank Arora reflected on the success of the event, stating

that “Film Fiesta is not just a competition, but a dynamic platform for aspiring media professionals. It provides students with an opportunity to narrate stories that bring out the layers of our culture in meaningful and engaging ways.” His remarks highlighted the broader vision behind the festival—nurturing talent while fostering a deeper understanding of heritage through media.

The successful execution of the event was made possible under the visionary leadership of Dr. Ram Kailash Gupta (Chairman), Dr. Sandhya Bindal (Vice Chairperson), Dr. Ajay Kumar (Director), Dr. M. N. Jha (Dean Academics), Dr. Shivendu Kumar Rai (Associate Dean, Journalism and Mass Communication), and Dr. Gopal Thakur (Head of Department). Their guidance ensured that the festival not only maintained high standards of organization but also fulfilled

its academic and cultural objectives.

Special recognition was given to the student coordinators Muskan Asopa, Shivam Bajaj, Purvi Mangla, Ansh Panchal, and Purnima whose dedication, teamwork, and meticulous planning played a key role in making the event a resounding success. Their efforts reflected the spirit of collaboration and leadership that defines the Technia community.

As the curtains fell on “Film Fiesta 2026,” the Technia family reaffirmed its commitment to promoting such creative and intellectually enriching initiatives in the future. The event concluded with heartfelt gratitude extended to all participants, organizers, and supporters, marking yet another milestone in fostering innovation, cultural pride, and artistic excellence among the youth.



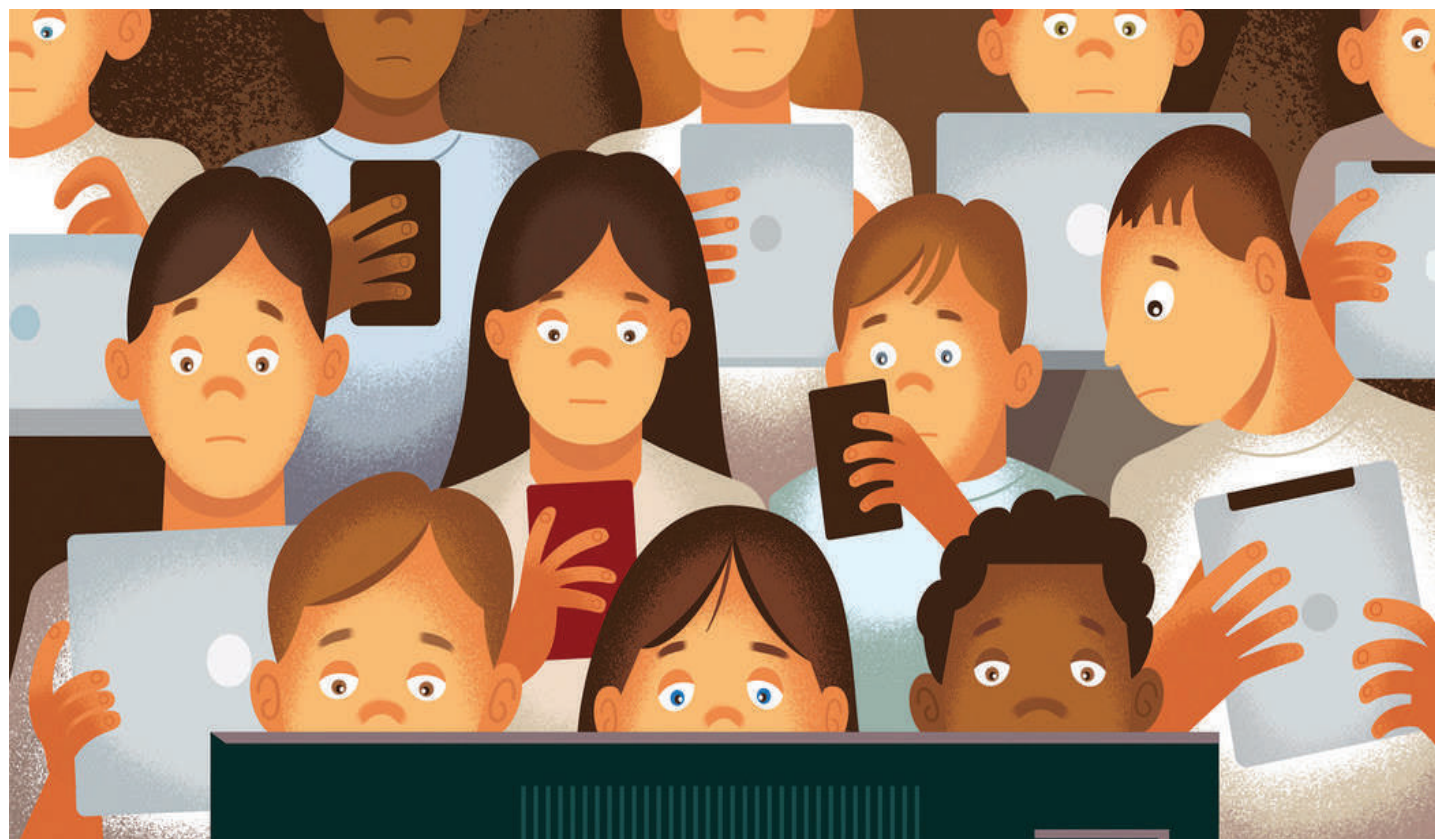
Hooked to the Screen: How Rising Digital Dependency Is Reshaping Youth Health, Minds, and Lifestyles



ABHINAV GUPTA

The growing prevalence of screen time among youth has become one of the most defining features of the digital age, shaping how young people learn, communicate, and perceive the world. With the rapid expansion of smartphones, affordable internet, and the dominance of platforms such as Instagram, YouTube, and Snapchat, screen exposure has reached unprecedented levels. Today's youth, often referred to as "digital natives," are immersed in screens not only for entertainment but also for education, social interaction, and even emotional expression. While digital connectivity has opened new opportunities, it has simultaneously raised concerns about its impact on physical health, mental well-being, and overall lifestyle patterns.

One of the primary reasons behind the surge in screen time is the increasing reliance on digital devices for academic purposes. The COVID-19 pandemic accelerated this trend, making online classes, digital assignments, and virtual collaboration tools a necessity rather than an



option. Even after the return to offline education, many institutions continue to integrate digital learning methods, encouraging students to spend hours on laptops, tablets, and smartphones. Platforms like Google Classroom and Zoom have become integral to modern education, blurring the boundaries between productive and recreational screen use. As a result, distinguishing between "necessary" and "excessive" screen time has become increasingly difficult.

Beyond academics, social media plays a dominant role in shaping youth behavior and screen habits. Platforms provide a space for self-expression, creativity, and connection, allowing young people to share their lives and stay updated with global trends. However, this constant engagement often leads to compulsive usage patterns. Features such as infinite scrolling, notifications, and algorithm-driven content are designed to capture attention, making it challenging for users to disconnect. The phenomenon of "doomscrolling," where individuals continuously consume negative or emotionally charged content, has also contributed to prolonged screen usage. This has significant psychological implications, including increased anxiety, reduced attention span, and a constant need for validation through likes and comments.

The impact of excessive screen time on physical health is another pressing concern. Prolonged use of digital

devices is associated with eye strain, headaches, and disrupted sleep patterns. Exposure to blue light emitted by screens interferes with the body's natural sleep cycle, leading to insomnia and fatigue. Sedentary behavior linked to extended screen use also contributes to a lack of physical activity, increasing the risk of obesity and related health issues. According to guidelines by the World Health Organization, reducing sedentary screen time is essential for maintaining overall health, especially among adolescents. Despite this, many young individuals spend several hours daily on screens, often exceeding recommended limits.

Mental health implications are equally significant. While digital platforms can offer support networks and access to information, they can also expose youth to cyberbullying, unrealistic beauty standards, and social comparison. The curated nature of social media often presents an idealized version of reality, leading to feelings of inadequacy and low self-esteem. Studies have shown a correlation between high screen time and increased levels of depression and anxiety among teenagers. Moreover, the constant need to stay connected can create a sense of digital fatigue, where individuals feel overwhelmed by the pressure to respond to messages, keep up with trends, and maintain an online presence.

Another dimension of screen time is its effect on cognitive development and productivity. Continuous exposure to

fast-paced digital content can reduce attention span and hinder deep thinking. Many young people find it difficult to concentrate on tasks that require sustained focus, such as reading or problem-solving. Multitasking between apps, switching between tabs, and consuming short-form content have redefined how information is processed. While digital tools can enhance learning when used effectively, excessive and unregulated usage can lead to decreased academic performance and reduced critical thinking abilities.

Despite these challenges, it is important to acknowledge that screen time is not inherently negative. In fact, when used mindfully, digital platforms can be powerful tools for learning, creativity, and skill development. Online tutorials, educational videos, and digital courses provide access to knowledge that was previously unavailable to many. The key lies in balancing usage and ensuring that screen time is purposeful rather than passive.

In conclusion, screen time among youth is a complex and multifaceted issue that reflects the broader changes brought about by digital technology. While it offers numerous benefits in terms of connectivity and access to information, its excessive use poses serious risks to physical health, mental well-being, and cognitive development. Striking the right balance is crucial in ensuring that young people can harness the advantages of technology without falling prey to its adverse effects.

RNI No.: DEL/BIL/2004/14598

Publisher: Ram Kailash Gupta

on behalf of Tecnia Institute of Advanced Studies, 3 PSP, Madhuban Chowk, Rohini, Delhi-85; **Printer:** Ramesh Chander Dogra; **Printed at:** Dogra Printing Press, 17/69, Jhan Singh Nagar, Anand Parbat, New Delhi-5

Editor: Krishnakant

responsible for selection of News under PRB Act. All rights reserved.

Email:

youngster@tecnia.in