



# SENTENTIAS

Jan- June 2025

## Principal's Desk

Kalindi College has always stood for excellence in education, character-building, and the empowerment of young minds. In a world that is constantly evolving, the role of journalism becomes ever more crucial not only in conveying information but also in upholding truth, encouraging critical thought, and nurturing a culture of responsible dialogue.

Journalism today stands at a fascinating and formidable crossroads. In a world overwhelmed by noise, your role as future journalists, storytellers, and truth-seekers becomes not just relevant, but vital.

I extend my heartfelt congratulations to the students and faculty of the Journalism Department for their dedication, creativity, and commitment to presenting meaningful content through this platform. The newsletter is more than a record of the year's activities; it is a testimony to the energy,



Prof. Meena Charanda

insight, and innovation that define our college community.

It gives me immense pleasure to contribute a note to this edition of the Journalism Department's annual newsletter — a vibrant reflection of the voices, visions, and versatility of our academic community. With heartfelt delight, I extend my best wishes to the Department of Journalism on the release of the latest edition of its annual newsletter, Sententias.



# Kalindi College EVENTS



Union Minister, Shri Chiraga Paswan

## LEHREN *The Annual* Cultural Fest 25

Kalindi College, University of Delhi, proudly hosted its Annual Fest Lehren'25 on April 4, 2025, under the leadership of Principal Prof. Meena Charanda and Prof. Manju Mukul Kamble. This year's theme, "Yuva Sanskriti: The Young India Festival", celebrated the creativity, enthusiasm, and cultural spirit of young India.

The day began with an energetic opening ceremony attended by distinguished guests, including Shri Lal Singh Arya, National President of SC Morcha BJP, and Guru Prakash Paswan, BJP leader, as Guests of Honour, with MP Chirag Paswan also gracing the occasion. The Principal extended a warm welcome and praised the tireless efforts of the students' union in organizing the fest.

The schedule offered a wide spectrum of activities - from the Poster Making Competition and Antakshari to View Finder, the photography contest that captured moments of joy, color, and youthfulness. Saraswati Park was a hub of excitement with informal games and interactive stalls that kept the crowd engaged throughout the day.



Students' Union 2025 during LEHREN.

Cultural performances were a major highlight. The Indian Group Dance brought alive the country's folk and classical traditions with grace and vibrancy, while RAQS — the Street Play Society — staged Fitoor, a performance that raised important social concerns and resonated deeply with the audience. The evening drew to a close with singer Bhuwin's soulful live concert, which left the audience mesmerized.

The Journalism Department actively contributed to the success of Lehren'25 through its extensive coverage of the event. Students documented the festivities with detailed reporting, on-ground interviews, and striking photography that captured the spirit of the celebrations. Publicity and creative outreach, designed and managed by the department, further amplified the fest's presence, ensuring it reached audiences both within and beyond the college.

Lehren'25 stood as a vibrant celebration of youth, culture, and collective spirit, and the Journalism Department takes pride in having preserved and promoted its essence for the larger community.



# Kalindi College EVENTS



## 58<sup>th</sup> Annual Day Price Distribution Ceremony

Kalindi College, University of Delhi, celebrated its 58th Annual Day and Prize Distribution Ceremony on April 24, 2025. Organized by the Students' Union 2024–25 under the guidance of Dr. Rakhee Chauhan (Convener) and Dr. Kanika Gaur (Co-Convener), the event began at 10:00 AM with great enthusiasm.

The program opened with a melodious welcome song by the college music club, followed by the traditional lamp lighting ceremony, symbolizing the illumination of wisdom and knowledge. The occasion was graced by Shri Surya Prakash Khatri, Chairman of the Bar Council of Delhi, as Guest of Honour, and Shri Sudhanshu Mittal, Political Thinker and BJP Leader, as Chief Guest. They were welcomed with planters, a gesture of warmth and respect.

Principal Prof. Meena Charanda addressed the gathering with an inspiring speech, reaffirming the college's commitment to academic excellence and holistic growth. She urged students to pursue knowledge with dedication and to embrace opportunities for personal and professional development. The Chief Guest and Guest of Honour also shared encouraging words, motivating students to continue striving for success in their lives.

An important highlight of the ceremony was the unveiling of departmental publications, including Macrocosm by the Physics Department, Orchids: Fascinating Colors of Nature by the Botany Department, as well as the NSS newsletter Darpan: Chronicles of Changes and the Students' Union newsletter The Union Times. These publications reflected the academic and creative spirit of the institution.



Mansi Mishra, 3rd Year, receiving the prize for “Best Student of Journalism”.



Srijan Kesrawani, 3rd Year, receiving the Academic Prize.

The Prize Distribution segment honored students for their exceptional achievements throughout the year. Awards were presented to academic toppers, winners of various competitions, and office bearers of the Students' Union for their dedicated service. Outgoing members were also recognized for their valuable contributions during their tenure.



Saumya Tripathi, 2nd Year, receiving the Academic Prize.



# Kalindi College EVENTS

## Lehren'25 - Annual Cultural Fest



## Annual Day- Price Distribution Ceremony





# Department of Journalism

# EVENTS

## Workshop: Variables and Measurement Scales in Media Research

Sahaafat– The Journalism Society, Kalindi College, University of Delhi, successfully hosted a workshop on “Variables and Measurement Scales in Media Research”.

The workshop was held under the direction of Dr. Meena Charanda, Principal of Kalindi College; Dr. Manisha Tomar, Convenor and TIC, Department of Journalism; Dr. Vinay Rai and Dr. Gyamar Nemey, student advisors. Journalism Students from all three years were present along with the faculty members, Dr. Ahana Chopra, Dr. Bharti, Ms. Mamta, Dr. Praveen Gautam and Dr. Keshav Patel.

The session was conducted by Dr. Muskan Bhatnagar, a distinguished expert in E-commerce and Cyber Research. The workshop took place at the Media Lab from 10:30 AM onwards, attracting a significant number of students eager to enhance their research skills.

Dr. Bhatnagar provided an in-depth understanding of the fundamental concepts of variables and their role in media research.



Dr. Muskan Bhatnagar engaging students in the workshop.



She explained different types of variables: independent, dependent, control, and extraneous and their significance in media studies. Furthermore, she elaborated on various measurement scales, including nominal, ordinal, interval, and ratio scales, and how they are applied in media research.

The workshop proved to be a valuable learning experience for all attendees, equipping them with essential research skills.

# Department of Journalism

# EVENTS

## Student's visit to the World Book Fair 2025

Sahaafat- The Journalism Society of Kalindi College on February 7th, 2025, embarked on an enriching educational visit to the World Book Fair, held at Bharat Mandapam, New Delhi. The World Book Fair is an annual literary extravaganza that brings together publishers, authors, and book lovers from across the globe, offering a diverse collection of books, interactive sessions, and insightful discussions.

The visit commenced at 11:00 AM. The vast exhibition halls were filled with an overwhelming variety of books spanning different genres, languages, and cultures. The fair showcased works from both Indian and international publishers, offering a unique opportunity to explore literature from various perspectives. Students from all three years of the journalism department participated in the visit, making it an inclusive and engaging experience for all. One of the highlights of our visit was attending a panel discussion on "The Role of Media in Shaping Public Opinion," featuring eminent journalists and media professionals. The discussion provided valuable insights into the responsibilities of journalists in an era of digital media and misinformation. The speakers emphasized the



The Students and Professors of the Dept. of Journalism at the "World Book fair 2025".



importance of ethical journalism and critical thinking in reporting news, which resonated deeply with us as journalism students.

The visit concluded with a sense of fulfillment and inspiration. The World Book Fair was not just an exhibition of books but a celebration of knowledge, creativity, and the power of words. It reinforced the student's appreciation for literature and journalism, encouraging them to delve deeper into the world of writing and publishing.



# Department of Journalism

# EVENTS

## Students Visit Aadi Mahotsav

Sahaafat – The Journalism Society, of Kalindi College visited Aadi Mahotsav, the National Tribal Festival, held at Major Dhyan Chand National Stadium, New Delhi. Organized by Tribal Cooperative Marketing Development Federation of India (TRIFED) under the Ministry of Tribal Affairs on 20th February, 2025, the event showcased the rich cultural heritage of India's tribal communities.

The festival featured over 1000 tribal artisans, performers, and chefs from across India. The students explored various stalls displaying tribal handicrafts, handlooms, jewellery, bamboo items, and pottery.

One of the key highlights for the students was the handicrafts and handloom section, where they witnessed exquisite tribal jewellery, textiles, bamboo work, paintings and pottery. They interacted with artisans from various states such as Arunachal Pradesh, Chhattisgarh, Nagaland, Odisha, and Madhya Pradesh. These conversations offered insights into the symbolism, techniques, and stories behind tribal craftsmanship, often passed down through generations.



Students Visit Aadi Mahotsav.



The visit offered students an enriching cultural experience and a deeper understanding of indigenous traditions, sustainability, and craftsmanship. Students noted the importance of preserving indigenous knowledge systems and how festivals like Aadi Mahotsav bridge the gap between tribal communities and the urban population. The exposure gained through this visit aligns with the broader educational goal of nurturing socially conscious and culturally aware individuals.

# Department of Journalism

# EVENTS

## Student's visit to INDIA TV educational conclave

Sahaafat – The Journalism Society of Kalindi College, University of Delhi, on 27.02.25 successfully hosted a visit to India tv educational conclave.

The visit was held under the direction of Dr. Meena Charanda, Principal of Kalindi College; Dr. Manisha Tomar, Convenor and TIC, Department of Journalism; Dr. Vinay Rai and Dr. Gyamar Nemey, student advisors and Dr Praveen Gautam, Coordinator of the event. Journalism Students from Second years were present along with the faculty members.

The India TV Educational Conclave is a prestigious event that brings together educators, policymakers, and industry leaders to discuss the future of education in India. A visit to this conclave provides a valuable opportunity to gain insights into emerging trends, innovative teaching methodologies, and the role of technology in education. Experts from various fields share their perspectives on improving the education system, addressing challenges, and preparing students for the evolving job market. The conclave also serves as a platform for networking and collaboration among educators, institutions, and policymakers. Attending such an event fosters a deeper understanding of the current educational landscape and inspires new ideas for reform and growth in the sector.



Students Visit to India Tv Conclave.



A visit to the India TV Educational Conclave provided students with valuable insights from experts on career opportunities, skill development, and educational trends. It inspired them through success stories, offered networking opportunities, and helped them understand new policies and innovations in education. The experience broadened their perspectives and motivated them to take charge of their future.



# Department of Journalism

# EVENTS

## Workshop: The Art of Radio Production- From Script to Sound

Sahaafat- The Journalism Society of Kalindi College, University of Delhi, successfully hosted a workshop on “The Art of Radio Production: From Script to Sound ” in the Media Lab on 03.03.25.

The workshop was held under the direction of Dr. Meena Charanda, Principal of Kalindi College; Dr. Manisha Tomar, Convener, TIC–Department of Journalism; Dr. Keshav Patel, coordinator of the workshop; Dr. Vinay Rai and Dr. Gyamar Nemey, student advisors. Journalism Students from all three years were present along with the faculty members, Dr. Ahana Chopra, Dr. Bharti, Ms. Mamta and Dr. Praveen Gautam.

The session was conducted by Dr. Shipra Dua, an Assistant Professor at Jagannath College, who has been associated with the industry for two years. The workshop aimed to provide students with a comprehensive understanding of the radio production process, from conceptualizing scripts to the final sound output.

Dr. Dua began the session by introducing the fundamentals of radio production, emphasizing the importance of clarity, creativity, and audience engagement. She highlighted the significance of scripting and how a well-structured script forms the backbone of a compelling radio program. The interactive session allowed students to analyze different script formats and understand how they are adapted for various radio genres, including news, talk shows, and storytelling segments.



Dr. Keshav Patel facilitating Dr. Shipra Dua.



The event was met with an enthusiastic response, as students gained valuable knowledge about the intricacies of radio production. The workshop successfully bridged the gap between theoretical learning and real-world media applications, leaving attendees with a newfound appreciation for the art of radio production.

# Department of Journalism EVENTS

## Workshop: Careers in the Social Sector

Sahaafat –The Journalism Society of Kalindi College, University of Delhi, successfully hosted a workshop on “Careers in Social Sector” in the Media Lab on 06.03.25.

The workshop was held under the direction of Dr. Meena Charanda, Principal of Kalindi College; Dr. Manisha Tomar, Convener, TIC–Department of Journalism; Dr. Keshav Patel, coordinator of the workshop. Dr. Vinay Rai and Dr. Gyamar Nemey, student advisors. Journalism Students from all three years were present along with the faculty members, Dr. Ahana Chopra, Dr. Bharti, Ms. Mamta and Dr. Praveen Gautam.

The session, featuring esteemed speakers Mr. Siddhant Talvar and Mr. Rohan Gupta, provided invaluable insights into careers in the social and development sector. Both speakers, with their diverse experiences and expertise, shed light on how young individuals can pursue meaningful careers that drive social change. The session was organized under the Punjab Youth Leaders Program, an initiative by ‘Sanjhi Sikhiya’, which focuses on transforming education in Punjab by empowering youth to become changemakers.

The discussion revolved around the importance of education, research, and



Mr. Siddhant Talwar speaker for the workshop on ‘Careers in Social Sector’.



strategic interventions in the social sector, highlighting the challenges, opportunities, and pathways for those aspiring to create an impact. This report captures the key insights shared by the speakers, emphasizing the growing need for passionate and skilled professionals in the development sector.

For students the session was an eye-opener, reinforcing the idea that a career in social development is not just about making a living, it's about making a meaningful impact on the world.



# Department of Journalism

# EVENTS

## Workshop: News, Narrative and Nari Shakti

Sahaafat– The Journalism Society of Kalindi College, University of Delhi, successfully hosted a seminar titled “News, Narrative and Nari Shakti” on 07.03.25 in the Seminar room (T5).

The event was held under the direction of Dr. Meena Charanda, Principal of Kalindi College; Dr. Manisha Tomar, Convenor and TIC, Department of Journalism; Dr. Aahana Chopra and Dr. Praveen Gautam, Convenors of the seminar; and Dr. Vinay Rai and Dr. Gyamar Nemey, student advisors. Journalism students from all three years were present along with the faculty members, Miss Mamta, Dr Bharti, and Dr Keshav Patel

The esteemed guest speakers Dr. Lipakshi Khurana, a Senior News anchor (DD news) and Chandrika Joshi, a Renowned Newsreader (All India Radio), shared their insights on the evolving role of women in media narratives. Dr. Khurana highlighted how mainstream news often portrays women through a limited lens, either as victims or as symbols of resilience, rather than as multifaceted individuals shaping society. She emphasized the need for a shift in journalistic practices to ensure that women's voices are not only heard but also represented authentically in news discourse. On the other hand, Chandrika Joshi focused on the role of narratives in empowering women, stressing that storytelling has the power to break stereotypes and challenge patriarchal norms. She cited examples of how digital platforms have given women a space to share their stories, unfiltered and uncensored, leading to greater awareness and societal change.



Dr. Manisha Tomar and Dr. Praveen Gautam facilitating Ms. Chandrika Joshi.



During the discussion, students actively engaged with the speakers, sharing their perspectives on the role of media in shaping gender narratives. Many expressed concerns over the way women are often portrayed in news, either as victims of violence or as exceptions in male-dominated fields, rather than as integral contributors to society. Some students pointed out how sensationalism in news reporting often overshadows the real issues women face, reducing their struggles to mere headlines instead of meaningful discourse.

# CREATIVE NOOK

## Have I lost myself? Or have I found you?

Sometimes I ask myself,  
Is it worth it?  
Leaving one thing for  
another.

Oh! How beautiful is the  
setting sun.  
But what about the  
rising dawn?  
Feels like I'm a  
promoted queen,  
Which once was a  
struggling pawn.

I want to drown beneath  
the blues,  
The deep, deep blue,  
desolate sea,  
Empty skies, Forgotten  
dreams,  
Heavy sighs.  
Weight of the world on  
our shoulders,  
The crimson sunset  
dies.

The thunder shatters  
lives.  
Lies. All lies.  
Retrospective lies.  
The emerald,  
poisoned dye.

The pearly dewy life,  
The story of our lives,  
The twisted tangled  
wines,  
They want me want to  
whine.  
They have made me  
cry,  
Oh! A performer? Was  
I?  
How can I deny?

When in this journey,  
I've lost myself,  
And found what was  
meant to be mine.

Saumya Tripathi  
2nd Year

## The Little Battle

Life is a puzzle, piece by piece,  
Some days are storms, some days bring peace.  
We stumble, we fall, yet rise again,  
Turning our tears into gentle rain.

Dreams may hide behind the night,  
But hope still whispers soft and bright.  
Each struggle plants a seed to grow,  
Through cracks of pain, love starts to show.

So hold your heart, both brave and true,  
For every shadow shapes the view.  
And when it feels too much to bear,  
Remember—sunshine waits out there.

Mahak Siddiqui  
1st Year

## तमाशा

दिल और दुनिया ने मिलकर मेरा तमाशा बना दिया,  
आज मैंने अपने आप को एक अदाकार बना लिया।

हर बार दिल पर नए अरमान दस्तक दे रहे हैं,  
हर अरमान कुछ नया रंग दिखा रहा है!  
अदाकार के लिए नया सफर शुरू हो रहा है,  
हर कदम पर नया राज खुल रहा है।

पहले नाराज़गियों ने और अब मजबूरियों ने,  
मुझे मुझसे जुदा कर दिया।  
अब मैं समझ पा रही हूँ, मैं एक किरदार निभा रही हूँ।  
मैं वक्त की सिनेमा बनती जा रही हूँ,  
और हर बार की तरह दुनिया मेरे अध्याय का तमाशा बना रही है।

Richansha  
1st Year

## What is home?

What is Home?  
I wonder now and again,  
What is home?

Is it where I laugh like raining  
water?  
Or where I cry like a leaking  
roof?

Is it where I feel free?  
Or where I feel caged?

But it seems neither the wall  
Of my school, my house, or  
even the washroom  
Made me feel like home.

It's always about that chair  
Where I sit for hours,  
Wondering...  
What is home?

It's always about that  
one person  
Who never allowed me  
to feel empty.

It's that one piece of  
wrinkled cloth  
Which I never thought  
Needed to be ironed.

It's always about the  
water  
That I drink  
When I am struggling  
to breathe.

Wondering...  
What is home?  
Now and again.

Chhavi  
1st Year



Department Of Journalism

# CREATIVE NOOK



## Chhath Puja: An emotion

For me chhath is not just any other festival, it's an emotion. Listening to Sharda Sinha's enchanting songs, having lauki bhat on nahay khay, kheer roti on kharna and thekua after coming back from ghat in the morning, just thinking about all these gives me goosebumps. Going home every year and spending the best times with my family is the sweetest memory of this festival from my childhood till today, making Chhath a heartfelt memory. Although it's not the festival widely celebrated, Biharis residing all over the world have instilled a sense of belongingness by introducing Chhath all over the globe.

Chhath might not be a mainstream festival, but it has a religious and cultural significance which makes it worth studying and observing. All the rituals in Chhath have a deep meaning associated with them. These meanings might not be easily comprehended, but they add immense value to our lives.

Tanya Raj  
2nd Year

## मेरा अस्तित्व

क्या है मेरा कोई अस्तित्व, बताओ जरा,  
बताओ जरा, क्या है मेरा कोई अस्तित्व?

एक अलग रास्ते पर मुझे जाना था,  
लेकिन फिर भी मैंने समाज के नियमों को माना।

क्यों कहते हैं कि ये लड़की है,  
इसे सिर्फ घर के कामों तक ही सीमित रहना है?  
क्यों कहते हैं कि ये लड़का है,  
इसे घर से बाहर निकलना है?

क्यों ये दुनिया मुझसे इतने सवाल करे —  
क्या करूँ, क्या बनूँ, कौन-सा लिबास, लहजा  
और पेशा चुनूँ,  
जिससे समाज मुझे मिसाल कहे?

मेरी मनचाही राह पर चलने से मुझे हमेशा रोका  
गया,  
मन की आवाज़ को बोलने से भी टोका गया।  
हर पल मुझे बताया गया कि ये सही है और वो  
गलत।

क्यों मेरी आज़ादी पर पहरा लगा,  
और क्यों ढह गई मेरे सपनों की छत?

मैं रोती रही, सिसकती रही,  
फिर भी बोले — "श्श... लड़कियाँ यूँ खुलकर  
नहीं रोती।"

Pooja Khoshya  
2nd Year

फिर न जाने मैं किन अधबुने सपनों में  
खोने लगी,  
उन्हीं को अपने जीवन की सच्चाई  
मानकर जीने लगी।

और आज कहते हैं — "तुम अपने मन  
की करती तो अच्छा होता।"  
लेकिन मैं कहती हूँ — जो होना था, वो  
तो हो गया,  
लेकिन अब बस और नहीं — हाँ, बस  
अब और नहीं।

क्या लड़का, क्या लड़की — सब हैं  
मानव,  
फिर भेद का ये कैसा जाल?  
जब अवसर हों सबके लिए समान,  
तभी बनेगा सुंदर काल।

शिक्षा का दीप जलाना होगा,  
हर मन को नया सिखाना होगा।  
संकीर्ण सोच को त्यागना होगा,  
हर मानव को अपना होगा।

फिर न कोई बंधन होगा,  
न होगी जेंडर की दीवार।  
सबको मिलेगी आज़ादी,  
और होगी अपने मन की सरकार।

## आदत से इबादत तक का सफर

कुछ ऐसा मान लीजिए कि मुझे आदत सी हो गई आपकी,  
और उसी चक्कर में इबादत सी हो गई आपकी।  
मैं सुध-बुध खोए आस लगाए बैठूँ,  
और उस आस को तोड़ना आदत सी हो गई आपकी।

जिस चाँद को मेरा नाम दिया था, वो बादल में छुप गया।  
भले प्यार नायाब था मेरा, पर उसने समय को कहा रोक लिया।  
जो आया है वो जाएगा, लगा नहीं था,  
ये वाक्य आपको इतना रास आएगा।

जो अलविदा कहे बिना मेरे प्यार को बुला दिया,  
और मैंने उसी प्यार की दरगाह पे बैठ आपकी मेरा मज़हब बना दिया।

Bhoomika Chawla  
1st year





Department Of Journalism

# CREATIVE NOOK

## मानवता की छाया

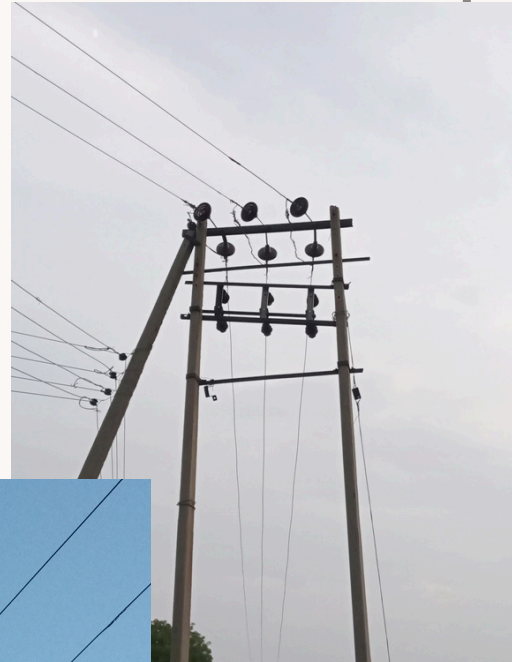
मंदिर, मस्जिद, चर्च और गुरुद्वारे में अलग-अलग धर्मों के ईश्वर निवास करते हैं। लेकिन क्या हमारा कर्तव्य सिर्फ इतना है कि हम वहाँ जाकर अपने इष्टदेव की पूजा-अर्चना करें?  
क्या केवल प्रार्थना मात्र से ईश्वर प्राप्ति संभव है?  
क्या इस संसार में मानवता का कोई अस्तित्व नहीं है?

कलयुग के बढ़ते प्रकोप के कारण आजकल लोग भक्ति के रास्ते पर निकल पड़े हैं। भक्ति के मार्ग के साथ-साथ मानवता की राह पर अग्रसर होना भी उतना ही आवश्यक है, जितना जीवन में अन्न के साथ सम्मान मिलना।

यदि हम गहराई से सोचें तो हम यह जान पाएंगे कि कहीं न कहीं कलयुग के कहर का कारण हमारे अंदर की नष्ट होती मानवता ही है। स्वार्थ और लालच में हम इतने अधिक लीन हो चुके हैं कि हमें किसी की व्यथा नजर ही नहीं आती।

मुश्किल वक्त में एक-दूसरे का साथी बनना ही सही मायनों में भक्ति है। और यदि आप मन में पाप लिए भगवान की खोज में निकलेंगे, तो आप एक पापी हैं, इंसान नहीं। मानवताहीन व्यक्ति भक्ति और सम्मान के नहीं, केवल दोष का भागी होता है।

Pooja Khoshya  
2nd Year



## Delhi in monsoons

Delhi is like an old angry woman who has been exploited by all the rulers that captured her. She rages every day, giving everyone hell, simply because she is frustrated and annoyed by everything that has happened to her. She shows her pain, her anger, and her resentment every day. Then it rains, and she calms down.

Everything seems mellow, and the old woman turns into a young maiden who gets drenched in the rain and dances until her heart desires. Right after that, you can see how her anger shifts and turns into soft sorrow, as quiet as the breeze after the storm—cool and silent. She waits for her grief, her pain, to wash away with the water, but some scars don't heal with time. She has been waiting for years for the pain to go away, but it only gets deeper. So she becomes furious, and we get a summer that boils us, just as she has suffered for years.

Bhoomika Chawla  
1st Year

## Imaginary Reality

After giving meaning to the silliest interactions—  
the ones the other person wouldn't think twice about—  
you hand your mind a reason to fall into chaos once again.  
The excited mind leaps into a pool of imagination,  
building a false world  
and holding its breath for hope  
that is destined to suffocate in the end.

Himadri  
1st Year



# Confessions to a Keyboard: Is AI Guiding Gen Z's Love & Inner Life?

Is AI the ultimate love coach and therapist?

It's 2 in the morning as you sit in the dark corner of your room with the phone screen illuminating your face. Your eyes are heavy-lidded, and your waterproof mascara has already given up on your tears. Your boyfriend keeps telling you, it's all your fault, but is it? You need impartial advice on this but who's even up at this hour except the neighbor's dog. So, you open your browser and ask ChatGPT, is it really your fault? 'Of course not, what you've done is a valid action and if your boyfriend is still blaming you for it, it's a red flag behavior' and you agree.

While AI has already stepped foot in all sectors, it has also transformed modern dating. There was a time when you'd rehearse your pickup lines before meeting your crush or when you'd share screenshots of your chat with a guy in your girl's WhatsApp group for genuine advice, but now it's gotten simpler and smarter since ChatGPT entered the chat.

A recent study by Match found an enormous 333% increase in AI usage among singles in just one year. From using it as your digital wingman to craft you the best pickup lines to helping you choose a perfect profile picture, ChatGPT is the new love coach in town and Gen Z is counting on it. And it's not just limited to singles, even couples have found a relationship expert in ChatGPT and are communicating every single issue to it than simply sharing it with their partners. While ChatGPT may provide you smart, actionable tips and solutions, it also parallelly feeds delusions and provides judgement on one-sided perspectives leading to a feedback loop of self-validation. From questioning, 'is my boyfriend a red flag?' to ChatGPT validating it, a confirmation bias from AI reinforces the belief that he is a red flag.

However, if you dig deeper, you'd realize this is just the tip of the iceberg. Open AI, CEO, Sam Altman recently acknowledged Gen Z doesn't really make life decisions without asking ChatGPT what they should do. There are chances that you've already asked AI things nobody else knows about like 'why have I been feeling so sad lately despite being around friends' or 'is it okay to feel jealous of your friend who's doing better in life than me?' AI is donning different hats and one of them is your friendly neighborhood therapist except he doesn't take any fees. According to a Resume.org report (May 21, 2025), among workers who use ChatGPT regularly, 21% of Gen Z users describe it as a "therapist."

Why is Gen Z confessing to a keyboard?

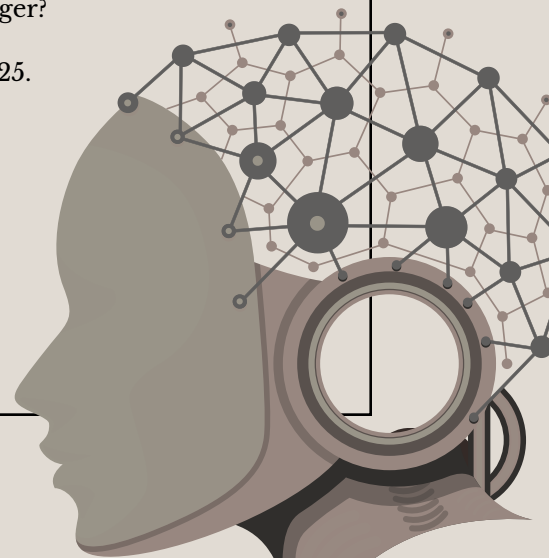
Well, Gen Z has found a digital confidant in AI majorly because unlike any human therapist, it's totally free. Secondly, it's available 24/7 which means you don't have to overthink yourself to sleep anymore. But more importantly, it's a non-judgmental space, so there are no side eyes and only direct solutions.

On the flip side, it's a double-edged sword. Young people, especially those experiencing loneliness, can develop attachment to AI bots due to artificial intimacy. While in couples, it may lead to emotional recession (a societal decline in well-being, empathy, and meaningful connections) and hinder conflict resolution skills. With AI's excessive presence and participation in dating apps, there's a greater suspicion about privacy and safety.

When the digital "yes" is too easy, the question shifts: Is your keyboard truly a confessor, or a veiled puppet master, pulling the strings of your relationships while the most intimate details of your life become mere data points in a boundless, invisible ledger?

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Ria Wadhwa  
2nd Year



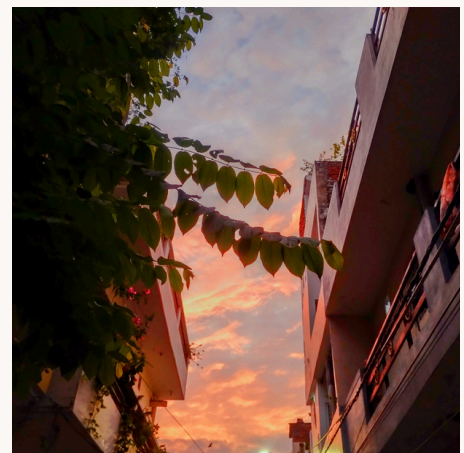




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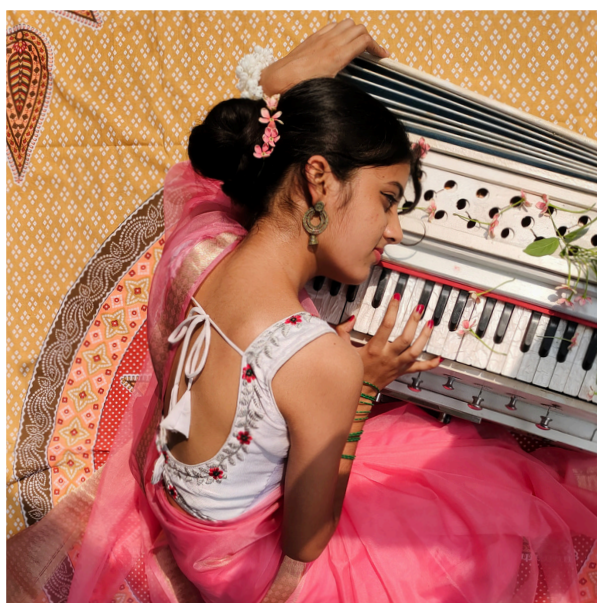




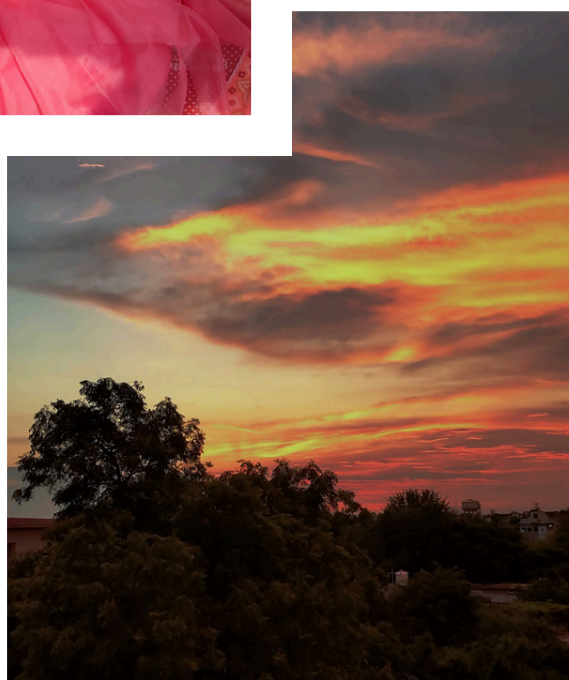
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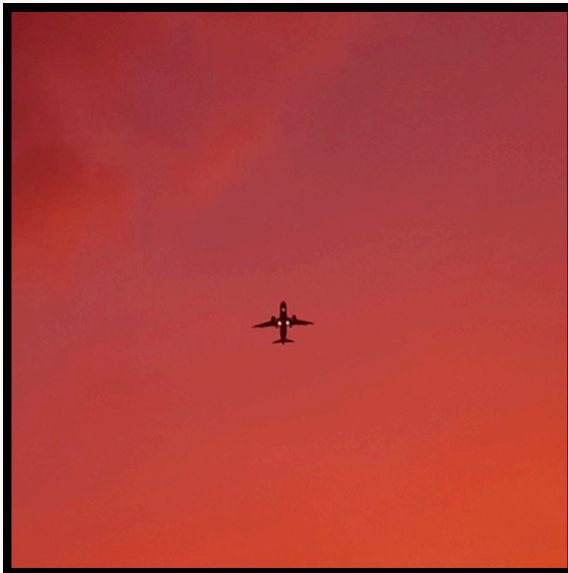
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**Mahima'24- Talent Hunt Competition**

*1<sup>st</sup> Place*

**Stuti**

**Monologue Competition**

*1<sup>st</sup> Place*

**Kajal**

**Handball Interclass**

**Judo Interclass**

*1<sup>st</sup> Place*



# ★ HALL FAME ★

**Samridhi Puri**

**Navrang'25 Nukkad Natak**

*2<sup>nd</sup> Place*

**Saumya Tripathi**

**Academic Prize (Sem I & II)**

**Sushma Gupta**

**Memorial Prize (Sem I & II)**

**Student Union**

**Prize (Sem I & II)**

*1<sup>st</sup> Place*

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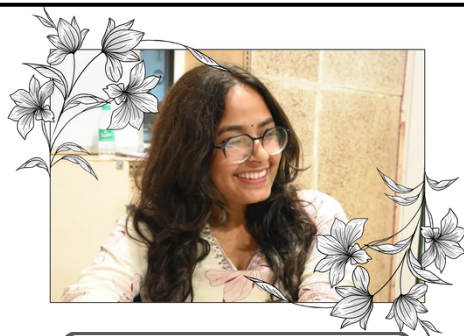
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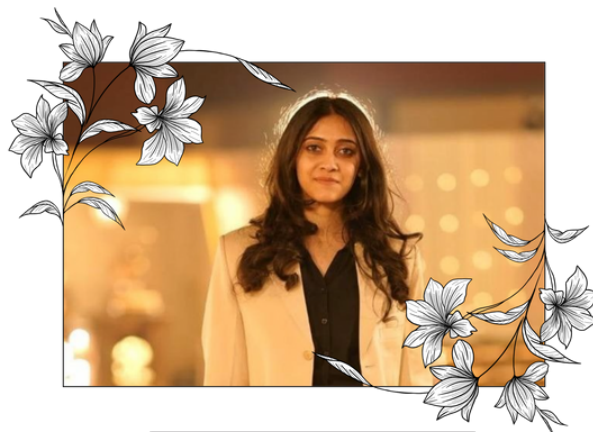
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