

# Tarseel

Beyond trends, real stories that matter

An initiative by Tarseel, Department of Journalism, Bharati College.

## Faculty's Note

The mankind, in an era of digitalization, witnesses a profound generational shift. Besides theme, the expression 'digital natives' now is a lived human experience.

Gen-Z, the first generation of digital natives, navigate space where boundary between physical and virtual life seems blurred. They enjoy fluidity of identity where there is too much contextual and temporal shifts. Network identity is equally a reality. The very generation challenges the traditional political structures and elite dominance through digital activism making internet the new public sphere. From meme cultures that turn irony into language to online movements that mobilize millions within hours, the youth of today has turned online platforms into infrastructures of new forms of democracy.

Creativity today is not confined to studios or stages, it thrives in reels, podcasts, blogs and digital creatives. However, such digital immersion warrants discernment. The challenge before this generation is not merely to consume content but to cultivate consciousness.

As educators our role is to neither romanticize nor dismiss digital landscape. It is to teach students to engage with it judiciously, so that they become thoughtful creators rather than passive consumers.

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# "WE, THE DIGITAL NATIVES"

## TOP STORIES

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## सनसनीखेज के दौर में तथ्य से भटके हुए डिजिटल नेटिव

प्रतिभा वर्मा  
प्रथम वर्ष

आज की पत्रकारिता शेर जैसी निर्भीक नहीं, बल्कि शेर की खाल में भेड़िया बन चुकी है। अब सत्य या तथ्य नहीं, बल्कि वह "तथ्य" महत्वपूर्ण है जो सच जैसा प्रतीत हो। मीडिया परिदृश्य पहले से अधिक तेज, तात्कालिक और प्रतिस्पर्धी हो गया है। 24x7 न्यूज़ चैनल, डिजिटल पोर्टल और सोशल मीडिया प्लेटफॉर्म ब्रेकिंग न्यूज़ की निरंतर दौड़ में हैं। इसी होड़ में समाचार तथ्य से अधिक सनसनी में बदल रहे हैं। परिणामस्वरूप युवा वर्ग, जो देश का भविष्य है, सूचना के महासागर में दिशा खोता जा रहा है।

डिजिटल नेटिव इंटरनेट की सबसे बड़ी उपभोक्ता है। उसे जटिलता नहीं, भावनात्मक और त्वरित सामग्री आकर्षित करती है। लेकिन जब सख्त निर्णय, नियम, कानून और सामाजिक जिम्मेदारी की बात आती है, तो वह व्यक्तिगत सुविधा को प्राथमिकता देने लगती है। उसका राष्ट्रवाद प्रदर्शन तक सीमित रह जाता है। इस प्रकार गंभीर और सत्य खबरें मनोरंजन बन जाती हैं, जबकि सनसनी और कृत्रिम खबरें हमारे आलस्य का कवच बन जाती हैं।

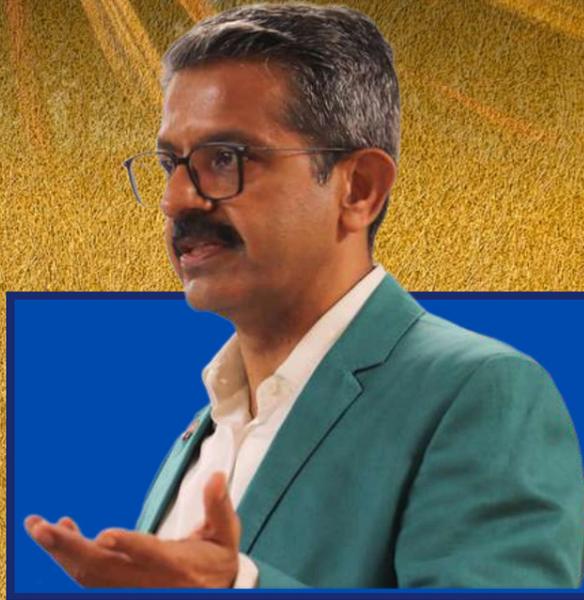
हाल में के.आर. रमेश कुमार का अमानवीय बयान और केरल की एक घटना कुछ समय सुर्खियों में रहीं, पर शीघ्र भुला दी गई। अब समय है कि पत्रकारिता संतुलन, तथ्यपरकता और संवेदना को प्राथमिकता दे, और हर व्यक्ति अपनी सार्वजनिक जिम्मेदारी से रूबरू हो।



# JOURN3TSAV' 26

in photos

Newsletter Designed by  
Navya Roshan  
2<sup>nd</sup> Year



# JOURN३TSAV

## - The Spirit of Tarseel

Anjali Pandey  
3<sup>rd</sup> Year

Tarseel- the Department of Journalism of Bharati College, University of Delhi, stands as a testament to nurturing and guiding its students through the dynamic landscapes of diverse media fields, their meanings, and their implications in the practical world. This community aspires to engage deeply with the art and science of journalism, delving into its core with inspiration drawn from history while simultaneously embracing the constantly evolving contemporary media platforms. The study of this relationship among media enthusiasts has thus given rise to a way of celebrating it in the form of a coming together of media professionals and students at the fest, Journ३tsav' 26.

Journotsav, the annual media fest of Tarseel, is termed as a celebration of the expression of media, its citizens, and society, along with its culture. It is a timely space created in the year 2019 to give journalism a face to be proud of and to remind the participants of the fest that journalism is not merely a profession, but a responsibility that remains alive in the air surrounding the events of Journotsav. What sets Journotsav further apart are the distinguished guests- media scholars, journalists, anchors, and experts who join us in this initiative every year, setting examples and connecting students with the practical field and lived practice of journalism in the larger media space.

This celebration has enabled students to experience and delve into vital discussions through Panel Discussions, Keynote Addresses, Special Lectures, and workshops on diverse themes such as media objectivity, gender sensitization, news media and issues of responsibility, pop culture, and people's participation. The competitions like RJ Hunt, Debate, and Street Play have provided a platform for students to participate, compete, and most importantly, engage with these themes with heightened energy and varied perspectives. The vibrant set-up of the fest attracts students from across the University of Delhi to become a part of this celebration, dialogue, and shared enthusiasm.

This year's Journotsav has once again affirmed the very idea that this occasion, where we celebrate our profession, is an event to witness the true essence of journalism. With its theme Awaaz-e-Awam: People, Power and the Media, this year Tarseel, the Department of Journalism of Bharati College, set a milestone by amplifying the significance and strength of people's voices, where media becomes the platform to carry them forward. Through its captivating two-day itinerary, Journotsav '26 encouraged and ignited the energy of youth participants, where not only traditional media was discussed but evolving new media platforms were also given thoughtful space.

## जर्नोत्सव '26' : सार्वजनिक विमर्श की संरचना और मीडिया की भूमिका पर गंभीर मंथन

प्रिया कुशवाहा  
तृतीय वर्ष

जर्नोत्सव '26' के अंतर्गत पत्रकारिता विभाग के द्वितीय सत्र में सार्वजनिक विमर्श की संरचना और मीडिया की बदलती भूमिका पर गंभीर और सार्थक चर्चा हुई। पैनल में आर्चना तिवारी, आशीष दुबे, दिलनवाज़ पाशा और पंकज मिश्रा शामिल रहे, जबकि संचालन पत्रकारिता विभाग की छात्राएँ जानसी और अनन्या कुमार ने किया। संवाद का केंद्र ग्राउंड रिपोर्टिंग, डिजिटल एल्गोरिद्म, ब्रेकिंग न्यूज़ संस्कृति, एआई, ब्रांड प्रभाव और पत्रकारिता की नैतिकता जैसे समकालीन मुद्दे रहे।

आर्चना तिवारी ने कहा कि ज़मीनी रिपोर्टिंग आज भी प्रासंगिक है, किंतु स्टूडियो आधारित बहसों ने उसे पीछे धकेल दिया है। फील्ड रिपोर्टिंग के लिए समय, संसाधन और जोखिम उठाने की क्षमता चाहिए, जो अक्सर न्यूज़रूम की तात्कालिक प्राथमिकताओं में पीछे छूट जाती है। उन्होंने इस बात पर भी बल दिया कि हाशिए के मुद्दों को केंद्र में लाए बिना सार्वजनिक विमर्श संतुलित नहीं हो सकता। संपादकीय साहस और सामाजिक उत्तरदायित्व मीडिया की अनिवार्य शर्तें हैं।

पंकज मिश्रा ने वैश्विक कवरेज में पश्चिमी प्रभाव और डिजिटल प्लेटफॉर्म के एल्गोरिद्मिक नियंत्रण पर प्रकाश डाला। उन्होंने बताया कि यूट्यूब जैसे मंच राजस्व मॉडल के आधार पर सामग्री को बढ़ावा देते हैं, जिससे कुछ क्षेत्र अधिक दृश्यता पाते हैं और कुछ उपेक्षित रह जाते हैं। एआई को उन्होंने खोजी पत्रकारिता में सहायक उपकरण बताया, बशर्ते अंतिम संपादकीय निर्णय मानवीय विवेक से लिया जाए।

दिलनवाज़ पाशा ने कहा कि ध्रुवीकृत माहौल में पत्रकार का दायित्व भावनाओं को नहीं, तथ्यों को प्राथमिकता देना है। ब्रेकिंग न्यूज़ संस्कृति पर उन्होंने स्पष्ट किया कि हर समाचार को सनसनीखेज बनाना पत्रकारिता की गंभीरता को कम करता है। उन्होंने दर्शकों की मीडिया साक्षरता को भी उतना ही महत्वपूर्ण बताया।

आशीष दुबे ने ब्रांड आधारित पत्रकारिता में संतुलन और पेशेवर अनुशासन की आवश्यकता पर जोर दिया। उन्होंने कहा कि समीक्षा और प्रस्तुति में स्पष्टता और जिम्मेदारी बनाए रखना ही पत्रकार की विश्वसनीयता की पहचान है।

सत्र के अंत में सभी वक्ताओं ने विद्यार्थियों को अधिक पढ़ने, शोध करने और लेखन कौशल विकसित करने की सलाह दी। यह चर्चा बदलते डिजिटल परिवेश में पत्रकारिता के मूल्यों, संतुलन और नैतिकता की पुनर्स्थापना का संदेश देती है।



# Responsible Journalism in Contemporary Media

**Nidhi  
2nd Year**

At the Annual Fest of the Journalism Department of Bharati College, Journ3tsav 2026, the keynote speaker, Mr. Sumit Awasthi, addressed the students in the very first event of the fest on 18th February 2026. The session focused on, "Expression and Participation in Contemporary Media" and began with an engaging interaction.

The session began by asking how many students want to join an active newsroom after graduation, and around 40 percent raised their hands. The remaining students were then asked about their career goals and future aspirations, with responses ranging from becoming radio jockeys to working in public relations or advertising agencies. This moment highlighted how, even in the same classroom studying the same discipline, individuals carry different opinions, thought processes, and ambitions, which can sometimes lead to disagreements or conflicts. However, the real skill lies in presenting one's perspective without disrespecting others, as respectful disagreement is fundamental to communication.

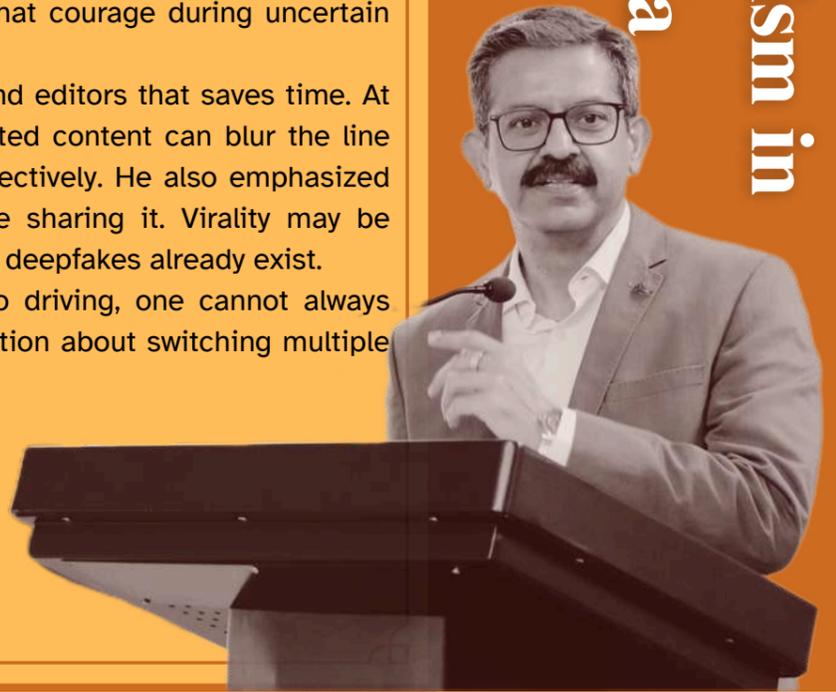
The speaker further stressed the importance of handling differences with maturity. In a country like India, where sentiments can easily be hurt, students were advised to master the art of saying no politely and in a sensible manner.

Students were also encouraged not to fear failure, Mr. Awasthi shared a moment from 2001, when Parliament was attacked, and he was present at the site as a young journalist. At first, the gravity of the situation was not fully realized; however, reporting from the ground led the channel to become one of the first to broadcast the incident. Recalling this experience, the belief was reiterated that God helps those who help themselves and that courage during uncertain times shapes one's professional journey.

He then discussed Artificial Intelligence, describing it as a powerful tool for creators and editors that saves time. At the same time, caution was expressed that it must be used responsibly, as AI-generated content can blur the line between reality and fabrication, compromising the audience's ability to judge news objectively. He also emphasized personal gatekeeping in the digital age, urging students to verify information before sharing it. Virality may be temporary, but its consequences can be long-lasting, especially when real challenges like deepfakes already exist.

The discussion concluded with encouragement towards adaptability, comparing life to driving, one cannot always remain in fourth gear; timely shifts are necessary. While responding to a student's question about switching multiple companies, he explained that such decisions were guided purely by professional growth.

Interestingly, many former employers later invited him back for better roles, proving that ethical and growth-oriented choices do not harm credibility or loyalty. The session ended on a powerful note, a person must take decisions without fear and should know how to deny respectfully.



# The Evolving Relationship between Social Media and On-field Reporting

**Vani  
1st Year**

The second day of Journ3tsav' 26, the vibrant annual fest of Department of Journalism, Bharati College, felt less like a formal event and more like a bridge between generations. Organized by Tarseel (the departmental society) on February 19, the event was headlined by a special lecture that stayed with everyone long after it ended. Our guest, Mr. Abhinav Pandey from News Pinch, didn't just talk about the media; he shared its heartbeat. The session, centered on the evolving relationship between social media and on-field reporting, began with a striking observation: journalism is currently navigating a "mid-life crisis," caught between the nostalgic, steady hum of traditional newsrooms and the chaotic, high-speed pulse of our digital screens.

Mr. Pandey reminded us that while the "delivery device" in our hands, whether a smartphone or a newspaper, changes every few years, the essence of a story remains grounded in our shared humanity. He laughed with the students about how we often get trapped in "set patterns." Using a child's simple logic, he asked why we still teach kids to "write a formal letter to a sister" when the world has moved to instant messages. His challenge to us was clear: Stop following the clichéd scripts of the past. "you have to challenge things," he urged. "Change it, and do it your own way."

In a world obsessed with becoming "influencers," Pandey's words brought us back to the roots of our craft.

He insisted that the foundation of any newsroom isn't a fancy studio or a viral algorithm, but the power of the pen. Writing, he told us, is the child of reading. He left us with a mantra that felt like a North Star for our future careers: "The one who reads will create; the one who creates will survive." He pointed out that while AI and 3D animations can reconstruct a tragedy on a screen, they can never "feel" the weight of a story the way a human reporter can.

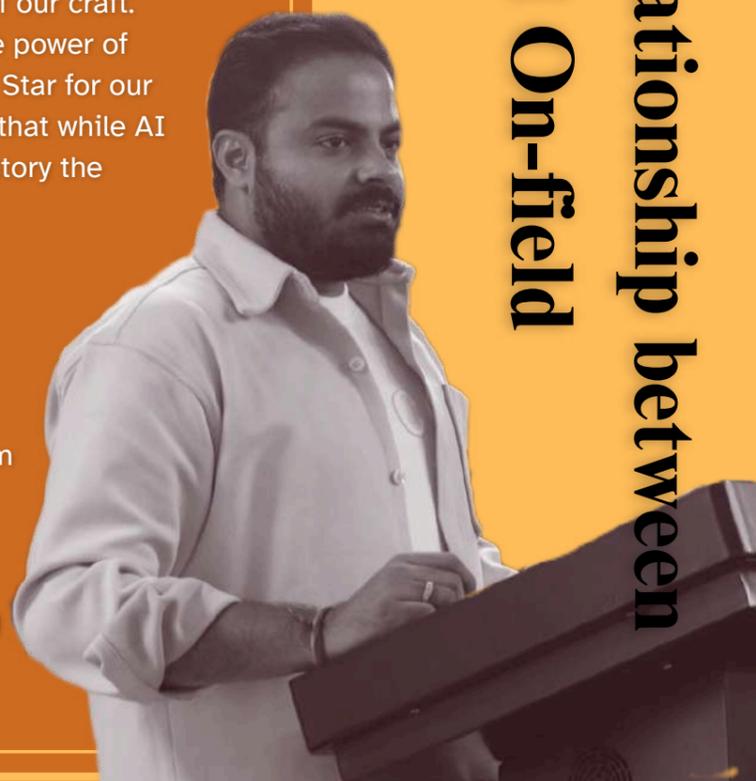
To show us the true stakes of the field, he took us on a journey to the Naxal heartland of Bastar.

He described the heavy, terrifying silence of "ambush" zones where digital freedom meets raw survival. He shared the chilling instructions of a security officer reminiscing how he was told, "if someone stops your car in the next 5 kilometres, just run them over." That visceral fear, and the pure, overwhelming relief of finally

seeing a single streetlamp after kilometres of darkness, is a human experience that no algorithm or social media filter can ever replicate. He concluded by reminding us that

journalism is, at its core, an act of empathy. He spoke of the *Janpaksh* — choosing the side of the people rather than a political party. This session was the true essence of Journ3tsav' 26.

Throughout the fest, diverse voices from the media world came together to enlighten us, turning the campus into a melting pot of ideas. They didn't just teach us how to report; they showed us how to stay rational, stay curious, and, above all, stay human in a digital age.



# संपादकीय दृष्टिकोण

रिमझिम कुमारी  
हिंदी संपादक  
तृतीय वर्ष

## डिजिटल इंडिया की खोखली नींव?

फरवरी 2026 में जब वित्त मंत्री द्वारा बजट पेश किया गया तो अमीर हो या गरीब सबके पास एक ही सवाल था! हमारे लिए इस बजट में क्या होगा? लोकलुभावन से इतर, इस बजट में काफी कुछ था, नहीं था तो बस आम आदमी के पॉकेट का हाल और उसके सवालों को जवाब। इन्हीं के बीच युवाओं आज के डिजिटल नेटिव्स को उम्मीदों में गिरफ्त करने की कोशिश की गई। अगर आंकड़ों का गहराई से विश्लेषण करें तो एक अलग ही तस्वीर निकलकर सामने आती है, जो शासन और सिस्टम पर गहरे सवाल खड़ा करती है। जिस पीढ़ी से यह उम्मीद लगाई जा रहा है भविष्य निर्माण की उसी के बुनियादी अधिकारों शिक्षा, रोजगार, स्वास्थ्य और रोजगार पर बजट अपर्याप्त और मौन है।

बुनियादी शिक्षा न ही सिर्फ मौलिक अधिकार है बल्कि जरूरत भी है ऐसे में पिछले 5 वर्षों में भारत में लगभग 18,727 सरकारी स्कूल बंद कर दिए गए हैं। सिर्फ मध्य प्रदेश में 6,900 और उत्तर प्रदेश में हजारों प्राथमिक स्कूल विलय या बंदी के नाम पर खत्म हो गए। जो स्कूल बचे हैं वहां भी सुविधाओं की कमी ने स्थिति को गंभीर बनाएं रखा है। एक तरफ 5G और AI लैब्स की बात वहीं दूसरी तरफ ग्रामीण और गरीब बच्चों के तरफ सिमटती शिक्षा व्यवस्था। शिक्षा जगत का व्यापारीकरण ने शिक्षा का दायरा सीमित कर दिया है।

बजट 2026 में स्वास्थ्य पर खर्च GDP का मात्र 0.26% जो कि राष्ट्रीय स्वास्थ्य नीति के 2.5% के लक्ष्य से कोसों दूर है। सरकार का दावा है कि भारत में डॉक्टरों की आबादी बेहतर है जिसका जमीनी हकीकत से कोई वास्ता नहीं है। अस्पतालों में बेड की कमी और डॉक्टरों की ग्रामीण क्षेत्रों में अनुपस्थिति 'डिजिटल हेल्थ मिशन' के दावों पर सवालिया निशान लगाती है। ऐसे में 3 एम्स खुलने का दावा फर्जी मालूम होता है।

युवाओं का सबसे बड़ा दर्द बेरोजगारी, सरकारी भर्ती, पेपर लीक जैसी समस्याएं हैं। ताजा आंकड़ों की माने तो 2026 में बेरोजगारी दर ने 5% की बढ़ोतरी हासिल की है। 'गिग इकॉनमी' को मान्यता देना अच्छी बात है, लेकिन क्या डिलीवरी बॉय या डेटा एंट्री ऑपरेटर बनाना ही हमारे युवाओं का भविष्य है? सरकार ने बजट में महिलाओं के लिए हर जिले में हॉस्टल निर्माण की बात कही जो कि सरहाणीय पहल है किंतु जब एक महिला खुद को अपने ही घर में असुरक्षित महसूस करें, फिर इस प्रयास का वास्तविक लाभ?

बजट का असली महत्व समाज और निवेशकों के जरूरत को प्राथमिकता देना होता है। एक ओर सरकार युवाओं को डिजिटल निर्माता बनाने के लिए सुविधाएं उपलब्ध करा रही, वहीं दूसरी ओर निजीकरण और सब्सिडी सुधारों जैसे कड़े फैसलों पर उसकी चुप्पी एक चिंता का विषय है। सवाल यह है कि सरकार बुनियादी स्कूल बंद कर डिजिटल लर्निंग का लाभ समाज के अंतिम पायदान तक कैसे पहुंचाएंगी? क्या स्वास्थ्य सेवा का लाभ सिर्फ आयुष्मान कार्ड बांटने में है? क्या गिग इकॉनमी को स्थायी रोजगार का विकल्प मानकर बेरोजगारी के डेटा को नजरअंदाज कर सकते हैं?



# Vice President's Vision

Shreya Pandey  
Vice President  
3<sup>rd</sup> Year

## Attention as Currency: The Economy of Distraction

The first thing many of us touch in the morning is not the floor. It is our phone. Before brushing our teeth or greeting the sunlight, we swipe and scroll. A notification lights up. A reel autoplays. A message demands a reply. We promise just five minutes. Forty slip away.

If time is money, attention is power. In the digital republic we inhabit, attention is the most valuable currency.

Social media platforms do not just host content. They monetize attention. Every swipe, pause, and tap is measured. Shorter videos loop faster. Infinite scroll removes stopping cues. Autoplay reduces choice. Algorithms ensure something always appears next. What feels like endless entertainment is carefully engineered design. As Herbert Simon warned, "a wealth of information creates a poverty of attention." Platforms no longer compete for hours. They compete for seconds and even microseconds because every glance can be converted into data and revenue.

We blame ourselves for doomscrolling as if it is a failure of discipline. It is not. It is structural. We stay because we never know what comes next. One post amuses. The next shocks. The next feels personal. Unpredictability keeps us curious. Outrage spreads not because we are pessimistic, but because it sustains engagement. The problem is not just willpower. It is architecture.

Notifications make escape harder. A read receipt demands a reply. Streaks turn conversations into obligations. Silence feels visible. A notification is not just information. It is an invitation, sometimes a summon, to surrender attention. Distraction is not accidental. It is engineered.

This raises a deeper question. Is focus now a privilege? Logging off sounds simple, but visibility shapes opportunity. Students network on LinkedIn. Creators build careers on Instagram. Journalists track trends on X. Silence can mean invisibility. To disconnect may feel like disappearing. Digital presence has become social capital. Attention is both investment and insurance.

In the digital republic, attention is the new voting power. Every like endorses. Every share amplifies. Every click pushes content upward. Trends do not appear on their own. We elevate them. Viral outrage and meme waves are collective micro-decisions. We vote with our focus.

The real question is not whether attention spans are shrinking. It is who governs our attention and whether we are conscious participants in this digital democracy.

In a world designed to capture our gaze, reclaiming attention may be the most radical act of all.



# QUICK READS

## डिजिटल युग में नागरिक पत्रकारिता का विस्तार

सृजनी कुमारी  
तृतीय वर्ष

नागरिक पत्रकारिता, जिसमें आम लोग जो पेशेवर पत्रकार नहीं हैं अपने मोबाइल या सोशल मीडिया के माध्यम से आसपास की खबरें, समस्याएँ, फोटो और वीडियो दुनिया के सामने लाते हैं। सोशल मीडिया के बढ़ते दौर में नागरिक पत्रकारिता को और अधिक बढ़ावा मिला है। स्मार्टफोन और सोशल मीडिया प्लेटफॉर्म जैसे यूट्यूब, इंस्टाग्राम, फेसबुक और ट्विटर के जरिए लोग आसानी से अपनी बात दूसरों तक पहुँचा सकते हैं। जहाँ मुख्यधारा का मीडिया कई बार वंचित समूहों या उपेक्षित समाज के लोगों की समस्याओं को नजरअंदाज कर देता है, वहीं नागरिक पत्रकारिता उनकी समस्याओं को उजागर करने और लोगों तक पहुँचाने में अहम भूमिका निभाती है।

आज का युवा वर्ग नागरिक पत्रकारिता से सबसे अधिक जुड़ा हुआ है। उनके लिए यह केवल जानकारी साझा करना नहीं, बल्कि अपनी आवाज उठाने का एक सशक्त माध्यम भी है।

हाल के समय में आंदोलनों और बड़ी घटनाओं के दौरान नागरिक पत्रकारिता बहुत अहम साबित हुई है। उदाहरण के रूप में नेपाल में हुए Gen Z विरोध प्रदर्शन को देखा जा सकता है, जहाँ युवाओं ने सोशल मीडिया प्लेटफॉर्म के माध्यम से अपनी आवाज़ को एकजुट किया और सरकार की नीतियों के खिलाफ डिजिटल स्पेस में व्यापक अभियान चलाया। भारत के मणिपुर हिंसा घटना में भी नागरिक पत्रकारिता की उपयोगिता स्पष्ट रूप से सामने आई। जब पारंपरिक मीडिया की पहुँच सीमित थी तब स्थानीय लोगों द्वारा साझा किए गए वीडियो, तस्वीरें और अनुभवों ने देश और दुनिया को स्थिति की गंभीरता से अवगत कराया। कई महत्वपूर्ण दृश्य और तथ्य सोशल मीडिया के माध्यम से ही सामने आए, जिसने प्रशासन और सरकार पर प्रतिक्रिया देने का दबाव बनाया। हालाँकि इसके फायदों के बावजूद, इससे जुड़ी कुछ चुनौतियाँ भी हैं। प्रशिक्षण की कमी के कारण गलत सूचना फैल सकती है और तथ्यों की पुष्टि का अभाव हो सकता है। फर्जी खबरें तेजी से फैलती हैं, जिससे कभी कभी तनाव की स्थिति उत्पन्न हो जाती है। इसलिए आवश्यक है कि कोई भी खबर साझा करने से पहले उसकी पुष्टि की जाए और उसे निष्पक्षता के साथ प्रस्तुत किया जाए।

## We Scroll, Therefore We Are

Deepshikha Markande  
2<sup>nd</sup> Year

Our generation does not say, "I am blue"; we repost a sad song. We don't say, "I am tired"; we scroll one more reel. Everything pauses with that one chime sound; our world revolves around that single notification. The starry night keeps us wide awake. The mirror is old to us now, and the memes become our reflection. Showing love is a pinned chat. Friendship, memories, and our heartbreaks are archived now. The life of threads, stories, and hashtags becomes a heartbeat; we don't just swipe, we scroll through revolutions. Getting up every day, the sun reflects brighter than the blue light, but the reflection of that blue light makes us watch protests unfold in real time. We learn about injustice, and in the middle of it, there is an advertisement for skincare and how to glow up in 7 days.

We connect to strangers; we cry for their success, not because we are jealous, but because we see our reflection in their struggle, or maybe the tears are of guilt and failure. Online gives us a voice, while offline taunts us: you are still in your learning stage. How do we look up and mesmerize the clouds? Maybe I should put this on my story now. Our faces are filtered, but we choose the song for it. I know I love myself more with no filter. The insecurities we hide, but behind the scenes, we compare them with someone else's highlights and call it self-awareness. We speak the language according to our feed, laughing at comments that heal and hurt. They call us addicted and distracted. But we are also the first to grow up with the world in our fist and its weight on our shoulders. Every mistake has a recap. Every glow-up has a before.



## Hashtag Activism, Real Change or Just A Trend?

Vatshala  
1st year

You scroll, you see a video, someone is really angry, a hashtag seems to be trending, you repost it, maybe if it fits your aesthetic, you post it on your story, and reshare it. But what happens the very next week? The hashtag is gone, not talked about, and forgotten. Sometimes it's replaced by some other crisis, sometimes it's not. In the Indian subcontinent, this cycle has become very familiar. We have seen protests going digital and then gone in a few weeks or a few months. But the harsh question that no one bothers answering is, does it actually work? Now the answer to this lies beyond the screen.

Hashtag activism did not begin as something shallow in the Indian subcontinent. It first felt powerful when people used #Nirbhaya in 2012. Back then, it was not just a hashtag, it led to a movement that changed the laws. It led to protests, candle marches, and pressures so extreme that government couldn't ignore it. In that moment, it felt like internet could actually shake up the power structure. But ever since then, hashtags have become easier to use and easier to forget. Take the farmer protest. When the #farmerprotest started trending, it helped the farmers to show their own story that the mainstream media failed to do. Videos from protest sites, testimonies from families, and updates from the borders of Delhi kept the issue alive for months. It did not end up as a one-week trend, just like Nirbhaya. It lasted long enough for the government to step back and repeal the farm laws. Here, the hashtag worked not because it was viral, but because people stayed on the streets long enough even after the trend slowed down.

Well, not every hashtag follows that path. In the recent years, we've seen countless movements peak online and disappear just as quickly. During the violence in Manipur, disturbing videos and hashtags spread across the social media. People expressed anger, demanded justice, and shared posts endlessly. Yet months later, the situation remained unresolved. Internet shutdowns silenced voices, and the outrage slowly moved on. The hashtag created attention, but it did not create peace or accountability. The same pattern can be seen with moments like #DalitLivesMatter or #PinjraTod. They forced people to talk about caste violence and women's freedom, especially in universities. They made uncomfortable issues visible, but visibility did not automatically lead to a reform. Institutions resisted change, activists faced consequences, and once the hashtag stopped trending, public pressure weakened. What fills this gap between outrage and outcome is performative activism and slacktivism. Much of today's digital protest is designed to be visible, not sustainable. Sharing a hashtag, changing a profile picture, or reposting a viral clip creates the feeling of participation without demanding commitment. It is activism that looks loud online but remains safe, temporary, and low-risk. The moment the trend fades, so does the pressure. What remains is awareness without accountability, and emotion without action.

So why do we keep returning to hashtag activism? Because it is easy, it makes us feel involved. Posting, sharing, and commenting gives us a sense of doing something without asking much from us. In a region where protesting on the street can be dangerous, social media feels like a safer option. But safety also makes activism softer. The truth is uncomfortable. Hashtags are good at starting conversations, but bad at finishing them. They work best when they support something bigger, organizations, protests, court cases, or long-term movements. When they stand alone, they become temporary emotions, not lasting change. Algorithms will move on, and so do we. A hashtag can open the door, but it cannot walk us through it. This still requires time, effort, and courage beyond the screen, and unless we are willing to do that, the cycle will continue. One hashtag, thousands of retweets, a few days of outrage, and then silence.

## Digital Mind Searching For Peace

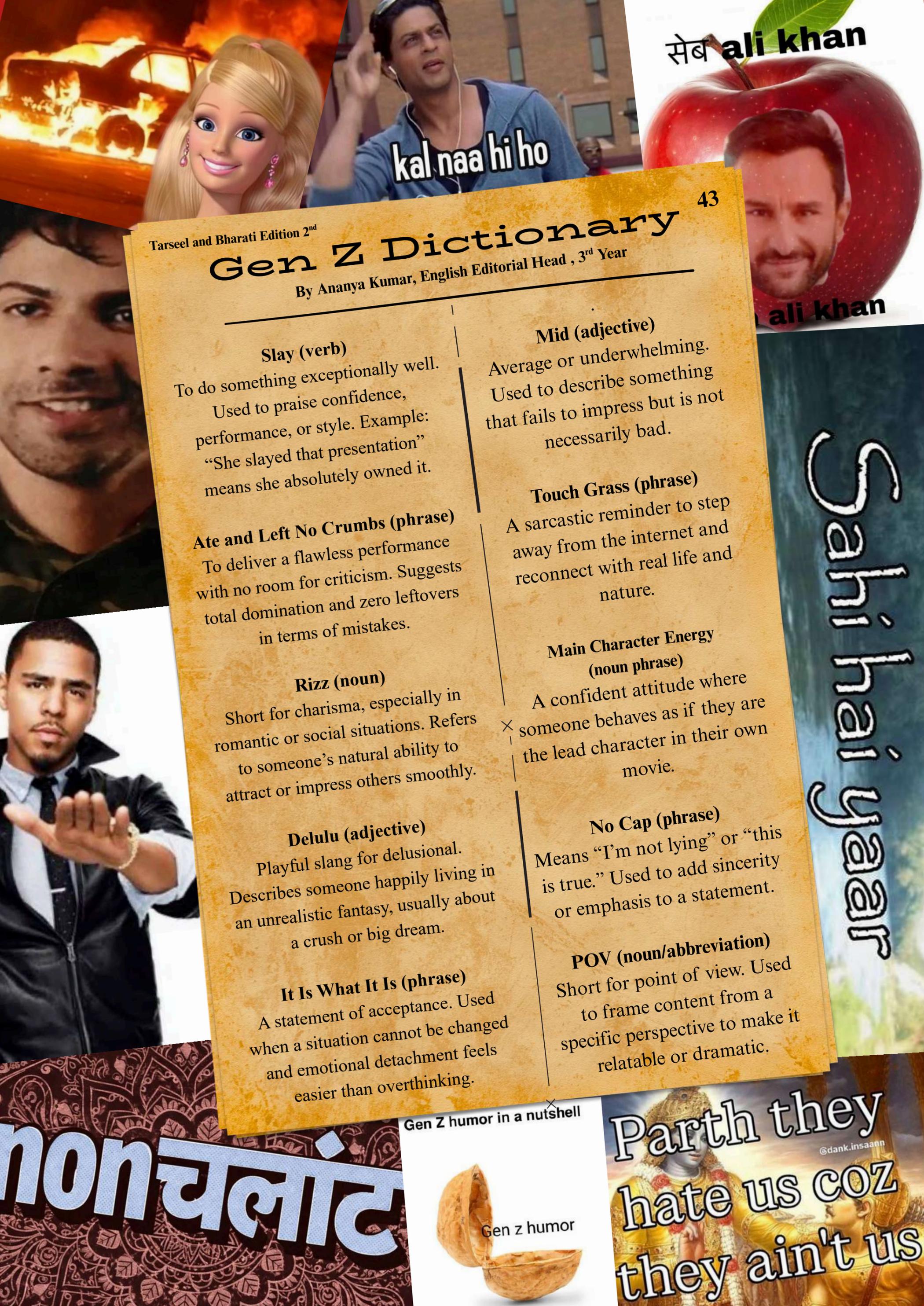
Akanksha  
1st Year

From the matters of the heart to the thoughts of mind, peace plays an important role. Peace is not a monolithic concept but a spectrum ranging from internal stillness to global absence of war. Peace means something different to everyone. To some of us, peace means the end of conflict, for others, it means something more complex—such as freedom, equity or solidarity. The digital mind is always seeking peace on digital platforms; it's like you are seeking a solution within the problem. In the world of digital platforms, youth are constantly connected with social media, scrolling, posting, reels and many others. In these, every activity has its own consequences. The human brain was not designed for 24/7 digital stimulation. What happens is when you rely on digital platforms for peace they actually make you timid, sluggish or even lethargic by mind. If you ask any question to AI it will give you an answer according to your comfort, as a consequence of which you thought you are proficient and this makes you disattach from society. It's like a mirror image of what you thought, you'll get it from digital platforms.

According to JAMA Psychiatry (2019), adolescents who use social media for more than three hours a day are significantly more likely to experience anxiety and depression. A World Health Organization report (2022) estimates that 1 in 7 adolescents worldwide (14%) live with a mental health disorder. The Common Sense Media Report (2021) found that teens average about seven hours of daily screen time, while the Pew Research Center (2023) reports that 63% of teenagers check social media multiple times per hour. The American Optometric Association notes that 50–90% of youth report symptoms of digital eye strain, and the National Sleep Foundation indicates that screen use before bed suppresses melatonin through blue light exposure in up to 90% of cases. Emotional dependence on artificial intelligence among youth is also rising, now estimated at 15–25% (World Economic Forum, 2023). Some documented cases suggest that excessive attachment to digital chatbots can contribute to delusional thinking. Ironically, we often turn to the very devices that exhaust us in search of relaxation.

Now what is the solution to this because we can't remove digital platforms from our life, because it becomes essential for livelihood, with most of the work being done on it. If the digital mind is restless, the solution does not lie in abandoning technology but in reforming our relationship with it. The goal is balance, not escape. Firstly, digital discipline must replace digital dependency. Setting screen-time limits, turning off unnecessary notifications, and avoiding the habit of checking phones immediately after waking up can significantly reduce mental clutter. Small behavioral changes create long-term mental stability. Secondly, media literacy should become a core life skill. In an era dominated by platforms like Instagram and YouTube, understanding how algorithms influence what we see is essential. When users learn to question content, verify sources, and avoid reacting emotionally to trending topics, they regain control over their mental space. These small steps can make eloquent changes and little bit but we can experience peace, but if we make this as our routine then it actually gives us tranquillity. Another helpful suggestion is to spend time interacting with your friends, as friendship is one of the few relationships that exists beyond the fear of judgment. With friends, you can speak freely about anything. And "friends" do not have to mean only people, it can be anything that helps you feel free from apprehension and encourages a more optimistic outlook.

Ultimately, awareness is the key. Technology is a powerful tool, but it must remain a tool, not a master. When individuals consume media mindfully, when journalists report responsibly, and when institutions promote digital balance, the restless digital mind can finally move towards peace. The digital mind does not seek silence from the world—it seeks harmony within it.



सेब ali khan

kal naa hi ho

ali khan

Tarseel and Bharati Edition 2<sup>nd</sup>

# Gen Z Dictionary

43

By Ananya Kumar, English Editorial Head , 3<sup>rd</sup> Year

### Slay (verb)

To do something exceptionally well. Used to praise confidence, performance, or style. Example: "She slayed that presentation" means she absolutely owned it.

### Ate and Left No Crumbs (phrase)

To deliver a flawless performance with no room for criticism. Suggests total domination and zero leftovers in terms of mistakes.

### Rizz (noun)

Short for charisma, especially in romantic or social situations. Refers to someone's natural ability to attract or impress others smoothly.

### Delulu (adjective)

Playful slang for delusional. Describes someone happily living in an unrealistic fantasy, usually about a crush or big dream.

### It Is What It Is (phrase)

A statement of acceptance. Used when a situation cannot be changed and emotional detachment feels easier than overthinking.

### Mid (adjective)

Average or underwhelming. Used to describe something that fails to impress but is not necessarily bad.

### Touch Grass (phrase)

A sarcastic reminder to step away from the internet and reconnect with real life and nature.

### Main Character Energy (noun phrase)

A confident attitude where someone behaves as if they are the lead character in their own movie.

### No Cap (phrase)

Means "I'm not lying" or "this is true." Used to add sincerity or emphasis to a statement.

### POV (noun/abbreviation)

Short for point of view. Used to frame content from a specific perspective to make it relatable or dramatic.

Sahi hai pyaar

non चलांट

Gen Z humor in a nutshell



Gen z humor

Parth they hate us coz they ain't us  
@dank.insaann