

AI and India's youth: Learning to build the future

Artificial intelligence is no longer distant technology—it is becoming a powerful learning partner helping young people turn curiosity into opportunity

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In homes, hostels, classrooms and small towns across India, a quiet revolution is already underway. Artificial intelligence is no longer a distant idea from science fiction. It is becoming a study partner, a career coach, a creative assistant and, for many young people, a bridge between dreams and opportunity. The biggest question for this generation is not whether AI will change life—it already has. The real question is whether we will simply consume it, or learn to use it to build a better future.

The future has already entered the classroom

Across India today, students are turning to AI tools for support. A student preparing for exams may use AI to understand a difficult concept. A graduate preparing for interviews may practise responses with it. In smaller towns, young learners with smartphones are exploring career paths—from design and coding to entrepreneurship.

A few years ago, opportunities like these depended largely on access to expen-



sive coaching, networks or resources. Today, they also depend on something else: the willingness to learn and use AI responsibly.

AI is not a replacement for discipline or curiosity. Instead, it acts as a powerful support system. It can explain complex ideas in simpler language, help improve communication skills, organise notes, summarise lessons and support project planning. For many young people, this assistance builds confidence as much as knowledge.

Recent global workforce studies suggest that millions of jobs may evolve or transform due to AI, even as new opportunities emerge. Students who learn how to work with AI rather than fear it will be better prepared for the future.

Why AI feels like a superpower

For today's youth, life often feels demanding. Students must study harder, develop new skills, communicate effectively and prepare for careers in a

rapidly changing world.

AI can ease some of this pressure by helping people begin tasks more easily. A school student might use it to revise lessons. A commerce student might simplify complex financial ideas. An aspiring entrepreneur might use it to draft business ideas or marketing plans. These small uses can build confidence at crucial moments.

One of AI's strengths is that it responds to curiosity, not background. It does not care whether someone stud-

ied in an English-medium or regional-language school. It rewards effort and clarity. That is why many see it as a tool that can help level the playing field.

From small-town talent to big possibility

Another powerful impact of AI is how it reduces distance. A student in a small town can access tools similar to those available in major cities. Someone preparing for scholarships can draft essays, improve communication or explore new ideas. A small business owner can use AI to write product descriptions or connect with customers online.

AI cannot remove every inequality, but it can reduce barriers between talent and opportunity. In a country like India—where ambition is abundant but opportunities remain uneven—this shift matters deeply.

Let the machine do the repetition

AI is particularly useful for repetitive tasks. It can summarise long notes, organise information, generate practice questions and translate text into simpler language. Studies suggest

that AI tools can save hours of routine work each week. However, an important caution remains. AI should not replace thinking—it should strengthen it. Copying answers weakens learning, but using AI to understand ideas builds deeper knowledge.

Not just for engineers

Many people still believe AI is only for programmers or technology experts. That is no longer true. AI can assist writers, teachers, doctors, marketers, researchers, journalists and students from almost every field.

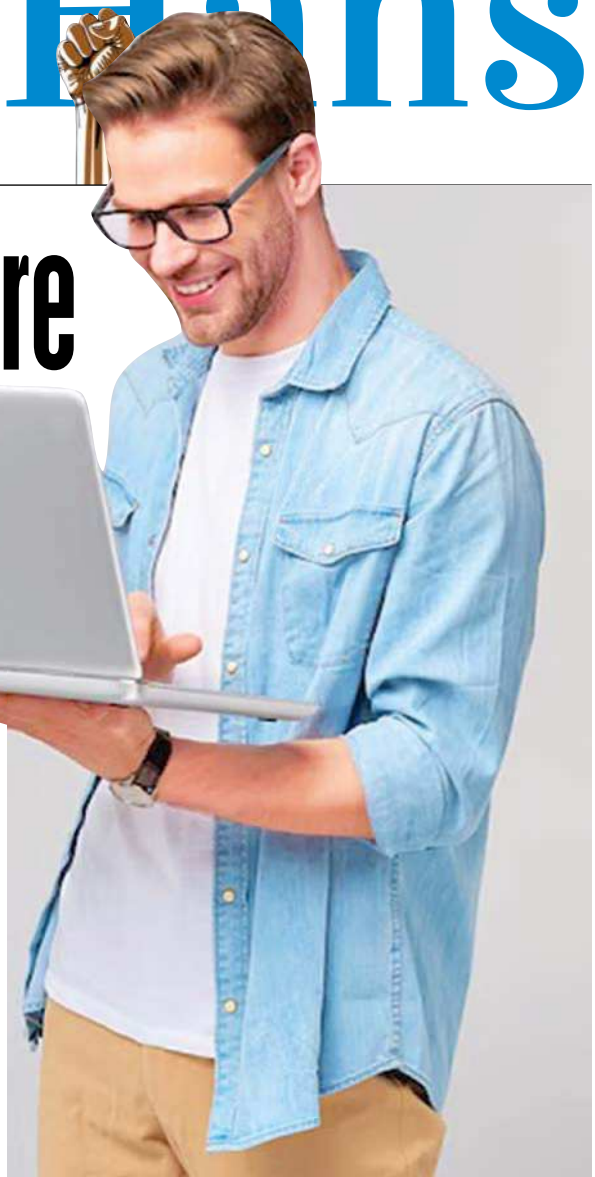
The future will not belong only to coders—it will belong to learners.

Skills that matter most

To use AI effectively, young people must build three key skills: asking better questions, checking information carefully and using AI to create something meaningful—whether a project, portfolio or solution to a real-world problem.

What AI cannot replace

Despite its power, AI can-



not replace human qualities. It cannot feel empathy, carry values or understand the emotional journeys people experience. Kindness, creativity, resilience, teamwork and leadership remain uniquely human strengths.

The real opportunity

For India's youth, AI should not be a fear story—it should be an opportunity story. Instead of using it only to finish tasks quickly, young people can use it to understand better, communicate better and create new

possibilities.

AI can provide speed and access. But purpose still comes from people. The future will belong to those who choose not only to use technology—but to build with it.

(The author is a Director in Product Development, Technology Solutions Division of the Audit function for one of the Big 4 firms in Hyderabad. The views expressed are personal and do not represent those of his employer)

IIT-Delhi offers specialised tech and research courses



The Indraprastha Institute of Information Technology Delhi (IIIT-D) has announced admissions for its postgraduate and doctoral programmes for the academic year 2026–2027, inviting applications from students interested in advanced technology and research-focused courses.

Applications for M.Tech. programmes opened, while admissions for Ph.D. programmes are already underway. The institute is offering a range of specialised courses designed to build strong technical knowledge and research capabilities among students.

The M.Tech. programmes are available in key areas of Computer Science and Engineering, Electronics and Communication Engineering, and Computational Biology. Specialisations include Artificial Intelligence, Data Engineering, Information Security, Mobile Computing, VLSI, Embedded Systems, Communications and Machine Learning. These courses are designed to prepare students for both industry roles and research careers by combining theoretical learning with practical exposure. The last date to apply for M.Tech. programmes is April 13, 2026.

For doctoral studies,

- The M.Tech. programmes are offered in major fields such as Computer Science and Engineering, Electronics and Communication Engineering, and Computational Biology, with specialisations including Artificial Intelligence, Data Engineering, Information Security, Mobile Computing, VLSI, Embedded Systems, Communications and Machine Learning.
- The Ph.D. programmes are available across disciplines including Computer Science and Engineering, Electronics and Communication Engineering, Computational Biology, Human-Centred Design, Mathematics, as well as Social Sciences and Humanities

the institute is offering Ph.D. programmes in disciplines such as Computer Science and Engineering, Electronics and Communication Engineering, Computational Biology, Human-Centred Design, Mathematics, and Social Sciences and Humanities. The deadline for submitting Ph.D. applications is April 8, 2026.

According to Prof. Sumit J. Darak, Dean of Academic Affairs, the programmes focus on equipping students with advanced knowledge and hands-on experience in building complex technological systems. The

curriculum emphasises interdisciplinary learning, research-driven approaches and opportunities for industry internships, helping students adapt to the rapidly evolving technology landscape.

The institute continues to encourage students to pursue careers in advanced research and innovation, offering a strong academic environment supported by modern infrastructure and industry collaborations.

Interested candidates can apply through the official admissions portal, where detailed information about eligibility criteria, selection process and course structure is available.

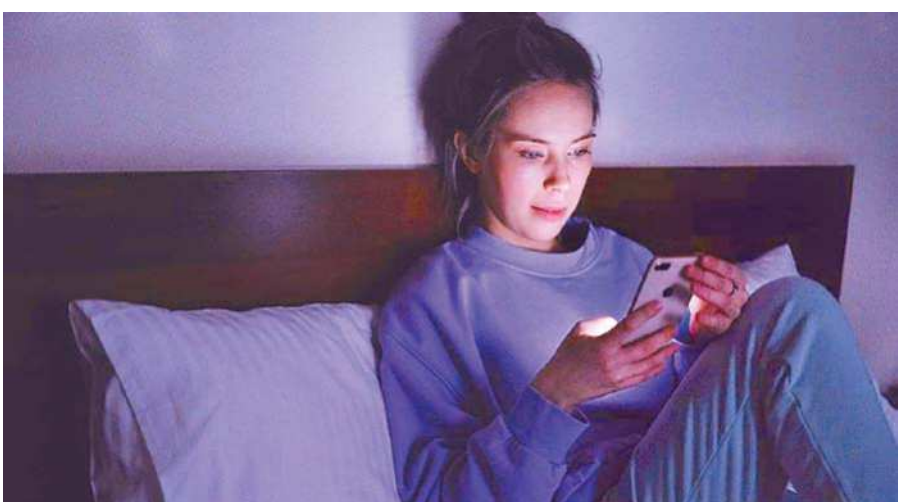
Survey highlights growing concerns over late-night screen habits affecting teenagers' sleep patterns

Concerns over sleep deprivation among teenagers are increasing as late-night smartphone use continues to disrupt sleep patterns across urban India. A recent survey conducted by the Child Online Protection (COP) App among 5,000 parents of teenagers aged 12–18 highlights the growing impact of screen habits on young people's health and daily routines.

The survey covered major cities including Delhi, Mumbai, Bengaluru, Hyderabad, Chennai, Pune, Kolkata, Ahmedabad, Jaipur and Lucknow, showing that the issue is widespread and not limited to metropolitan areas. The findings indicate that smartphones are significantly delaying bedtimes and reducing the quality of sleep among teenagers.

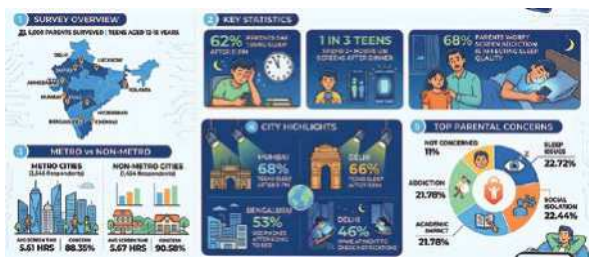
Key findings from the survey include:

- **Delayed bedtimes:** Around 62% of parents said their children sleep after 11 PM due to smartphone use. One in three teenagers spends more



than two hours on screens after dinner.

- **Sleep quality concerns:** Nearly 68% of parents believe excessive screen time is affecting their children's sleep quality, with late-night scrolling and constant notifications causing frequent interruptions.
- **Night-time dependency:** A large number of teenagers continue using smartphones in bed, resulting in shorter and disturbed sleep cycles.



City-level insights further underline the seriousness of the problem. In Mumbai, 68% of teenagers sleep after 11 PM due to smartphone use, while 72% of parents expressed concern

about screen addiction. In Delhi, 66% of teens stay up late, and about 46% wake up at night to check notifications—the highest among the cities surveyed. Bengaluru recorded the high-

est rate of bedtime phone usage, with 53% of teenagers using smartphones after going to bed and 74% of parents reporting concerns about its impact on sleep.

Parents in emerging urban centres such as Jaipur, Lucknow and Ahmedabad have also reported rising concern, indicating that sleep disruption linked to smartphone use is spreading beyond major cities.

Experts note that prolonged exposure to screens at night interferes with the body's natural sleep cycle. The blue light emitted by smartphones can disrupt the circadian rhythm, making it harder for teenagers to fall asleep, stay asleep and wake up feeling rested.

With increasing digital engagement and academic demands, experts stress the importance of balanced technology use. Encouraging screen-free routines before bedtime and promoting healthier digital habits are seen as essential steps to address the growing issue of sleep deprivation among teenagers.

Anthah Prerana 7.0 draws global student entrepreneurs

The Entrepreneur Development Cell (ED Cell) of Bhavan's Vivekananda College, Sainikpuri, hosted the 7th edition of Anthah Prerana, its flagship International Business Plan Competition, attracting student entrepreneurs from across India and abroad.

The competition witnessed an impressive participation of 102 teams, representing 11 Indian states along with five international teams from the United Kingdom, United States, and Canada, highlighting the event's growing global reach.

The inaugural ceremony was graced by Group Captain D. Ramanaiah (Retd.), Honorary Secretary of Bharatiya Vidya Bhavan, Sainikpuri Kendra. Meraj Faheem, CEO of Telangana Innovation Cell, attended as the Chief Guest, while Akshay C. S. Deshpande was the Guest of Honour. Addressing the participants, Group Captain Ramanaiah encouraged students to embrace innovation and transform their ideas into impactful ventures. Earlier, Dr. M. Thirimal Rao, ED Cell Coordinator, welcomed the guests and emphasized the significance of the event in fostering entrepreneurial spirit among students.

