

Tinder launches School of Swipe™ in India to give young daters a one-stop guide for safe and self-aware dating

This new digital resource brings together expert advice, emotional wellness tools, and interactive learning — making dating feel safer, smarter, and more self-aware than ever.



India, 24 November, 2025: Tinder has always been the place to meet someone new and discover a little more about yourself along the way. Now, Tinder in India is taking that one step further with the launch of [School of Swipe™](#) - a fun, feel-good digital resource that helps young daters navigate the ups, downs, and “*what do I text next?*” moments of modern dating.

Open to everyone, this mobile-first microsite is like a trusty wingmate that’s got your back, whether you’re building your first profile, trying to read emotional cues, or figuring out how to take things offline safely. And with 26% of young Indians already turning to online resources to learn how to navigate the trickier parts of dating, the timing couldn’t be more right for a platform that’s simple, accessible, and judgment-free.²

Informed by insights from **Yuva** and **Dr. Chandni Tugnait**, Tinder’s relationship expert in India, and shaped by real experiences from young people across the country, the platform captures how this generation dates, flirts, feels, and finds connection both online and IRL. After all, dating never came with a manual. Until now.

“At Tinder, we’re constantly reimagining what safe and social dating looks like for every new generation of singles. With resources like School of Swipe™ and features such as Double Date, we’re making it easy, fun, and low-pressure for people to connect with confidence and define what they want, without judgment. Exploration is what makes Tinder different; every time you open the app, there’s a chance to meet someone new, learn something unexpected, or even discover a new side of yourself. Through School of Swipe™, our goal is to help young daters approach every match, and every moment, with mindfulness, safety, and self-assurance,” says **Aditi Shorewal**, **Communications Lead, Tinder India and Korea**.

A holistic guide to modern dating

This generation is learning to date with heart and self-awareness, craving connections that feel as mindful as they are meaningful, and that’s exactly what School of Swipe™ is here to champion.

Each section meets daters where they are - from Mindful Connections, featuring expert tips from Dr. Chandni Tugnait on boundaries and emotional clarity, to a fun Red Flag–Green Flag Quiz that helps users reflect on what healthy connection means to them. A handy Dating Dictionary decodes the ever-growing list of modern dating terms, from Black Cat Girlfriend and Golden Retriever Boyfriend to Kissmet, Bed Marinating, and Cherry Bombing. Alongside it, the [Let’s Talk Consent](#) Course and [Dating Safety Guide](#) simplify conversations around consent and safety, with versions available in Hindi, Marathi, Kannada, and Bengali to make learning more inclusive. Together, these create a space that helps young daters pause, learn, and move with confidence.

Backed by insights from Yuva, the launch shines a light on how young Indians are feeling their way through modern dating. In a recent

survey, 68%¹ of Gen Z daters said the pace of dating, whether moving too fast or needing space, affects their emotional well-being. At the same time, Tinder's Modern Dating Report shows that 57% feel a strong emotional connection or engaging conversations are what make a date truly successful, and 71% believe dating today is healthier, more honest, and more open than it was for previous generations.² When things get tricky, 61%¹ turn to humour, movement, or mindfulness to bounce back, whether it is sharing memes with their friends, dancing it out to their favourite tunes, or journaling.¹ The report also highlights that some aspects of dating still feel challenging for many, with 37% finding emotional intimacy difficult and 34% struggling with managing their emotions, often turning to support systems, with 19% reaching out to a therapist or counsellor when they need help navigating the emotional side of dating.²

Yuva's offline engagements echoed the same energy. At on-ground meetups with young daters, conversations revealed a clear shift; emotional well-being and self-awareness now sit at the heart of modern dating. For many, it's about seeking stability and self-care; for others, embracing their "lover girl era" through solo time, journaling, friends, or therapy.

Your browser does not support the video tag.

At the emotional core of School of Swipe™ India lies Dr. Tugnait's expert guidance, gentle, actionable, and grounded in real-world experiences. She encourages daters to be kinder to themselves, view boundaries as maturity, and embrace slowing down as wisdom.

"Dating is as much about your head as your heart," says **Dr. Chandni Tugnait**. "When emotions and boundaries align, you create space for relationships that feel natural and nourishing. Boundaries are not rejection, they're self-respect." Her insights flow through the microsite, encouraging daters to use humour as an emotional reset, journaling as a tool for reflection, and small self-care rituals as a way to rebuild confidence after setbacks.

With the launch of School of Swipe™ in India, Tinder reinforces its commitment to making dating a safe, inclusive, and empowering experience for young people. Combining expert voices, research-driven insights, and interactive tools, the platform creates a digital space that's both educational and emotionally supportive, helping young Indians see dating not as performance, but as a journey of discovery.

¹A survey of 1234 18-30-year-olds across Delhi, Mumbai, Bengaluru, and Chennai conducted by Yuva between 2nd to 12th September 2025

²Modern Dating Report: A OnePoll Survey among Tinder users aged 18-25 in IN who are single and use dating apps. Data was collected between 15/7/2024 - 23/7/2024

<https://in.tinderpressroom.com/news?item=122635>