

POST-EVENT REPORT: MIND OVER MEDIA

Theme: Pioneering Paths: Navigating the Future of Education

Session Title: Mind over Media: Building Emotional Intelligence & Digital Resilience

Date: December 4, 2025

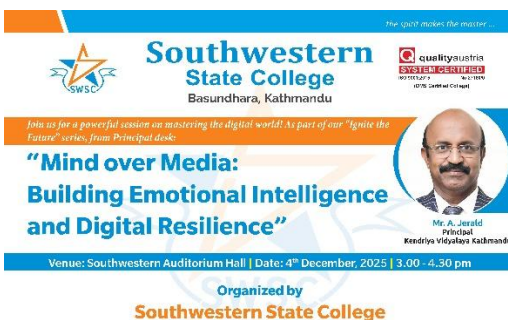
Venue: Campus Hall, South Western State College (SWSC)

Organized By: Science Department, SWSC

Keynote Speaker: Mr. A. Jerald, Principal, Kendriya Vidyalaya Kathmandu

Target Audience: SWSC Students

About speaker-



The training session was facilitated by **Mr. A. Jerald**, a highly respected educational administrator currently leading Kendriya Vidyalaya Kathmandu. Mr. Jerald possesses an extensive professional background featuring **15 years of institutional leadership** paired with **12 years of direct classroom teaching experience** under the Kendriya Vidyalaya Sangathan system. His deep expertise in adolescent psychology is anchored by multiple advanced postgraduate qualifications, including an MSc in Psychology and an MBA. Recognized as an empathetic mentor and skilled administrator, Mr. Jerald is known for creating inclusive learning environments, driving infrastructure upgrades, and boosting academic metrics—regularly securing **100% academic pass rates** while championing holistic student welfare initiatives.

Institutional Objectives

The Science Department at South Western State College designed this interactive workshop around four primary pillars of student development:

- Introducing psychological tools to help students recognize internal triggers and navigate the unique stressors of adolescence.
- Training young scholars to understand the permanence of their online actions and long-term digital footprints.
- Supplying practical defense mechanisms to counter virtual peer pressure, cyberbullying, and digital fatigue.
- Cultivating emotional intelligence within online communication channels to actively diminish digital toxicity.

Event Summary

On December 4, 2025, the Science Department of South Western State College (SWSC) conducted a vital 90-minute workshop entitled *"Mind over Media: Building Emotional Intelligence & Digital Resilience."* The program opened at 3:15 PM with introductory remarks and an official welcome by Dr. Shipra Jha. Taking the floor, Mr. A. Jerald structured his presentation into two sequential modules tailored to current youth realities.

The first segment, *"The Emotion Equation,"* examined adolescent neurology to demystify intense emotional spikes, challenging the assumption that emotional intelligence is simply about passive manners. To combat daily anxiety, he shared the **"Pause Principle"** a behavioral technique that trains individuals to pause and process information before responding to stressful stimuli.

The second portion of the workshop focused on digital safety and virtual survival skills. Mr. Jerald emphasized the indelible nature of online history and the necessity of maintaining robust digital hygiene. He shared practical strategies for managing profile security, establishing complex passwords, spotting the warning signs of cyber intimidation, and deploying interpersonal empathy across virtual messaging networks. The seminar then opened into a dynamic ten-minute Q&A block, allowing students to use real-world social media case studies to dissect modern virtual challenges. The session drew to a close at 4:40 PM following remarks from the Academic Coordinator and a commemorative group photography session.

Felicitations and Leadership Perspectives

To recognize the speaker's valuable contribution, the International Relations Coordinator presented Mr. A. Jerald with an official college memento as a gesture of appreciation. During this honor ceremony, **Academic Coordinator Sarita Shakya Pradhan** shared her perspective on the event's relevance. She highlighted that modern academic excellence is deeply connected to a student's mental wellness and digital lifestyle. Ms. Pradhan stated that arming the student body with psychological defense strategies is just as vital as delivering core academic textbooks. She praised the speaker for giving students actionable methods to protect their mental space inside a distracting online ecosystem.

Conclusion

The workshop achieved its goals with high success, generating exceptional feedback from the participating student body. Attendees strongly appreciated Mr. Jerald's energetic, relatable delivery style, noting his skill in translating complex psychological principles into everyday tools for digital citizens. By using real-world media examples and encouraging open peer discussion, the seminar closed the gap between theoretical awareness and real-life application, inspiring ongoing student conversations about responsible digital citizenship across the SWSC campus.

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