

Association of Catholic Educational Institutions in U.P. & U.K.



Congratulations



2000 ~ 2025

His Lordship, Bishop, Gerald John Mathias Mathias celebrates a remarkable mile stone - 25 years of dedicated service as a shepherd of the faithful of Lucknow. We extend our warmest congratulations to him on his silver jubilee of his episcopal ordination. We honor a lifetime of devotion, compassion and leadership. His unwavering faith commitment to spreading the gospel and serving the faithful has inspired countless lives. We pray for his continued health, wisdom and joy in ministry.

~ ACEI in U.P. & U.K.



**News
Letter**

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“Life is a gift, and those who struggle in life succeed, like a plant grows on a rock and gives attractive, beautiful flowers.”

As we embark on a fresh journey, we are faced with a choice: to let fear and uncertainty hold us back, or to summon the courage and perseverance necessary to pursue our dreams and overcome our challenges. It's easy to get caught up in the negativity and pessimism that surrounds us, to believe that our circumstances are insurmountable, and to lose sight of our goals and aspirations. But courage and perseverance are the keys to unlock our potential, to achieve greatness, and to live a life that truly reflects our values and passions. In the words of Joshua 1:9, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." When we cultivate courage and perseverance, we open ourselves up to new possibilities, new experiences, and new opportunities for growth and transformation.

Courage and perseverance help us build resilience and develop a mindset focused on growth. They enable us to take risks and step outside our comfort zones. They help us develop a sense of purpose and direction. They inspire us to keep going, even when the going gets tough. A vibrant plant emerging from the cracks of a rugged rock, reminding us that even in the toughest times, new life and possibilities can bloom.

As the apostle Paul reminds us in Philippians 4:13, "I can do all this through him who gives me strength." Let us rely on God's strength and power to guide us through the ups and downs of life.

Many of us wish to cultivate courage and perseverance in our lives but are stumped by the question of how to start the process. Allow me to provide a few practical tips:

1. **Face your fears:** Identify areas where you feel fearful or anxious, and take small steps to confront them.
2. **Break down big goals into smaller ones:** Divide large goals into smaller, manageable tasks to help you build momentum and confidence.
3. **Practice self-compassion:** Treat yourself with kindness and understanding when you make mistakes or encounter setbacks.
4. **Find your why:** Connect with your purpose and passion to help you stay motivated and focussed.
5. **Celebrate your progress:** Acknowledge and celebrate your progress, no matter how small it may seem. This will help you stay encouraged and motivated.

Let us discover together what it means to be brave, to be bold, and to be unapologetically ourselves. Let us explore the complexities of courage and perseverance, and let's find inspiration in the stories of those who have gone before us.

May God bless us to live out our faith with courage and perseverance in the coming months.

Sr. Smitha HCM

Hearty Congratulations



Bishop Gerald John Mathias
*of Lucknow Diocese
is elected as Chairman
of the Commission for
Theology and Doctrine.*



Bishop Eugene Joseph
*of Varanasi Diocese is elected
as Chairman of the Commission
for Laity.*



Ms . Leena Rodrigues
*IMP in Lucknow is elected
as the new Directress General.*



*Congratulations to **Rev. Fr. Paul Correa**
on your Sacerdotal Silver Jubilee
of your Priesthood. We thank God for
the gift of your vocation and for the people
who have journeyed with you.*



No Society Can Exist without People



No nation can exist or name the worth without people. With all their efforts and well disposed mindset, a nation can accomplish/achieve all it could ever want. Motivating India's people and its youth especially, what is needed today urgently? We have an incurable cancer in the society that brings hilarious hazards. This incurable cancer is: caste, colour, religion, creed, language, region etc. to name some of it. Can we grow above it or hold that what is pure and minimal in our

humanity? To hold firm to the pure humanity is what needed most today. But unfortunately, we are all prey to our so-called political realm that injects always poison in every sphere of life.

If one is motivated fully or profoundly his / her life journey must be full of inspiration and the following traits stand out to teach us, to lead a happy, relevant, meaningful and successful life.

- If you wish to change the world you need to believe in yourself first.
- You need to keep testing yourself and your limit in order to achieve or arrive at the truest and best version of yourself.
- If you have the resources, you need to be willing to contribute those resources for the greater well being of others around you.
- Stay connected to your roots in every way, keeping focus on improving your performance day today.
- We all need to be very honest, no matter the circumstances that we are faced with, encounter or subjected to.

The most basic traits of a human, teach one to have / lead a happy and successful life namely: -

- Always love, respect and admire parents.
- Be spiritually inclined to rise above all the negativities.
- Be humble, be honest, and be simple to make you approachable and genuine.
- Finally believe that being optimistic can help one cope with failures, hardships and struggles of life.

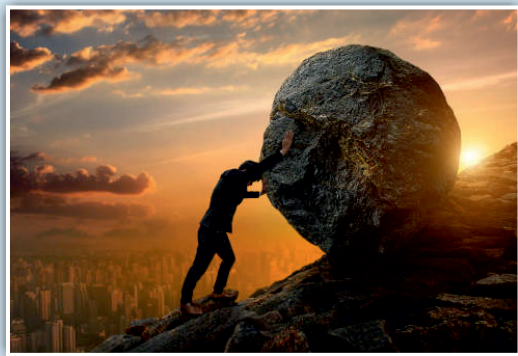
Dr. APJ Abdul Kalam, in his book "Ignited minds", does precisely the same. It unleashes the power within us all, examines why, given all our skills, resources, and talents, we so obviously capable of being the best, settle so often for the worst. What is it that we as a nation are missing? He mentions in the book clearly, is the belief that the people of a nation have the power, by dint of hard work, realize the dream of a good human life. The relevance of these thoughts applied in each one of us can and must do the difference for today and tomorrow.

~ **Fr. Dr. Denis Herald D'Souza**
Education Director for Agra Diocese

Catholic School Heads in India : Measures to Face Challenges

In the year 2025 we reflect on the Jubilee year Theme, "Pilgrims of Hope". We are hopeful that this year we will navigate through the impending challenges, and do greater service to the nation and humanity through our schools and institutions.

As we know, Catholic/ Christian school heads in India face numerous challenges, including changing government regulations, increasing competition, and evolving student needs. A lot more challenges are there from the students, parents, and from the society. To overcome these challenges, we must consider the following measures:



First at the Spiritual Level :

1. **Spiritual Leadership** rekindle our Christian Identity. Strengthen the Catholic/ Christian ethos and values of love, equity, inclusiveness, and holistic development of all in your school, ensuring that they permeate all aspects of school life.
2. **Foster Prayer, Examen, and Reflection:** Encourage prayer, reflection, and spiritual growth among students, teachers, and staff.
3. **Promote Social Responsibility:** Instil a sense of social responsibility and community service among students.

Second at the Academic Excellence:

1. **Upgrade Infrastructure and Resources:**
Ensure that your school has modern infrastructure, technology, and resources to support quality education.
2. **Develop Teacher Competencies:**
Provide ongoing training and professional development opportunities for teachers to enhance their skills and subject expertise. This is uppermost need today.
3. **Implement Innovative Pedagogies:**
Encourage innovative teaching methods, such as project-based learning, flipped classrooms, and blended learning. There are ample models across the world that we can model in our schools.

Third Student Well-being and Safety:

1. **Ensure Child Safety and Protection:**
Implement robust child safety and protection (protocol) policies, including background checks for staff and volunteers.

2. Promote Mental Health and Wellness:

Holistic Health is a new subject introduced by NEP 2020. Provide counselling services, mindfulness programs, and other initiatives to support students' mental health and well-being.

3. Foster Inclusive and Diverse Communities: Encourage inclusivity, diversity, and respect among students, teachers, and staff.

Fourth, Community Engagement and Partnerships:

1. Build Strong Relationships with Parents:

Foster open communication, involve parents in school decision-making, and provide regular updates on student progress.

2. Develop Partnerships with Local Organizations: Collaborate with local organizations, businesses, and government agencies to access support, resources, expertise, and funding opportunities.

3. Engage with the Local Community:

Organize community events, volunteer programs, and outreach initiatives to promote social responsibility and community engagement.

Last, Governance and Management:

1. Ensure Compliance with Regulations:

Stay up-to-date with changing government regulations, laws, and policies affecting Catholic/ Christian schools in India. Various states have different policies. Learn about them well.

2. Develop Strategic Plans and Policies: Create strategic plans, policies, and procedures to guide school decision-making and ensure effective management.

3. Foster a Culture of Transparency and Accountability: Promote transparency, accountability, and ethical governance practices within the school community.

By implementing these measures, our schools and school heads in India can effectively face the challenges and create a nurturing environment that supports the academic, spiritual, and personal growth of their students.

May the year 2025 be an year of hope, as Pope Francis urged us through the declaration of the Jubilee Year. Be pilgrims of hope!

Sunny Jacob SJ.

Secretary, Central Zone Education Bureau (CZEB)



"You don't develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity."

~ Epicurus

"Perseverance is not a long race; it is many short races one after another."

~ Walter Elliott

Platinum Jubilee of Lourdes Convent Girls Inter College

"O sing a new song to the Lord, for He has worked wonders" Psalm 98:1

"Empower a girl and you will empower generations. She is the spark of hope, the light of progress and the heart of tomorrow" Thomas I

Lourdes Convent Girls Inter College, Ghazipur completes its 75 years of successful existence in moulding and shaping the young girls with greater conviction and commitment. We look back to acknowledge the innumerable blessings

from above, the relented zeal and dedication of personnel worked tirelessly to reach its peak of excellence. The smallest step in the right direction can end up being the biggest step of life.

It is an initiative and I feel extremely content to dedicate my life to advancing girls education. A dream and accompaniment have been directed towards their immense personal growth, community transformation and a commitment to breaking barriers that limited opportunities for the young girls.

Over the years I've realized that fostering education for young girls is not about imparting knowledge; it's about unlocking potentials, courage to face social norms and build future of equal opportunities. This journey with students changed the perspective towards education and realised educating a girl is equivalent to educating hundreds of girls.

The Platinum Jubilee celebration on 25th November 2024 was a momentous occasion for the entire Lourdes family. As we celebrate this astounding landmark, we gracefully acknowledge the significant contribution of the pioneers who played a vital role in the growth over the years. As we step into another era, we thank God for the countless blessings showered upon this institution, a beacon of hope, compassion, producing interdependent young, vibrant women to the family, society and world at large. The girls turned out to be a benison with their pollyannaish outlook.

With immense joy and profound gratitude to God we highlight the diverse range of activities and initiatives taken to mark this historic landmark. The Platinum Jubilee was inaugurated in the presence of the District Magistrate, the District Inspector of Schools, the Manager, the Education Secretary of the College, parents, well-wishers, friends and principals of the Madhyamik Schools. The event was marked by Science and Art Exhibition with the theme VASUDAIKUTUMBHAKAM on 9th December 2023 and was inaugurated by Ms. Aryaka Akhouri, the District Magistrate of Ghazipur. She was highly appreciable and conceded the contribution done by the college in preparing the students to the society. She confounded that this event must lead to flourish in all our future endeavours.

We had organised extensive range of activities like Inter school competitions- debate, essay, painting, G.K; visit to the slum, jail, a day with the senior citizens of the home for the aged,



grandparent's day, gathering of the third gender etc. This exposure program gave an awesome experience to the realities of the society to the students. With hearts full of gratitude and hope, we eagerly embrace the future with renewed zeal, commitment and dedication to live out our mission by creating transformative personnel to the world. We train our girls to be captured by compassion, kindness, charity and to value their self-esteem. Be empowered to entitle others to be self-reliant, self-assured and be hopeful towards life. Thus, they will be a boon to not only for themselves but for everyone.

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today" Malcolm X. I believe that the school will reach new heights with the motto SERVE IN CHARITY and it will become the students' identity through the intercession of our Blessed Mother -Our Lady of Lourdes.

~ Sr. Alphonsa SRA

Vulnerable in Virtual World

Ensuring Online Safety of Students, By Fr. Suresh Mathew Pallivathukal, O.F.M.



A shocking incident unfolded in Gujarat in the first week of January 2025 when a 10-year-old girl eloped with a 16-year-old boy she met on Instagram. The two were caught by the police in a nearby village just hours after the girl's family filed a complaint.

According to news reports, the investigation revealed that they had met on Instagram and developed a romantic relationship. The girl, a Class V student, went missing from her home in Dhansura village on December 31.

After an extensive search, the girl's family filed a police complaint, fearing she had been kidnapped. Police found that the girl and the boy had been communicating frequently over the phone after meeting on Instagram.

On the day she went missing, the two, with the help of three friends, planned and executed their escape. The girl's father was unaware of social media, and the authorities found that she had been using her mother's phone to access Instagram.

Following the complaint, the police traced the girl and returned her to the family. A case has been registered, highlighting concerns about social media safety and responsibility.

The incident has sent shockwaves across the nation. This disturbing episode highlights the dark underbelly of social media and the vulnerability of students in the virtual world. It serves as a stark reminder of the potential risks associated with social media and the importance of parental vigilance and media education in schools.

The incident raises several red flags. It underscores the lack of awareness among parents and guardians about the potential dangers of social media. The fact that the 10-year-old girl was able to access Instagram using her mother's phone, without her father's knowledge, is a stark reminder of the need for parental vigilance.

The incident also serves as a wake-up call for our society to re-examine its values and priorities. We need to recognize that students are not miniature adults, but vulnerable individuals who require protection and guidance.

In today's digital landscape, social media has become an integral part of a student's life. Platforms like Instagram, Facebook, Snapchat and X (Twitter) have made it easier for students to connect, share, and access information. However, this rampant use of social media poses significant risks.

As students increasingly rely on social media for information, entertainment, and socialization, they must develop the critical thinking skills necessary to navigate these online platforms effectively. This is where media education comes in.

In the context of social media, media education is crucial for several reasons. Firstly, it helps students to identify and combat misinformation, which can spread quickly online. Secondly, it enables students to recognize and resist online harassment and cyberbullying. Finally, it empowers students to think critically about the media they consume, to evaluate sources, and to recognize the potential impact of their online actions.

Despite its importance, media education is often overlooked in our education system. Many students are left to navigate the complexities of social media on their own, without the guidance and support they need.

As we move forward, we must adopt a multi-faceted approach to address the issue of student safety online. It means educating parents and teachers about online safety and the potential risks associated with social media.

We owe it to ourselves, our students, and our society to take action and create a safer, more responsible digital landscape.

Another phenomenon is the recent surge in online gaming addiction cases among minors. Three recent incidents highlight the devastating consequences of unchecked gaming habits.

A few weeks ago in Lucknow, Uttar Pradesh, a 14-year-old boy and his 13-year-old brother depleted their parents' savings of Rs 6.5 lakh on online games. The boys used their mother's cell phone for "online studies" and spent four months playing games that promised quick rewards. Initially, they won small sums, but as losses mounted, they tapped into their parents' accounts. The brothers created UPI IDs using their parents' mobile numbers, transferring Rs 4.2 lakh from their father's account and Rs 2.39 lakh from their mother's.

In Kushinagar, Uttar Pradesh, in September, a Class VII student drained Rs 5 lakh from his parents' bank accounts to progress in an online game. The scammer, Prakash Mehrana, promised lucrative rewards and game progress in exchange for funds.

These incidents of eloping of a ten-year-old girl and online games by minors resulting in loss of wealth highlight the need for increased awareness and regulation of social media access by students.

Education plays a critical role in this scenario. Students must be taught about online safety, responsible spending, and the risks associated with predatory games. Parents should engage in open conversations with their children, fostering a culture of digital awareness.

Here are a few points for parents and educators to help students stay safe:

1. Set clear rules and guidelines: Establish rules for online use, including the types of websites and apps allowed, and the amount of time spent online.

2. Monitor online activity: Regularly monitor your child's online activity, including their browsing history and social media accounts.
3. Set screen time limits: Establish limits on screen time, including the amount of time spent on devices and the types of activities allowed.
4. Use parental control software: Install parental control software to block access to inappropriate websites and content.
5. Enable safe search: Enable safe search on search engines to filter out explicit content.
6. Use strong passwords: Teach your child to use strong, unique passwords for all online accounts.
7. Monitor social media accounts: Regularly monitor your child's social media accounts, including their friends and followers.
8. Teach online etiquette: Teach your child to be respectful and kind online, and to avoid engaging with strangers.
9. Set boundaries for online interactions: Establish rules for online interactions, including who they can talk to and what types of conversations are allowed.
10. Talk to your child: Have regular conversations with your child about online safety and responsibility.
11. Balanced Activities: Promote a balance of offline activities, such as sports and hobbies.
12. Promote Reading: Encourage reading as a fun and engaging alternative to screen time.

Here are some guidelines for students to ensure their safety regarding online use:

1. Keep personal info private: Don't share your address, phone number, or other personal info online.
2. Don't talk to strangers: Avoid interacting online with people you don't know, especially if they're asking for personal info.
3. Block or report bullies: If someone is being mean or hurtful online, block them or report them to a trusted adult.
4. Use social media wisely: Share only those contents that you're comfortable with others seeing.
5. Set privacy settings: Use social media privacy settings to control who can see your posts and info.
6. Don't share explicit content: Never share explicit or inappropriate content online.
7. Be cautious with links and downloads: Avoid clicking on suspicious links or downloading unknown files.
8. Don't give out financial info: Never share financial info, such as credit card numbers or passwords, online.
9. Tell a trusted adult: If you encounter any online problems or concerns, tell a trusted adult, such as a parent, teacher, or counsellor.

By following these guidelines, you can help your students ensure their safety online and have a positive, respectful online experience. Ultimately, media education is essential for helping students to navigate the complexities of social media safely and res .

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