



### **In this Newsletter**

OBA Centenary Calendar  
Upcoming OBA Events  
OBA MC 2017-18  
Recent OBA Events  
Old Boys in the Spotlight  
News from School  
OBA Awards 2017  
Old Boys – East and West  
OBA Riders  
CS Health Tips  
Obituary  
OBA Event Photographs  
OBA Calendar of Events

### **OBA Centenary Calendar**



#### **North America Chapter**

Memorial Day Weekend – Sat-Sun, May 26-27, 2018  
Hyatt Regency Dulles, Herndon, VA

#### **Bangalore**

OBA Black Tie Dinner – Fri, Aug 31, 2018  
Blue & White Bash – Sat, Sept 1, 2018  
OBA Day & OBA Centenary Dinner – Sun, Sept 2, 2018

### **OBA Event Calendar (Dec 2017 to Mar 2018)**

Josephite Sports Excellence Celebratory  
Lunch - JOSEXCEL

Sat, 2 Dec, 2017

OBA Inter Batch Football Tournament

Sat-Sun, 2 - 3 Dec, 2017

OBA Christmas Dinner

Sat, 9 Dec, 2017

OBA Tri-Series – Badminton, Snooker,  
Squash (at Catholic Club)

Sat-Sun, 13 - 14 Jan, 2018

Prestige SJBHS OBA Golf Tournament (at Prestige  
Golfshire)

Sat, 20 Jan, 2018

Welcome to OBA

Jan 2016 (date will be announced)

OBA Inter Batch Cricket Tournament

Sat-Sun, 10 – 11 Feb, 2018

Feast of St Joseph & OBA Inter Batch Rink Hockey  
Tournament

Sat, 18 Mar, 2018

### **Meet your OBA Managing Committee 2017-18**

**Sitting:** Rev Fr Principal  
(Treasurer), George  
Ollapally (President), Brian  
D'Lima (Secretary)

**Standing:** Jyotinath  
Ganguly (2<sup>nd</sup> Vice  
President), Francis Satish  
(Joint Secretary), Nandita  
Chandrasekhar, Ian Lewis  
(1<sup>st</sup> Vice President), Vivek  
George, Shashi Lewis  
(Immediate Past President),  
Reo Raymond, Vinay  
Kamath, Gregory Pacheco,  
Antonio Justin.



Co-opted members: Bharat Ram, Dr C S Rajan, Charles Raj, Conrad D'Mello, Franklin Antonat, Naren Kumar, Nishant Gurjer, Dr Rabindra Nayak, Vikram Chugh.

## Upcoming OBA events

### Josephite Sports Excellence Celebratory Lunch – JOSEXCEL (Sat, 2 Dec, 2017)

Recognizing the rich sporting tradition of SJBHS, the OBA honours sports persons who have represented our school, state and country in sports and games. The event – JOSEXCEL – is held annually on the first Saturday in December. The OBA also takes this opportunity to award students of Std 10, and thank their families for supporting their child's training and sporting journey over the years. The award ceremony will be followed by the Joseph Ollapally Memorial Lunch.

### OBA Inter Batch Football Tournament (Sat-Sun, 2-3 Dec, 2017)



The 3<sup>rd</sup> Inter-Batch Football Tournament will be held over the first weekend of December, 2017. Encouraged by the resounding success of the past two events, we anticipate an even bigger turn out during the OBA Centenary Year. There is no bigger thrill than playing on the grounds where we played as school boys, and cheering our batches towards victory.

A tournament will be held for batches up to 2000, and a separate tournament for 2001 onwards. The minimum number of players per batch will be 4, and maximum 10. About 16 teams are expected to participate. Teams that have not registered may do so online.

Team registration fee for batches up to 2010: Rs 4,000; for batches 2011 onwards: Rs 2,500.  
Online registration: <https://fs7.formsite.com/sjoba/football2017/index.html>

### OBA Christmas Dinner (Sat, 9 Dec, 2017)

The OBA Christmas Dinner will be held in the Sports Complex in SJBHS. Designed for Old Boys, families and friends, the live band, Carols, bonfire and dinner will usher in the holiday season.



While Santa will hand out gifts to children, the event marks the prize distribution ceremony for the OBA Inter-Batch Football Tournament.

Please make sure you participate in the event and cheer the winning batches.

Dinner tickets: Rs 500 (adults), Rs 300 (children below 12 years), no charge for children below 6 years. Tickets may be bought at the OBA office or using the online link below.

Tickets: [https://www.instamojo.com/SJBHS\\_OBA/sjbhs-oba-christmas-dinner-2017-adult/](https://www.instamojo.com/SJBHS_OBA/sjbhs-oba-christmas-dinner-2017-adult/)

### OBA Tri-Series – Badminton, Snooker, Squash (Sat-Sun, 13 – 14 Jan, 2018)



With the objective of fostering camaraderie and promoting a healthy lifestyle among Old Boys, the OBA announces a unique Tri-Series Tournament. Old Boys will compete to win individual prizes in the Badminton, Snooker and Squash.

The OBA looks forward to meeting Old Boys and families at the Catholic Club. The Tri-Series Tournament will end with Dinner on Sunday evening, 14 Jan, 2018.

Player registration, Rs 750 (includes dinner):  
[https://www.instamojo.com/SJBHS\\_OBA/sjbhs-oba-tri-series-tournament-2017/](https://www.instamojo.com/SJBHS_OBA/sjbhs-oba-tri-series-tournament-2017/)

Dinner for non-player Adult, Rs 500, Child, Rs 300:  
[https://www.instamojo.com/SJBHS\\_OBA/sjbhs-oba-centenary-tri-series-dinner/](https://www.instamojo.com/SJBHS_OBA/sjbhs-oba-centenary-tri-series-dinner/)

### ***Prestige SJBHS OBA Golf Tournament (Sat, 20 Jan, 2018)***

Registration is now open for the 3<sup>rd</sup> and special OBA Centenary edition of the annual Prestige SJBHS OBA Golf Tournament, to be held at the Prestige Golfshire course on Saturday, 20 January, 2018. The tournament will be followed by a celebration dinner and entertainment. Non-golfing Josephites and spouses/partners are invited to register and participate in the evening celebration.



Non-golfer registration: <https://fs7.formsite.com/sjoba/nongolfer2018/index.html>

### ***Welcome to OBA (Jan 2018)***

The **Welcome to OBA** event is held annually to induct the present Std 10 and Std 12 students into the OBA. The event provides Std 10 and Std 12 students a glimpse of the tight bond between school and the chapters of the OBA across the world. An Old Boy will deliver the keynote address. The date of the event will be announced shortly.

### ***OBA Inter Batch Cricket Tournament (Sat-Sun, 10 – 11 Feb, 2018)***

The OBA wishes to reinforce our school's tradition of multi-disciplinary sporting excellence. The Centenary year is an appropriate time to announce yet another Inter-Batch Tournament. The inaugural edition of the OBA Inter-Batch Cricket Tournament will be conducted at our school grounds on Sat-Sun, 10 - 11 Feb, 2018. The Tournament will be played in the 6-a-side format. Please mark your calendars, get ready to cheer and play, and watch out for further information.

### ***Feast of St Joseph & Saleh Ahmed OBA Inter Batch Rink Hockey Tournament (Sat, 18 Mar, 2018)***

Please mark your calendars for the second Saleh Ahmed OBA Rink Hockey Tournament to be held along with the Feast of St Joseph in March, 2018. Old Boys present at the inaugural event in March 2017 will remember the mesmerizing stick work of our Olympian Hockey greats Anil Aldrin and Sandeep Somesh. Come over to the school grounds and soak in the magic of Hockey, yet another sporting tradition. The OBA looks forward to welcome you!

### ***Recently concluded OBA events***

#### ***Back to School Batch Reunions (1 Sept, 2017)***

Back to School reunions are held on the Friday before OBA Day. Old Boys across several decades participate in the nostalgic event that also has seen former Principals and Teachers joining in the celebrations. The Back to School reunions of September 2017 was made unique by the Batch of 1992 and Batch of 1997. A huge thank you goes out to you from the OBA!

For the first time ever, Old Boys asked for permission from Fr Principal to participate in the March Past on Sports Day. The Batch of 1992 practiced hard and put up a superb display marching on the school ground.



In an extremely touching gesture, the Batch of 1997 felicitated 25 teachers in the auditorium. Possible through meticulous planning, the teachers joined the Old Boys for dinner. Not only that, the Batch raised a corpus of funds for Teachers' Insurance.





### **Blue & White Bash (2 Sept, 2017)**

The extraordinarily heavy evening rains experienced during the months of August and September this year in Bangalore took a welcome pause and let up on the OBA Day weekend. This allowed the traditional Blue & White Bash to be held as planned at Catholic Club on the Saturday of the OBA Day weekend. The high energy event brought younger and older Old Boys together for an evening of fun. The leading band from Goa – A26 – kept the crowd on their feet till the wee hours of the morning. The range of food and beverages was excellent, as usual.

### **OBA Day (3 Sept, 2017)**

OBA Day is an occasion for Old Boys to thank our school, principals, teachers and our families for having provided us the opportunity to be a part of this great institution. The hour long prayer service and hymns began promptly at 7.15 am. The early morning service has always been an occasion of joy and honour for Old Boys. The school band then started playing, to begin the solemn march and ceremony to honour Old Boys who have laid down their lives fighting for our country in several wars. The OBA Riders rode into the school in formation to join the OBA Day celebrations. The traditional breakfast in the basement of the Sports Complex was followed by the group photograph and the AGM in the Auditorium.



Several batches were present in large numbers, notably the Batches of 1987, 1992 and 1997. The turnout was unprecedented, consisting of an even mix of older and younger Old Boys with families. The Biryani and Football game were the highlight of the afternoon.





The Dubai Chapter of the OBA earned the distinction of hosting the first International Connect. The 3-day Connect was fun filled, and included the Desert Safari and sight seeing around Dubai. The highlight of the Connect was that two highly respected and loved teachers – Shikari and UK – participated in the event and relived memories of our days in SJBHS. The OBA wishes the Dubai Chapter success in conducting many such International Connects in the years to come.



***SJBHS OBA Connect – Coorg 2017 and Golf Tournament (4 Nov, 2017)***

Golf and camaraderie! The Coorg Chapter hosted Old Boys to a Golf Tournament and an evening of fellowship at Pollibetta. About 40 participants were present at the Connect, the chief guest being Sabeer Bhatia (1984), one of the world’s top rated entrepreneurs who introduced the world to free, web based email. The Batch of 1972 was present in large numbers, celebrating their 45<sup>th</sup> anniversary. Way to go, Coorg Chapter! Wish you many more!



***Old Boys in the Spotlight  
T Venkat Vardhan (1976)***



T Venkat Vardhan has pioneered the introduction of large scale entertainment events in India by founding DNA Entertainment Networks Pvt. Ltd in the late 1980s. A multi-faceted personality, Venkat holds a degree in Mechanical Engineering, and has been an avid Badminton player, playing at the University, State and National Levels, and is now a keen Golfer. Venkat has placed India on the global entertainment map by bringing in globally renowned musicians and bands such as Bryan Adams, Yanni, Rolling Stones, Sir Elton John, Sting, Mark Knopfler, Beyonce, Katy Perry and Roger Waters – and many others - playing live concerts.



Venkat diversified into sports, and is the Event partner for the VIVO Indian Premier League, Hero Indian Super League, Premier Badminton League, VIVO Pro Kabbadi and Hockey India League. Moreover, DNA also manages Royal Challengers Bangalore, Mumbai Indians, Kolkata Knight Riders, Sunrisers Hyderabad and Rising Pune Supergiants in the IPL. Further, Venkat is the President of the Golden Valley Education Trust providing education to over 5,000 students annually in the KGF rural area. Venkat is the President of the Event Management Association of India and has been conferred the honorary PhD degree by the University of Jerusalem.

Venkat has been a visionary and has filled our lives with countless hours of music and sports!

### ***Sanjay Swamy (1980)***

Sanjay Swamy (aka theswamy) - a die-hard David's old boy - recalls being reasonable good at academics, but his favourite moment was winning the Gold in 100M in the 10th standard, setting the record in 1979 - which was only broken in 2008! Sanjay earned a BE degree in Electrical Engineering from UVCE, Bangalore, then went to France's premier Aerospace school, Sup Aero, and to the University of Washington in Seattle for two Masters Degrees in Avionics & Flight Control Systems. Sanjay worked for 11 years in Silicon Valley and returned to Bangalore in 2003.



Sanjay was CEO of mChek - India's first big Mobile Payments start-up - and later worked with Nandan Nilekani on the Aadhaar Program pro-bono for a year. He founded ZipDial (sold to Twitter) and Ezetap and has turned Venture Capitalist with a portfolio of 18 tech start-ups. He is President of the Rotary Club IT Corridor, home of the Bengaluru Midnight Marathon. He is married to Tulsi and has one son, Ashwin. Sanjay grew up in Indiranagar, and played street cricket with Rahul David. Sanjay looks back fondly at his days in school - wonderful classmates, friends, and above all an amazing set of respected teachers and staff in Papa Yates, Luke, Bhat, Hanu, Moses, Mrs. Sait, Jagan, David Chatterjee, Cycleman, Vijay Ranga Rao and many more of that generation!

Sanjay's passion is start-ups & his advice to youngsters: "FOCUS ONLY ON MAKING THE WORLD BETTER FOR OTHERS - FINANCIAL SUCCESS WILL BE AN OUTCOME." One thing he can't give up: a good laugh, watching live sports & travelling - and, oh yes, some great banana chips!

### ***Arjun Narayan (1996)***



Arjun Narayan is CEO of Soroco ([www.soroco.com](http://www.soroco.com)) a next-generation automation services company with offices in Boston, London, Seattle and Bangalore. If you are interested in AI, technology or automation please email him at: arjun at soroco dot com. He is also Founder and Investment Committee Chair at Catamaran ([www.catamaranventures.com](http://www.catamaranventures.com)), an investment firm he created in 2009 in partnership with Mr N R Narayana Murthy of Infosys fame.

At Catamaran, Arjun has led multiple investments in private and public companies in India: including (i) PaperBoat, the first venture funded desi beverages company in India (ii) Prione, a joint venture with Amazon USA and (iii) Anviti, a leading insurance company in India. Amazon and Aon are the world's largest e-retailers and insurance brokers respectively. Previously Arjun was with McKinsey and Company in their New York office. Arjun graduated from the Massachusetts Institute of Technology in 2003 with two degrees in Computer Science and one degree in Finance.

Arjun lives in Bangalore and Boston with his beautiful wife Sharwari and his ugly dog Barfi.

### ***Lt Col B M Aiyappa (1995)***



Lt Col Aiyappa has served the country with distinction. He was commissioned into the Corps Of Engineers in 2002 after graduating from St Joseph's College, Bangalore and the Indian Military Academy, Dehradun, and has since served across the country. He has protected our border from the Chinese in Arunachal Pradesh, executed counter insurgency operations in J&K, fought insurgency with the Assam Rifles in Manipur. Lt Col Ayappa earned a B Tech degree, served in Delhi, commanded a Road Construction Company in Uttarakhand.

Lt Col Aiyappa's grandfather and father served with distinction in the Indian Army, and he himself has received four Chief of Army Staff Commendation Cards, three for distinguished services and one for Gallantry. Some of the unclassified operations that he has been a part of include: Restoring the collapsed bridge in Delhi during the Commonwealth games in 2010, leading the team that rescued a child trapped in a bore well in Manesar in 2013, and, restoring communications and clearing a road to rescue stranded pilgrims in Uttarakhand after devastating floods in 2014.

Lt Col Aiyappa has indeed served the nation in an exemplary manner!

### **News from School**

#### **Junior and Senior teams win Inter School Baldwins Football Trophies!**

The OBA congratulates the Junior and Senior Football teams for their superlative achievement in winning the Inter School Football championships. A unique double treat, indeed. The OBA wishes the school teams many such victories in future!

#### **Phenomenon 2017**

SJBHS Phenomenon is arguably the 'must-attend' school fest in Bangalore. The carnival and cultural event is held in November. Completely designed and executed by SJBHS students, the 2-day event consists of competitive events, sports and entertainment. A rock concert by the reputed band Indus Creed was the finale of the event.



#### **OBA Innovation Lab 2017**



The second edition of the OBA Innovation Lab was designed to conclude with the Inter School Science Fest, open to students from Std 7 to 12. It was heartening that students constructed unique models such as a Gesture controlled Quad vehicle, Temperature-pressure Ambiance sensor, Biometrics reader, Floor cleaner and Vending machine.

#### **Transcendence 2017**

Students of SJBHS organized a 2-day Inter-School Science Fest "Transcendence 2017". The fest consisted of a wide range of Science oriented contests including debates, Sci-Fi movies and model making, entirely organized and managed by Std 11 and 12 students. Finalists of the Intra School tournament participated in the Inter School contests. The Ambiance sensor and Quad vehicle were adjudged winners, both from SJBHS.



#### **Congratulations to the winners of the OBA Awards – 2017**

OBA Lifetime Achievement Award	Dr Gerard Aranha (1960) – General Surgeon
OBA Award for Significant Achievement	Rajeev Gowda (1978) – Public Service, Academics
	Nandan Kamath (1993) – Law

#### **Old Boys – East and West**

The members of the MC have been busy lately. Shashi Lewis (1990) and Vivek George (2004) met Joe Pillay (1940) in Singapore and invited him to participate in the OBA Centenary celebrations leading up to the weekend of OBA Day, 2018. George Ollapally (1968) accompanied by his son Joseph (2001) met George Kurian (1983), Thomas Kurian (1983) and Sabeer Bhatia (1984) in San Francisco and extended a warm invitation. The OBA invites Old Boys in India and around the world to come back to school in large numbers and create the magic once again!



### ***OBA Riders***

The Riders group of the OBA celebrated the first anniversary by organizing a 3D/2N ride (10 – 12 November, 2017) to Madurai and Dhanushkodi which is the scenic tip of India adjoining Sri Lanka. They also paid their respects to the ‘Rocket Man of India’ along the way. Over the past year, the group consisting of over 30 riders has travelled across several locations including the OBA Connect – Coorg 2016 last year. The OBA wishes the team many more happy rides in future.



### ***CS Health Tips***

#### **CS Tips for Healthy Bones [Bone Health – Osteoporosis]**

1. **Condition Statement:** Osteoporosis is a condition of loss of bone mass, that results in weak and brittle bones, that can break following a minor injury or fall.
2. **Commonly Silent:** Osteoporosis has no symptoms and the first symptom may be the broken bone following a minor fall or injury. Generalized bone pains and backaches may be a pointer to Osteoporosis.
3. **Chases Seniors:** Older individuals (above 60 years of age), and especially, post-menopausal women, are at risk of developing Osteoporosis.
4. **Caused (by) Styles** of life, like being sedentary, smoking and excessive alcohol consumption. Low levels of Vitamin D and low calcium intake, consumption of medications like Steroids, also cause Osteoporosis.
5. **Calcium Supplements** prevent / delay Osteoporosis. Consumption of adequate calcium in the diet (milk and dairy products), exposure to adequate sunlight to maintain Vitamin D levels (30 minutes per day for five days a week) are recommended. Leading an active lifestyle including weight bearing exercises, avoiding smoking and excessive alcohol consumption, also help. An active lifestyle and participation in sports during the younger years can build up bone mass and reduce the risk of osteoporosis.
6. **Current Statute** recommendations state that all individuals above the age of 50 years must start calcium supplements and maintain normal Vitamin D levels.
7. **Check Scan** to note Bone Mineral Density scan (DEXA scan) can diagnose / confirm osteoporosis. If positive, take treatment, and repeat scans ever 2-3 years is advised.
8. **Correction Started** if osteoporosis is diagnosed, medications may be needed in addition to lifestyle changes and exercises.
9. **Citizens Senior:** Older individuals (above 65 years) can undergo balance and coordination



training (with help of the physiotherapist) to avoid falls.

10. **Conveniences Simple** in home modifications like avoiding slippery floors, folded carpets, having adequate room lighting, and grab bars in the bathrooms, can reduce the risk of falling. Furniture disarray and toys lying on floor to be avoided.

- **Dr Thomas Kishen**, Batch of 1987, Consultant Spine Surgeon
- **Dr C S Rajan**, Batch of 1969, Consultant General Surgeon

### ***Obituary***

We regret the sad demise of Old Boys. May their souls rest in peace. Our deepest condolences to the bereaved families.

- Easwer Reddy (Batch of 1963) – 10 Nov, 2017
- Ramanna Ganesh (Batch of 1975) – 6 Sept, 2017

### ***Stay in Touch!***

**+91.80. 2229.1711**

**oba@sjbhsoba.in**

[The OBA invites you to contribute to future editions of the OBA Calling](#)

[Please update the OBA database with your latest contact details](#)

[The OBA respects your privacy; please click here if you wish to unsubscribe](#)

### ***Photographs from recently concluded events***

[Back to School – 2017](#)

[OBA Day – 2017](#)

[SJBHS OBA Connect – Dubai 2017](#)

[SJBHS OBA Connect – Coorg 2017](#)

[OBA Riders – 2017](#)

[OBA Innovation Lab – 2017](#)

### ***OBA Calendar of Events***

[OBA Calendar of Events – 2017-18](#)



# **Old Boys' Association**

Estd.1918

## **St. Joseph's Boys' High School**

[Privacy Policy](#)

[Nov 2017](#)