



OBA Calling

May 2017

Mark your calendars for upcoming OBA events (2017)

<i>OBA Buzz & Innovation Lab Launch</i>	<i>6 June</i>
<i>OBA Buzz</i>	<i>23 to 30 June</i>
<i>OBA Career Fair</i>	<i>11 August</i>
<i>Back to School</i>	<i>1 September</i>
<i>Blue & White Bash</i>	<i>2 September</i>
<i>OBA Day</i>	<i>3 September</i>
<i>OBA Connect – NA 2017</i>	<i>2-3 September</i>
<i>Batch of 1992 – 25th Reunion</i>	<i>September</i>
<i>Batch of 1997 – 20th Reunion</i>	<i>September</i>

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Upcoming OBA events

OBA Buzz - 2017 (Launch 6 June, 2017; Event 23 to 30 June, 2017)

The OBA Buzz, the annual inter-house cultural competition for the School's students from the Std 7 to Std 12, has established itself as a unique event among Bangalore's leading schools.

A key outcome is that the competition is designed to identify and develop leadership skills among Josephites. The week-long event will include over 15 events including Collage, Creative Writing, Dance, Debates, Dramatics, Instrumental music, JAM, Mad Ads, Personality, Painting, Quiz and Vocal music.

Certificates, trophies and cash prizes will be awarded to the winners of the competitions. The OBA Buzz is a unique platform that discovers and nurtures a broad range of creative talent, besides leadership skills, among Josephites.

OBA Innovation Lab (Launch 6 June, 2017)

The Innovation Lab programme seeks to encourage scientific enquiry and improve social awareness. The project based programme is targeted towards Std 9, 10, 11 and 12 students who will work in teams of their choice. The final written report will need to be submitted by the end of October, followed by demonstrations of the concepts and prototypes during the School Science Fest to be held from 15 to 17 Nov, 2017.

Further, the OBA offers to help in terms of design and fabrication of models. Students will receive support from the OBA to create working models during the next term and next academic year.

Career Fair (11 August, 2017)

The Career Fair will be a 1-day event designed to introduce students of Std 10, 11 and 12 and parents, to the range of career options beyond Std 10 and Std 12. The Fair will be conducted in a multi-track format.

Twelve career tracks will be covered, such as Advertising/Media, Architecture/Design, Arts, Engineering, Entrepreneurship, Finance, Healthcare, Hospitality, Law, Management, Real Estate/Construction and Science. The OBA will plan Phase 2 guidance based on feedback.

The OBA welcomes volunteers for the Innovation Lab and Career Fair initiatives. Should you wish to volunteer, please contact Nandita Chandrashekhar, Nandita.Chandrashekhar@gmail.com or Jyotinatn Ganguly, Jyotinatn.Ganguly@gmail.com.

Recently concluded OBA events

Feast of St Joseph & Saleh Ahmed Rink Hockey Tournament (19 March, 2017)



A solemn mass was conducted in the School Chapel that started at 07:15 AM. It was a time to look back and give thanks for all that we have received.

Our families, school, Rev Fathers, teachers, class mates and Old Boys have all contributed to shape our lives and careers. The day also marked the 50th anniversary of Rev Fr Hedwig Da Costa's ordination as a priest.



The Old Boys felicitated Rev Fr Hedwig Da Costa during the breakfast that followed the Mass. About 75 Old Boys participated in the breakfast that was served in the ground floor of the Sports Complex. Fr Hedwig fondly recalled his association with the School, Teachers, Staff and the OBA since 1972. The OBA gratefully wishes Fr Hedwig the very best in the years to come.



SALEH AHMED OBA RINK HOCKEY			
POOL A	POOL B	POOL C	POOL D
1988	1988	2006	2016
1991	1989	2005	2015
1992	1990	2002	2011
2008M	1992 vs 1991		
9:30 AM	1992 vs 2002		
10:00 AM	2002 vs 2006		
10:30 AM	2006 vs 2016		
11:00 AM	1991 vs 1992		
11:30 AM	1992 vs 2002		
12:00 PM	2002 vs 2016		
12:30 PM	2016 vs 2015		
1:00 PM	1991 vs 1992		
1:30 PM	1991 vs 2002		
2:00 PM	2002 vs 2016		
2:30 PM	2016 vs 2015		
SEMI FINAL			
WINNER OF POOL A vs WINNER OF POOL B			
2:30 PM WINNER OF POOL C vs WINNER OF POOL D			
FINAL			
1:30 PM			

The inaugural 5-a-side Saleh Ahmed Rink Hockey Tournament was inaugurated at 09:00 AM by Nadeem Ahmed (1971). The players spanned over three decades, an indication of the high enthusiasm. Twelve teams were formed, some cross-batches. The three senior most players were from the Batch of 1975 while the youngest represented the Batch of 2016.

Special mention deserves to be made of the support of the event by the huge team of officials of Hockey Karnataka, facilitated by Olympian Sandeep Somesh. The Old Boys were also fortunate to have in our midst Olympian and Indian Hockey Captain Anil Aldrin. The Sandeep and Anil magic was obvious for all to see.



The combined Batch of 1988-89 won the Saleh Ahmed Trophy, defeating the Batch of 2010 by a score line of 8-7 in the final. The OBA thanks Nadeem for sponsoring the tournament, and looks forward to even stronger participation from Old Boys in 2018.

SJBHS OBA Connect – Kerala 2017 (26-27 May, 2017)

The OBA Connect – Kerala 2017 was held at the picturesque Coconut Lagoon Resort at Kumarakom by the Vembanad Lake over the weekend of 26-27 May, 2017. It was the largest Connect ever, with 42 Old Boys and 33 family members participating! The OBA was honoured to have Principal Rev Fr Clifford Sequeira at the event. On Saturday, Rev Fr Sequeira expressed his joy being amongst Old Boys and acknowledged the role of the OBA in several School activities. George Ollapally spoke about events, including the Prestige SJBHS OBA Golf Tournament and the Saleh Ahmed Rink Hockey Tournament, as we head into the OBA Centenary Year.

TJ Karimpanal, President of Kerala Chapter, was ill and unable to attend. The span of batches extended from Dr Eapen (1959) to Don Cherian (1994). Abdul (Widdy) was presented a generous cheque for his long association with Old Boys. On Sunday, Rev Fr Sequeira conducted mass at 8.30am with a crisp homily celebrating the feast of the Ascension.



A vast breakfast spread was followed by speedboat rides. Continuing fellowship and a sumptuous lunch wound up the proceedings. The Kerala Chapter led by KJ Abraham, Tom Karimpanal and K K Thomas excelled in making the event another memorable one, in a long series of events. Old Boys and their families thoroughly enjoyed the hospitality, camaraderie and ambience.



News from School: ICSE and ISC results

The OBA congratulates Fr Principal, Teachers and Students for a tremendous performance!

CONGRATULATIONS! An impressive 100% pass in both ICSE and ISC 2017! Not only that....

ICSE

Number of students: 187
Distinctions: 68 (34.5%)
I Class: 126 (63.9%)
II Class: 3 (1.5%)

Toppers

Kaustubh Roy: 96.67%
Sanil Navar: 96.33%
Rahul Peter: 95.5%
N Mohith Raju: 95.33%

ISC

Number of students: 120
Distinctions: 51 (42.5%)
I Class: 68 (56.6%)
II Class: 1 (0.8%)

Toppers (Science)

Shivalik Pooviah: 97.25%
Dion Gavin Mascarenhas: 95.6%

Toppers (Commerce)

Megha Radhakrishna: 97%
Kaushal M Menon: 95.8%

The OBA welcomes students into the OBA and wishes them the very best as they move forward!

Old Boys Around the World

Shivaji Sengupta – CEO, NXTKey Corp. – (1988)



Shivaji Sengupta went on to earn a MS degree in Environmental Science from Lund University, Sweden. He held several senior management positions before diving into entrepreneurship in July 2013. He is the Founder and CEO of NXTKey Corporation. A focus on Cyber Security and HealthCare IT is enabling NXTKey to hit the Billion dollar revenue mark. With threats like WannaCry Ransomware in May 2017, Cyber Security is a global phenomenon. Solutions to combat such cyber threats for enterprises are going to emerge as winners.

In March 2017, NXTKey expanded their footprint in the Cyber Security space through an acquisition. Successful entrepreneurs lead with their gut instinct and have laser sharp focus to enable them to execute well. Shivaji has demonstrated a track record of leading NXTKey into a result-driven organization that has delivered significant value to their customers. Just in the last few months, they remediated over 2 millions vulnerabilities in their customer's IT environment. CEOFO magazine recognized NXTKey as "One of the Best and Brightest Companies".

Sirish Vissa – Head, VW Motorsport, India – (1988)

Sirish Vissa is a serial entrepreneur with two decades experience in domestic and international motorsport. Sirish spent over 20 years in the USA, studying Mechanical Engineering and working in motorsports. A tremendously creditable achievement is that Sirish is the only Indian to have developed a car for the prestigious 24 hours LeMans endurance race. Apart from his unprecedented commitment to motorsport, Sirish has established two companies in India for promoting new ideas in manufacturing and motorsport.



Sirish was an engineer with Pi Research and a race engineer with Panoz in the USA. The Volkswagen Group appointed Sirish as the Head of VW Motorsport India. Sirish will provide strategic direction and guidance as VW Motorsport strengthens its position in the touring car and rallying segments.

Anup Kattukaran – Photographer – (1998)



Anup Kattukaran is the Founder and Partner of 1st December Film (FDF), Mumbai. Anup is an ace photographer who is also a cinematographer who shoots films at FDF. Anup's skills include Wedding Photography and Underwater Photography. One of the films he has shot (Nike Make Every Yard Count) earned him a CLEO award for Best Cinematographer. Anup also shoots weddings all around the world under the name Anup J Kat. He is acclaimed as one of the top wedding photographers of the country.

For Anup, more than shooting great photos, it's about being able to capture a special memory in a completely unique way. When he isn't busy shooting weddings, you're likely to find him diving into some deep ocean, photographing magically elusive marine life.

While in School, Anup represented SJBHS in the Under-16 Basketball Inter-School championships.

Atul Kattukaran – Film Director - (2003)



Atul Kattukaran has been directing television commercials since 2014 with his production house 1st December Films (FDF) in Mumbai. FDF has, within its three years of founding, amassed over 100 awards nationally and internationally making it the most awarded production house in advertising in India. All the films by FDF are directed by Atul. Some of the films in the FDF portfolio include Maruti Nexa, BBC Earth, Nike, Maruti Brezza, Jabong, Channel V and Star Sports.

In 2016 Atul Kattukaran was honoured with a place in the Top Ten Directors List at the Cannes Lions Award for 2016, chosen from among over 43,000 entries from 91 countries. Significantly, Atul is the first Indian Director to appear on this list.

For Atul, life at SJBHS was mostly about participating in dramatics, acting, directing, dancing and choreographing annual sports day. Atul represented SJBHS in Cricket (Under-12), Hockey (Under-12 and -14) and Basketball (Under-16) in the Inter-school championships.

The OBA congratulates Shivaji, Sirish, Anup and Atul on their noteworthy achievements and wishes them even more success in the years to come!

'C S Tips' for a Healthy Mind – by Dr C S Rajan (1969)

Mental decline is common, and it's one of the most feared consequences of aging. But this cognitive impairment is not inevitable. Here are 10 'C S Tips' you can use to help reduce your risk of age-related memory loss. (Note, some of the 'CS Tips' are an overlap with those recommended for a 'Healthy Heart' in the February 2017 edition of the OBA Calling News letter.)

- 1 Cerebral Stimulation, which implies regular mental exercise and activity. These activities help retain old neuronal connections, besides building up newer connections, thus adding a functional reserve against age induced neuronal loss. Simple word puzzles (like crosswords), and use of learnt maths skills like addition, subtraction, multiplication and division (WITHOUT the use of a Calculator!), retain a lot of brain activity.
- 2 Concentrate and Solve small tasks, that require manual dexterity and mental effort, like drawing, painting or any other hobby of craft.
- 3 Create Stamina, in that one should get regular physical exercise. A daily walk, at one's pace of comfort is most useful, along with an active gentle stretch of all muscle groups, is advocated. This exercise will increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought.
- 4 Correct Selection of food intake, ensuring adequate calorie intake (NOT excessive...!), of right foods, and also with enough of the Vitamin B components of B6 (Pyridoxine), B9 (Folic Acid) and B12 (Cyanocobalamin). Green leafy vegetables are a good source of these.
- 5 Control Sugar and Salt intake, so that one does not have issues with uncontrolled Diabetes or Blood Pressure, both of which are not good for mental health.
- 6 Cease Spirits (Alcohol) abuse. Controlled intake of alcohol is a social stimulant, but excesses MUST be avoided. Needless to add, Smoking is also detrimental to mental health, and should be stopped.
- 7 Combat Stress. People who are anxious, depressed, or exhausted, tend to score poorly on mental function tests. Learn to walk away from stressful situations. Plan, prepare and do work systematically, so that stress factors are reduced.
- 8 Companions and Soulmates are very important. One should always be in a circle of likeminded friends and relatives, who offer companionship and cheer. Solitude in the senior years is by far the easiest way to endanger mental function. Make sure you attend as many OBA activities as possible!! Childhood friends are life long, and they are the ones who pickup changes in one's persona and abilities, and will be most helpful to help sort or correct the same for you.
- 9 Cash Sufficiency. Plan one's life and resources, so that economic self- reliance in the senior years is ensured.
- 10 Comfortable Sleep. Sleep deprivation over time leads to early brain fatigue and poor mental health. Anything less than 8 hours a day is unhealthy.

With best wishes for healthy minds for all!

Nominations for OBA Awards – 2017

The Managing Committee, OBA invites nominations for the annual OBA Awards – 2017:

- OBA Lifetime Achievement Award, 2017
- OBA Award for Significant Achievement, 2017.

Guidelines for Award conferral are available here: <http://sjbhsoba.net/awards.html>

The nomination form is available here: http://sjbhsoba.net/pdf/awards_17.pdf

Please submit your nominations latest by 15 June, 2017, by email to Awards@sjbhsoba.net or hand over to The Secretary, OBA in a sealed envelope.

Obituaries

The OBA regrets the sad demise of the following Old Boys. May their souls rest in peace. Our deepest condolences to the bereaved families.

- Felix Britto (1957) - March 1, 2017
- K I Thomas (1959) – December 27, 2016
- Udit Dhanuka (1988) - March 26, 2017
- John Girish (1989) - February 14, 2017
- Milind Desai (1997) – May 30, 2017

Stay in Touch!

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Photographs from recently concluded OBA Events

[Feast of St Joseph and Saleh Ahmed Rink Hockey Tournament \(19 March, 2017\)](#)

[SJBHA OBA Connect – 2017 Kerala \(26-27 May, 2017\)](#)

OBA Event Calendar

[Calendar of OBA Events – 2016-17](#)



Old Boys' Association

Estd.1918

St. Joseph's Boys' High School