



OBA Calling

August 2017

Mark your calendars for upcoming OBA events

Back to School & Batch Reunions (Bangalore) Fri, 1 Sept, 2017	SJBHS OBA CONNECT - Dubai 2017 Wed-Sun, 1-5 Nov, 2017
Blue & White Bash (Catholic Club, Bangalore) Sat, 2 Sept, 2017	OBA Inter Batch Football Tournament Sat-Sun, 25-26 Nov, 2017
OBA Day (Bangalore) Sun, 3 Sept, 2017	JOSEXCEL – Josephite Sports Excellence Celebratory Lunch
Batch Reunion – 1992 (Bangalore) Thu-Sun, 31 Aug-3 Sept, 2017	Sat, 2 Dec, 2017
Batch Reunion – 1997 (Bangalore) Fri-Sun, 1-3 Sept, 2017 (Washington, DC, USA) Sat, 23 Sept, 2017	OBA Christmas Dinner Sat, 9 Dec, 2017

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Upcoming OBA events

Back to School & Batch Reunions (Bangalore)

The much awaited OBA Day extended weekend will begin on Friday, 1 Sept at 7 p.m., with the "Back to School" event at the Concert Hall, the only part of the 'old' school that still remains. Besides Speech Day and Dramatics events, all of us recall the Concert Hall as the venue of our Weekly Tests, Exams and ICSE and ISC Exams. The Batches of 1957, 1967, 1977, 1987, 1997 and 2007 are likely to be present in larger numbers. The "Back to School" reunion is open to all Old Boys, past Principals and Teachers. Tickets (Rs 350) may be purchased from the OBA Office.

Blue & White Bash (Bangalore)

The tradition of holding the Blue & White Bash will continue at the Catholic Club on Saturday, 2 Sept starting at 7:30 p.m. Goa's leading band A26 will bring the audience to their feet. Tickets (Rs 1,000 plus 28% GST) may be purchased at the OBA Office from 21 August to 31 August, 2017.

OBA Day (Bangalore)

The OBA Day celebrations will begin with the Holy Mass in the School Chapel at 7 a.m. on Sunday, 3 Sept followed by the soulful ceremony at the War Memorial to pay tributes to Old Boys who laid down their lives fighting for our country in the two great wars. Old Boys will then assemble in the School ground, to unfurl the School flag and sing the School Anthem. Can the older Old Boys ever forget Fr Simon Furtado?

Traditional breakfast, group photographs and the Annual General Meeting of the OBA will be followed by the Hockey Match between Old Boys and current School team. The highly popular Biryani lunch will mark the close of OBA Day celebrations. The Sunday is the highlight of every year, an event that members of the OBA look forward to, bringing together batch mates from India and overseas. A unique demonstration of fellowship, indeed! Breakfast (Rs 200) and Lunch (Rs 300) tickets may be purchased at the OBA Office from 21 August to 31 August, 2017.

Batch Reunion – 1992 (Bangalore)

The 1992 batch celebrates their 25th year reunion over 4 days starting from Thursday, 31st August. For the first time, Old Boys will be part of the Annual Sports Day March Past. The batch concludes their celebrations on OBA Day by connecting with their teachers and family.

Over 70 batch mates are expected to attend the extended celebrations from India and overseas (Chennai, Chikmagalur, Coorg, Mumbai, and from Australia, Dubai, Singapore, Saudi Arabia, South Africa, UK, USA).

Batch Reunion – 1997 (Bangalore & Washington, D.C.)

The 1997 batch will begin their celebrations by participating in the Back To School event at the Concert Hall. They plan to felicitate teachers that evening. After continuing celebrations on Saturday, the reunion will conclude on OBA Day over lunch. About 40 batch mates are expected to attend.

Old Boys of 1997 in North America will celebrate 20 years in the Washington, D.C. area on Saturday, 23 September.

Recently concluded OBA events in School OBA Career Fair (24 August, 2017)



The OBA conducted the Career Fair for Std 10 and Std 12 students and their parents on 24 August, 2017. Conducted for the first time in a multi-track format and also with parents being invited, the event featured 12 topics across three venues from 09.30 a.m. to 1.30 p.m.



OBA Career Fair, Thursday, 24 August, 2017			
Time	Auditorium	Concert Hall	A/V Hall 3rd Floor
09:30 to 10:10	Finance (BCom, MCom, CA, Banking, Insurance)	Architecture, Engineering (BArch, MArch, BTech, MTech)	Arts (BA, MA, BDes, MDes, BFA, MFA)
	<i>K L Kumar, Rahul Tadimalla</i>	<i>Arjun Nambisan, Jyotinath Ganguly</i>	<i>Vivek Madan</i>
10:30 to 11:10	Management (BBA, MBA, PGDM)	Medicine, Pharma & allied topics (MBBS, MD)	Real Estate, Construction, Civil Engg (BTech, MTech)
	<i>Antonio Justin, Brian Paes</i>	<i>Dr Kishen, Dr C S Rajan, Dr Kevin Mendonca, Kartik Deshpande</i>	<i>Thommen Ollapally, Greg Pacheco</i>
11:30 to 12:10	Sales & Marketing (BA, BCom, BSc, MA, MCom, MSc, BTech, MTech, BBA, MBA)	Law (LLB, LLM)	Hospitality, Hotel Management, Catering, Tourism (BHM, MHM)
	<i>Bharat Ram, Sanjay Xavier</i>	<i>Nandan Kamath, Siddharth Raja, Sivaraman</i>	<i>Anthony Huang</i>
12:30 to 13:10	Entrepreneurship & Startups	Defence Services (IMA, NDA)	Yoga, Fitness
	<i>Jacob Kurian, Sanjay Swami, Kartik Deshpande</i>	<i>Col Aiyappa</i>	<i>Manish Pole, Nasir Masood</i>

The MC of the OBA thanks Rev Fr Principal, Vice Principal and Teachers for their active support. Students and parents showed considerable interest in the guidance sessions.

The MC thanks all the OBA speakers who took time off to participate and share their vast experience and highly valued insights with students and parents.

Launch of OBA Innovation Lab for Std 7 to 12 (1 August, 2017)

Members of the MC, OBA launched the innovation Lab project for 2017 in the Xavier Auditorium. The unique feature of the Innovation Lab this year is that the end of the project will coincide with the Science Fair to be held in mid-November, 2017. The Innovation Lab is an inter-class competition where team sizes can range up to 5 members. Class teacher mentors have been assigned.

The competition is open to students from Std 7 to Std 12, including Science and Commerce streams of the ISC classes. Themes may span innovative ideas across science, social, commerce and economics. The OBA will guide the students and grade the reports and presentations. The final presentations will be held during the Science Fair. The OBA seeks volunteers to support the program as remote guides of the project teams. Please reach out to Jyotinath Ganguly at Ganguly.Jyotinath@gmail.com.

OBA Buzz (23 June – 30 June, 2017)

The Principal and teachers of SJBHS and the OBA recognize that the all round development of students is essential in today's world of opportunities. The OBA Buzz is a unique event that aims to discover and develop creative skills as well as leadership and management skills. The OBA Buzz, the annual inter-house cultural festival, was held from 23 to 30 June for students of Std 7 to Std 12.



The competition comprised of 19 events, some held for the first time: Air Crash, Best Manager, Collage, Creative Writing, Dance, Debate, Dumb Charades, Elocution, JAM, Mad Ads, Marketing, Mock Rock, Music, Painting, Personality, Photography, Quiz, Sketching and Skit. The OBA congratulates students for their enthusiastic participation, and thanks Fr Principal, Vice Principal and Teachers their support. The OBA will present Certificates to all participants and awards to the winners.

Points

St Patrick's:	59
St David's:	46
St George's:	41
St Andrew's:	25

News from School

Hearty congratulations for winning the grand Double

The Junior and Senior Cricket teams achieved the unique, grand double by winning the Junior and Senior Cottonian Shield Cricket tournaments. A photo to be savoured, the teams display the trophies after winning the tournaments at the Cottons ground. The OBA congratulates the players, coaches and parents on this memorable occasion.



Independence Day address by Lt Col Aiyappa (1995)

Lt Col B M Aiyappa was the Chief Guest at the Independence Day celebration in SJBHS. A graduate of the prestigious Indian Military Academy, Dehradun, Lt Col Aiyappa has won the Chief of Army Staff Commendation Cards four times – three for Distinguished services and one for Gallantry.

In a stirring address, Lt Col Aiyappa spoke of the rigours of Army life and the values of discipline and team work. The OBA salutes Lt Col Aiyappa for exemplary service to the nation.

Old Boys Around The World

Jacob Kurian – Energizing India's Business (1972)

Jacob Kurian was an all rounder who represented SJBHS in cricket and hockey, and went on to earn degrees in Electrical Engineering and Management from National Institute of Technology (Trichy) and Xavier Labour Relations Institute (Jamshedpur). Jacob began his early career as a factory engineer and then joined the Tata Administrative Services after his MBA. He worked across IT Services and consumer businesses at Tata Unisys and Titan.



During his decade at Titan, Jacob was responsible for marketing of the watch business where he created the hugely successful Fastrack and Sonata brands in addition to revitalizing the Titan brand. He later put Tanishq on the path to becoming the country's largest jeweler. During his career, he has worked across multiple geographies in the US, Europe and India. The next decade saw Jacob work with New Silk Route Advisors as an Advisor and Partner. Jacob is in the role of a catalyst to invest and help grow businesses to scale. He has experience across verticals spanning Education, FMCG, Food & Beverages, Automotive, Healthcare, Media & Entertainment.

In a career spanning over three decades, Jacob has always been curious and tried to remain a student. Having often entered new businesses with no prior experience, he values his ability to bring a fresh set of eyes to an industry sector, driving new ways of working and serving customers.

M R Srinivasa Prasad – From Cricketer to CEO (1974)



M R Srinivasaprasad is an unique all-rounder who distinguished himself across two diverse disciplines. Sriniv was a right-handed batsman and right-arm off-spin bowler who represented Karnataka (1983 to 1988) and Young India (1983/84). During his first-class career, he scored 3031 runs in over 50 matches. Sriniv earned an Electrical Engineering and Management degree from Bangalore University.

As a Hindu Hitachi Scholar, Srinivas published papers at the Telecom IEEE conferences, worked in Japan and France in his career. He was part of several national committees in India including the CII taskforce to drive Broadband adoption in India, and NASSCOM Regional Council. Srinivas Prasad has over three decades of experience with various technology companies in leadership roles.

Srinivas was General Manager for the Software Architecture Division of Sony in India, Alcatel Business Systems in France and Indian Telephone Industries in various capacities. He has led teams in developing telecom products for the Indian and Global markets. Srinivas is presently the CEO of Philips Innovation Campus, Bangalore. He represents a uniquely gifted small number of individuals who have distinguished them across diverse disciplines of sport and engineering innovation.

Dr Kartik Chandran – Scholar in Virology (1989)

Dr Kartik Chandran (1989) graduated from Lafayette College (BS) and University of Madison-Wisconsin (PhD) and went on to Harvard Medical School for post-doctoral research. Kartik has been a scientist at Albert Einstein College of Medicine (New York) since 2007. Kartik has always been fascinated by the molecular structure of viruses. His decade-long fascination has led to a major breakthrough that may just bring about a cure for the deadly Ebola virus. Kartik continues to study the Ebola virus in his own lab at the Albert Einstein College of Medicine.



The Ebola virus has been described as “one of the world’s most feared pathogens” and can wreak havoc and kill hundreds in a matter of weeks. The Chandran Lab at Einstein strives to understand this molecular warfare between virus and cell, and to apply what we learn to the development of antiviral treatments. Working collaboratively with partners on three continents, Kartik has helped uncover critical factors required for cell invasion by Ebola virus. His ongoing efforts also include studies to develop anti-Ebola drugs.

OBA and School: 2016 – 2017 in retrospect

The tremendous synergy between the OBA and School has continued.

The OBA thanks Fr Principal, Teachers, Non-teaching staff and Students for their active support

1	Students	OBA Scholarships to needy students
2	(Academics)	OBA Prizes to outstanding students in ICSE and ICSE exams
3		OBA Buzz Inter-house Extra-curricular competitions (Std 7 to 12)
4		OBA Prize to Captain for best Organization in the OBA Buzz competition
5		OBA Innovation Lab 2016 (Std 7 to 9)
6	Students	OBA Career Day Series 2016 (Std 10)
7	(Development)	OBA Career Mentoring Program 2016 (Std 11, 12)
8		OBA Innovation Lab 2017 (Std 7 to 12)
9		OBA Career Fair 2017 (Std 10, Std 12, Parents)
10		Contribution to Fr Principal for the Mid-day Meal Programme
11		OBA Prizes to outstanding students in Games and Swimming
12	Students	OBA Prizes to best Hockey player (Juniors and Seniors)
13	(Sports)	Breakfast for Hockey team during practice
14		Table Tennis Table donation by the OBA
15		JOSEXCEL – Felicitation of students and parents
16	Teachers, Staff	Premium for Medical Insurance for Staff and children below age 21
17	Welfare	Premium for Accident Insurance for Staff
18	Std 10 and 12	“Welcome to OBA” programme for Std 10 and Std 12

OBA Lifetime Achievement Award and OBA Awards for Significant Achievement – 2016

The Awards will be presented on OBA Day, 3 Sept, 2017

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

Events for Old Boys – since OBA Day, 2016

1	SJBHS OBA Connect – Coorg 2016	1 Oct, 2016
2	Back to School – Golden Greats	20 Nov, 2016
3	2016 OBA Inter-Batch Football Tournament	26-27 Nov, 2016
4	JOSEXCEL – Josephite Sports Excellence Celebratory Lunch	3 Dec, 2016
5	OBA Christmas Dinner for Old Boys and Families	10 Dec, 2016
6	Prestige SJBHS OBA Golf Tournament	14 Jan, 2017
7	2017 Celebration of the Feast of St Joseph & OBA Rink Hockey Tournament – 2017	19 Mar, 2017
8	SJBHS OBA Connect – Kerala 2016	27 – 28 May, 2017
9	Back to School – Batch Reunions	1 Sept, 2017

Wellness

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

This is the third article in the Wellness series from Dr C S Rajan. The previous articles '**The CS Tips for a Healthy Heart**' and '**The CS Tips for a Healthy Mind**' were published in the Feb 2017 and May 2017 editions of the "OBA Calling".

Maintaining digestive system health is essential, as it turns foods into nourishment and energy. Digestive problems and stomach upsets are common. These can be prevented, and /or relieved by the 10 simple '**C S Tips**'!

1. **Correct Source** of food / edibles. Unhygienic modes of cooking and storage, make the food item decay, allowing harmful microbe growth.
2. **Cooked Sustenance**, that is fresh, and home prepared, is preferred. The uncooked / raw vegetables when to be consumed, (often as salads) need to be cleaned thoroughly before being served. Reheating of stored / refrigerated foods must be to full heat, to ensure contaminants are reduced.
3. **Cans / Canisters Shunned**. The preservatives added, along with high salt content, make canned foods unhealthy and are best avoided, or at least, restricted. So too with the artificial flavoured and caffeinated drinks.
4. **Calorie Sufficiency** must always be noted, and in today's world, it's the excess calories that add to unhealthy weight gain. Thus, there are limits on the consumption of the concentrated sweets and the fats.
5. **Clocked Spacing**, is to have regular meals around the same time range each day. Between meals, both, too long an interval, and, very short time gaps add to indigestion.
6. **Chew & Salivate**. Eat all meals slowly, with adequate chewing(munching) and swallowing of small boluses of food at a time. The enzymes found in saliva are essential in beginning the process of digestion.
7. **Cut Siesta / Sleep** soon after meals. Lying down on a full stomach is the single most important cause to develop heartburn and upper abdominal discomforts. One must maintain the erect posture for a minimum of 2 hours before lying down.
8. **Cloakroom Schedule** to be regular and timed. Proper bowel evacuation is an essential activity to allow the rest of the gut to function well. High fibre content in meals helps the process of evacuation to be comfortable.
9. **Compulsive Stuffing** of oneself, also called 'binge eating', is to be avoided.
10. **Common Slogan** to follow is "*Eat like a king for breakfast, like a commoner for lunch and like a beggar for dinner*"!

Once we know that we have to "**eat to live**" and not do the opposite of "**live to eat**", we benefit with little or no digestive disorders.

Obituaries

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

Kumar Mandanna (1954) – 21 June, 2017

Milind Desai (1997) – 30 May, 2017

Stay in Touch!

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Photographs from recently concluded OBA Events

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OBA Event Calendar

[Calendar of OBA Events – 2016-18](#)



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