

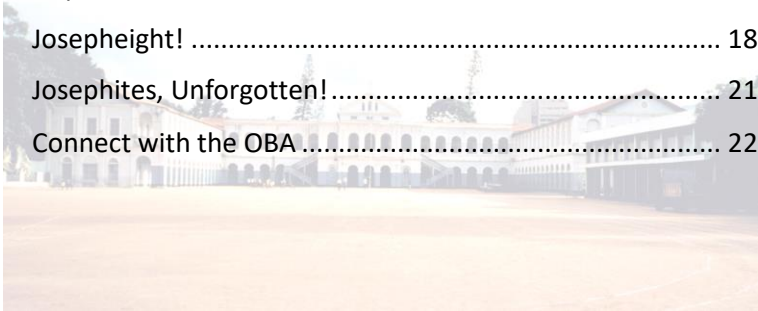


OBA Calling

FEBRUARY 2022

In this Newsletter

In this Newsletter	2
OBA Event Calendar – February to September 2022	3
From the President’s Desk.....	4
The Batch Coordinators’ Bash	6
Recently Concluded OBA Events	8
Regaining physical and mental health.....	10
Depression	12
Josepheight!	18
Josephites, Unforgotten!.....	21
Connect with the OBA	22



OBA Event Calendar – February to September 2022

February 25, Friday – JOSEXCEL Awards (for 2021)
February 25, Friday – SJBHS Prize Day
March 17, Thursday – JOSEXCEL Awards (2022)
March 17, Thursday – Welcome to OBA
March 18, Friday – SJBHS Valedictory Day
March 19, Saturday – Feast of St Joseph
March 19, Saturday – OBA Boarders' Rink-Hockey Tournament
March (after exams) – Social Innovation Lab
April 23, Saturday – OBA Prestige Golf Tournament
July 01, Friday – War Memorial Service
August 01 to 06, Monday to Saturday – OBA Buzz & Cadence
September 02 & 03, Friday & Saturday – SJBHS Annual Sports
September 02, Friday – OBA Blue & White
September 03, Saturday – Back to School
September 04, Sunday – OBA Day

From the President's Desk

Dear Josephites,

We are now at the halfway mark of this OBA MC 2021-2022 term and as was customary in school, it is good to reflect on one's mid-term report card! We made a detailed presentation at the recently held Batch Coordinators' Meet held on 11th Feb and trust you will request your class rep to forward you the same for details.

There are a host of events scheduled for the next six months- the dates of which are all furnished in this issue of the Calling.

Special thanks to all the Boarders who have stepped up to contribute & establish the OBA-Boarders' Hockey Tournament Fund.

We would like to make a similar appeal to **batches** to support your pet cause or project in school whatsoever it may be and build up capital for it. The OBA MC has resolved that going forward, all our events and activities will be conducted ONLY after we establish some form of corpus and/or raise funds for that activity in that given year before we embark on it.

March 31 is the deadline for availing of your **80G** benefits for those of you with Indian accounts and we urge you to help your Alma Mater any way you can 🙏

A gift hamper has been announced for the Batch that tops the collections list. The Batch will be placed on an Honours' board at the end of the financial year.

We will shortly be releasing a revamped **website** with an enhanced user interface. It will have features that will enable you to connect easily through location and profession-based forums. The aim is to link the SJBHS community worldwide and make this rich pool of expertise and experiences accessible to each other.

Making donations also will be direct and easier with the click of your mouse... please stand by for more information.....

Fide et Labore.

Dr Praveen Rodrigues
Class of 1985
President
OBA MC 2021-2022

The Batch Coordinators' Bash

A physical get-together of the Batch Coordinators was held after a long time. This time the venue was the Alma Mater itself, around the Pool.

The objectives of this Meeting were to thank the BatCos for the work they have been doing, and also to welcome the new, younger BatCos. Of course, the need for fundraising would be an integral element.



The President, Dr. Praveen Rodrigues, began by introducing the Managing Committee Members to all and then thanking everyone for their time. He gave an account of the events that had already been conducted as well as a calendar of upcoming events. He then went on to detail

the need for a concerted effort to be made by the BatCos through their batchmates to build up the various funds in the OBA, with a target being set for 31st March 2022.

The Treasurer Aditya Kaura gave an overview of the Association's finances and where funds were needed. Sunil Rasquinha spoke about the Website and the project initiated for a major upgrade. Questions from the BatCos, over 60 in number, were answered by Vice President Arjun Nambisan.

The Meeting was followed by fellowship and dinner. The event was greatly appreciated by the BatCos present.

For those who missed out, the presentation slides and an audio recording of the talks have been shared on the Batch Coordinators' WhatsApp group.

Fide et Labore.

Gavin Cordeiro
Class of 1974
Jt-Gen Secretary
OBA MC 2021-22

Recently Concluded OBA Events

OBA Jimmy Anklesaria Sixes Cricket Tournament and OBA Basketball Tournament – December 18, 2021.



The OBA-Jimmy Ankelsaria Sixers Inter-batch cricket tournament 🏏 was held on December 18, 2022, with prior govt. approval & following all social distancing norms. The tournament was divided into two sections pre-2002 & post-2002. A new trophy OBA-Tarapore-Rakhra Trophy 🏆 was instituted alongside the erstwhile OBA-Jimmy Ankelsaria Trophy 🏆.

The tournament was played on 3 pitches side-by-side that were labelled Ankelsaria, Belani & Chhabria pitches after the sponsors.

Winners: SJBHS Staff team & 2015

Runners-up: 1990 & 2009

In parallel, and along similar lines, an Inter-batch Barton's Basketball 🏀 tournament was held for the first time on the adjacent court. Due to its popularity, a donor has stepped up post-event to sponsor one of the two 🏆 now named Cynthia Britto 🏆 (named after his mother, an erstwhile legendary teacher at

SJBHS). Bank of Baroda was a major sponsor with cash vouchers distributed to the winners.

Winners : 1990 & 2017

Runners-up: '87/'88 & 2020

House-points were allotted to all winners & MOM' & the overall tally carried forward to other events.

400+ people attended the event. INR 97,000 was the profit from the events that will be used towards our Teachers' Insurance Fund. The generous donations of clothes, books, and toys enabled the MC to distribute the items to two needy orphanages in the area.

Chrislyn Cardoza

Class of 1992

Sports Secretary

OBA MC 2021-2022



Regaining physical and mental health

The incredible resilience of C S Santosh (1999 ICSE)

The Dakar Rally is infamous for nasty, high-speed crashes. When Hero MotorSports Team Rally rider C S Santosh crashed hard in Stage 4 of Dakar 2021, the damage was frustratingly intangible. A complex brain injury with no roadmap to recovery.

Thanks to his competitors' action using CPR to restart his heart, Santosh survived. Fifteen minutes after the call for help a rescue helicopter crew landed. Eventually, Santosh was flown to Saudi German Hospital where he was diagnosed with a Diffuse Axonal Injury to the brain and placed into a medically induced coma.

There's no doubt many people will relate to the challenges of taking a brave look at mental health issues and seeing depression as emotional weakness rather than a medical condition. Santosh speaks frankly about his physical recovery. How he had to relearn to sit up and stand and balance. How frustrating it was to deal with double vision. He also suffered a loss of short and much of his long-term memory, including any memory of his crash, the race, or even the year before.

He says it all left him feeling as if he'd died twice, once on the course of Dakar and again when he didn't recognize himself in the person he now was. He was hard on himself for not being able to do basic things. "It was very difficult to come to terms with the Santosh that I was, and the Santosh I was after the crash," he says.

He is also no stranger to pain and recovery, including recovering from third-degree burns after his bike caught fire in another race. "I've broken many bones," he says, "and breaking bones causes a lot of pain, and I was always strong about it. But the fact I hit my head in a way that changed who I was as a person is something that I'm trying to deal with even today."

He says that right now trying to regain his potential on the motorcycle — and in life — feels like chasing rainbows. You see it there, yet it's always somehow out of reach. He'll keep chasing, he says, hoping to grab that pot of gold at the end.

"I'm a lucky man, even to be alive, and I'm here for a reason. We'll see what that reason is."

Depression

By Dr Chittaranjan Andrade (1974 ICSE)

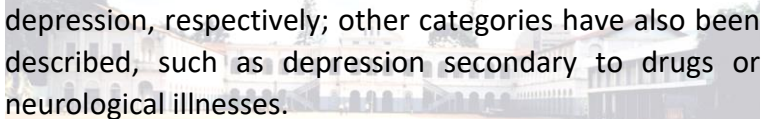
At some time or the other, we have all felt sad, unhappy, blue, miserable, or downright depressed as a result of stress. At some time or the other, we may have wished to die, or might even have felt suicidal.



Depression is therefore a universal phenomenon. Depression becomes a psychiatric disorder only when it is out of proportion to the stress in duration and severity when it interferes with functioning in everyday life, and especially when it is associated with serious symptoms such as suicidality. These are rule-of-thumb guidelines; psychiatrists use more formal diagnostic criteria. This article examines facts and myths about depression.

Depressions are all the same

False! Just as there are different kinds of fever, so too there are different kinds of depression. For example, depression may arise in response to severe stress in otherwise well-adjusted persons. Or, depression may be a mild but long-standing syndrome in persons who fail to adjust to the stresses and strains of everyday life. Or, depression may arise as a severe illness which persists throughout the day for weeks or months on end, interfering with sleep, appetite, pleasure, work, and other domains of life. These forms of depression have been named adjustment disorder, dysthymia, and major depression, respectively; other categories have also been described, such as depression secondary to drugs or neurological illnesses.



Depression is psychological

True. Depression affects the mind, wherever that abstract organ may be. But, depression also affects the body. A wide range of abnormalities have been described in depressed patients; these include changes in the volume of different parts of the brain, abnormalities in chemical messenger pathways in the brain, abnormal regulation of neurohormonal systems, and others. So, depression is also emphatically biological; in fact, depression often runs in families, and genetic underpinnings have been described.

Depression is a sign of weakness

It is a **myth** that strong people do not get depressed, or that depression is a sign of weakness. Depression can affect anybody, however mentally strong or well-adjusted they are. Nevertheless, it is true that people who cope better with stress, those who are better-adjusted, and those who have better social supports are less likely to suffer depression. This is why psychotherapy which seeks to improve coping and adjustment is so important in depression.

Children are immune to depression

False. Children are just as vulnerable to depression as are adults, and children may also be suicidal when depressed. Unhappily, childhood depression seldom manifests as clearly as does adult depression; children are seldom able to express that they are depressed; depression in children can be atypical with, for example, more anger than sadness. Pediatric depression, therefore, is often undiagnosed or mistaken for disobedience, unruliness, or other behavioral disturbances.

Persons who threaten suicide never commit suicide

Untrue! Most persons who commit suicide previously communicate their despair and suicidal inclinations to friends, family, or others. Persons who commit suicide may begin to wind up their affairs, hint about their suicidal plans, or behave abnormally. In a few persons, however, the suicidal act comes as a bolt from the blue.

People can fight depression

True, but only for the milder forms of depression, or when the severity of depression has been reduced by antidepressant drugs. Psychotherapy, particularly cognitive behavior therapy, provides patients with strategies to overcome depression. However, psychological therapies are available in few places, are expensive and time-consuming, and are suitable for only a subset of patients. For most depressed patients, antidepressant drug therapy is probably inevitable. Medicines also make it easier for patients to make their efforts to fight depression.

Antidepressant medicines are addictive

Utterly untrue. Different antidepressant medicines have different side effects, but they are not habit-forming. Antidepressant medicines are not sleeping pills, either; whereas some may indeed induce sleep, this is a side effect that is desirable in patients in whom depression causes sleeplessness. Newer antidepressant medicines have fewer side effects.

Antidepressant medicines should be prescribed for the shortest possible duration

False. In patients with major depression, the risk of relapse into depression remains high for months to years after recovery from an episode. So, antidepressant medicines should be continued even when the patient becomes well. In patients who experience recurrent episodes of depression, medicines are usually best continued lifelong. The purpose of continued medication is to protect against future relapses.

Shock therapy is outdated

Myth. Even in Western countries, electroconvulsive therapy (ECT) is advised for patients with various forms of severe depression, and for those who are suicidal. ECT can

be life-saving in such cases. In the USA, ECT is sometimes preferred over antidepressant medicines in the elderly. Today, considerable improvements in the ECT procedure ensure that the adverse effects of the treatment are mild. Some patients, however, experience mild to moderate memory impairment after ECT. This impairment is usually transient.

Closing notes

The occurrence of depression depends on an interaction between environmental stress and the patient's biology. As our lifestyle changes to higher levels of stress, the risk of depression increases. Lifestyle practices that reduce the risk of depression include good stress-management and time-management strategies, good family and social support, a rewarding leisure life, a healthy diet, and regular exercise and sleep.

Dr. Chittaranjan Andrade, M.D.
Senior Professor in Clinical Psychopharmacology and Neurotoxicology
National Institute of Mental Health and Neurosciences
Bangalore 560 029, India
e-mail: andradec@gmail.com

Josepheight!

Kritika Ravichandran (2014 ISC)

I vividly remember walking into the interview room with Fr. Celestine Sera, Mr. Nagaraj, and others seated. I was very nervous and even picked up the cue to wish the panel only after my mother did.



Some of my most memorable moments include the annual day choir practices, sports day tug-o-war, participating in college fests, Phenomenon, and the everyday egg puff routine. The ISC faculty - Mr. Colaco, Mrs. Veera Menon, Mr. Karthik Chand, Mrs. Jayashree Jacob, and others played a pivotal role in molding our value system. A special shout out to Akhila, an immediate senior who has been supportive all these years.

I graduated as a Computer Science Engineer from PES University. Alongside the university curriculum, being actively involved in international organizations like Free Software Movement, Mozilla and AIESEC provided me a playground to experiment and expand my horizons. In my

three-year stint at PwC right after, I got to work on multi-million dollar financial consolidation projects. Represented the offshore centers in strategic product development and played a pivotal role in establishing Digital Transformation for offshore centers.

I grew up in a household that promotes self-learning and kept pushing me to pursue a career in Civil Services. So, I am inclined to subjects like history and economics apart from studying science and math subjects as a part of coursework. I find patriotic stories inspiring. Interestingly, patterns often repeat throughout history. I believe we're at the cusp of a global co-ownership collaboration boom enabled by the Internet (which is only a little over thirty years old). I'm curious and excited to see how traditional organizations adapt to this change, including the likes of the United Nations.

The Web 3 movement and the potential in the underlying technology inspired me to quit my job to focus on driving a startup in this space full-time. Partnr is a futuristic Learn, Work, and Live Network. It relies on tokenized skill sets and on-chain credentialing to establish participant credibility. We're three months old and looking to accelerate the pedal soon with an injection of funds. I also host TED Circles and have recently started my podcast - both intended at creating safe spaces to share vulnerabilities and uplift one another.

Unconventional learnings for anyone looking to start:

- It's okay to start alone. The right people come along even if you don't have the capital.
- Fear is inevitable.
- You can't do it all, so learn to delegate. Your tribe will support you.
- It is okay to ask for help. Make uplifting one another a norm.

I aspire to pave the way to a lifestyle that enables every individual to live up to their fullest human potential!

Fide et Labore.

Kritika Ravichandran (2014 ISC)



Josephites, Unforgotten!

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

Josephite	Batch	Date of demise
Jeevan Mandana	1961	December 3
Johan Erickson	2001	November 28



Connect with the OBA

The OBA invites you to contribute to future editions of the OBA Calling.

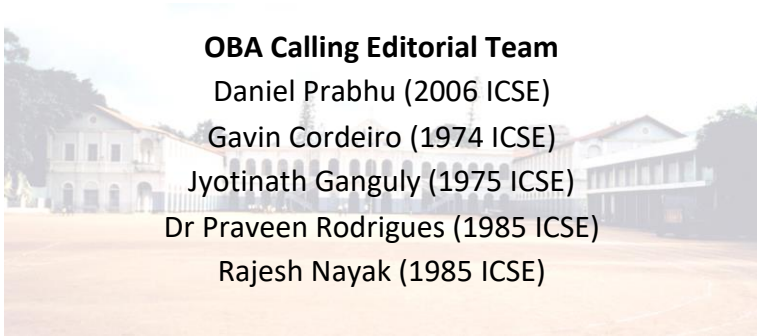
+91.80. 2229.1711

communications@sjbhsoba.net

[OBA website](#)

[OBA Calling Archives](#)

[Privacy Policy](#)



Acknowledgments

Watermark photograph: Rajesh Nayak (1985 ICSE)