

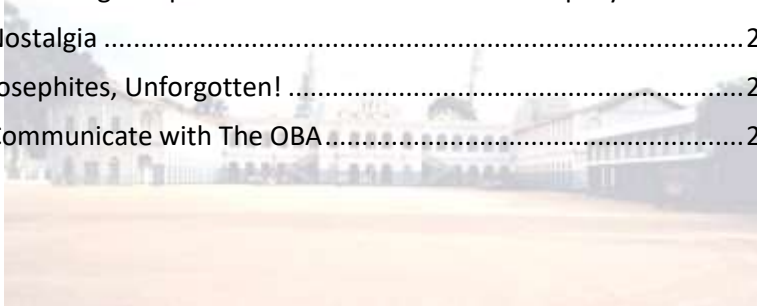


OBA Calling

NOVEMBER 2023

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Message from the Principal

Dear Old Boys and Girls,

Our new OBA Committee has set the tone for the rest of the year, and we remain in awe of their drive and initiative to 'give back' to their alma mater.

We recount with gratitude the support that the OBA has extended by way of upgraded Insurance Schemes for teachers, Mid-Day Meals, and Scholarships for students, backing of our sportspersons and much more.

The OBA has tapped into its vast network to help collect exhibits for our School Museum, as well. It is heartwarming to see the Inter Batch games organized from time to time across several sports. It is this camaraderie that is embedded in the heart and soul of our OBA.

We often approach the OBA for recommendations for Chief Guests for our various events and functions. It is a matter of pride and joy to see so many highly accomplished Old Boys and Girls returning to inspire our students.

Our OBA has taken a keen interest in our collaboration with our sister schools in rural areas, especially through the Loyola Technology Center and we sincerely thank them for the same.

In the recent past several Old Boys have authored books and we are proud of them. As we approach Christmas and the ensuing celebrations, we thank the OBA for all that they do and wish them the very best in the coming year.

May God bless us all!

Fr. Sunil Fernandes S.J.

Message from the President, OBA

Dear Old Boys and Girls,

Season's greetings to you all! I trust this message finds you well. Here's a concise update on the recent developments at the OBA.

We are pleased to announce the addition of a professional to our OBA office team, starting early December. This move is geared towards streamlining our operations for better efficiency.

Continuing our **commitment to set objectives**, we've disbursed Rs. 9,00,000/- for General Scholarships, Rs. 27,552/- for Mid-Day meals and renewed the Teachers Health Insurance Scheme. This scheme provides Rs.3,00,000/- medical cover to every current and retired teacher along with their spouse and two dependents. This scheme has really helped our teachers as, in the previous year, nearly Rs. 28,00,000/- was paid out in claims.

The cost of this program is increasing sharply every year and I seek **your support** in bridging the gap. The PTA too has come forward to support this scheme and together we are working on a special fund-raising initiative, details of which will be communicated shortly. I seek your active participation in the initiative.

We are **diligently managing OBA funds**, ensuring professional financial practices, and maximizing yields. Our focus is on maintaining a balanced portfolio, with no more than 50% exposure to equity market-related funds.

December and January mark our dedicated efforts in domestic and international fundraising activities. Your

participation is sought to bridge gaps in the Teachers Insurance Program, Mid-day meals, Scholarships, & Awards.

Strengthening bonds, the Century football tournament witnessed the active participation of 30 teams and 180 Old Boys on November 5th at the SUFC grounds.

We invite you to join the Annual Christmas Dinner and Jimmy Anklesaria Cricket Tournament on December 15th and 17th, respectively. Visit www.sjbhsoba.net for details.

Explore our active 'Forums' at <https://sjbhsoba.net/forum/> to connect with Old Boys and Girls worldwide. Register, and our IT team will guide you through activation. Expect communication about plans to enhance connectivity. I look forward to your support in making this a useful platform for the entire community.

Stay informed through our quarterly newsletter, "The Calling," featuring articles by members, and the monthly newsletter, "SPICE," providing snapshots of OBA and School activities.

Members interested in making promotional offers to the community can reach out to the Secretary or Jt. Secretary, at communications@sjbhsoba.net , for further details.

Join us at the events lined up for December and January. Feel free to drop by the OBA office; we'd love to connect.

Wishing you warmth and joy for the season ahead.

Aditya Kaura (Batch of 1991)

President, OBA

OBA Events

Recent event:

OBA Football Tournament,
5th November 2023:

<https://www.instagram.com/reel/CzRZEuPS9Yw/?igshid=MTc4MmM1YmI2Ng==>



Upcoming events:

OBA Christmas Dinner at
the Concert Hall, SJBS,
15th December 2023 (7 PM)

<https://sjbhsoba.net/donation/oba-christmas-dinner-2023/>



OBA Jimmy Anklesaria
Cricket Tournament at SJCC
Grounds, 17th December
2023 (7 AM)

<https://sjbhsoba.net/donation/inter-batch-cricket/>



Welcome to OBA and JOSEXCEL Awards (Josephite Excellence in Sports) at SJBS, 20th December 2024 (9 AM to 1 PM).

SJBHS continues to gain Recognition

Overall Ranking:

SJBHS has been ranked Number 1 in Karnataka and Number 3 in India by Education World India, School Rankings 2023-24.

<https://www.educationworld.in/ew-india-vintage-school-rankings-2023-24/?school=Boys%20Day%20School>

<https://www.instagram.com/p/CzQBNN4S6rj/?igshid=MTc4MmM1YmI2Ng==>

High Teacher Competency scores helped push the overall score up.

Value for Money:

SJBHS has been ranked Number 1 in India (2023-24) in Vintage Legacy Day School in the category '**Value for Money**' in recognition of the affordable holistic education we provide.

Instagram:

<https://www.instagram.com/p/CzT3fCXSBrl/?igshid=MzRIODBiNWFIZA=>

Facebook:

<https://www.facebook.com/100057793684177/posts/pfbid0xkXNyMyg2biMcBbRdWwp3qtajqKUCnpsBPpLMqDdSLcxhf5VLFYJZehfKxioA5AI/?mibextid=cr9u03>

Quality of Alumni and Community Service:

SJBHS has also been ranked Number 1 in India for quality of Alumni and Community Service.

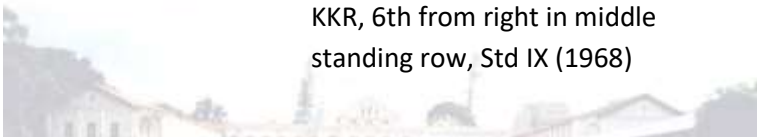
Josepheights

Profile:

K K Ramakrishnan (Batch of 1968) - Building The Internet



KKR, 6th from right in middle standing row, Std IX (1968)



Dr. K. K. Ramakrishnan has a MTech from the Indian Institute of Science, Bangalore (1978), and a M.S. (1981) and Ph.D. (1983) in Computer Science, University of Maryland, College Park, MD, USA.

Dr. Ramakrishnan is a Distinguished Professor of Computer Science and Engineering at the University of California, Riverside. Previously, he was a Distinguished Member of Technical Staff at AT&T Labs-Research. He joined AT&T Bell Labs in 1994 and was with AT&T Labs-Research since its inception in 1996. Prior to 1994, he was a Technical Director and Consulting Engineer in Networking at Digital Equipment Corporation. Between 2000 and 2002, he was at TeraOptic Networks, Inc., as Founder and Vice President.

Dr. Ramakrishnan is an ACM Fellow, an IEEE Fellow, and an AT&T Fellow, recognized for his fundamental contributions on communication networks, including his work on congestion control, traffic management and VPN services. His work on the "DECbit" congestion avoidance protocol received the ACM Sigcomm Test of Time Paper Award in 2006. He has published over 300 papers and has 186 patents issued in his name. K.K. has been on the editorial board of several journals and has served as the TPC Chair and General Chair for several networking conferences.



KKR, sitting, 2nd from left (Std 6, 1965)

Interview:

Through this section, the Calling aims to connect with OBs and OGs, jog their memories of school and life, connect them into the OBA fold and activity. We feature them in our publications to acknowledge and share their life's journey and to serve as inspiration and support for others in the community.

Francis Joseph Da Cunha **Batch of 1973, St George's House** **Indian Air Force Fighter Pilot**

People and Memories

Principal(s)	Fr Hedwig DaCosta
Teacher(s)	Rosalind Pereira – Introduction to Algebra – I loved it from the moment I saw x & y Papa Hartwell Yates - for all my math skills ... every system I build has some equation I learnt then
Batchmate(s), memories	Thimappa Hegde – always 1st Kenneth Lobo – great fun, got whacked many times due to misidentification of culprit Kenneth Pinto Thomas Xavier – we went to NDA to the same course, 53rd
Memories of Sports and Games	Ardent Boy Scout, earned many badges and enjoyed Scouting Camps and Jamborees. We learnt skills there which I use till today. Ever heard of a highwayman's hitch or a double bowline


	or a reef knot or a thief knot? Great fun indeed.
Memories of incidents	Many – will have to write a book!!

Life after SJBHS

Briefly describe your career journey after SJBHS	<p>Joined PUC and headed to NDA as an Air Force Cadet</p> <p>Was commissioned into the India Air Force as a pilot officer</p> <p>Was a fighter pilot</p> <p>Flew HT2, Kirans through training and onto Hunters</p> <p>Flew Mig21's mostly but also the Mig29, Jaguar and Mirage 2000</p>
How did SJBHS influence your formative years?	<p>I owe all my Maths, Physics, Chem, and English-speaking skills to SJBHS</p> <p>I've been lucky enough to invent many systems in the IAF while flying jets</p> <p>Built mission planning systems, wargames and mission debrief systems</p> <p>The Tejas LCA flies on my Mission Planning and Debrief System.</p>

Message for younger Josephites

About making choices in life	<p>Make your own bed, pack your own bag, etc - Learn to be independent.</p> <p>Work hard Never let anything get you down</p> <p>Keep learning – this does not stop when you leave school</p>
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	<p>Learn to use tools / have a creative hobby like electronics, computers, or carpentry – these skills will help you later in life</p> <p>Perseverance pays</p> <p>Look within – you'll find a positron – always keep it 'ON'</p>
<p>About work life balance</p> 	<p>I love to work and invent things all day – but then set aside time:</p> <p>Home stuff cannot be ignored – always help at home whether it is paying bills or grocery shopping or washing the car or painting the house.</p> <p>Play games at the dining table, crack jokes and make everyone laugh.</p> <p>Life isn't that serious – a sense of humour goes a long way - There's always enough time to study.</p>
<p>About giving back to SJBHS and the Community</p>	<p>I love motivating people. It's all about exposure</p> <p>Not everything can be taught in school – the opportunities available today are fantastic but one needs to know where to drill to hit oil</p> <p>I'd love to chat some time with everyone and lighten their load.</p> <p>I wish all you all the very best of luck</p>

ADHD & A Billion Smiles

By Kiran Vas

Batch of 1983

Hi, I am Kiran Vas, batch of 1983.... another old boy with a tale that many of you will easily relate to. In school I was one of those who could never sit still. The kind who would rather chase a ball than solve an equation! The consequence? I spent a substantial amount of time standing outside the classroom hoping that the principal would not be doing his rounds.

Though I have had a relatively successful career subsequently, not much has changed in my approach to life. I still cannot sit still, a true example of the proverbial 'ants in my pants.' In 2021, I discovered the probable reason why this was so. After many rounds of semi-depression and near burnout, I found out that I had **ADHD (Attention Deficit Hyperactivity Disorder)**.

Initially, I was disheartened. But it actually gave me a new perspective from which to view many of the adventures that took me from Bangalore to Copenhagen. Along the way I relished many aspects of life on a journey that led me from being a home appliance salesman in Mumbai, to a merchant marine officer for Maersk Line, and eventually, an ambitious 'stay-at-work' father in famed Fortune companies and start-ups, including one working on AI way back in 2017.

The diagnosis led me to invest in a period of intense introspection. I needed to find ways to channel the 'ants in my pants.' The result was amazing; something that very few of those who knew me, myself included, would have ever imagined: I wrote a novel!

My goal was to share my story, to inspire people like me, and families like mine, that one can live a fulfilling life with ADHD.

Perfectly Imperfect: How ADHD Can Inspire Leaders and Entrepreneurs to Burn Brighter and Not Burn Out.

I also have a maverick vision to Create a Billion Smiles Every Day! You can find out more about my vision at www.kiranvas.com where I journal a repertoire of stories, concepts, tools, and ‘cool’ moves. My story is available at your favorite [Amazon store](#).

I will require the support of many Josephites to reach my audacious billion target. Over a series of four blogs, I will share a few interesting concepts from my book including introducing you to Oh Landia, a virtual storytelling universe that I use every day to solve the problems and leverage the opportunities I encounter in everyday life. Hope you can find the time to occasionally join me there!

Blog 1: My World Falls Apart

Kiran (Don't You Dare) Vas was born on the 23rd of January 1967, in Richmond Town, Bangalore. I was the only son of my parents Kevin and Blanche, born between my sisters Anita and Maya.

As a child and teenager, I was skinny, athletic, injury prone, a chatterbox, very distracted, and captain of my one-man daydreaming team. But I was blessed with broad shoulders and nerves of steel that could absorb the punches that I regularly seemed to attract from both friends and foes.

We lived in a charming bungalow built on 25 Serpentine Street. There I enjoyed an ordinary, happy, and secure family life. Dad and Mom were the best examples of what I called Miners and Millers (a concept I will introduce you to in my next blog). They shaped many aspects of my life as I evolved from a clumsy, injury-prone child to a spicy teenager, a reluctant student, a career-focused young man, and a proud husband and father. The grace they conducted themselves with as they navigated their own struggles helped me appreciate them all the more as I experienced dark days when hit by my own hurricanes.

Number 25 Serpentine Street was the center stage of my secure world. It was from there that I constantly sought to improve my nascent leadership and entrepreneurship skills, the ones that helped me throughout life to script my own 'Oh Yes,' 'Ooh Yes' and 'Ooh Yes' Stories and Emotions, that are metaphors for the three types of smiles I sport when I am happy.

I liken the period between 1967 - 2018, when I was living what I visualize as a dream life, to a beautiful place I call the Cape of Oh Yes. There I enjoyed a privileged existence and achieved most of my dreams. But, as often happens in life, the sources of my smiles started drying up slowly from 2012.

Bit by bit, my secure world started falling apart, till the disintegration peaked in 2018. From then, till 2020, I lived the worst of my nightmares, marooned in what I now call the Cape of Oh No, a cold lonely place where I was tossed around as my life was constantly ravaged by a series of hurricanes. That eight-year period was by far the hardest one of my life to date and I scripted what I call a constant stream of 'Oh No,' 'Ooh No' and 'Oooh No' Stories and Emotions - the metaphors for three types of my grimaces. During this time, I

began suffering from repeated bouts of stress, which soon gave rise to anxiety, depression and ‘the fear of not falling asleep.’

Thankfully ‘all uncomfortable things come to an end.’ So, one evening when my wife Marianne and I were at our beach house outside Copenhagen, and I was making our favorite comfort dishes of rice, rasam, and crisply fried slices of beef steaks, my misery touched its lowest point. Marianne, unable to bear my gloomy demeanor, said a few unpleasant words about my recent intolerable and unacceptable behavior. After some heated exchanges, we both agreed it was time to get professional help to get to the root cause of my problems.

It was April 2020, and, due to my own moods and frustrations, it didn’t require too much arm-twisting from Marianne to get me to agree to seek medical advice. Our first consultation was with my family physician. The diagnosis, after he asked me a few probing questions, was, “Kiran you have a bad case of stress, anxiety and depression,” that I later termed SAD, my acronym for Stress, Anxiety, and Depression.

Instead of helping, however, things only got worse. The pills he prescribed caused nasty reactions and soon I was in a worse state than before the visit to him. I began referring to myself as a Smileless Pauper, and no matter what I tried, I just could not find any smiles either inside me or in the world around me. During the next few months, after switching to different medications, he shored up my physical and mental wealth. But unfortunately, I continued to remain a Smileless Pauper. That’s when he recommended the next step: a consultation with a psychiatrist!

Look out for Blog 2 in The OBA Calling – February 2024.

AI in Medical Care

By Dr Nachiket Shankar (Batch of 1992)

From Diagnosis to Treatment: How artificial intelligence (AI) is Transforming the Healthcare Industry

A little history

The roots of AI in healthcare can be traced back to the **1950s** when computers were first emerging. Early pioneers envisioned using these machines to assist doctors in analyzing medical data. In the **1970s and 1980s**, AI started making its way into medical diagnosis. Systems like MYCIN focused on infectious diseases, showcasing the potential of computers in suggesting treatment plans based on patient symptoms. The 1980s witnessed the rise of expert systems—intelligent computer programs designed to mimic human decision-making in specific domains. These systems became valuable tools in healthcare, aiding in diagnosis and treatment recommendations.

The lack of comprehensive electronic health records and limited computing power hindered progress for the next couple of decades. The **2010s'** marked a turning point with the explosion of big data and the development of hitherto unmatched computing capabilities. With electronic health records becoming more prevalent, AI algorithms could analyze patient information on an unprecedented scale. More sophisticated approaches to data analysis like machine learning and deep learning have since opened up myriad possibilities of AI in healthcare.

The marvels of AI in healthcare

Picture this: you go to the doctor with a puzzling set of symptoms, and instead of relying solely on human expertise, your doctor collaborates with an AI system. This **digital detective** can sift through mountains of medical records, research papers, and patient data to help identify the problem more accurately. It's like having Sherlock Holmes and Watson working together to crack the case of your mysterious illness.

One of the most significant applications of AI in healthcare is in the field of **medical imaging**. Artificial intelligence algorithms can analyze medical images such as X-rays, CT scans, and MRIs to detect abnormalities that may be missed by human radiologists. This can help doctors diagnose diseases earlier and more accurately, leading to better patient outcomes.

But AI isn't just about figuring out what's wrong; it's also about preventing issues before they become serious. Artificial intelligence algorithms can predict potential health risks by analyzing your medical history and lifestyle choices. It's like having a **personal health coach** that can nudge you in the right direction, reminding you to take those daily walks or swap that sugary snack for a healthier option.

Have you ever been frustrated waiting for your turn at the doctor's office? AI is here to rescue us from long queues and waiting rooms. **Chatbots** powered by AI can provide instant responses to your health queries. They're like your digital health buddies, available 24/7 to answer questions, offer advice, and even schedule appointments. No more playing phone tag with the receptionist!

Now, let's talk about the magic of **precision medicine**. Each person is unique, and so is their response to treatment. AI helps tailor medical treatments to match your individual genetic makeup. It's like having a customized prescription designed just for you. This not only makes treatments more effective but also reduces the chances of side effects.

In the **operating room**, AI is like a silent partner to surgeons. It assists during surgeries by providing real-time data and helping with intricate tasks. It's like having an extra set of eyes and hands, ensuring that surgeries are safer and more precise.

And don't forget about the power of AI in **medical research**. It can analyze massive datasets to identify patterns and trends that humans might miss. This accelerates the pace of discoveries, bringing us closer to breakthroughs in treating diseases like cancer and diabetes. It's like having a supercharged research assistant tirelessly working day and night.

Another area where AI is making a significant impact is in **drug discovery**. AI algorithms can analyze vast amounts of data to identify new drug targets and predict the efficacy of new drugs. This can help pharmaceutical companies develop new drugs faster and more efficiently, potentially leading to breakthrough treatments for diseases that were previously untreatable.

Finally, AI is being used to **predict patient survival rates**. By analyzing large amounts of patient data, AI algorithms can predict which patients are at the highest risk of dying from a particular disease. This can help doctors prioritize treatment for those patients who need it the most.

Applications of AI in Healthcare



Source: <https://www.delveinsight.com/blog/top-applications-of-artificial-intelligence-in-healthcare>

And The Dark Side of the AI Moon



Source: <https://doi.org/10.1177/0972262920988398>

While AI has tremendous potential to benefit humanity, it also has a dark side. One of the main concerns is **privacy**. When we share our health information with AI systems, we want to be sure it's in safe hands. Imagine if your personal health details ended up in the wrong hands – that's a scary thought.

One of the most significant risks is the potential for **bias** in AI algorithms. If the data used to train an AI system is inaccurate or biased, the system will produce biased results. This can lead to incorrect diagnoses, inappropriate treatments, and other negative outcomes. Additionally, AI systems can be vulnerable to **cyber-attacks**, which could compromise patient data and put patients at risk.

Another significant challenge of AI in healthcare is defining the role of human doctors in the healthcare system. There is a growing concern that AI could replace human doctors entirely, leading to a **dehumanization of healthcare**. We need to set boundaries and make sure that humans stay in control. After all, we don't want a world where robots make all the decisions about our health. Others worry that AI could be used to **discriminate** against certain groups of patients, such as those with pre-existing conditions or disabilities.

Conclusion

Despite these challenges, the potential benefits of AI in healthcare are too great to ignore. To ensure its safe and ethical use, several steps must be taken. First, we need to formulate appropriate **ethical and legal guidelines** to ensure that AI is used responsibly, respecting our privacy, and working for the greater good of humanity. Second, AI algorithms must be **transparent and explainable**, so that

doctors and patients can understand how they work. Third, AI systems must be designed to **minimize bias** and ensure that they are fair and equitable. Fourth, AI systems must be **secure** and protected against cyber-attacks. Finally, AI must be integrated into the healthcare system in a way that **complements** human doctors, rather than replacing them.

The potential of AI in healthcare is enormous. It's like having a futuristic health companion that can do incredible things. But, like any superhero story, there are challenges to overcome. By being cautious, setting boundaries, and working together, we can ensure that AI remains a force for good, making our world healthier and safer. After all, we're the authors of this AI adventure, and we want it to have a happy ending.



About the author

Dr Nachiket Shankar is an alumnus of St. Joseph's Boys High School from the Batch of 1992. He is currently a Professor of Anatomy and Medical Education at St. John's Medical College, Bangalore. He also serves as member of the Managing Committee of the OBA.

Furthering Josephite Bonds: A bike ride to Athirapally

By Amith Shetty – Batch of 1996

As a member of the Bikers of SJBHS OBA, I've got to share our latest escapade.

Picture this: Thirty of us, not just bikers, but a diverse band of brothers of different ages and backgrounds, from the seasoned riders of the Batch of 1988 to the enthusiastic youngsters of the Batch of 2013, united by the one and only SJBHS.



We revved our engines in Bangalore on a crisp November morning and embarked on our 7th annual ride to Athirapally, in Kerala.



Our home away from home was Willow Heights, a riverside resort snuggled up against the Sholayar Forest. You wouldn't believe the wildlife we saw – from strutting peacocks to curious lion-tailed macaques, and even elephants that seemed to nod in approval at our two-wheeled beasts. The culinary highlight? Local beef and pork were so mouthwateringly good. The trek to Athirapally Falls tested our fitness levels more than any of our biking adventures.

We got special permission to ride through the Sholayar Forest Reserve. Those roads! Curvier than a rollercoaster and each bend revealed a view more breathtaking than the last.

Throughout the journey, the bond of our alma mater was our unspoken anthem. From the youngest to the oldest, we sang school songs, shared hearty meals, and revelled in the camaraderie that only comes from sharing the same hallowed halls of SJBHS. Different ages, different walks of life, but on that road, we were all Josephites, sharing a weekend of wild rides, wildlife, and wonderful company.

Nostalgia

"Fr. Hedwig Da Costa S.J.:

Student-turned-Principal, rewriting alma mater history!"

Fr. Hedwig Da Costa S.J. not only graduated from St. Joseph's Boys' High School in 1952 but also embarked on a remarkable journey, transitioning from a student to an English and Religious Instructions Teacher. His dedicated service reached its pinnacle when he became the Principal, leaving an indelible mark on his alma mater during his tenure from 1972 to 1977.

Notably, Fr. Hedwig is the only Old boy to have accomplished this distinguished feat.

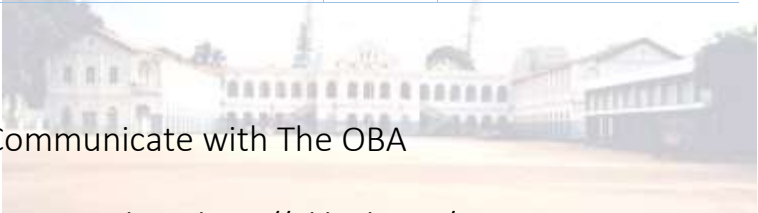
https://www.instagram.com/p/Cz_7V5iynuv/?igshid=MTC4MmM1Yml2Ng==



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
Ameen Ibrahim	1969	29-Sep-23
Jeff Mascarenhas	1962	12-Oct-23
Ronnie Tellis	1953	17-Oct-23
David D'Costa	1966	10-Nov-23
Kailas Dilli	1968	18-Nov-23
Rajen Dias	1972	20-Nov-23



Communicate with The OBA

Visit our website: <https://sjbhsoba.net/>

Forums to Connect with each other: <https://sjbhsoba.net/forum/>

Follow us on Instagram: @sjbhsoba.official or click:

<https://instagram.com/sjbhsoba.official?igshid=OGQ5ZDc2ODk2Z>

A==

Write to us at:

Secretary: secretary@sjbhsoba.net

Jt. Secretary: communications@sjbhsoba.net

Call us at: +91 98809 17152