

THE GATEWAY

Rotary
Club of Bombay



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PRESIDENT'S MESSAGE



Fellow Rotarians,

Very warm greetings!

For coffee connoisseurs, there is nothing better than the aroma of freshly brewed coffee and that stimulating high from 'caffeine'. Also,

there is a culture associated with coffee. Coffee culture is defined as a lifestyle or a social activity characterised by drinking coffee, especially in coffee houses.

Coffee has its origins on the Ethiopian plateau – with various stories about its discovery. The most popular ones are – Kaldi the goat herder, his dancing goats and the Abbott of the local monastery, the other one is that Moroccan Sufi mystic Ghothul Akbar Nooruddin Abu al-Hasan al-Shadhili or his disciple Omar discovered it when travelling in Ethiopia, another one is Sufis used it for staying awake and for their dervish dance and prayer. The fact is that coffee beans in the 15th century also travelled from Ethiopia to Yemen through traders.

It is said that coffee probably reached Europe through Venice or through Malta, and, after being called a satanic bitter drink, in about 1615, following a baptism ceremony by Pope Clement III, gained acceptance and approval. In the USA, tea was the preferred beverage, until the famous 'Boston Tea Party' episode in 1773. Thomas Jefferson, it is said, stated "Coffee – the favourite drink of the civilised world".

Though journey of coffee culture dates back as far as the 14th or 15th Century beginning in Yemen, onto the Middle- East, Turkey, where coffeehouses 'qaveh khaneh' were considered centres of exchange of information, discussions, social hubs, as well as, artistic and intellectual centres and were referred to as 'school of the wise'. It is also highly relevant in the present, as it allows people to take a moment to slow down and enjoy their coffee, while de stressing after a long day or before they have to rush off on errands.

Though today's coffeehouses come with the



Vintage pop art coffee posters used for representational purposes

modern comforts, such as free WiFi and places to charge phones, but these are essentially based on the cafés of old, providing spaces where minds can meet in a peaceful environment or where one can simply relax or refresh their energy.

The word "coffee" is first documented in the English language in 1582, derived from the Dutch word koffie, which in turn was borrowed from the Ottoman Turkish kahve, which was derived from the Arabic word for coffee or to brew, qahwa. Coffee was called the 'wine of araby'.

There are three main types of coffee beans – the high quality Arabica, the inferior Robusta and then there is Liberica. The acidity levels of the coffee beans are considered an important factor. The lower the acidity, the better it is supposed to be.

How coffee is prepared, roasted, brewed, served and enjoyed varies from country to country. Then there are so many ways coffee is had – Cappuccino, Mocha, Latte, Americano, Espresso, etc. There are expensive and unique coffees like Kopi luwak or civet coffee, and some others even more or less expensive, like Black Ivory Coffee, Finca El Injerto Coffee, Hacienda La Esmeralda, Saint Helena Coffee, Jamaican Blue Mountain Coffee, Fazenda Santa Ines, Starbucks Quadriginocuple Frap, Los Planes Coffee.

Serving coffee has for centuries been an important aspect of hospitality in Arab societies.

It is considered a ceremonial act of generosity and traditionally, coffee is prepared in front of guests following a ritual.

Turkish coffee is sweetened, while it is brewing. It may be served unsweetened (sade kahve), with a little sugar (orta sekerli), or sweet (tatli). Coffee is usually served with Turkish delight on the side or with cardamom seeds

Espresso is the usually consumed coffee of Italy. It's usually drunk hot, while standing at the coffee bar, 'al-banco' in Italian. Fine compacted grounds and very hot water at high pressure are used to create the unique flavour of espresso, which needs to be consumed almost immediately.

India is otherwise known as a tea drinking nation. But, coffee came to India even before the East India Company through a Sufi saint Baba Budan returning from a pilgrimage to Mecca. Chikmagalur in Karnataka has a record of cultivation of coffee as early as 1670. In order to create a distinct symbol of community identity, Tamilians were the first to adopt coffee and gradually the coffee culture spread across other South Indian communities too and cafés became popular meeting places. 3 states in India – Karnataka, Kerala and Tamil Nadu are the largest growers of coffee.

One thing is certain, coffee culture is constantly evolving to serve our changing lifestyles and the simple coffee bean has captivated and delighted us across the world and will continue to do so in the future. My favourite though is the South Indian filter 'kaapi', which is made by mixing frothed and boiled milk with the infusion obtained by percolation brewing of finely ground coffee powder (kaapi podi) in a traditional Indian filter.

President Preeti Mehta





‘WE ARE READY’

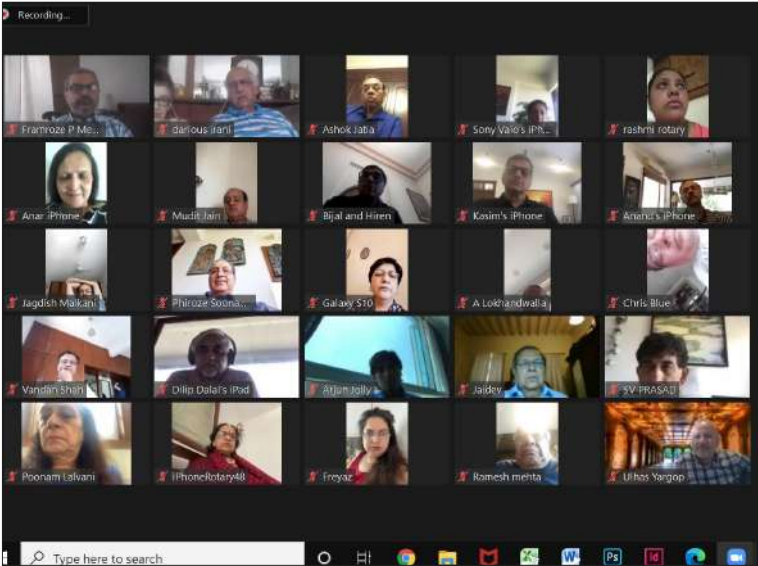
Rtn. (Dr.) Aashish Contractor provides an overview of where we are today with COVID19

ACCORDING to the official data from the Ministry of Health, we have 21000 active cases and we have 934 deaths as of April 28th, 2020, 8 am. The curve shows a slight upsurge in case of India, but considering how populous we are,... we are in a very good situation from a worldwide perspective. In terms of cases, the US is leading the tally with 295 per hundred while India is at two. The other important point is how the lockdown has been the strictest so far, it is like a curfew situation on road and that has been quite effective till now.

In terms of symptoms, one needs to watch for flu-like symptoms. One cardinal difference between the normal flu and this, is shortness of breath. It is necessary to keep in mind that not all show the standard symptoms of Covid, so if you have fever, cold or shortness

of breath, please check with your doctor.

Another point is that of testing, I have members of family, friends and Rotarians asking me if they should get tested. It is not a good idea to get tested if you are asymptomatic. If you are, please consult a doctor. The ICMR has released the list of laboratories which are allowed to do the testing. Metropolis in South Bombay come to your doorstep to do test. If you are symptomatic, do the test. Earlier the Municipality had a rule that even if you are asymptomatic and you were positive, then they would quarantine you in a government facility – you could not be quarantined at home. From what I understand, today, facilities are becoming full and so you are allowed to quarantine at home. The fear that I am positive and I have symptoms, I am going to be locked up



somewhere – that fear should be less.

In any case you should not get tested if you are asymptomatic unless you have been in close contact with someone who has then proved positive.

From day 0 when the person is not infected, to 30-35 days is the standard time when the nasal swab test, the RNA test comes positive. So people are now talking about antibody testing, which means that when your body fights any infections, you get antibodies, IGG or IGM. IGM typically becomes detectable six-seven days after you start symptoms and remains for 21 days. These kits test for your IGM and IGG. IGG is the type that starts once you start to recover and remains in your body for a longer time. If you do rapid testing and your IGM is positive, it probably means that the infection is in your body and then you can do a full-fledged swab and test. And if IGM is not there and IGG is there then that probably means that at some point without you even knowing you had the infection and now it is

cured and now you have got protective antibodies which will last for the future. That’s the rapid testing.

Unfortunately there have been controversies about rapid testing. ICMR said that these aren’t necessarily accurate. There have been tests globally. But in terms of mass testing I think these would soon be available and they are going to be more convenient because they are literally a finger prick test, and the results are much like pregnancy kit tests. For large-scale openings like factories and mass office openings, this might be the tool that people use for testing.

Today, there are several groups all over the world looking for a vaccine to fight the virus. The good news is that a group in Oxford called the Jenner Institute, under Prof Adrian Hill, is way ahead in that race. Even better news for us is that the Serum Institute of Poonawala group in Pune has tied up with this Oxford group to manufacture the vaccine once it is tested and once is out in the market.

In terms of treatment from

a scientific perspective, honestly, there hasn’t been a proven remedy yet. We are treating the patients but in science you go through a process called randomised controlled trials before you say any drug is okay. This means you take two groups of people and give the medicine to one group but not the other. At the end of the stipulated period of time, you check both of them and if you see that the medicine group is better than the other, then we say that the medicine is effective. There always has to be a randomised group because most people recover from the virus in any case. So, how will we know that the people who have been given the medicine recovered just by chance? That is why we need to have a trial.

Purely from randomised control trials perspective, there is no proven therapy or remedy as of now. Many parts of the world have been using hydroxychloroquine to treat the medicine along with azithromycin which is an antibiotic. One of the problems when using it is that you have something in your ECG, you have an interval called QT interval which is the start of Q wave and end of T wave. So if that QT interval gets prolonged, it can lead to arrhythmias or abnormal heart rhythms and giving this combination increases the risk. So that is the balance you need to keep when you give the medicine. Therefore a baseline ECG and ECG on a frequent basis is necessary while giving medication. So for the heart patients we (doctors) need to be a little careful which doesn’t mean we can’t give them the combination.

In terms of direct experience, some facts I’ll like to share. As you know the Reliance Foundation Hospital is looking after the section of Seven Hills Facility and right now there are 60 beds we are trying to look after and we are trying to expand this facility. We had over a hundred patients who have been discharged. So, general findings:

- We have seen more males than females and this is what we have seen also all over the world. The ratio is somewhere between 60:40
- The people with other comorbidities – diabetes or hypertension – tend to be more at risk
- In terms of age, we have actually found all ages. However younger people tend to fair better which is also one of the hypothesis of why India is doing better because we have younger population
- The people who do not have good outcome is the older age group from 60-70 and 70-80
- Those who come very late for treatment tend to have the worst outcome. So if you get typical symptoms, please don’t avoid them.

It is necessary to make sure that you are healthy, get adequate sleep because sleep is the most effective way to keep your immunity intact.

Be active! Being at home limits activity but you can do yoga and core exercise, it also helps to build your immunity. Of course don’t push hard on yourself as the immunity then paradoxically goes down. So the right amount of exercise is necessary.

Eat correctly. Tobacco and cigarettes should never be in your life but certainly not this time.

I would like to end on a positive note, I saw the data of the deaths in March 2020 and they were significantly lower than March 2019, 2018, 2017. So fewer people died in March 2020. Also, at hospitals, there are less people coming for acute heart attacks and strokes, and this is not just here, but all over the world. So somewhere the higher being is protecting us or people are taking better care of themselves. That is good news. I think India did a wise move of instituting the lockdown early, I think we had one trump card to play and we put it down pretty early and it has worked for us. Lockdown would not kill the virus but it will surely slow it down and slow the spread. The idea is that it will help us to buy time for research and medication and set up facilities and ensure that we don’t overburden health facilities.

QUICK FACT: THE WORD QUARANTINE HAS A PERSIAN CONNECTION, A PERSIAN MEDICAL SCHOLAR IBN SINA FOUND THAT WHEN AN INFECTION IS SPREAD FROM PERSON TO PERSON, IF YOU KEPT THAT PERSON SEPARATE FOR 40 DAYS, THE INFECTION WOULD NOT SPREAD. YOU HAVE ITALIAN TRAVELLERS COMING TO PERSIA WHO WENT BACK TO VENICE WHERE THEY STARTED THIS CONCEPT OF QUARANTINE: ‘QUARANTINA’ IS 40 IN ITALIAN FROM WHERE THE WORD ORIGINATES.

I believe that the number of cases will increase next month but if we are ahead of the curve, we will come out of this much better than any other country.

When do you estimate normal healthcare issues like cardiac care etc are addressed?

It is an unfortunate aspect of this pandemic that normal healthcare suffers. That is the nature of the beast. We need to have stringent processes in place as to how we intake the patients. Like our hospital, most hospitals will not say no to any emergency. So a simple advice is if it is not an emergency, it’s best to consult with the family doctor over a call or Zoom call but in case of emergency, we are ready.

What are the precautions taken to protect medical staff?

As far as PPE is concerned, we are thankful to have adequate equipment. It is very well defined as to who needs Grade 1 PPE and who needs Grade 2 PPE. Everybody is scanned whether they be a nurse, doctor, CEO. We try our best to keep staff and patients safe.

Is there any reason why Mumbai has a higher number of cases?

Firstly, the number of cases is very ambiguous, it just depends on how much testing is being done. The more the tests, the more positive the number of cases you get. A better indicator is the death rate. I am not surprised that Mumbai has a higher numbers of cases because Mumbai is very populated, and it is the most densely populated city in the world with 40 per cent being in slums where social distancing is difficult. It should be more of a physical distance while being socially connected.

THE POWER OF PERSPECTIVE!

For a short perspective at this moment, imagine you were born in 1900 in the USA.

Many would think that that was a pretty simple time of life. Then on your 14th birthday, World War I starts, and ends on your 18th birthday. 22 million people perish in that war, including many of your friends who volunteered to defend freedom in Europe.

Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 50 million people die from it in those two years. Yes, 50 million.

On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy. If you were lucky, you had a job that paid \$300 a year, a dollar a day.

When you turn 39, World War II starts. You aren't even over the hill yet. And don't try to catch your breath. If you lived in London England or most of continental Europe, bombing of your neighbourhood, or invasion of your country by foreign



soldiers along with their tank and artillery was a daily event. Thousands of Canadian young men joined the army to defend liberty with their lives. Between your 39th and 45th birthday, 75 million people perish in the war.

At 50, the Korean War starts. 5 million perish. At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict.

On your 62nd birthday there is the Cuban Missile Crisis, a tipping point in the Cold

War. Life on our planet, as we know it, could have ended. Sensible leaders prevented that from happening.

Now, in 2020, we have the COVID-19 pandemic. Thousands have died; it feels pretty dangerous; and it is!

Now think of everyone on the planet born in 1900. How do you survive all of that?

Perspective is an amazing art. Refined as time goes on, and very enlightening.

TO THE LETTER

Dear All,
High acclaim from Past Rotary International President KR Ravindran (2015-16) from Sri Lanka !
Sandip
PP Rtn. Sandip Agarwalla

From: Sandip Agarwalla - Rotary
To: KR Ravindran
Subject: CSR and other COVID19 relief activities of the Rotary Club of Bombay
Dear PRIP Ravindran,
RID Bharat phoned me to share you with the most recent CSR donation we have received for the COVID19 relief operations of the Rotary Club of Bombay.
We have received a contribution of INR 9,060,800 (**INR 90.60 LAKH**) from Atos IT and Global Solutions and Services Private Limited, Mumbai. This is towards purchase of **20 VENTILATORS AND 4,000 PPE KITS** (Personal Protection

Equipment). This was facilitated by TRF Trustee Gulam Vahanvaty. Totally, our Club, the Rotary Club of Bombay has collected till date over **INR 36,000,000** towards COVID19 relief activities and so far we have carried out the following activities:
Supply of **53 VENTILATORS** to hospitals run by the Government of Maharashtra
Supply of **6,250 PPES** to various hospitals in Mumbai, Chennai and Bengaluru
Distribution of free cooked and packed meals to more than **800,000** persons so far @ **30,000 MEALS EVERY DAY** from kitchens operated and supervised by us to the homeless, migrant workers and daily wage earners
Supply of **20,000 PACKETS OF READY TO EAT FOOD PACKETS** of Upma and Poha to the curfew stricken people of Malegaon (4 hours from Mumbai). In addition we are distributing free cooked and packed meals currently @ 1000 meals every day until 3rd May, 2020
Supply of **1150 N95 RESPIRATORY MASKS**
Supply of **CONTACTLESS DIGITAL THERMOMETERS** and

COVID AND THE ROTARY WAY



Since the first day of the lockdown, this five-star Resort in Lonavala has been extending full logistical support to the Rotary Club of Bombay which has been reaching out to do its bit for community service irrespective of the location. The hotel has been providing freshly cooked meals daily, for 100-125

poor people in the Lonavala/Khandala area of Maval Tehsil.

Most of the people in need are tribal families and many daily wage workers who depend on the local tourist trade for their livelihood which presently is obviously nil. Without this vital source of income they are unable to feed their families.



Since the first day of the lockdown these people and their children have been lining up eagerly every day, waiting for the food truck to arrive.

The hotel management say they have the infrastructure to cook more meals but availability of ration supplies itself is low in the area and

movement is highly restricted. However with the support of RCB it is working closely with the local administration to make special arrangements to increase the supplies of rations which will help them to cook more meals and reach out to many more needy persons.

From: KR Ravindran
Subject: Re: CSR and other COVID19 relief activities of the Rotary Club of Bombay
Many thanks Sandip,
This is exactly the type of info I was looking for. In particular I was looking for substantial COVID related projects where Rotary has partnered well known corporates. As an aside can you also work out for me what it would have cost the company concerned if they chose to do these things themselves. I would like to use this as a case study to work out the ROI when working with Rotary and why it makes business sense to go that route.
In the meantime please know that this is very impressive. Please convey to your members my utmost admiration for what they have achieved. Most commendable in fact and worthy of acclamation.
Thank you so much for so promptly sending me this info.
Rgds. Ravi

FEEDING THOSE IN NEED

A COOKED MEAL DISTRIBUTION INITIATIVE

Rotary
Club of Bombay



UPDATE: 02ND MAY, 2020

The Rotary Club of Bombay & Rotary Club of Mumbai Versova have been providing individually packaged meals to the migrant labour, daily wage earners and homeless of Mumbai City.

TOTAL MEALS: 8,00,000+
DAILY MEALS: 30,000+*

*ALL DIFFERENT PATTERNS

DONATE NOW!

Rotary Club Bombay Charities Trust No. 3

Bank Details:

HDFC Bank Ltd., 101-104 Tulsiani Chambers, Free

Press Journal Marg,

Nariman Point, Mumbai 400 021

Branch: Nariman Point

Branch Code: 0001

Account Type: Savings Account

Account Number: 0001100043340

IFSC Code: HDFC 0000001

For remittance in INR from a foreign country, the Swift Code is HDFCINBB

AREAS OF INTERVENTION

All 24 Municipal Wards in Greater Mumbai.

Selfless Hospitality Services

Marel Naka, Andheri (E)

HVB Global Academy, Marine Drive

Yashwantrao Bhevan, Lower Parel

Tilak Nagar, Chembur

SUPPORTING KITCHENS

Shri Rajasthani Seva Sangh College,

JB Nagar, Andheri

Roha Group - Goregaon West

Chef Talk - Andheri

PARTNERS

BMC | NGOs | YMCA | BJYM | Corporators |

KVM Foundation, RC of Bombay Bandra, RC of Mumbai Downtown Sealand, RC of Bombay Chembur West, RC of Mumbai Western Elite, RC of Bombay West, RC of Bombay Peninsula, RC of Mumbai Queen's Necklase, RC of Mumbai GenX, RC of Mumbai Kalakar, RC of Mumbai Divas, RC of Bombay East, RC of JVPD Mumbai, RC of Mumbai Ghatkopar, RC of Deonar, RC of Bombay Film City, RC of Bombay Powai, TB Desai Family Trust, Bajaj Electricals, Reliance Foundation, EY Foundation, Life Foundation, Crompton Greaves, RC of Bombay Kandivli

CONTACT FOR MORE DETAILS: **SANDIP AGARWALLA** +91 98210 10417 | **VIJAY JATIA** +91 98200 95782

NEXT WEEK'S SPEAKER: PADMAJA RUPAREL



CO FOUNDER & PRESIDENT OF INDIAN ANGEL NETWORK (IAN) ON: CREATING A VIBRANT ENTREPRENEURIAL ECO SYSTEM

VENUE: ONLINE AT ZOOM.US (MEMBERS ONLY)

TIME: 12 NOON

ROTARIAN BIRTHDAYS



MAY 6
RTN. JYOTEENDRA
KOTHARY



MAY 6
RTN. AJIT
SURANA



MAY 7
RTN. ASHWIN
THAKKAR



MAY 8
RTN. VINAY
SANGHI



MAY 9
RTN. ATEEQ
AGBOATWALA



MAY 9
RTN. SAM
KATGARA



MAY 10
RTN. (DR.) PRAKRITI
PODDAR

ROTARIAN PARTNER BIRTHDAYS

MAY 5
Rtn. Ptn. Anita Bansal
MAY 6
Rtn. Ptn. Sudesh Dhir
MAY 7
Rtn. Ptn. Radhika Jain
MAY 9
Rtn. Ptn. Thrity Javeri

MAY 9
RTN. PTN. MADHAVI & RTN. SUHAIL NATHANI
RTN. PTN. ASHA & RTN. RAJESH SHAH

MAY 10
RTN. PTN. MANJULA & RTN. PRITAM SANGHAI

ANNIVERSARIES

MAY 5
RTN. PTN. JAYA & RTN. SRINIVASAN PRASAD
MAY 7
RTN. PTN. MINA & RTN. SHYAMNIWAS SOMANI

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PP Rtn. (Dr.) Adi Dastur	PP Rtn. Arun Sanghi

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Yoga	Rtn. Manoj Patodia
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Night Study Centre	Rtn. Jamshyd Vazifdar

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In-Camera	Rtn. Zinia Lawyer

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