

# THE GATEWAY

Rotary  
Club of Bombay



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## PRESIDENT'S MESSAGE



**Fellow  
Rotarians,**

Very Warm  
Greetings!

It is  
irresistible  
– eaten,  
when  
happy,

sad or celebrating – an incredibly important and delicious aspect of people's lives across the world, it's difficult not to drool while talking about 'chocolate'. As someone said, "Chocolate is happiness that you can eat".

The word 'chocolate' conjures up images of luscious bars, pralines, truffles, nibs, liqueurs, beverages, cakes, pastries, and snacks, but the chocolate of today is a little like the chocolate of its origins. Chocolate is produced from cocoa beans, from Theobroma Cacao – cacao or cocoa tree ('Food of the Gods') and has been consumed for thousands of years.

The Mayans and the Aztecs made a drink called 'xocolatl', which means 'bitter water,' owing to the bitter taste of cocoa in its raw form.

Earlier, it was believed that chocolate is liked because of its taste. Studies and research

demonstrate a scientific reason that is related to a fat/carbohydrates balance that is set right from the very beginning of our lives.

A range of chemical compounds are released while roasting the beans which, when combined with other aroma molecules, creates a unique chemical signature that our brain loves.

A neurotransmitter 'anandamide' whose name is derived from the Sanskrit – "ananda", meaning "joy, bliss, delight", is one of the many psychoactive chemicals found in chocolate, which stimulates the brain. A quote: "A little bit of sweetness can drown out a whole lot of bitterness".

Chocolate contains small traces of theobromine and caffeine, both well-known stimulants. So, consumption of a few squares of chocolate will not result in a chemical rush but would surely tantalise the taste buds.

The texture and creamy viscosity too plays a role in our love for chocolate. Chocolate rapidly melts on the tongue and the touch receptors detect this textural change, leaving a lingering sensation of smoothness and pleasure. The transformation of cocoa from a bitter drink to the worldwide palate-pleaser is due to

the addition of fat and sugar.

Chocolate not only appeals to the senses but also has a variety of beneficial ingredients that may do everything from lifting your mood to helping your heart. A quote attributed to Mary Jane Finsard: "Like love, chocolate is a delight to receive or to give". So, too, gifting chocolates has become a global tradition and culture.

From being a source of culinary pleasure to simple temptation, people from across different age groups enjoy indulging in chocolate. What is it that cannot be added into chocolate and, what is it to which chocolate cannot be added to? Leave it all to the culinary imagination of innovative experts.

The history of chocolate begins in Mesoamerica where cacao trees grew wild. The first people to use chocolate were probably the Olmec of what is, today, southeast Mexico, and who lived in the area around 1750 BC. Their word, 'kakawa,' gave us our word 'cacao'. It is thought that the Olmecs used cacao to create a ceremonial drink.

The written Mayan history mentions chocolate drinks being used in celebrations and to finalise important transactions.

Despite its importance in Mayan culture, chocolate was not

reserved for the wealthy and powerful, but readily available to almost everyone. In many Mayan households, chocolate was enjoyed with every meal. Mayan chocolate was thick and frothy and often combined with chili peppers and honey or water.

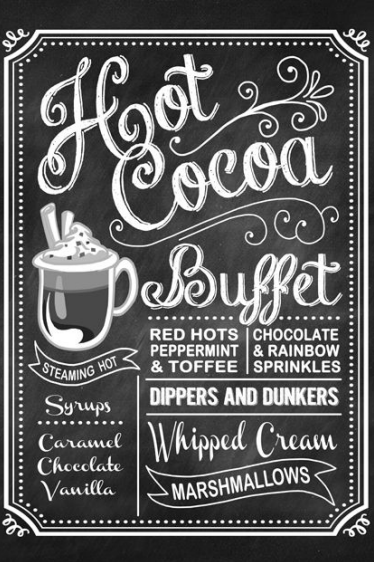
The Aztecs took chocolate admiration to another level. Aztec chocolate was mostly an upper-class extravagance, although the lower classes enjoyed it occasionally at weddings or other celebrations.

There are conflicting reports about when chocolate arrived in Europe, but chocolate did spread throughout the Continent in the late 1500s, from Spain to Austria, Dutch, England, and France and to the territories occupied by them. And, so, the mania began. Fashionable 'chocolate houses' cropped up for the wealthy throughout London, Amsterdam and other European cities. Chocolate first came on the scene in Europe as a luxury only for the rich to enjoy.

Many people contributed gradually to making chocolate as we know it - Coenraad Johannes van Houten, Joseph Storrs Fry, Daniel Peter, Dr. James Baker, and Milton Hershey, etc.

By the late 19th century and early 20th century, family chocolate





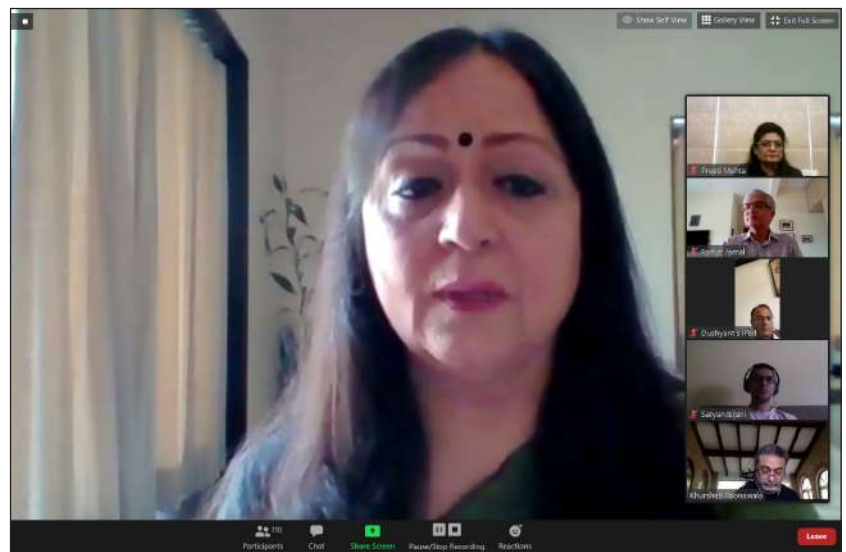
companies such as Cadbury, Mars, Nestle and Hershey were mass-producing a variety of chocolate variants and confections to meet the growing demand for the sweet treat and, on to today with even more mass brands globally like Lindt Sprungli, Ferrero, Meiji, Arcor, Mondelez, Ghirardelli, Godiva, our own Amul in India, Whittaker in New Zealand, little lesser mass brands like Gulian, Leonidas, Neuhaus, Patchi, Nama Royce, to expensive chocolates from Attimo, To'ak, Pierre Marcolini, De Lafee, Michel Cluizel (one of my favourites), Debaube and Gallaismore, The House of Grauer, Fritz Knipschildt, MarieBelle, etc. The record for the most expensive chocolate is presently held by ITC of India for its 'Fabelle Trinity Truffles Extraordinaire' at about Rs. 4.3 Lakhs per kg. with others like Wispa Gold by Cadbury, Le Grand Louis XVI, La Churosa, Truffles by Amedie, etc. Recently, there has been a "chocolate revolution," marked by an increasing interest in high-quality, handmade, artisanal small-batch chocolates.

While your average chocolate bar is not considered healthy, dark chocolate has earned its place as a heart-healthy, antioxidant-rich treat. In the 1994 film Forrest Gump said: "Life is like a box of chocolates. You never know what you're gonna get". Finally, "Chocolate says I'm sorry so much better than words".

*President Preeti Mehta*

President Preeti Mehta

**RCB conferred the Social Service Award to Pratibha Pai and the Sohrab Godrej Award for Science and Technology to Dr. Laxman Singh Rathore last Tuesday**



# BEING THE CHANGE

**Pratibha Pai**

Many Rotarians might be aware that I was involved, in my own way, in the launch of your flagship education programme Bhavishya Yaan. My BMS students of HR College were the first teachers at Bhavishya Yaan's Worli school way before the NGO teachers took over. President Preeti, Shri Sureshbhai Kotak, Shri Arun Sanghi, thank you so much! I am deeply honoured and grateful to be chosen as the Social Service Recipient for this year. This award is a testimony to the significance placed on the rural development and empowerment of rural economy if our nation wants to move ahead.

I want to, at the very start, salute my team, and Chirag, my partners across the state whom we worked with, my student volunteers and ambassadors across the world and, of course, my benevolent donors. Any impactful change is only because of the entire ecosystem's efforts. These have been my heroes making my journey of spreading light and transforming life

fulfilling. This award has not just humbled me but made me reflect on my journey and I'd like to share some simple steps that were instrumental in realising a better me. I would like to call it the Alchemy of Social Service, a process of transforming oneself by converting the problems we see around us into ideas that change the worlds – yours and theirs.

On this incredible journey of life:

Accept Responsibility - when you see something that is not right, take charge. Don't engage in a blame game and be a bystander giving advice or passing judgement. Take charge and do whatever little you can to make the world a bit better, believing, always, that no change is too small. Invest in others personally and professionally.

Embrace Change - life will throw challenges at you. Accept them, change yourself, change your perspective. When you learn to look at things differently, the things you look at will change. To me this point is timeless and in

fact, today, it is timelier than ever because we are not at the cusp of change but in the thick of it.

Respect humanity in all forms - as a fellow human it is your duty to help others around you, respect humanity. Your life will be well lived when you live it for others. It will give you a sense of purpose and self-worth. Always help those in need.

Be selflessly selfish - invest some time in helping others because it is so rewarding to yourself and exhilarating to see the results of your efforts on those in need. All it needs is compassion and empathy. I believe generosity is generative, it creates new value.

We live in a world that needs many role models for our youth to help reap the demographic dividend of our country. When you share money, time and talent with others, you may discover that the rewards are so great that you begin to share even more. That happened to me. You feel more powerful and stand taller.

**JUNE 16, 2020**

Among the other charities where I volunteer my time and talent, I want to share Chirag's story, a story of true alchemy for all stakeholders concerned. We started this project over a decade ago and I had 10 students who signed up to be agents of change.

Back then, we encouraged students of business studies to use their talents to solve real problems and bring about sustainable change. Thanks to the support of your fellow Rotarian, Dr. Indu Shahani, the group grew rapidly and I found that the same lessons that I had learnt were still applicable. In fact, that was the very reason I pushed some students to do some social service during the three under-grad years.

Students accepted the responsibility in changing the lives of those living in Bharat. They suddenly realised that they had a purpose and what

naturally followed was a true sense of discipline and passion to be the change that was required. They put together their minds to plan out every detail from grassroot to vendors, to fundraising

techniques and impeccable logistic arrangements.

They improved their communication skills, learned working in teams, took responsibility for their decisions and actions. I saw an intrinsic motivation without expectation of money, marks, or attendance credits.

To reinforce this process of alchemy I would like to share a small example of Pawan, from Ulhasnagar, who got into the college in the Sindhi quota. He was not the brightest in the class, a middle-class boy, who was very shy, lacked exposure, but loved giving back to the society. He was engaged in all our

social initiatives and I found that when he was involved with the community, he forgot that he was shy.

A year later when Google came on the campus, he, like many of his batchmates, applied for the placement process. He made it through the psychometric test and was among 12 shortlisted students for personal interviews. I was told by the Google HR team that it was 10 minutes per student and by 2 o'clock they would be in my office for lunch.

I ordered lunch at 2 o'clock, but even by 2.30, 2.45 there was no sign of them.

I panicked

and ran into the conference room to see what was happening. The security outside told me that all the kids had been let out in 10 minutes but poor Pawan was being grilled for the for the last hour and a quarter.

Soon the door opened and Pawan walked out absolutely starry-eyed and telling me very happily that all they were talking about was their involvement in Chirag. I am so happy to share that he was the only student recruited by Google. Today, he has a team at Google San Francisco, he still hasn't lost his humility, and grounding and is always willing to come back when asked for a village trip. When I saw this transformation in students as a result of working in a social space, we at Chirag decided to start





Chirag chapters at various colleges.

That brings me to another story of Dhruv Raj Bhartiya, of Jamnabai Narsee school. Since class eight, Dhruvraj had been coming with us on village visits as part of the Chirag project. We had a video on one of the trips to Assam and we put it up on YouTube as part of our process. Apparently, his involvement was a turning point in his favour at the University of Chicago from where he graduates this month. Children of some Rotarians have also similarly benefited and as for me, words cannot describe the sense of fulfillment I receive from seeing the change in the beneficiaries, of course, the benefactors and myself.

The RCB supports such outstanding projects and yet I am not sure that many of you have seen all your own projects. I'd urge you to visit them regularly, you will have an uplifting experience. We noted that whether it is philanthropy, acts of kindness, paying it forward, or any good deeds, they are all so powerful. It is probably why every culture and religion values and awards performance of good deeds.

There are many benefits resulting from good deeds, some of them obvious while some of them you may not have considered. For example, I know that the Rotary has given meals during the Covid-19, so the homeless person, street child may now have some food to eat thanks to your generosity. However, child has received more than just a meal or two. He has received a message that he is important and worth helping. This good deed warms his heart while it fills his stomach and it also warms your heart and makes you feel good. Thus, you cannot lift others without uplifting yourself.

Our job as seniors and mentors is to guide the youth and young at heart through the spirit of social service, mould them in the process of hard work and continuous learning to emerge through this process of alchemy. Through social service you become a better human being and the world becomes a better place.



### Dr. Laxman Singh Rathore

This is the second time I have been invited by the Rotary Club, the first being in 1984 when I returned from a successful Indian scientific expedition to Antarctica to set up Gangotri, the first Indian basecamp on frozen land. Thank you for inviting me today and for this recognition which will energise me to continue my work.

Many of the climatic changes that we have observed since 1950s have been unprecedented in millennia. Temperatures in atmospheric pressure and oceans are significantly warm. We have seen the reduction of ice caps on mother earth. We have seen rising sea levels and all of this is due to the concentration of greenhouse gases which are increasing day by day.

Climate change is nothing new. When Earth detached from the sun, its temperature was 6000° Calvin and subsequently it cooled off to today's 270° Calvin. It has varied from Ice Ages' glacial period to the periods of now where the ice sheets are largely confined to the Antarctica, Greenland, Arctic etc. Records indicate that the climate change occurred over the last two million years. It has been occurring since its genesis, but we had

handled it fairly good in last two million years. It has occurred in a cyclic manner, with glacial periods lasting about one lakh years, inter-glacial for 10,000 years. The changes were gradual, in terms of temperature, less than a degree per thousand years.

In the recent past, changes are faster and manmade. We have found close linkage of concentration of carbon dioxide in the atmosphere and temperature. When we analysed and did coal sampling to synthesise the concentration of carbon dioxide as well as temperature on the Russian station on Antarctica, a close

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THE BULLETIN OF THE ROTARY CLUB OF BOMBAY 05



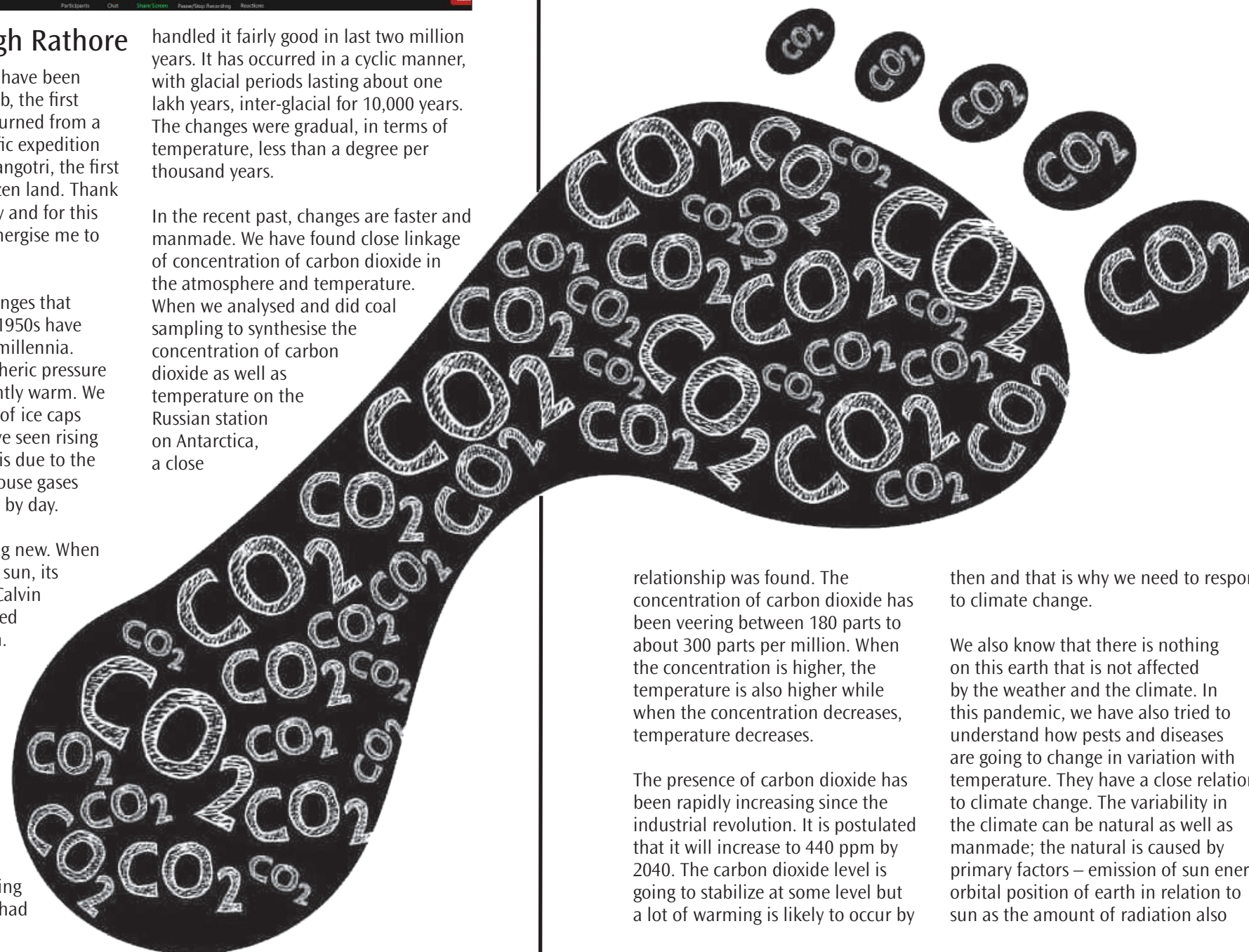
RCB congratulates PP Sandip Agarwalla on being chosen as District Governor 2022-23



New Rotarian member Vivek Kothari



New Rotarian member Gautam Agarwal with Rtn. Ptn. Akshita



relationship was found. The concentration of carbon dioxide has been veering between 180 parts to about 300 parts per million. When the concentration is higher, the temperature is also higher while when the concentration decreases, temperature decreases.

The presence of carbon dioxide has been rapidly increasing since the industrial revolution. It is postulated that it will increase to 440 ppm by 2040. The carbon dioxide level is going to stabilize at some level but a lot of warming is likely to occur by

then and that is why we need to respond to climate change.

We also know that there is nothing on this earth that is not affected by the weather and the climate. In this pandemic, we have also tried to understand how pests and diseases are going to change in variation with temperature. They have a close relation to climate change. The variability in the climate can be natural as well as manmade; the natural is caused by primary factors – emission of sun energy, orbital position of earth in relation to sun as the amount of radiation also

varies and then comes the volcanic eruption.

When we look at past changes, we have direct measurement, remote sensing and period climatic reconstruction. Greenhouses are the culprit but not just carbon dioxide. There are other gases like methane, hydrofluorocarbons, etc. These gases have long life cycles and their warming potential is much higher than carbon dioxide.

With business activities at ongoing levels, we can predict warming of the climate upward of two to three degree Celsius in the coming years which will be very challenging. It will have severe effects on agriculture, health and water. Therefore, we need to build a resilient mechanism and for that nationally as well as internationally efforts are on.

The Indian government has allocated Rs 3500 million for rural as well as urban sectors to develop 100 resilient cities as far as climate is concerned. In nutshell, after the Paris Agreement of 2015, different governments committed to reduce emission intensity by 33 to 35 per cent by 2030 and achieve about 40 per cent cumulative electric power installed capacity from non-fossil fuel-based resources and create an additional carbon sink of about 3 billion tonne through additional forest cover and tree cover by 2030.

I am happy to mention, the Government of India has achieved this task by 2020.



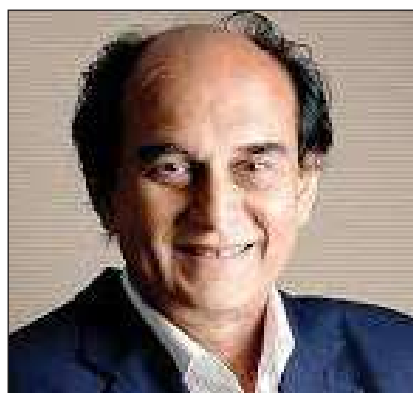
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## NEXT WEEK: BUSINESS LEADER HARSH MARIWALA

Harsh Mariwala is an Indian entrepreneur, founder and Chairman of Marico, a Fortune India 500 company.

Mariwala began his career in 1971 with Bombay Oil Industries which was controlled by his family. In 1990 he founded Marico, a fast moving consumer goods (FMCG) manufacturer and distributor that now has operations in 25 countries across Asia and Africa.

He is also the founder of Kaya Limited, which runs a chain of skin care clinics across India and the Middle East; Ascent Foundation, a peer-learning entrepreneurial platform; Marico Innovation Foundation, that works towards nurturing innovations in India; Mariwala Health Initiative, that supports mental health causes; and Sharp Ventures, which serves as his family office.



Harsh is married to Archana and they have two children, an elder daughter Rajvi and a younger son, Rishabh. Both his children were a part of the family business before branching out on their own. His daughter Rajvi is part of the Marico Health Initiative whereas his son Rishabh runs his venture Soap Opera n More, manages the family office Sharp Ventures and is a non-executive director at Marico.

**VENUE: ONLINE AT ZOOM.US (MEMBERS ONLY)**

**TIME: 12 NOON**

### ROTARIAN BIRTHDAYS



JUNE 16  
RTN. VRINDA  
RAJGHARIA



JUNE 16  
PN RTN. SHERNAZ  
VAKIL



JUNE 17  
PP RTN. VITHAL  
PALEKAR



JUNE 18  
PP RTN. SANDIP  
AGARWALLA



JUNE 18  
RTN. RIDDHI  
JAVERI



JUNE 19  
RTN. AJIT  
LALVANI



JUNE 19  
RTN. SUNIL  
VASWANI



JUNE 22  
RTN. SUDARSHAN  
CHOKHANE

### ROTARIAN PARTNER BIRTHDAYS

JUNE 16  
RTN. PTN.  
MITA  
DALAL

JUNE 18  
RTN. PTN.  
SHEILA  
GEORGE

JUNE 21  
RTN. PTN.  
GOPI VAID

### ANNIVERSARIES

JUNE 18  
RTN. PTN. SHALINI & RTN. DILIP PIRAMAL  
JUNE 20  
RTN. PTN. DEVI & PP RTN. RAMESH NARAYAN

JUNE 21  
RTN. PTN. RENU & RTN. SUDARSHAN CHOKHANE

### ROTARY CLUB OF BOMBAY 2019-2020

#### TRUSTEES 2019-2020

PP Rtn. (Dr.) Rahim Muljani	PP Rtn. Arvind Jolly
PP Rtn. (Dr.) Adi Dastur	PP Rtn. Arun Sanghi

#### OFFICE BEARERS 2019-2020

President	Rtn. Preeti Mehta
Immediate Past President	Rtn. Vijay Kumar Jatia
President-Elect	Rtn. Framroze Mehta
President-Nominee	Rtn. Shernaz Vakil
Honorary Secretary	Rtn. Manish Reshamwala
Hon. Jt. Secretary	Rtn. Satyan Israni
Hon. Treasurer	Rtn. Jagdish Malkani

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#### DIRECTOR-IN-CHARGE PE RTN. FRAMROZE MEHTA

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Fellowship & Assimilation	Rtn. Ashok Jatia
Animal Welfare	Rtn. Priyasri Patodia

#### DIRECTOR-IN-CHARGE RTN. MEHUL SAMPAT

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Sergeant-at-Arms	Rtn. Hoshang Nazir
Interact	Rtn. Jaymin Jhaveri
Rotaract	Rtn. Zeenia Master

#### DIRECTOR-IN-CHARGE RTN. RAM GANDHI

Programme	Rtn. Farhat Jamal
Public Awards	Rtn. Suresh Kotak
Young At Heart	Rtn. Ramesh Mehta

#### DIRECTOR-IN-CHARGE RTN. PETER BORN

Water Resources & Sanitation	Rtn. Abhinav Aggarwal
Urban Heritage	Rtn. Natasha Treasurywala
Environment	Rtn. Madhusudan Daga

#### DIRECTOR-IN-CHARGE RTN. HIRANMAY BISWAS

Sports	Rtn. Sanjiv Saran Mehra
Yoga	Rtn. Manoj Patodia
Vocational Training	Rtn. Varsha Daiya
Night Study Centre	Rtn. Jamshyd Vazifdar

#### DIRECTOR-IN-CHARGE RTN. PRADEEP GUPTA

Attendance	Rtn. Bipin Kapadia
In-Camera	Rtn. Zinia Lawyer

#### DIRECTOR-IN-CHARGE RTN. (DR.) ASHOK KIRPALANI

Talwada Projects	PP Rtn. (Dr.) Rahim Muljani
Phiroze R. Vakil Eye Centre (PRVEC)	Rtn. Homi Katgara
Ajit Deshpande Medical Centre (ADMC)	Rtn. Tara Deshpande
Cancer Aid	Rtn. (Dr.) Ian Pinto
RCB – Medical Centre	Rtn. Manoj Patodia

#### DIRECTOR-IN-CHARGE RTN. VINEET BHATNAGAR

Fund-Raising	Rtn. Pradeep Chinai
The Rotary Foundation & Global Grant	PP Rtn. Pradeep Saxena
Gender Equality	Rtn. Arin Master
Skill Development	Rtn. S. V. Prasad

#### DIRECTOR-IN-CHARGE RTN. MEERA ALREJA

Literacy / Bhavishya Yaan	Rtn. Jamshed Vakharia
Child Welfare	Rtn. Rajesh Shah
Anand Yaan / Elder Care	Rtn. Alok Sekhsaria
Scholarships	Rtn. Roda Billimoria