KARMAYOGA

QUARTERLY IN-HOUSE NEWSLETTER OF SAI ETERNAL FOUNDATION

Vol. 2, No. 1, Jan.-Mar., 2025 **New Shimla, H.P.**

QUOTE FOR THE ISSUE

वाक्संयमो हि नृपते सुदुष्करतमो मतः।

महाभारत उद्योग पर्व 34.73

सबसे कठिन काम है अपनी वाणी पर संयम रखना।

The most difficult thing is to control one's speech.

Photo of the Quarter

रसायनों से दूर रहकर, धरती माँ का मान बढ़ाएं।
प्राकृतिक खेती अपनाकर, स्वस्थ जीवन का दीप जलाएं।

IN FOCUS: SHRI LALIT MAHAJAN

We take immense pride in featuring Shri Lalit Mahajan, a distinguished alumnus of **IIT Madras**, whose inspiring journey continues to make a transformative impact on science, society and the nation.

As the **Chairman and Managing Director of J Mitra & Co. Pvt. Ltd.**, Shri Mahajan has led the organization to exceptional heights. Under his visionary leadership, the company has pioneered the development of indigenous diagnostic kits for critical infectious diseases such as HIV, Dengue NS1, Hepatitis, Chikungunya and H1N1 making a significant contribution to India's healthcare ecosystem. His innovations have helped reduce the country's dependence on imported diagnostics and made healthcare more accessible and affordable.

With an impressive portfolio of **55 patents**, Shri Mahajan was rightfully honoured as **"India's Patent King"** by *The Wall Street Journal*, a testament to his relentless pursuit of innovation. He is also on the Board of Directors of Biotech Consortium India Ltd. and is an esteemed member of the Task Force under the Ministry of Health & Family Welfare, working on WHO-GMP guidelines for medical diagnostics.

His visionary approach extends beyond life sciences. Through a joint venture with the erstwhile Sai Engineering Foundation, he has been instrumental in the development of two hydroelectric power projects in Himachal Pradesh i.e. Marhi HEP (5 MW) and Toss HEP (10 MW). These projects not only promote clean energy but also serve as a sustainable source of income for the Foundation's charitable initiatives.

A steadfast supporter of the Sai Eternal Foundation, Shri Mahajan exemplifies a deep-rooted commitment to education and community welfare. He supports CBSE-affiliated schools in Delhi and Himachal Pradesh and actively contributes to the upliftment of rural communities in Kullu District. His philanthropy extends to providing disaster relief, support to local panchayats and schools and empowering Self Help Groups and Mahila Mandals.

In grateful recognition of his visionary leadership, compassionate service and unwavering support, the members of the Sai Eternal Foundation extend their sincere gratitude to Shri Lalit Mahajan. We salute his exemplary contributions and wish him continued success, robust health and a long, fulfilling life.

QUARTERLY ROUND UP

PHILANTHROPIC ACTIVITIES:

A tragic fire incident occurred in the village of Tandi, located in the Jibhi Valley of Banjar, District Kullu, resulting in the destruction of homes of several families.

In response to this unfortunate occurrence, a team from the Foundation was immediately dispatched to the spot.

The team assessed the situation and provided blankets along with steel storage containers for ration to all affected families in Tandi Village.

In the health sector, during the quarter, a number of Free Medical Camps were organised in the districts of Shimla, Kangra, Mandi, Una and Kullu.

On 12-01-2025, a comprehensive medical camp was organized with medical services in Gastroenterology, Cardiology, Paediatrics, Dermatology, Venereology, Orthopaedics, ENT and Eye check-ups, among others, and Bhandara for public also took place in the remote area of Kotighat, Tehsil Kumarsain in Shimla District. Blankets were also distributed free of cost to the individuals belonging to weaker economic sections of Kangal, Mongda, Kotighat, Janjelli, Ahar, Chamala, Kholwi, Hathiya, Nagali and Jhunjan Panchayats.

Another Camp was organized in coordination with a like-minded Organization, Smt. Roshani Devi Mithoo Trust at Garli, Kangra District which served various local neighbouring Panchayats like Aloh, Bani, Muhi, Balerha, Chambapatan, Sadwan, Nangal Narona/Nagrota, Chamukha, etc.

Free medications were provided to those diagnosed and free spectacles have also been distributed to individuals with visual impairment.

In the month of February, under the initiative of Dr. R. K. Sood, Director of the Foundation, a camp was successfully organized on 08-02-2025 at Haroli, District Una in collaboration with the Sood Jatherie Mata Management Committee, Una.

Free medications were provided to those diagnosed and spectacles have been distributed at no cost to individuals with visual impairment.

On 02-03-2025, another Medical Camp with medical services like Gastroenterology, Cardiology, Orthopedics, ENT, Eye check-up, etc. was organized at Gadidhar, District Mandi. The patients from Garodu, Devgarh, Koon, Kamlah, Tihra, and Tanehar Panchayats were benefited. Medicine and spectacles were distributed and a Bhandara was organized.

Another camp was organized at Bagipul, Nirmand, District Kullu on 23-03-2025.

Diagnostics were organized free of cost and free medicines and spectacles were distributed along with free blankets to the individuals belonging to economically weaker sections. The patients from remote area were benefited. Bhandara was also organized at the camp site to serve people.

The Foundation continued its efforts in the Dhartidhar region of Sirmaur by organizing awareness programs, distributing vegetable seeds and facilitating exposure visits for farmers of the 26 adopted Panchayats at various locations.

These initiatives are aimed at intensifying community involvement to conserve the environment and improve the livelihoods of farmers.

The Kalswai Dairy & Farm Unit located in Dharampur, District Mandi is actively engaged in various initiatives such as pickle making, mushroom cultivation and the rearing of indigenous cows. The cow dung is being effectively utilized for Natural Farming (Prakritik Kheti). Additionally, a demonstration unit for strawberry cultivation has been established, yielding encouraging results.

Scholarships continued to be awarded to the deserving students at various levels of School/College education under Sai Scholarship

Scheme. It is hoped that these scholarships will provide valuable support, encouraging recipients to advance their education and become responsible citizens in the future.

The Foundation continued to donate uniforms, sweaters, blazers, etc. to children of various schools.

The Entrance Examination for admission to Class 9th at Dr. Vijay Memorial Senior Secondary School, Dharampur is scheduled to be held on 6th April 2025 in general areas and on 4th May 2025 in the tribal regions of the State. Students who qualify will be enrolled and provided with free education, uniforms, hostel accommodation and other necessary facilities up to Class 12th.

Two new trades: Fitter (Plumber) and Solar Technician (Electrical) are planned to be introduced in the coming years at our Private Industrial Training Institute (I.T.I.), Himalayan Centre for Human Resource Development (HCHRD), Dharampur. The requisite formalities and approvals for initiating these courses are currently under-way. These skill-based programs aim to equip youth with practical knowledge, thereby enhancing their income-generation and livelihood opportunities.

Financial assistance was also provided to various individuals/Institutions/Self-Help Groups to undertake social welfare activities.

A sum of Rs. 20,00,000/- (Twenty Lakh Rupees) was also provided to the Vivekanand Medical Research Trust, Palampur (H.P.) aimed at strengthening healthcare access and community well-being under our CSR Commitment.

The Foundation will continue to extend its outreach as far as wide as possible to offer relief and promote comprehensive socio-economic development.

PROJECTS UNDER IMPLEMENTATION:

The project-wise and component-wise data for the quarter is as follows: -

1. Nand-Nagroun Bridge

The launching and erection of the bridge have been completed for all the five spans. The concreting of deck slab has been completed for 3 spans (248.55m completed out of 383.79m).

The steel bending & binding and concreting works for the RCC crash barrier for the third panel is in progress.

2. Urni Tunnel

The proposed alignment of the tunnel was investigated on-site by Geologists and Designers and a modified proposal was submitted to the Authority but final approval is still pending from their end. The construction of retaining walls, which are part of the project scope, is planned for widening and hillside support from CH 250 to 270 and CH 600 to 690.

The retaining walls from CH 600 to 690 have been completed. Excavation and rock breaking at the

hillside and invert level from CH 250 to 310 are currently in progress.

3. Shimla Bulk Water Supply Scheme

Clear Water Pumps and Motors installed at Shikrodi Pump House

At Shikrodi, the civil works of components are 95% completed. The major electro-mechanical equipments of Clear Water Pump House and Jackwell have been installed.

SCADA integration and site development works are under progress. The erection of rising main pipeline from Shikrodi to Dwada is almost complete. Construction of Anchor and Thrust Blocks is in progress (90% completed). The bridge work for 52m and 34m span is completed in all respect and the rising main installation is almost completed on these bridges.

At Dwada Pumping Station, about 90% of the civil works of clear water tank has been completed and 80% works has been completed in clear water pumphouse. The erection of rising main from Dwada to Dummi is completed. Construction of thrust blocks is in progress (80% completed).

Clear Water Tank, Dwada

At the Dummi Pumping Station, civil works of all components have been completed. Finishing works (painting & furnishing) are in progress.

Valve Inspection by Sai Eternal Foundation, SJPNL and TCE/IVA

The installation of electro-mechanical equipment will be completed in the coming quarter. The rising main pipeline is fully laid, with final works focusing on the erection of valves, thrust blocks and valve chambers.

Office-cum-Laboratory Building, Shimla Bulk Water Supply Scheme, Dhalli Tank

The Dhalli Tank was completed in 2023-24 and handed over to SJPNL. Now, the building work above the Dhalli Tank has been completed and is ready for final inspection by the Authority.

4. Slope Stabilization, Ridge, Shimla

The final frame structure of the building/complex has been completed. The slope towards the old Tibetan Market has been successfully stabilized through the implementation of modern techniques including hydro-seeding, coir matting, soil nailing, micro-piling, etc. and the installation of self-drilling anchors.

The work for laying of cobble stones on the Ridge is in progress.

5. Hydro Power Projects in Distt. Kullu, HP

Construction works on two Hydro Power Projects namely Bhang HEP (4.8 MW) & Tauhak HEP (2 MW) have been started.

6. Pump Storage Projects (PSPs)

Given the focus of Government and Private sector on expanding capacities in the Pump Storage Project (PSP) Sector in India, the Foundation is keenly pursuing possibility of collaborating in a Joint Venture (JV) with M/s. LCC Projects Pvt. Ltd.

Additionally, the Foundation has signed a Memorandum of Understanding (MoU) with M/s.

JSC "Hydro Project Institute," Russia for association in PSP sector and has also empaneled some reputed Indian Experts/Advisors.

In the concerned quarter, the Foundation undertook the work of optimisation of Karjat (3000 MW) and Tarali (1500 MW) PSPs located in the State of Maharashtra.

The optimization process was supported with valuable expert guidance from PSP Advisors of the Foundation who provided critical technical insights and recommendations for improvement.

PSP Advisors:

Er. Sanjay Singhal

Retd. General Manager (PSP & Solar), THDCL

Er. Anil K Dutta

Retd. Director (Civil), HPSEBL

Er. Atul Jain

Retd. Executive Director (Technical), THDCL

As a result, the Foundation has successfully optimized both PSPs and is currently engaged in discussions with the respective Project Promoters.

ELECTRICITY GENERATION

Project	Generation during Oct.-Dec. Quarter (Million Units)			
	As per DPR	2023	2024	2025
Shyang	1.27	0.39	0.08	0.22
Tangling	3.76	1.04	0.83	1.09
Marhi	2.78	3.08	2.12	2.39
Toss	14.56	8.06	7.73	6.24
Kareri	10.82	3.07	2.40	2.73
Simla	1.16	1.25	1.36	1.32
Titang	1.09	0.08	0.02	0.79
Total	**35.45**	**16.97**	**14.54**	**14.78**

It may be seen that at the overall level, the generation during the quarter under report was 41.70 per cent of the projected generation in the DPR. As compared to the corresponding quarter for 2024, the generation increased by about 1.65 per cent. This, however, was lower than the generation achieved during the corresponding period for 2023.

PEARLS OF WISDOM FROM OUR SCRIPTURES:

उद्धरेदात्मनात्मानम् नात्मानमवसादयेत्।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः।।

भगवत गीता 6.5

मनुष्य को अपने प्रयासों से स्वयं को ऊपर उठाना चाहिए तथा स्वयं को नीचा नहीं करना चाहिए, क्योंकि स्वयं उसका मित्र भी है और शत्रु भी।

One should lift themselves with their own efforts and should not degrade oneself, for one's own self is their friend as well as enemy.

धर्मो जयति नाधर्मः सत्यं जयति नानृतम्।

महाभारत आश्वमेधिक पर्व 104.115

धर्म जीतता है, अधर्म नहीं। सत्य जीतता है, असत्य नहीं।

Dharma wins, not Adharma. Truth wins, not lies.

यो यद्वपति बीजं हि लभते सोऽपि तत्फलम्।

कथासरित्सागर 2.3.148

जो जैसा बोता है, वैसा फल पाता है।

A person reaps what he sows.

जन्ममृत्यू हि यात्येको भुनक्त्येकः शुभाशुभम्।

चाणक्य नीति 5.13

मनुष्य अकेला ही जन्म लेता है और अकेला ही मरता है और वह अपने कर्मों के अच्छे और बुरे परिणाम अकेले ही भोगता है।।

A person is born alone and dies alone; and experiences the good and bad consequences of their karma alone.

दुःखभाङ्. न भवत्येवं नित्यं सन्निहितस्मृतिः।

आयुर्वेद अष्टांगहृदय 46/47

जो व्यक्ति समय के प्रवाह पर चिंतन करता है, उसे कभी दुःख नहीं होता।

Those who regularly reflect on time's passing will remain free from sorrow.

THE CLASSIC "FROG AND SCORPION" STORY

- **Bharat Thakur**

One day, a scorpion asks a frog to carry it across a river. The frog is hesitant, fearing that the scorpion

will sting it. The scorpion reassures the frog, saying, *"If I sting you, we'll both drown."* Convinced, the frog agrees and starts swimming across. Halfway through, the scorpion stings the frog. As they both begin to sink, the frog, in shock, asks *"Why did you do that?"* The scorpion replies, *"I couldn't help it. It's in my nature."*

In a workplace, underperforming employees, especially those resistant to improvement can be like the scorpion. Despite mentorship, training and second chances, their inefficiency, negativity or unwillingness to change can impede and harm the team's productivity and morale.

As leaders, we often try to support and uplift struggling employees (just as the frog tries to help the scorpion). But when some individuals repeatedly hinder progress, drain resources or resist improvement, keeping them on board can sink the whole team.

Thus, letting go of persistent under-performers is sometimes necessary to protect the organization, just as the frog should have refused to carry the scorpion in the first place.

प्रेरणात्मक घटनायें:

दक्षिण अफ्रीका के राष्ट्रपति बनने के बाद नेल्सन मांडेला अपने सुरक्षा कर्मियों के साथ एक रेस्तरां में खाना खाने गए। सबने अपनी अपनी पसंद का खाना आर्डर किया और खाना आने का इंतजार करने लगे।

उसी समय मांडेला की सीट के सामने वाली सीट पर एक व्यक्ति अपने खाने का इंतजार कर रहा था।

मांडेला ने अपने सुरक्षा कर्मी से कहा कि उसे भी अपनी टेबल पर बुला लो।

ऐसा ही हुआ।

खाना आने के बाद सभी खाने लगे, वो आदमी भी अपना खाना खाने लगा, पर उसके हाथ खाते हुए कांप रहे थे।

खाना खत्म कर वो आदमी सिर झुका कर रेस्तरां से बाहर निकल गया। उस आदमी के जाने के बाद मंडेला के सुरक्षा अधिकारी ने मंडेला से कहा कि वो व्यक्ति शायद बहुत बीमार था, खाते वख़्त उसके हाथ लगातार कांप रहे थे और वह ख़ुद भी कांप रहा था।

मंडेला ने कहा नहीं ऐसा नहीं है। वह उस जेल का जेलर था, जिसमें मुझे कैद रखा गया था। जब कभी मुझे यातनाएं दी जाती थीं और मैं कराहते हुए पानी मांगता था तो ये मेरे ऊपर पेशाब करता था।

मांडेला ने कहा, मैं अब राष्ट्रपति बन गया हूं, उसने समझा कि मैं भी उसके साथ शायद वैसा ही व्यवहार करूंगा। पर मेरा चरित्र ऐसा नहीं है।

मुझे लगता है, बदले की भावना से काम करना विनाश की ओर ले जाता है। वहीं धैर्य और सहिष्णुता की मानसिकता हमें विकास की ओर ले जाती है।

दूसरी

मुंबई से बैंगलुरू जा रही ट्रेन में सफ़र के दौरान टीसी ने सीट के नीचे छिपी लगभग तेरह/चौदह साल की लड़की से कहा...

'टिकट कहाँ है?'

काँपती हुई लड़की 'नहीं है साहब।'

टी सी 'तो गाडी से उतरो।'

इसका टिकट मैं दे रही हूँ। पीछे से सह यात्री ऊषा भट्टाचार्य की आवाज आई जो पेशे से प्रोफेसर थी।

ऊषा जी – 'तुम्हें कहाँ जाना है?'

लड़की – 'पता नहीं मैम!'

ऊषा जी – 'तब मेरे साथ चलो, बैंगलोर तक!'

ऊषा जी – 'तुम्हारा नाम क्या है?'

लड़की – 'चित्रा'

बैंगलुरू पहुँच कर ऊषाजी ने चित्रा को अपनी जान पहचान की स्वंयसेवी संस्था को सौंप दिया और एक अच्छे स्कूल में भी एडमीशन करवा दिया। जल्द ही ऊषा जी का ट्रांसफर दिल्ली हो गया जिसके कारण चित्रा से संपर्क टूट गया, कभी–कभार केवल फोन पर बात हो जाया करती थी।

करीब बीस साल बाद ऊषाजी को एक लेक्चर के लिए सेन फ्रांसिस्को (अमरीका) बुलाया गया। लेक्चर के बाद जब वह होटल का बिल देने रिसेप्सन पर गईं तो पता चला पीछे खड़े एक खूबसूरत दंपत्ति ने बिल चुका दिया था।

ऊषाजी 'तुमने मेरा बिल क्यों भरा?'

मैम, यह मुम्बई से बैंगलुरू तक के रेल टिकट के सामने कुछ भी नहीं है।

ऊषाजी 'अरे चित्रा!'

यह लघु कथा उन्हीं की लिखी पुस्तक 'द डे आई स्टॉप्ड ड्रिंकिंग मिल्क' से ली गई है।

जीवन में हर इंसांन को प्रकृति मौका जरूर देती है बड़े बनने का और हिसाब चुकाने का।

From the Founder's Desk

Our Board of Directors is meticulously refining and aligning our business strategies to propel the Foundation into a new orbit of operational excellence.

We, along with M/s. LCC Projects Pvt. Ltd. are exploring the possibility of association in Joint Venture (JV) for the development of Pumped Storage Projects (PSPs) and have optimized two PSPs: Karjat (3000 MW) and Tarali (1500 MW). This optimization will result into saving of several thousand crore rupees to the Promoters.

We are pleased to announce several promotions within our staff along with various changes in our work processes which are designed to enhance accountability, streamline decision-making, improve internal communications, increase job satisfaction and elevate professionalism throughout our ranks.

Our Special Task Force (STF) is effectively managing critical tasks that are vital to the Foundation's operations alongside their regular duties. Their efforts in swiftly resolving issues, enhancing decision-making, minimizing miscommunications, strengthening reporting and speeding up resolutions are instrumental in boosting our organizational efficiency.

We are proud to report significant strides in our charitable initiatives, as detailed in the "Philanthropic Activities" section. Our commitment to expanding these efforts remains steadfast, driven by our mission to positively impact more lives. I seek divine blessings to guide us in our mission to make a meaningful difference in society.

Om Sai Ram!

From the Editor's Desk

After the revival of publication of Karmayoga, we have entered the year 2025 with the hope that this effort will not only chronicle the achievements of the Foundation but will also present a brief spectrum of activities in the fields of philanthropy and diversified basket of engineering projects the Foundation has taken up. As is evident from the current issue, as compared to the previous year, philanthropic activity have been intensified and the geographical coverage of such activities has also been expanded. The Foundation cherishes standing with the needy and attempting to bring a cheer of the faces of relatively underprivileged in our society. We will continue and accelerate our efforts in the direction.

The newsletter is being deprived of the contribution of experienced members of the staff in the Foundation due to their non-participation in sending their articles for publication. I would once again emphasize the need for their contributions which could help document their contribution in the wellbeing and further progress of the Foundation.

Editor