



# KARMAYOGA

QUARTERLY IN-HOUSE NEWSLETTER OF SAI ETERNAL FOUNDATION

Vol. 2, No. 3, Jul.-Sep., 2025

New Shimla, H.P.

## QUOTE FOR THE ISSUE

अनारम्भस्तु कार्याणां प्रथमं बुद्धिलक्षणम्।  
आरब्धस्यान्तगमनं द्वितीयं बुद्धिलक्षणम्॥

महासुभाषितसंग्रह 1340

कार्य शुरु न करना बुद्धि का पहला लक्षण है।  
शुरु किये हुए कार्य को समाप्त करना बुद्धि का दूसरा लक्षण है।

Not starting tasks is the first characteristic of intelligence. Once started, bringing tasks to completion is the second characteristic of intelligence.

### Photo of the Quarter



वृक्ष लगाओ, देश बचाओ

### QUARTERLY ROUND UP

#### PHILANTHROPIC ACTIVITIES:



**Environment:** During the quarter, the Foundation launched extensive drives for plant distribution across multiple locations aimed at environmental

conservation and enhancing the livelihoods of farmers. Fruit-bearing and medicinal plants were distributed to local residents, accompanied by awareness campaigns aimed at educating the community on their cultivation and benefits. These efforts are part of the Foundation's continuing commitment to sustainable development and community empowerment.

In collaboration with various Gram Panchayats and local bodies in regions of Dhartidhar in Sirmaur, Dharampur in Mandi, Nagrota in Kangra and Sunni in Shimla, successful plantation drives were conducted, reinforcing our shared belief that every tree planted today nurtures a better tomorrow.



**Community Engagement and Focus on Topical Issues:** The Foundation hosted a seminar at its Head Office on 31<sup>st</sup> August, 2025 focusing on three crucial pillars vital to fostering a stronger community: Environment Protection, Anti-Drug Initiatives and Social Harmony.

The event was widely attended by esteemed Councillors from New Shimla and BCS area wards, Presidents/Representative of Resident Welfare Association/Societies (Sectors: 1 to 4), local Representatives/President of Vyapar Mandal, NGOs like the The Voice, Youth Enlightenment Society (YES), etc. and student leaders from St. Bede's, College of Excellence-Sanjauli, NSS, NCC along with retired officers/dignitaries (ex-IAS/HAS, ex-Judiciary, social workers, etc.) .



Specific resource persons were also present, who shared their expertise, sparking thought-provoking discussions. Participants actively contributed with their perspectives and it was resolved that the main issues raised would be placed before the Board of Directors of the Sai Eternal Foundation for actionable implementation. This seminar marks an important step in our ongoing commitment to community development and social wellbeing.

**Education:** Under the Sai Scholarship Scheme, scholarships continued to be awarded to deserving students at various levels of school and college education, reaffirming the organization's commitment to supporting academic excellence and personal growth. In addition to student scholarships, financial assistance was extended to individuals, institutions and self-help groups engaged in meaningful community development. It is hoped that the scholarship recipients will find this support meaningful in motivating them to pursue their education with greater determination and contribute positively as responsible citizens in the future.

**Health and Wellness:** In the health sector, activities included the distribution of spectacles at various locations across the State and 100 stainless steel stools were provided to enhance patient comfort at Indira Gandhi Medical College and Hospital (Snowdon), Shimla.



This initiative aims to improve the facility's infrastructure and create a more convenient environment for patients seeking medical care.

**Disaster and relief:** A cloudburst occurred in Syathi Village (Dharampur, Mandi). In response to this, a team from the Foundation was promptly dispatched to the site to distribute blankets to all affected families in the village and assess their other needs.

The activity of extending financial assistance to underprivileged individuals for medical treatment and to victims of natural disasters continued to be undertaken. The Foundation will continue to reach out as far and wide as possible to provide succour and promote well rounded socio-economic development.

## PROJECTS UNDER IMPLEMENTATION:

The project-wise status for the quarter is as follows:

### 1. Nand-Nagroun Bridge



Concreting of the RCC crash barrier and erection of railing for bridge is completed. Seismic walls on pier caps have also been completed in all respects. Installation of w-beam type crash barrier on left bank approach road and laying of Wet Mix Macadam (WMM) is in progress. The incessant heavy rain delayed the project from the scheduled timeline. The wearing coat and other finishing works for the bridge, along with flexible pavement approach road on left bank is scheduled for completion in the coming quarter.



## 2. Urni Tunnel



The work of retaining walls from CH 295 to 320 stands completed. Excavation and rock breaking at the hillside from CH 250 to 310 and Portal excavation at CH347/342.4 is completed and primary support work (erection of lattice girder, placing of wire mesh, etc.) has been started. Kicker beam steel binding and concrete work has also begun from Rd 347/250.

## 3. Shimla Bulk Water Supply Scheme (BWSS)



### Clariflocculators, Shikrodi

Testing of the internal WTP has commenced, with pumping from the Jackwell to the Cascade Aerator and filling of the Pre-sedimentation tanks. Water testing has been conducted up to the Clariflocculators. The sludge handling system remains to be completed, while structural finishing works are approximately 98% complete. All interconnecting pipelines and valves have been erected and filter media filling is currently in progress.



Instrumentation and SCADA installation is underway and will be tested progressively along with the water system.



At Dwada Pumping Station, civil construction of the clear water tank stands completed and the clear water pump house is also complete, with all pumps, pipelines, valves, electrical panels and cabling installed. Only painting and finishing works remain. Testing of the pumping station is scheduled to commence in the following quarter.



At Dummi Pumping Station, all major and minor works have been completed. This includes the erection and installation of pumps, valves, pipelines



and electrical panels, as well as associated cabling and connections.



#### **Pumping Station, Dummi**

All finishing works, such as structural finishing, painting and minor civil works, have also been completed. With all systems in place and fully installed, the pumping station is now ready to undergo commissioning and operational testing.

#### **4. Slope Stabilization, Ridge, Shimla**

The frame structure of the building has since been completed following hill slope cutting and stabilization.



With ambient temperatures now favorable for construction, site activities have been resumed, allowing for the successful completion of Granite laying on the stairs of the building/complex. The project is progressing as planned and all remaining work is anticipated to be finished by the end of October.

#### **5. Bhang Hydro Power Project (4.8 MW)**

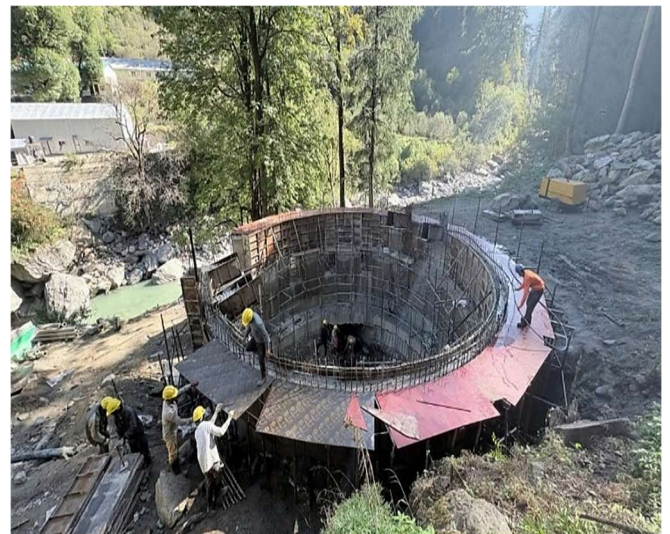
The construction of the Bhang Hydro Electric Project (4.8 MW) is advancing steadily with major structural work underway.

The foundation work of the Power House has been completed and walls and columns has been lifted upto 1st slab level. Excavation work for the penstock is also going on, with approximately 300 metres of the penstock already erected. In the desilting tank area, raft concreting has been completed up to 18 metres and steel binding is in progress for the next 25 metres.

The project, like many areas across the state, bore the brunt of heavy rainfall and cloudbursts in its catchment, which constitute force majeure events and were entirely beyond human control. A time–cost recovery plan is being pursued to offset the overruns.

#### **6. Tauhak Hydro Power Project (2 MW)**

The construction of the Tauhak Small Hydro Electric Project (2 MW) is scheduled for completion by second quarter of 2026. Major progress has been made on-site, including the completion of the Powerhouse Wall concrete up to Beam bottom, binding of steel for the ring beam and Excavation for Machine foundation work is in progress. Out of the total 1621.23 RMT of the 600 mm dia penstock line, excavation for 1021 RMT has been completed and 465RMT has been erected.



Significant headway has also been made in Forebay/D-Tank excavation, which stands at 98% completion and ready for PCC. Material transportation is actively in progress, with 8600 CFT of aggregate being shifted from Barshaini road to the Weir site. A well-structured ropeway system has been established to facilitate material handling. The project is advancing as per schedule with orderly execution of civil and mechanical works. Despite moderate disruption from heavy rainfall and cloudbursts (less severe than Bhang HEP), a recovery plan is in place to address time and cost impacts.

## 7. Water Distribution Project for Shimla City

The Water Distribution Project for Shimla, awarded by Shimla Jal Prabandhan Nigam Limited (SJPNL) to SUEZ India Pvt. Ltd. (Indian branch of SUEZ, France) aims to upgrade the city's water-supply infrastructure. Our Foundation is engaged as the principal sub-contractor for laying pipelines of various diameters to enable efficient distribution across multiple locations.

The project is phased across ten packages. We are presently executing Package-1, comprising three zones: Zone-1 (Craig-Nano), Zone-2 (Mashobra) and Zone-3 (Dhalli).



To date, around 8 km of pipelines of 80 mm, 100 mm and 125 mm diameters have been laid across these zones. Work is being executed with strict adherence to safety and quality protocols with routine joint testing (DPT, UT, Hydro-static Testing, etc.), to ensure durability and system reliability.

This engagement reflects our team's technical capability, execution discipline and commitment to strengthening Shimla's sustainable water-management infrastructure.

## 8. Khalini Flyover

The Foundation recently bid for the construction work of the flyover from Cart Road to Bye-Pass Road in Khalini, Shimla and was declared the Lowest-quoted Bidder (L1). Following this, the Authority issued the Letter of Award (LoA) and survey activities have commenced based on the provided drawings and site conditions. However, challenges remain regarding the Right of Way (ROW), as the required land has not yet been made available by the authority. The initiation of works at

site has been delayed owing to the non-availability of requisite working designs and detailed drawings, which are critical for execution.

## Cell-wise Trainings Report

In pursuit of enhancing staff proficiency and strengthening functional efficiency, various training programs were conducted across multiple cells during the reporting period. These initiatives focused on technical, administrative and operational competencies essential for organizational growth. The programs were designed and delivered through in-house expertise and external professional guidance, ensuring a balanced approach to knowledge development and skill enhancement across departments.

Er. B.S. Chauhan (Director) and Mr. Bharat Thakur (D.G.M.) participated in a certified three-day Training Program on Domestic and International Commercial Arbitration organized by the Indian Council of Arbitration (ICA) at New Delhi. The program covered a comprehensive range of topics such as ADR methods (Mediation and Conciliation), the history and principles of Arbitration, arbitral procedures and interim measures.

An internal audit was conducted in the Finance and Accounts Cell followed by a comprehensive training session focusing on avoiding and improving operational errors, maintaining proper records for tax compliance and incorporating updates related to GST and tax laws. The cell also organized training on CSR activities and record maintenance for statutory compliance.

The Electrical Cell trained personnel working at various hydro and other project sites through online training sessions organized by the Federation of Indian Small Hydropower (FISH). The sessions focused on hydro-electric systems, energy management, maintenance protocols and safety procedures with specialization in the optimal use and maintenance of hydraulic oil systems in hydro power plants. The Electrical Cell also engaged in several practical learning activities at different project sites addressing on-site challenges as per project requirements.

In addition, the Administration and Human Resource Cell organized training sessions on the newly acquired Task Management Module software



along with the technical expert from the software team. Later, smaller cell-wise sessions were conducted to provide individual support and ensure a smooth workflow across the organization.

Collectively, these training initiatives reflect the organization's unwavering commitment to continuous learning, skill enhancement and operational excellence across all functional domains.

### ELECTRICITY GENERATION

Project	Generation during July -September Quarter (Million Units)			
	As per DPR	2023	2024	2025
Shyang	4.53	4.195	4.712	3.92
Tangling	8.38	8.47	7.52	5.63
Marhi	11.04	7.38	10.6	9.51
Toss	22.08	4.21	14.37	8.94
Kareri	4.32	10.04	11	9.51
Simla	9.59	8.28	6.46	6.05
Titang	1.77	0.22	0.18	0.185
<b>Total</b>	<b>61.71</b>	<b>42.795</b>	<b>54.842</b>	<b>43.745</b>

It may be seen that at the overall level, the generation during the quarter under report was 70.89% per cent of the projected generation in the DPR. As compared to the corresponding quarter for 2024, the generation decreased by about 20.23% per cent, which was largely attributable to prolonged heavy rainfall, excessive silt load in rivers, frequent landslides disrupting access roads and damage to electrical infrastructure including collapse of transmission poles/lines and interruption of power supply. These were force majeure events, beyond human control.

### PEARLS OF WISDOM FROM OUR SCRIPTURES:

*आकिञ्चन्ये न मोक्षोऽस्ति किञ्चन्ये नास्ति  
बन्धनम्।*

*किञ्चन्ये चेतरे चैव जन्तुर्जानेन मुच्यते॥*

महाभारत शान्तिपर्व 12-32-5

*दरिद्रता में मोक्ष नहीं और संपन्नता में कोई बन्धन नहीं।*

*किन्तु दरिद्रता हो या संपन्नता, मनुष्य ज्ञान से ही मुक्ति पाता है।*

There is no redemption in poverty and no binding in prosperity.

Whether there is poverty or prosperity, an individual gets liberation by conscience.

*सिंहवत्सर्ववेगेन पतन्त्यर्थे किलार्थिनः॥*

योगवाशिष्ठम् 3.78.6

*जो कार्य संपन्न करना चाहते हैं, वे सिंह की तरह अधिकतम वेग से कार्य पर टूट पड़ते हैं।*

Those who intend to get work done cast themselves on the task with all possible speed, like a lion.

*कल्पयति येन वृत्तिं येन च लोके प्रशस्यते सद्भिः।  
स गुणस्तेन च गुणिना रक्ष्यः संवर्धनीयश्च॥*

हितोपदेश 2.65

*जिस गुण से आजीविका का निर्वाह हो और जिसकी सभी प्रशंसा करते हैं,  
अपने स्वयं के विकास के लिए उस गुण को बचाना और बढ़ावा देना चाहिए।*

The skill that sustains livelihood and which is praised by all should be fostered and protected for your own development.

*प्राता रत्नं प्रातरित्वा दधाति ।*

ऋग्वेद - 1.125.1

*प्रातः काल उठने वाले अच्छा स्वास्थ्य प्राप्त करते हैं।*

An early riser earns good health.

*अमृतत्वस्य तु नाशास्ति वित्तेन ।*

**बृहदारण्यकोपनिषद् 2.4.2**

*धन से अमरत्व प्राप्त नहीं किया जा सकता ।*

Immortality cannot be achieved by wealth.

#### REMEMBERING FOUNDER MEMBER



**DR. VIJAY KUMAR VERMA**  
(25-09-1965 to 10-07-2014)

The Sai Eternal Foundation lost one of its most dedicated Founder Members - Dr. Vijay Kumar Verma in a fatal road accident on 10th July, 2014.

Dr. Vijay was associated with the Foundation right from its inception in the year 1989 when it started functioning from a scratch under the name and style of “Shimla Institute of Engineering and Technology”. Later on, the Institute was renamed as Sai Engineering Foundation (Regd. under the Societies Registration Act XXI of 1860) and later, in 2022 had been converted into a Section-8 Non - Profitable Company, Sai Eternal Foundation which has taken the shape of a pulsating and thriving Organization.

Besides giving free coaching to poor and needy students during his lifetime, Dr. Vijay Kumar Verma rendered voluntary service in Government College, Sanjauli when he was unemployed. He donated blood for more than 25 times.

The Foundation is known for its noble objectives for the welfare of society as a whole and the entire credit goes to brave soldiers like Dr. Vijay, who contributed his best for the sustenance and prosperity of the Foundation without seeking any remuneration or reward. We salute our all such selfless volunteers.

Coming from a humble family background, his initial schooling took place in Government School, Gharwasra. During school, he remained a brilliant and disciplined student and always stood first in class. He pursued Matriculation from a school in Kumarsain, District Shimla and passed with flying colours. He obtained the Degree of Bachelor of Science in 1985, standing first in Government College, Rampur. He completed his Master of

Science from Himachal Pradesh University in 1987 in first division in Mathematics. Thereafter, he completed his Master of Philosophy in Mathematics in 1989, also in first division.

While working in Government College, Sanjauli, he pursued Degree of Doctor of Philosophy in Physical Sciences (Mathematics) from Himachal Pradesh University from 2011 and completed it in 2013. Thereafter, he was posted in Government College, Sanjauli in the year 2013. Finally, in August 2013, he was transferred to Government College, Sunni where he met with the accident on 10.07.2014, in the line of duty.

The Management of the Foundation decided to organize and run a Senior Secondary School in the Himalayan Centre for Human Resource Development, Dharampur, District Mandi, H.P., in the memory of Dr. Vijay Kumar Verma, where free education was proposed to be provided to economically weaker students of considered merit to commemorate the life and morals which Dr. Vijay Kumar Verma upheld all through his illustrious life.

#### From the Founder's Desk



The Foundation publishes a quarterly in-house newsletter “KARMAYOGA” to showcase the activities undertaken during the respective quarter and to celebrate the spirit that guides our work. Our organizational

motto, “परोपकाराय इदम् शरीरम्” finds its true fulfilment through the living practice of Karmayoga which is a revered spiritual path in Hinduism and Buddhism, emphasizes selfless action, mindful detachment and inner awareness. It teaches us to perform our duties without clinging to outcomes or rewards, cultivating equanimity by letting go of personal desires, ego and expectations. In essence, Karmayoga encourages us to focus on the process rather than the product, to be fully present and sincerely engaged in the actions itself, instead of worrying about results. Approached in this way, every action becomes an opportunity to develop balance, compassion and a sense of unity with others. It is not merely about doing good deeds but about nurturing a mindset that regards all work as worship and every contribution as devotion.

We must, therefore, strive to work selflessly, without seeking recognition while remaining detached, mindful and composed. When we apply the principles of Karmayoga to every dimension of life: our professional responsibilities, relationships, spiritual practices and daily routines, we infuse our lives with deeper meaning and a more enduring form of success.

During this quarter, several of our esteemed employees: Shri Hem Singh Thakur (Add. CGM), Shri Sanjeev Kumar Pathania (DGM, Projects), Shri Narender Kumar (DGM, Finance and Accounts), Shri Suresh Kumar Barwal (AGM, Purchase), Shri Vinay Barwal (AGM, Liaisoning), Shri Balbir Singh (PRO) and Smt. Pushpa Devi (Sr. Accountant) concluded their distinguished tenures with the Foundation. Each has served the organization through both challenging and prosperous phases with unwavering dedication and integrity. We extend our heartfelt gratitude for their valuable contributions and faithful service and we record our deep appreciation for the devotion and commitment they have consistently demonstrated.

As a voluntary organization working selflessly for the betterment of society at large, we recognize that meaningful volunteer participation is essential to our mission. In this spirit, the Management has resolved to enroll socially spirited and dedicated individuals and organizations as volunteers to accelerate the realization of the Foundation's noble objectives. In the period ahead, we will work extensively on various focus areas like Environment Preservation, Drug De-Addiction, Social Awareness and Social Harmony, Citizens' Duties, Family Enlightenment, Education, Health, Sports, Disaster Mitigation and Relief Operations and Livelihood Generation, etc. The Foundation also intends to honour individuals and organizations that have rendered extraordinary service for the welfare of society. To carry these initiatives across communities, we will not only engage volunteers directly but also collaborate with other social and cultural organizations aligned with our objectives.

On behalf of the Board of Directors and the Managing Committee of the Foundation, I request all Employees and Members to assist the Management in identifying socially committed individuals and organizations who may be enrolled as volunteers and who will actively participate in the Foundation's welfare and development activities.

Your active support and participation will be invaluable in advancing our shared mission.

Om Sai Ram!

### From the Editor's Desk



It is a matter of satisfaction that resumption of compiling and publishing the "Karmayoga", which is a quarterly in-house newsletter of our foundation, has completed one year and gets into the second year with the presentation of this issue. As would be seen from an overview of the recent issues of the newsletter, the organization seems poised to accelerate the philanthropic activities for meeting the avowed objectives towards overall societal welfare. We would love to hear from our employees about wider possibilities and innovative activities towards achieving larger public good. Such suggestions from one and all are greatly welcome and could be e-mailed to the address: dks1947@gmail.com.

Our organization is facing cut-throat competition in bagging new projects towards enlarging the canvas the organization operates upon. Future expansion of commercial activities will need high level of commitment and devotion to duty towards becoming more competitive. Most of our commercial operations have a very severe constraint of seasonality which, in turn, demands greater effort from each one of us to enhance productivity by being efficient, cutting costs while maintaining quality and delivering project – if not ahead of time than at least on time. Our employees will agree that this expectation of the management deserves to be honoured by putting the best foot forward. We all need to remember that there is always room at the top. Let all of us strive to get there.

**Editor**