



KARMAYOGA

QUARTERLY IN-HOUSE NEWSLETTER OF SAI ETERNAL FOUNDATION

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New Shimla, H.P.

QUOTE FOR THE ISSUE

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥

भगवद् गीता 2.47

तुम्हारा अधिकार केवल कर्म करने में है, उसके फल में कभी नहीं।
कर्मफल की इच्छा मत करो और अकर्म में आसक्त मत हो।

You have the right to perform your duty, but not to the fruits of action.
Do not be motivated by results, nor be attached to inaction.

Photo of the Quarter



प्रकृति रक्षति रक्षितः

QUARTERLY ROUND UP

PHILANTHROPIC ACTIVITIES:

Environment: The Foundation in collaboration with the Shimla Municipal Corporation, Mayor Surinder Chauhan, Councillors of New Shimla and Patiyog, RWAs/Societies (Sectors 1-4), Vyapar Mandal representatives, sanitation workers, taxi operators, local residents and NGOs launched an Environment Protection and Cleanliness Drive on Sunday the 7th December, 2025 in continuation of the "Towards a better Shimla" seminar held on 31st August, 2025. The Foundation provided safety jackets, gloves, masks and disposal bag kits to support participants.



Nearly 100 volunteers collected polythene and plastic from the clogged natural drainage channels as well as dry and wet waste. To appreciate the dedication of everyone involved, lunch was organised by the Foundation, bringing volunteers together and reinforcing the spirit of community involvement. Such drives with larger community participation are proposed to be conducted in the future in the region.



Disaster and Relief: A devastating fire engulfed Village Jhaniyar in Nohanda Panchayat of the Tirthan Valley, Banjar Sub-division, District Kullu (Himachal Pradesh), resulting in widespread destruction of residential houses, animal sheds and local temples.



The incident resulted in significant loss of property.



In response to this tragic event, our representatives from the Foundation were quick to extend support. Our team provided essential relief materials such as Ration Kits, blankets and other basic necessities, free of cost to all the affected families. Information regarding further requirements of these families has also been collected. The Foundation remains committed to supporting communities during disasters and natural calamities, ensuring immediate succour and assistance to those in emergent need.



In response to the widespread devastation caused by heavy rainfall, cloud bursts, landslides and flooding across Himachal Pradesh, the Foundation contributed a sum of Rupees 21,00,000/- (Rupees Twenty-One Lakh) to the Chief Minister's Relief Fund to support relief and rehabilitation action.

Health and Wellness: In the health sector, the Foundation has provided essential items (blankets, stools, three-seater benches, wheelchairs, stretchers, etc.) to 4 Civil Hospitals, 4 Community Health Centres, 7 Primary Health Centres and 33 Sub-Health Centres.



The initiative aims to improve the infrastructure in the health institutions and create a more convenient environment for patients seeking medical care and attendance.

On 5th November, 2025, members of the Sai Eternal Foundation participated in the Sri Sathya Sai Run & Ride for the Spirit of Unity, organized in Shimla to commemorate the 100th Birth Anniversary of Bhagwan Sri Sathya Sai Baba.





Devotion & Service: Commemorative centenary Celebrations of Bhagwan Sri Sathya Sai Baba's birthday on 23rd November were organised with a Blood Donation camp at the Head Office along with chanting of Bhajans in the Foundation's Temple Area.



As part of the day's celebrations, toppers of Dr. Vijay Memorial School, Dharampur (Mandi) and Himalayan Centre for Human Resources Development (Private ITI), Dharampur (Mandi) were felicitated with cash prizes to encourage and reward young achievers. The celebration concluded with a warm and joyful community Bhandara, strengthening unity and togetherness among all present.



Education and Student Welfare: The Foundation continued to donate uniforms, sweaters, blazers, etc. to various students at Government Schools across the State to ensure their health, warmth and comfort.



A competition was held in Vikas Nagar, Shimla on 28th December, 2025 in which children from different age groups actively participated. The competition was organized by the Arising Star Group and was sponsored by the Foundation.



The event included Art and Craft, Dance and Painting to showcase creativity, talent and enthusiasm. The programme was successfully conducted with active participation and encouragement from the local community.

Community Awareness & Social Welfare: The Foundation organized a discussion meeting with local taxi drivers/operators which focused on vital pillars for building a stronger and more responsible community targeting issues like Environment Protection, Anti-Drug Awareness, Social Harmony, etc.

The meeting was one among many pro-active steps initiated to build a cleaner, healthier and more harmonious urban settlement, with several such awareness programs planned in the future.



The Foundation with a continued commitment towards public welfare and community service, has recently donated 80-litre capacity drinking water coolers at key public locations to ensure easy access to safe drinking water for local residents and commuters. These coolers have been installed at places with high daily public footfall, including Bus stand, Sunni chowk, Mansa Mata Temple (Mandhorghat), among other locations.



The initiative has been taken to support the public by providing a reliable and convenient source of clean drinking water. Through such practical, need-based interventions, the Foundation aims to strengthen basic civic support systems and contribute meaningfully to the comfort, health and well-being of the local communities.



Additionally, 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.

DHARTIDHAR: PUBLIC PARTICIPATION AND INTEGRATED DEVELOPMENT

Vision and Long-Term Engagement

Sai Eternal Foundation's charitable initiatives are rooted in a long-term, structured approach to rural transformation rather than isolated welfare interventions. Since 2022, the Foundation has been working intensively in the Dhartidhar region of District Sirmour after adopting 26 Gram Panchayats across Paonta Sahib, Nahan, Tilordhar and Sangrah blocks. This adoption marked a strategic milestone, enabling continuous engagement with farming families, women groups and youth, allowing need-based interventions to be planned on the basis of on-ground surveys, seasonal requirements and socio-economic conditions of the region.

Foundation Years and Capacity Building (2022–2024)

During the initial phase of engagement, emphasis was placed on trust-building, awareness creation and capacity development. Extensive village-level surveys were conducted in 2022 to understand cropping patterns, soil health, livestock resources and livelihood gaps and identifying possible direction of interventions.



Simultaneously, large-scale plantation drives were initiated, leading to the distribution of thousands of fruit-bearing and medicinal plants. These efforts laid the environmental and economic foundation for long-term sustainability while familiarizing communities with the Foundation's integrated development approach.

Expansion of Natural Farming and Farmer Trainings



With groundwork established, the Foundation progressively upscaled its natural farming programme. Regular awareness and training

programmes were conducted in collaboration with KVK Dhaulakuan and the ATMA Project team, focusing on Subhash Palekar's Natural Farming techniques. Farmers were trained in the preparation and application of Jeevamrut, Beejamrut, Ghan Jeevamrut, natural fungicides and botanical insect repellents.



Soil sampling and testing camps were organized, resulting in the collection and analysis of more than 250 soil samples, followed by advisory support to farmers for crop planning and nutrient management. Front Line Demonstrations on turmeric, jimikand (elephant yam), maize, mustard, vegetables, strawberry and improved potato varieties enabled farmers to observe yield and cost benefits directly on their fields.



Indigenous Livestock Promotion as a Livelihood Milestone

Concurrent with crop-based interventions, the Foundation undertook systematic promotion of indigenous cattle breeds such as Sahiwal and Gir. Farmers were supported in procuring cows under government schemes and breed improvement

initiatives through artificial insemination using superior indigenous semen were introduced.



Awareness sessions on balanced cattle nutrition, green fodder cultivation and animal health management were conducted with the support of animal husbandry experts. These interventions resulted in healthy progeny in several villages, strengthening dairy-based livelihoods and preserving indigenous genetic resources by improving farmers' incomes.

Major Developments During 2024–25

The year 2024–25 marked a phase of consolidation and visible outcomes. Plantation activities intensified with the provision of several thousand plants, while seed and input support expanded significantly. Nutrition kitchen garden seed kits were distributed to hundreds of households, alongside turmeric, jimikand (elephant yam), mustard, maize, pea and vegetable seeds. Napier grass cuttings were provided to improve fodder availability, directly benefiting livestock-owning families. Crop buy-back initiatives also emerged as a key milestone, enabling farmers to sell turmeric and maize at remunerative prices through institutional linkages.



Major Developments During 2025–26

The year 2025-26 witnessed a dense sequence of field-level activities reflecting both continuity and scale. On 29th June, 2025, the Foundation actively participated in the “Viksit Krishi Sankalp Abhiyan” conducted from 29th June to 12th July, organizing farmer interactions at multiple locations in coordination with agricultural scientists from KVK Dhaulakuan, animal husbandry experts and ATMA officials. These programmes focused on crop diversification, natural farming and income enhancement strategies.



On 7th and 8th July, 2025, a two-day intensive natural farming training programme was organized with the ATMA Project, during which farmers received structured, practical guidance on natural farming systems, with special sessions addressed by the Director, ATMA Project on the second day. During the same period, multiple consignments of fruit-bearing and medicinal plants were dispatched and distributed across Dhartidhar and Dharampur areas between 10th July and 17th July, 2025, marking it one of the largest plantation logistics exercises of the year.



The year also featured focused field demonstrations and farmer-centric events. Training and demonstration programmes on improved potato

Kufri Neelkanth varieties, turmeric and straw mulching techniques were conducted in villages such as Bhanet and Chandni. Artificial insemination initiatives continued, resulting in improved indigenous cattle progeny in villages like Kudla Kharak and Bhanet.



Women empowerment milestones were achieved with the formation of a new women farmer Self-Help Group at Chiya Mamiyana on 19th November, 2025, supported under the ATMA framework, strengthening collective participation and access to benefits.



Alongside agriculture, the Foundation maintained strong emphasis on health and social security. Free medical and eye check-up camps were organized, providing consultations, medicines and spectacles to hundreds of beneficiaries. Medical equipment was donated to Primary Health Centres and Civil Hospital Dadahu, strengthening rural healthcare infrastructure. Winter relief initiatives resulted in the distribution of over 500 blankets to economically weaker families, ensuring timely support during harsh climatic conditions and reinforcing the Foundation's people-first philosophy.

Education and Skill Development

Education and awareness raising remained integral throughout the year. Entrance examinations were organized at multiple locations in District Sirmaur to facilitate admissions for underprivileged students to Dr. Vijay Memorial Senior Secondary School, Dharampur. Simultaneously, awareness programmes addressing gender equality, social harmony, drug de-addiction and youth engagement through sports and skill development continued across villages, aiming to foster resilient and informed communities capable of sustaining long-term progress.

Way Forward

The charitable initiatives of Sai Eternal Foundation have evolved into a comprehensive rural development model characterized by community involvement, continuity, accountability and measurable outcomes. The milestones achieved over the past few years and particularly during the year 2025, reaffirm the Foundation's commitment to inclusive growth rooted in training, empowerment and sustained field presence. Moving forward, the Foundation remains dedicated to intensifying and deepening these interventions, expanding farmer training programmes, strengthening institutional linkages and ensuring that development remains participatory, sustainable and humane.

ELECTRICITY GENERATION

Project	Generation during October - December Quarter (Million Units)			
	As per DPR	2023	2024	2025
Shyang	2.03	0.527	0.565	0.708
Tangling	5.41	1.57	1.73	1.48
Marhi	8.29	4.7	4.35	4.95
Toss	21.09	14.6	14.86	14.71
Kareri	5.824	3.7	4.52	5.39
Simla	6.94	2.37	2.81	3.12
Titang	1.71	0.12	0.21	0.2
Total	51.294	27.587	29.045	30.558

It may be seen that the generation during the quarter under report was 59.57% per cent of the projected generation in the DPR. As compared to the corresponding quarter for 2024, the generation increased by about 5.21% per cent.

PROJECTS UNDER IMPLEMENTATION:

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

1. Nand-Nagroun Bridge



The deck slab has been completed, with a 25 mm thick layer of mastic asphalt, RCC crash barriers and the erection of bridge railings. The seismic walls on the pier caps have also been completed in all respects. Installation of W-beam type crash barriers on the left bank approach road, along with the laying of Wet Mix Macadam (WMM) has been completed. However, incessant heavy rainfall caused delays to the original project schedule. Now, the wearing coat works of the bridge, as well as the flexible pavement works on the left bank approach road have been completed.

2. Urni Tunnel



On the downstream side, 35 running metres of kicker beam and haunch on both sides, including tie beams have been completed along with all associated reinforcement and concreting works. The erection of 14 lattice girders, along with primary support works from the downstream side has also been completed. Erection of the gantry, steel binding and concreting works for the kicker beam at the upstream side of the artificial tunnel are currently in progress. Excavation of the underground tunnel has progressed up to 6.5 metres from the downstream portal.

3. Shimla Bulk Water Supply Scheme (BWSS)



Water Treatment Plant, Shikrodi

Testing activities from the clariflocculators up to the clear water tanks are currently in progress. Trial (wet) testing has been successfully completed for major WTP components, including the Raw Water Pumping Station-cum-Jackwell, Raw Water Rising Main, Cascade Aerator, Parshall Flume, Raw Water Channel, Inlet-cum-Distribution Chamber, Pre-Sedimentation Tanks, channels from the Pre-Sedimentation Tanks, Drop Chamber at PST, pipeline from the Drop Chamber to the Clariflocculators, Clariflocculators and Flash Mixers.

Dry testing has been completed for the Chemical House, Filter House, motors of the Clear Water Pump House, Sludge Sump, Sludge Thickener, Thickened Sludge Sump and Sludge Pumping Room. Filter media filling has been completed and SCADA integration is currently in progress. Development of internal roads is also underway.

The chlorination disinfection system has been finalized and manufacturing of the system along with construction of the associated building works is in progress. Upon installation of the chlorination system and completion of the thrust blocks between Shikrodi and Dwada, water testing from the Pump House will be initiated, followed by testing of the Rising Main.



Dwada Pumping Station

At the Dwada Pumping Station, all structural, electro-mechanical and finishing works have been completed. Site development works are currently in progress, while slope stabilization works are scheduled for completion soon. Dry testing of the pumps will be carried out upon availability of the electricity supply from SJPNL, followed by full-load testing.



Dummi Pumping Station

At the Dummi Pumping Station, all systems have been installed and are in place. The pumping station is ready for commissioning and operational testing. Dry testing of the pumps will be undertaken upon availability of electricity supply from SJPNL, followed by full-load testing.

Construction works for the Booster Chlorination facility at the Sanjauli location are currently in progress and are expected to be fully functional in the upcoming quarter.

4. Slope Stabilization, Ridge, Shimla

Following hill slope cutting and stabilization, the frame structure of the building has been completed.



With ambient temperatures now favourable for construction, site activities have resumed, enabling the successful completion of granite laying on the building/complex staircases. The project is progressing as planned and all remaining works are anticipated to be completed soon.

5. Bhang Hydro Power Project

Construction of the Bhang Hydroelectric Project (4.8 MW) is progressing steadily, with major structural works currently underway.

Foundation works for the powerhouse have been completed and the walls and columns have been constructed up to the third slab level. Excavation works for the penstock are also in progress, with approximately 1,000 metres of the penstock already erected. Works on the desilting tank and forebay have been completed up to the fourth foundation lift and reinforcement binding is currently in progress for the subsequent lifts, including the bell mouth portion.



The project, similar to other areas across the State, was adversely affected by heavy rainfall and cloudburst events in the catchment area. These events qualify as force majeure and were entirely beyond human control. A time–cost recovery plan is being implemented to mitigate the resulting overruns.

6. Tauhak Hydro Power Project

Significant progress has been achieved at Tauhak Small Hydroelectric Project (2 MW). Erection of dome members, including welding and grinding works, reinforcement binding and machine foundation concrete and steel works has reached approximately 95% completion. Out of the total 1,630 running metres (RMT) of 600 mm diameter penstock, erection of 905 RMT has been completed. Excavation for the remaining penstock alignment is in progress, with approximately 175 RMT yet to be excavated. Raft reinforcement and concreting of the forebay/desilting tank have been completed, while wall reinforcement and shuttering works are currently underway.



Material transportation activities are progressing actively. The weir structure has been completed in all respects. Overall, the project is advancing as per schedule with systematic execution of civil and mechanical works. Additionally, civil works for anchor blocks between Anchor Block No. 25 and Anchor Block No. 15 has been started.

Training & Skill Development Report

During the quarter, several cell-wise training and capacity-building programmes were undertaken to enhance functional efficiency and strengthen institutional capabilities across administrative, technical and development-oriented domains. These initiatives reflect the Foundation's continued emphasis on structured learning and professional upgradation.

On 30th September, 2025 and 6th October, 2025, in-house training sessions were conducted under the guidance of Shri Bharat Thakur. The sessions focused on Administration, Human Resources,

Charity, Information Technology, Secretarial functions and CSR-related activities. Emphasis was laid on documentation, coordination, compliance, systematic reporting and effective management of project-wise activities and charitable initiatives.

To strengthen technical competencies, officials of the Foundation attended specialised training programmes organised by the Federation of Indian Small Hydro Power. On 26th September, 2025, a session on the importance of hydraulic oil systems in hydro power plants and their optimum maintenance was attended, followed by another programme on 23rd October, 2025 covering generator maintenance, best practices, operational do's and don'ts. These trainings contributed to improved understanding of preventive maintenance and operational reliability.



Further, from 14th December to 19th December, 2025, participants nominated from the Foundation attended the Landscape-based Regenerative Resilient Rainfed Ecosystem Development Programme organised by NABARD, Himachal Pradesh Regional Office, Shimla at Jawalamukhi, District Kangra. The programme also included a field visit to Khundian and provided valuable exposure to sustainable agriculture and ecosystem-based development approaches, which will support the Foundation's ongoing rural initiatives.

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

PEARLS OF WISDOM FROM OUR SCRIPTURES:

तस्मादसक्तः सततं कार्यं कर्म समाचर।

असक्तो ह्याचरन्कर्म परमाप्नोति पुरुषः॥

भगवद्गीता 3.19

इसलिए आसक्ति रहित होकर निरंतर अपने कर्तव्य का पालन करो, क्योंकि आसक्ति रहित कर्म करने से मनुष्य परम पद को प्राप्त करता है।

Therefore, perform your duty constantly without attachment, for by working without attachment one attains the Supreme.

**यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः।
हर्षामर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः॥**

भगवद्गीता 12.15

जिससे संसार विचलित नहीं होता और जो संसार से विचलित नहीं होता, जो हर्ष, क्रोध, भय और उद्वेग से मुक्त है: वह मुझे प्रिय है।

He by whom the world is not disturbed and who is not disturbed by the world, who is free from joy, anger, fear and anxiety, he is dear to Me.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत।

**क्षुरस्य धारा निशिता दुरत्यया दुर्ग पथस्तत्कवयो
वदन्ति॥**

कठोपनिषद् 1.3.14

उठो, जागो और श्रेष्ठ गुरु से ज्ञान प्राप्त करो।
आत्मा का मार्ग तलवार की धार के समान कठिन है।

Arise, awake and learn by approaching the great teachers. The path is sharp like a razor and difficult to tread.

From the Founder's Desk



Dear friends,

As you already know, our Foundation was created with one purpose at heart: to serve society quietly, consistently and without expectation. Our mission flows through many streams: strengthening education and value-based learning, extending medical care and health services, protecting the environment and advancing sustainability, supporting social welfare and community

development and standing beside people with relief and support when disasters strike.

At the same time, we have always understood a simple truth: service becomes stronger when it is sustainable. The Foundation is self-sustaining, built on revenue-generating activities that empower us to keep giving, year after year. If we want our social welfare initiatives to grow, we must also ensure that the Foundation remains resilient, financially strong and capable of being a true beacon of hope. With this vision, the Board of Directors has resolved to create enduring revenue streams that will fuel our mission and safeguard the Foundation's long-term viability. In furtherance of this resolve, we aim to commission Gramang HEP by 2027 and Tundah-II HEP by 2028. Alongside this, we have also decided to develop the Foundation as a leader in tourism and wellness, promoting physical, mental and spiritual well-being, while generating revenue that directly strengthens and accelerates our charitable activities.

This journey has not been easy. After a long struggle, the Foundation has begun to succeed in creating reliable revenue streams, an achievement that will meaningfully expand our charitable initiatives in the years ahead. And as we acknowledge this progress, we also recognise something equally important: the dedication of our team. Many of you have worked tirelessly, often beyond your limits, driven by the nobility of this cause. The Board deeply values this commitment and, therefore, has decided to place renewed and focused emphasis on staff welfare.

As we evolve and shape staff welfare schemes, your inputs are essential. We request all staff members to share their suggestions with the HRD Cell at the earliest. Multiple options for staff welfare measures are being explored and your voice will help ensure these measures are meaningful, fair and supportive.

We also recognise that many organisations in society share similar goals, environmental preservation, tackling drug abuse, promoting harmony and social cohesion and supporting spiritual advancement. Yet too often, they work in isolation, which limits their collective impact. The Board has resolved to bridge this gap by bringing such organisations together, so their efforts can multiply, not merely add up.

To make this possible, the Foundation will organise "Chintan Shivir" and interactive sessions to unite

and empower these organisations, foster collaboration and accelerate collective growth. We will actively explore the possibilities of working together, building partnerships that create deeper, wider and more lasting change.

Over the past 36 years, countless individuals have served this mission selflessly, with unwavering dedication. Some of those remarkable souls are no longer with us, but their spirit lives in the values we carry forward. This is the time to honour their memory, to pay tribute to their sacrifices and to offer our “Shraddha Suman” for the lives they devoted to service and the impact they created.

Let us remind ourselves: every step is an opportunity to serve and every moment is a chance to make a difference. Your service brings light into someone’s life, without distinction, without discrimination. Even the smallest effort, done with sincerity, can spark a transformation far beyond what we imagine.

Let us make our Foundation a true hub of compassion, innovation and impact. Let us nurture a culture of empathy, respect and collaboration, where everyone feels valued, supported and inspired to contribute. Together, we can amplify our reach, deepen our outcomes and create a ripple of positive change that travels from our workplaces to our communities, from our state to our nation and beyond.

Let us own this journey. Let us support one another. And let us move forward with unity and purpose, because ultimately, we serve not just an organisation, but humanity itself.

“Vasudhaiva Kutumbakam” — the world is one family.

From the Editor’s Desk



The present issue of Karmayoga newsletter marks a departure from earlier issues in the sense that it devotes much larger space to reporting the philanthropic activities than in the past.

Philanthropic activities have been at the core of actions of the Foundation all along but needed systematic collation to bring these into sharper focus. This is the first step in this direction.

There is a huge space for philanthropic in every activity and sector and small efforts like ours can lead to enhancement of the “Good” that like-minded entities like ours can contribute.

We hope that we will have our hearts and souls towards that objective which means reaching “Parmartha” by “Purushartha”.

Editor

