



KARMAYOGA

QUARTERLY IN-HOUSE NEWSLETTER OF SAI ETERNAL FOUNDATION

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New Shimla, H.P.

QUOTE FOR THE ISSUE

यदा सर्वे प्रमुच्यन्ते कामा येऽस्य हृदि श्रिताः।
अथ मर्त्योऽमृतो भवत्यत्र ब्रह्म समश्नुते॥

कठोपनिषद् 2.3.14

जब मनुष्य के हृदय में स्थित सभी कामनाएँ पूर्णतः समाप्त हो जाती हैं,

तब वह नश्वर मनुष्य अमृतस्वरूप हो जाता है और इसी जीवन में ब्रह्म की प्राप्ति करता है।

When all desires dwelling in the heart are completely released, the mortal becomes immortal and realises Brahman here itself.

Photo of the Quarter



Annual Function of Dr. Vijay Memorial Senior Secondary School, Dharampur, District Mandi.

QUARTERLY ROUND UP

I. PHILANTHROPIC ACTIVITIES:

Environment: During the quarter, Foundation continued its plantation and plant-distribution activities across Himachal Pradesh to support environmental conservation and sustainable development.



With the participation of local residents and young volunteers, these activities encouraged greener surroundings, community stewardship and livelihood opportunities for farmers.

The Foundation distributed medicinal and fruit-bearing plants and saplings at various locations across Himachal Pradesh, encouraging communities to participate in environmental conservation and sustainable development.

In collaboration with the Rajhana, Beolia and Mehli (RBM) Youth and Student Welfare Association, the Youth Enlightenment Society (YES) and local residents, the Foundation organised a cleanliness drive in Beolia. Volunteers collected waste, cleaned public areas and raised awareness of the importance of a clean and healthy environment.



The drive demonstrated the shared commitment of participating organisations and residents to environmental conservation and civic responsibility. The Foundation also arranged lunch for all participants.



Foundation partnered with NCC units across Himachal Pradesh to promote tree planting, environmental conservation and long-term care of plantations. Under the initiative, saplings were planted by the NCC students and are being entrusted to participating NCC units for three years, with cadets responsible for their care, protection and growth.

Plantations have been undertaken at GDC Nahan, GDC Rajgarh, RKMV Shimla, GDC Solan, GDC Bilaspur and locations in Kangra and Chamba, among other participating institutions.



The Foundation will assess plantation survival and growth after one year and recognise NCC units for their performance. At the end of three years, units demonstrating outstanding care and maintenance of the plantations will receive awards.



The initiative emphasises that planting saplings is only the first step. Their survival depends on sustained care

and protection. By involving NCC cadets and recognising plantation maintenance, the Foundation aims to strengthen environmental responsibility among young people.



In Dharampur, District Mandi, approximately 20,000 fruit-bearing and medicinal plants were distributed. Farmers also received Natural Farming booklets and seed kits containing Harad, Baheda, Amla and Moringa seeds to encourage chemical-free cultivation and on-farm biodiversity.

In Shimla, 1,500 quality fruit plants were distributed to local growers to encourage fruit cultivation in suitable areas.

Health: Parivartan Foundation and HelpAge India, in association with the Foundation organised a free Multi-Speciality medical camp on 18th July, 2026 in Phase-3, BCS, Shimla to improve community access and awareness to healthcare services.



Specialists from Sparsh Hospital, including doctors in ENT, orthopaedics and General Medicine, provided free consultations, health check-ups and medical guidance. Members of the local community benefited from access to specialist advice and basic healthcare services. The Foundation supported the camp as part of its continuing efforts to improve access to community healthcare.

Nishkaam Srijan Foundation, in collaboration with IGMC & Hospital, Shimla and the Shimla Municipal Corporation organised a women's medical camp on 20th August, 2026 at Ayushman Arogya Mandir-Shahri Prathmik Swasthya Kendra, New Shimla. The Foundation provided tent and other arrangements for the

medical camp, helping create a sheltered and orderly setting for patients and the medical team.



Pap smear tests were conducted at the camp to support cervical health screening and encourage women to seek timely preventive care. The programme also raised awareness of regular health check-ups and early detection.

Education and Student Welfare: Students of Dr. Vijay Memorial Senior Secondary School, Dharampur, District Mandi, excelled in the Zonal-Level Under-19 Boys' and Girls' Tournaments. The boys secured First positions in Chess, Yoga, March Past, Wrestling, Table Tennis, Solo Song, Group Song and Sanskrit Shloka Recitation.



The girls secured First positions in Yoga, March Past, Wrestling, One-Act Play, Vocal Music and Second positions in Declamation, Folk Dance, Solo Song and Group Song. These achievements reflected the students' dedication and the school's emphasis on holistic development through sports and cultural activities, besides academic excellence.



The school celebrated its Annual Function on 25th September, 2026 with Shri Jamna Singh Thakur as the

Chief Guest, who bestowed prizes to students in recognition of their achievements.



The Foundation extended financial assistance to deserving students to help meet educational expenses and continued to award scholarships under the Sai Scholarship Scheme to meritorious school and college students.

Social Welfare: During the quarter, the Foundation undertook initiatives to strengthen community facilities, support healthcare institutions and provide assistance to economically disadvantaged communities.

The Foundation provided 250 PVC chairs to Gram Panchayat Kotadhar, District Mandi (H.P.), to support public meetings, community gatherings and social functions.



The Foundation provided a voltage stabiliser to Civil Hospital, Sandhol, District Mandi, to protect electrical equipment against voltage fluctuations and support continuity of patient-care services.



The Foundation provided two refrigerators, each with a capacity of 550 litres, to AIMSS, Shimla, to strengthen its institutional facilities.



To promote women's empowerment and livelihood development, the Foundation donated 121 sewing machines (USHA Brand) through the Sri Sathya Sai Tribal Women Healthcare Programme for distribution to Silai Kendras in its adopted villages. The machines are intended to support vocational training, self-employment and additional income opportunities for tribal and rural women.

The Foundation continued to provide financial assistance to underprivileged individuals requiring medical treatment, helping beneficiaries access essential healthcare while reducing the associated financial burden.

II. DHARTIDHAR: PUBLIC PARTICIPATION AND INTEGRATED DEVELOPMENT

Rural Livelihoods: Consultative Meeting at GBPUAT, Pantnagar



Representing the Foundation, Mr. Shubham Sharma, Agriculture Development Officer and Mr. Kuldeep (Coordinator, Dhartidhar) joined Shri Bharat Bhushan (Trustee of BDSN Seva Nyas) at a consultative meeting held at G.B. Pant University of Agriculture and Technology (GBPUAT), Pantnagar, Uttarakhand. Attended by the Vice-Chancellor, university experts and progressive farmers, the meeting examined opportunities to generate local employment and reduce migration. Discussions also covered decentralised food processing,

value addition, reduced post-harvest losses and farmer-led approaches to crop diversification. The interaction informed the Foundation's efforts to strengthen rural enterprise and improve farm incomes.

Soil Health: Scientific Sampling and Capacity Building in Dhartidhar

To promote sustainable agriculture and optimise cultivation costs, the Foundation's field team conducted a soil-health assessment across Dhartidhar project area. Working with local Community Resource Persons (CRPs), the team collected approximately 90 soil samples from farmers' fields for laboratory testing. CRPs received training in representative soil sampling, digital data entry and sample tracking through a dedicated portal, building local capacity for continued soil-health monitoring.

Promoting Indigenous Grains: Kasturi Basmati and Red Rice in Rama Dhaun



The Foundation undertook an indigenous paddy initiative in Rama Dhaun to support agricultural biodiversity and improve farmers' returns. In collaboration with Krishi Vigyan Kendra (KVK), Dhaulakuan, it facilitated the procurement and distribution of planting material for Kasturi Basmati and Red Rice (2795), covering approximately 10 bighas of farmland. The initiative encouraged cultivation of higher-value traditional varieties and helped reduce initial planting-material costs for participating farmers.

Agri-PV Exposure Visit: Introducing Dual-Income Farming Models



The Foundation facilitated the participation of 12 progressive farmers from Dhartidhar in an Agri-Photovoltaic (Agri-PV) awareness workshop at Krishi Vigyan Kendra (KVK), Sirmour organised in

collaboration with the Agriculture Skill Council of India (ASCI), New Delhi. Addressing approximately 50 farmers from the district, Dr. Pankaj Mittal, Head of KVK, explained how agricultural production and solar power generation can coexist on the same land, potentially improving land-use efficiency and providing an additional income source. The programme included a visit to the KVK farm, where participants observed natural farming demonstrations. They also received guidance from Dr. Shiwali Dhiman (Subject Matter Specialist, Plant Pathology) under the conventional farming practices.

The visit introduced farmers to potential applications of renewable energy in agriculture and practical approaches to sustainable cultivation and livelihood diversification.

Plantation Drive 2026–27: Supporting Biodiversity and Rural Livelihoods

The Foundation undertook a large-scale plantation and biodiversity initiative during the 2026–27 season to support ecological restoration and rural livelihoods. Mr. Shubham Sharma, Agriculture Development Officer and Mr. Kuldeep (Coordinator, Dhartidhar) visited specialised nurseries in Saharanpur to inspect planting material and coordinate procurement and transport.



In Dhartidhar, District Sirmaur, approximately 15,000 fruit plants were supplied across 20 Gram Panchayats. Natural Farming booklets and specialised seed kits were also distributed to encourage horticulture, chemical-free cultivation and diversified farm livelihoods.

Free Sewing, Cutting and Tailoring Training Centres for Rural Women



To support women's skills and self-reliance, the Foundation established two free sewing, cutting and

tailoring training centres at Mahila Mandal Bhawan, Purli, Gram Panchayat Bharog Baneri and Gram Panchayat Bhawan, Bhanet Haldwari, Dhartidhar, District Sirmaur.

Each centre has 10 sewing machines and conducts three-month training batches for 10 women and girls at a time. Training covers fabric cutting, stitching and garment making, with the aim of developing skills for self-employment, home-based tailoring and supplementary household income.



The centres will continue to enrol successive batches of interested and eligible women in their respective Gram Panchayats. The Foundation then proposes to move the training equipment to neighbouring Panchayats on a rotational basis to extend access to the programme across the Dhartidhar Project area.

The initiative aims to equip rural women with practical skills that can support confidence, economic participation and opportunities for independent livelihoods.

Natural Farming: Turmeric Demonstration Plots and Geo-Tagging



In collaboration with the ATMA (Agricultural Technology Management Agency) project team, the Foundation established five demonstration plots for turmeric cultivation under Subhash Palekar Natural Farming (SPNF). The plots were geo-tagged to facilitate digital mapping, monitoring and performance tracking.

Farmers received practical guidance on Beejamrit seed treatment, the application of Jeevamrit and Ghanjeevamrit and mulching techniques for conserving moisture and suppressing weeds.

The demonstrations introduced farmers to low-cost indigenous inputs and practical methods of chemical-free turmeric cultivation, with the potential to reduce reliance on purchased inputs.

Fodder Security: Nursery Development and Napier Grass Distribution

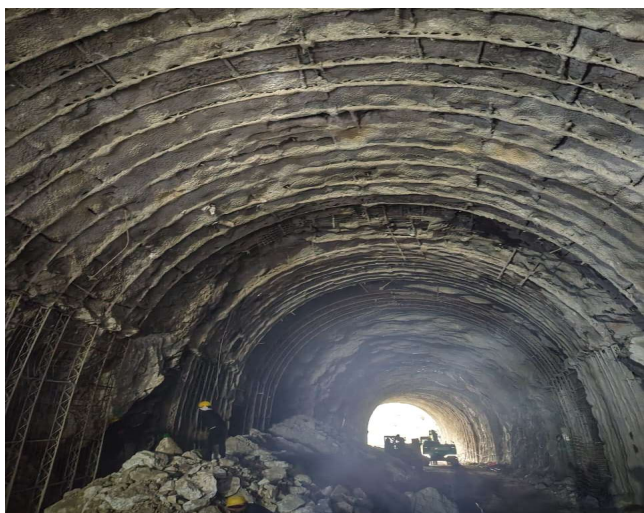


To improve livestock nutrition and reduce feed costs, the Foundation initiated a fodder and nursery development programme in selected villages. Community nursery sites were prepared and farmers received guidance on land levelling, seedbed preparation and healthy plant propagation. Approximately 600 stem cuttings of high-yielding Napier grass (Co-5 variety) were procured from Krishi Vigyan Kendra (KVK) and distributed in Purli, Chiya Mamyana and Dabra. Farmers were also trained to multiply planting material locally. The initiative aims to address seasonal shortages of green fodder and reduce expenditure on livestock feed.

III. PROJECTS UNDER IMPLEMENTATION:

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

1. Urni Tunnel, Kinnaur District.



Following the diversion of traffic back to the steel Bailey bridge, work resumed on the downstream side. The underground tunnel breakthrough was completed

through heading and benching excavation. Preparations were undertaken to shift the gantry to the Rampur side for lining of the artificial tunnel.

In the upstream section, 46 metres of overt lining for the artificial tunnel was completed.

2. Shimla Bulk Water Supply Scheme (BWSS), Shimla District.



Water Treatment Plant, Shikrodi

The project continued to demonstrate satisfactory operational performance. However, during the monsoon, high river silt content caused substantial sediment accumulation in the jackwell. The unreliable 22 kV power supply, compounded by the failure of the HPSEBL transformer at Dwada Pumping Station on 26th July, 2026, posed operational challenges. Frequent power interruptions and pump trips resulted in hydraulic disturbances, including air ingress, non-return valve (NRV) slamming and pressure surges in the rising main.

To address these issues, a revised surge analysis was undertaken, followed by corrective measures comprising the installation of standpipes at Devidhar, Dwada, Dummi and Sanjauli, additional air valves and modifications to selected NRVs. Subsequently, water filling resumed and the system was successfully restored to operation with two pumps running.

The Sanjauli Booster Chlorination Building became operational, while the associated SCADA integration remained in progress and was expected to be completed shortly.

3. Slope Stabilisation, Ridge, Shimla District.



UPVC installation, railing installation, cobblestone laying and funicular foundation works were completed

during the reporting quarter. The project is now ready for inauguration.

4. Bhang Hydro Power Project, Kullu District.



The project completed its prescribed pre-commissioning and commissioning tests covering civil, mechanical, electrical and control systems. The tests were reported to have confirmed compliance with design specifications and applicable standards.

The generating units, auxiliary systems and switchyard equipment underwent dry and wet commissioning, functional checks, protection relay testing and performance trials. The project was reported as commissioned during the quarter.

5. Tauhak Hydro Power Project, Kullu District.



The project's construction works were completed and a 15-day pre-commissioning data trial was in progress at the end of the reporting quarter.

From the Founder's Desk



Dear Members, Former and Serving Employees, Well-Wishers, Socially Spirited Individuals and Fellow Karmayogis,

As we head to celebrate the auspicious festival of Deepawali, I extend my heartfelt greetings and best wishes to each one of you and your

families. May this festival of lights bring happiness, good health, prosperity and renewed inspiration to continue our collective journey of meaningful service to society.

The journey of Sai Eternal Foundation has never been merely about building an organisation or undertaking projects. It has been a journey of shared dreams, collective endeavour, perseverance and above all, an unwavering commitment to the welfare of society. Every milestone achieved by the Foundation carries the imprint of countless individuals who have contributed their time, knowledge, hard work and dedication to its growth. In recognition of this invaluable contribution, the Foundation has planned the Samman Nidhi Samaroh at Dharampur from 1st to 5th November 2026, bringing together former and serving employees, members, well-wishers and fellow Karmayogis in a spirit of gratitude, affection and togetherness.

During this gathering, the Foundation will confer Samman Nidhi and ex-gratia amounts upon eligible former and serving employees, as a heartfelt expression of appreciation for their services and contributions. The Dirgha Sewa Samman will also be presented to serving employees in recognition of their long-standing dedication, loyalty and commitment to the organisation. These gestures are not merely financial acknowledgements or ceremonial honours but symbolise a lasting bond of belonging, mutual respect and gratitude. Those who have served the Foundation remain an inseparable part of its extended family, irrespective of whether they are presently in active service.

The Samman Nidhi Samaroh is, therefore, not simply an occasion to honour the past; it is an opportunity to strengthen our bonds and renew our collective commitment to the future. An important part of the gathering will be a detailed discussion on the proposed participation of individuals, former and serving employees and other interested persons in the implementation of the Janglikh and Tundah Hydroelectric Projects. These initiatives are intended to create opportunities for wider participation in productive economic activities, while strengthening the Foundation's long-term vision of self-reliance and sustainable development. The proposed participation arrangements, their objectives and associated responsibilities will be discussed transparently during the programme.

Over the years, through sustained professional effort, engineering excellence and prudent resource management, the Foundation has progressively developed the capacity to generate its own financial resources for supporting charitable and public welfare activities. This achievement marks an important stage in our journey towards institutional self-sufficiency.

Yet, financial self-reliance alone cannot fulfil the larger purpose for which the Foundation exists. Resources can finance charitable activities, but it is the willingness of compassionate individuals to offer their time, experience, knowledge and personal involvement that gives those activities their true meaning and lasting impact. The effective, efficient and economical implementation of charitable initiatives requires something beyond financial resources — **the spirit of voluntary participation and selfless service.**

It is with this conviction that I make a sincere and heartfelt appeal to all former employees, serving employees, members, well-wishers and socially spirited individuals who believe in the noble aims and objectives of Sai Eternal Foundation.

Come forward once again. Be a part of this collective mission.

Those who have retired from active service possess a wealth of experience, wisdom and institutional knowledge that can continue to guide the younger generation. Our serving employees bring professional competence, enthusiasm and the strength of collective action. Our members, well-wishers and socially conscious individuals can contribute valuable ideas, guidance, expertise and voluntary service. Every contribution matters. Whether through education, healthcare, skill development, community welfare, environmental protection or other charitable initiatives, there is an opportunity for everyone to participate according to their interests, capabilities and availability.

I, therefore, invite all those who wish to associate themselves voluntarily with the Foundation's charitable activities to **register their names during the Dharampur Samman Nidhi Samaroh, from 1st to 5th November 2026.** This will enable the Foundation to identify willing volunteers and involve them meaningfully in suitable initiatives. Let us remember that the true measure of an institution lies not merely in the assets it creates or the revenue it generates, but in the positive difference it makes to human lives.

Our professional achievements provide the means; our commitment to humanity provides the purpose.

The Foundation belongs, in spirit, to everyone who has contributed to its journey and everyone who shares its aspirations. Let us ensure that the bonds forged through years of working together continue to flourish as bonds of lifelong service.

As we gather at Dharampur, let this occasion become more than a reunion or celebration. Let it mark the beginning of a renewed movement of collective responsibility, where experience meets enthusiasm, gratitude inspires commitment and individual efforts unite for the greater good.

I look forward to welcoming you all to the Samman Nidhi Samaroh and to receiving your valuable suggestions, participation and support.

May the light of Deepawali continue to illuminate our path towards self-reliance, compassion, collective progress and selfless service.

Together, we have built an institution; together, let us create an enduring legacy of selfless service to humanity, upholding our guiding philosophy, **‘Paropkaraya Idam Shariram’**. This body is meant for the service of others.

Let us remain Karmayogis; not merely by association with an institution, but through our actions, our commitment and our service to humanity.

With affection, gratitude and warm Deepawali greetings.

~ Er. Raj Kumar Verma

From the Editor's Desk



The first half of the current financial year is over and it has seen successful completion of four diverse projects in hand. Shimla Bulk Water Supply Project is unique in many ways and its completion was a matter of satisfaction for all concerned. The O&M phase has begun and it is hoped that as the demand on the project increases from current level of pumping, it will require a resilient power supply system based on 66 kV supply. The slope stabilisation of the Ridge, Shimla was another challenging project successfully delivered. Bhang Small Hydro Electric Project has started giving its generation to the power supply system of the State. Other projects in hand are apace and will be completed in due time. The efforts of the Foundation in the field of philanthropy and integrated rural development are gathering momentum and diversity as envisaged in the founding ethos of the Company. We hope to hear of some good inputs/suggestions from the managerial and management level staff to demonstrate and prove their engagement in the achievement of avowed objectives.



Editor