



1353 Milton Avenue, Mississauga, Ontario. L5G3C5
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web: my100percent.org
Charitable Registration #814420238RR0001

FALL 2022

My 100 Percent's mission is to relieve the cycle of poverty in developing countries by providing the necessities of life, education and/or shelter to underprivileged children and their families. To ensure 100% of your contributions are sent to those in need, Adarsh & Jeff cover all expenses of the charity as a part of our own donations.

PROJECTS WE SUPPORT

We currently support three programs in South Asia. We are a supporter of the Jhamtse Gatsal Children's Community located in Arunachal Pradesh, India. This Community supports 107 children and young adults in the Monpa region of Northeastern India.

Our second program is the Stay-in-School Nepal education support program for 100 schoolgirls in Eastern Nepal in partnership with two Nepalese NGOs. The Stay-in-School Nepal programs run with the dedicated and tireless work of Arjun Mani Guragain and the volunteer support of his wife Binita Kumari Paudel, who also teaches full time at a public health college.

Our newest program is the Bicycle Loan Program. My 100 Percent purchased 187 bicycles and have loaned the bikes to at-risk students in various schools within Sundar Haraicha municipality in cooperation with the local schools and council. Bike loan programs in other developing countries have proven to be very successful in increasing student attendance at upper elementary and high school levels. The loan program encourages responsibility and independence.



A home visit for one of our newest students.

CURRENT STORIES

Aarti Mehta (b. 2005 – d. 2022)

We have sad news to share with our supporters and network. A second student of ours has died. Aarti Mehta was recently diagnosed with hemophagocytosis lymphohistiocytosis (HLH) which is severe disorder causing immune dysfunction.



Aarti Mehta at school during a happier time last year.

There was a potential treatment available in Kathmandu that could have provided a small chance of survival. Our team in Nepal convinced the family to try although we knew the chances were limited given the advanced stage of the disease. A local ambulance was made available, and the family and our manager started the 10 hour road trip from Ishtari to Kathmandu. Aarti passed away while in the ambulance an hour from Kathmandu. Our thoughts go to the family.

We will miss Aarti and her dedication to her studies.



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We were able to talk with physicians about the disease, treatment, and success rates. We also talked about the additional stresses Aarti was under. Aarti had several conditions including hyperthyroidism and was subject to living with high exposures to pesticides and fertilizers as her family home is in an agricultural field where they grow vegetables using chemical treatments.

The unfortunate fact is that our girls were selected into our program as being the highest in need of support in a very poor region of Nepal. As a result of the poverty, nutrition levels and living conditions our girls are subject to higher risks of infections and trauma that can trigger the onset of other diseases. Medical diagnosis and care come much later than is helpful in this part of the world.

Our concern now moves to our other students who have the same exposures and stresses. We have made an outreach to the local public health unit to determine if testing of the students can be done as an early warning of predisposition. We are also on high alert for school absences should our students get sick.

The daily exposure to chemicals is also a concern in this agricultural region. The possible solutions are moving families away from the fields that absorb high doses of chemicals; better chemical management practices or to move to organic farming. Given that the entire local ecosystem is dependent on farming and day labour, the last solution is a much larger social project that would involve bigger NGOs, local and national governments.

Travel to Nepal

For the first time in three years Jeff will be traveling to Nepal in a couple of weeks to meet with our team of NGOs along with the Nepal Social welfare Council on the success and achievements of our Stay-in-School Nepal program after the first 5 years of the program.

Jeff will also be meeting with the Mayor of Sundar Haraincha Municipality on our Bike Loan program with support from the various teachers and principals at the schools in the area that have students using the bicycles. We hope to convince the Municipality to match our efforts and double the number of bicycles on loan and uplifting the program status within the community.



Support staff preparing the student support packages.

The most exciting part of the trip will be to see all the students again as well as their parents in their homes to emphasize our enduring support to them. All the girls have grown and matured as the program has increased in size. We are planning several celebrations combined with the quarterly handout of support materials for each of the 100 girls.



Students receiving their quarterly school support packages

Stay-in-School Program Reaches Fifth Year

In 2018 we started a unique pilot project with 20 girls in grades 5 to 8 from financially challenged families in the Municipality of Sundar Haraincha. My 100 Percent supported their school needs for a five-year period. This was done with agreement by the parents that they would allow the girls to remain in school and not pressure them to drop out for work or have an under-aged marriage. We have since expanded the program to 100 girls all within the same Municipality.



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Recently 17 of the girls we support wrote their grade 10 regional academic aptitude tests in 6 key subjects. We are pleased to report that all but one passed the tests with an average 2.0 grade point average or a C grade. Four students had a 2.4 to 2.9 GPA or a B grade. All the students in this program had their additional challenges through the pandemic school lock downs over and above what students in Canada felt. Lessons were received via radio during school lockdowns as none of our girls had access to television broadcasts of lessons nor the internet. Given the pandemic circumstances and the additional stresses that our students have in their daily lives we are very pleased with the results.

The higher the scoring the clearer the path for the girls to study any academic stream in Grade 11 and Grade 12 placing them with admission access for post-secondary education in attractive fields of study. This creates the opportunity for a new or follow-on program by My 100 Percent supporters to help the girls with strong academic results in their post-secondary academic pursuits. These deserving candidates clearly do not have the financial means to attend university. After all their hard work and efforts at school denying them the opportunity would be a tragedy for the family and the immediate community of aspiring students.

As such, we intend to launch a post-secondary scholarship program for the candidates. These scholarships will be for each student entering a college or university program of study. These programs can be from 2 years for college to 4 years of study for university. They have an all included cost (tuition, books, room and board) of approximately 200,000 Nepali Rupees per year or about \$2,000 Canadian dollars depending on the program.

We will be approaching you (and others) to commit to supporting one student for up to five years at an annual cost of \$2,000. Should you be interested in helping change a girl's life and the surrounding community as well please reach out to Jeff on this upcoming program.

VOLUNTEER EFFORTS

Hardworking volunteers in Mississauga held the 5th annual Diwali Dhamaal, a fun children-focused festival event after a two-year hiatus. The event was sold out and raised over \$1,000 for My 100 Percent. We thank the organizers Parul Mehta, Rahda Bharania and Alapnan Dulladh for their hard work in making this event so successful.

We would like to reach other potential volunteers to plan new events in the current year. If you are interested, please call or email Adarsh at adarsh@my100percent.org.

DIRECTORS

We have a volunteer Board of Directors that meets periodically to review information, approve the audited financial statements and help plan activities.

- Mark Foley, President, Jhamtse International
- Jeff Jenner, CA, CBV, Executive Vice Chair, Potentia Renewables Inc.
- Adarsh Mehta, MSc, MBA, Vice President, JRC Inc.
- Karen Nixon, CPA, LLB Retired Partner, Ernst & Young Chartered Accountants

DONATIONS

Donations are always welcome. Please check out our website (<http://my100percent.org/donate/>) to assist in processing your donation.

We thank you for your continued support and trust.

Adarsh and Jeff