

SPREAD LOVE

"The World's Finest Word is Action"

Journey of Spread Love and its Achievement at a Glance...!!



GROOMING INDIVIDUAL'S POTENTIAL

NGO REG NO: 69/2020

Gaja Flood's Relief\Rescue Work (Group Activity)

In 2018, “Because of Nature’s manifestations, we lost almost everything during Gaja Cyclone, Just we had a little Hope that someone would come and extend their hands to take care of” This is the comment we heard from old Women during our service. The money you donated paved the way for 12 Families (We Provided Raw materials- Food which lasts for about one month some of our volunteers involved in Rescue works as well) to sustain with food and Shelter, those families will remain all “You Spread Love Members” throughout their lifetime.



GROOM

ENTIAL

Supporting Mr. Vignesh Vijaya Kumar –In Men's Physique

Since from his Childhood Vignesh wants to achieve something big for the nation and he decided to achieve in Body Building, His Father who is a Farmer struggling to help him financially. Vignesh has started working for his dream from 2015 and done Part time Job's to gather money for competition, Gym, Food and so on. His 3 years of savings and Hard work haven't failed. He won Bronze Medal – **Mr. Coimbatore 2018**.

Here Spread Love has extended its Support to Achieve his Dream. Following that, he Achieved 5th Place in **Mr. Tamil Nadu - 2019** held in Salem. Consequently he achieved Silver Medal in Junior Category MFP Classic 2019 Coimbatore. He also Achieved 2nd Place and Title **Mr. Bharathiar University** held in Erode 2019. Following that he achieved many District Level Title's and recently he won **Mr. Coimbatore 2020** organized by Coimbatore District Best Fitness Association. His further dream is to achieve Title Mr. India, Mr. Asia and he is hardly working for it to become real, We Spread Love is happy to help this Individual.



Ms. Subhashini – Supporting Visually Impaired Judo player

In 2019, She Achieved Gold medal for India in Judo - Commonwealth Games held at London on September 2019 in Visually Impaired Category. She practice in normal Sleeping mat with strong determination, We have provided 10 Judo Mats to Practice for International match with her fellow players of Tamil Nadu blind Association, Salem. Subhashini and their team Thanked and felt very Happy for the deed we did.

Her Painful time has gone now, The world may be Dark for her but all you Spread Love members made her a Star that Glitters when the world is Dark. Comment from Subhashini to Spread Love **“This Support from Spread Love member’s at the right Time has made me come out with flying colors”** We acted at the right time as the saying goes **“The World’s finest Word is Action”** Thanks for all Members who helped in making her dream come true.



Ms. Pavithra – Supporting Visually Challenged Aspirant

In 2020, We Spread Love has extended our support to this girl Pavithra based out of Coimbatore. We have provided a Safety Mobile for her. She now completed Computer Course for differently abled people. Spread Love has taken care of some Financial needs of her family, like travelling and so on. We made her believe that Physical Inability is not a problem to achieve something Big.

Even though there is no vision, The only thought she had is to feed her family who are starving for everyday food. Spread Love has given confidence that she can able to lead her family in future. Soon she will be going to Job and she will be taking care of her Family. She felt very Happy, Blessed and wished all spread love members for their Support. Comment from Pavithra to Spread Love **“It doesn’t mean I lost everything if I lost my Vision”** is inspiring to do more.



GROOMI

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Mr. Karthikeyan – Supporting Pole Vaulter

2019, Karthikeyan a Pole Vaulter by Profession is chasing his dream since last 7 years, Spread love has analyzed his hard work and achievements of the Past and extended support to come forward. Recently in Madras University 2019 meet he won Gold Medal for 4.30Meters. And he worked hard for All India Inter-University National Meet 2019-20.

He tried his best in the match but due to his Injury he missed the Medal. He is now eligible to get the Form III Certificate and to apply Government Job's through Sports Quota. Spread Love will continue to support and pray for his speedy recovery to continue his Passion and to drive for greater Heights. Karthikeyan Specially thanked all Spread Love members for the Support.

“The Block of Granite which was an obstacle in the pathway of the weak, became a stepping stone in the pathway of the Strong”



Spread Love 1st Year Celebration in Bangalore Ashram

In 2019, It's a big Victory, it's not Possible without our Team Work and Spread Love member's consistent support towards a common Goal. We Really Thank each one of you from the bottom of heart for being with us. And Special Thanks for volunteers who did ground work to gather Data. To Celebrate this, We gathered in Ashram (Namma Mane-Bangalore) on 15th December 2019 and spent a Day with all girl Children over there.

We provided Panties, Braces, Raw Food Materials, Stationary Materials, Sharing Knowledge, Love and Care. All 40 Kids felt very Happy on getting our Help and support. Spread Love members made them smile for the whole day which is an unforgettable page in our History. Ashram Authorities also Thanked and Wished to All Spread Love Members for doing good Deeds.



Visit for Don Bosco Anbu Illam - Salem

In 2020, The Main Purpose of visiting Ashrams – History will judge us by the difference we make in everyday lives of Children. Playing is so integral to Childhood which keeps them vital and alive, it gives them complete Physical, Mental and Social well-being which is most required, without it life just doesn't taste good. A child who doesn't have Opportunities to play is cut off from Major portion of Childhood this made us to visit Children Ashrams and encouraging them to do so. Currently this Ashram is for the integral development of Marginalized youth who are at risk and who were in need of care and protection. Spread Love visited here on 15th January 2020 This Ashram is not within city limits to reach frequently, Children here are not aware of sports and any other Indoor\Outdoor Games, they have only seen most of the games in Common Television. We provided Sports Kits for all 40 Kids and made them aware of all the games We played along with them and made them smile. And Spread Love is so Thankful to the Volunteers who involved in making this happen that day.



Supporting Malaival Makkal Ashram - Salem

In 2020, This visit is similar one as above here Spread Love has taken part and provided Hand made Gift materials on memory of Spread Love following that we have given Sports Kits for all Children On 23rd February 2020. We felt very happy in doing this. We played, We Shared, We Entertained, We Appreciated, We did much more. All we have seen is ample smile and Happiness in them. There's no words to explain such moments.

“Every Happy Moment Created for a Child is another Treasure of a Life time”



In 2020, Covid Relief Activities

The Novel Coronavirus COVID-19 is haunting each and every soul in India. The Government of India is providing it's at most efforts to safeguard us and protect us against this deadly disease. It's an important duty to help the labours, roadside people who is suffering a lot because of this lock down. The most importantly "SUPER HEROS" the policemen, the cleaners who are serving for us while we are inside home. The Team Spread Love is very proud to lend hands to support and help the needy. The Spread Love Activities from April 1 to April 30,

1. Lots of daily labours are staying home for safety due to the attack of this deadly disease. But food and other daily needs is a very big struggle for them. So the team decided to provide food and daily amenities for around **300 people in Vadodara Gujarat for 2 days.**



2. There are millions of people without home and during this lockdown it's very hard for them and Team provided Food and water for around **450 people in Salem** in areas like Periyar Street, Eswaran Kovil, Palace theatre roads, Mulvadi gate and Lee bazaar. Provided provisions for **16 families** near Ammapet and Swaminathapuram.



INDIVIDUAL'S POTENTIAL

3. Spread love members thanked and gave fruits and biscuits to front-line workers in the districts of **Viruthunagar**. Visited old age home & ashram, provided provisions for 15 days. Below shows the count of family and areas, we helped during this crisis in Viruthunagar district



Areas in Viruthunagar	Count
Alambati	30
Krishnakovil	20
Solakarai, Athumaadu, Varalotti, Pandiyanagar, Muthalnagar, Solakovundapatti	50
Total	100

4. Spread Love team supported around 15 families in **Sivakasi** by providing basic amenities like rice,daal,oil etc., to them



5. Visited places in **Thiruvannamalai** district and gave daily amenities for around 67 families and also near **Vanthavasi** hills by providing provisions for 15 days for 44 migrants.



6. Below shows the count of families we supported in **Coimbatore** District through Spread Love.



Areas in Coimbatore	Count
KNPalaiyam, Sundarapalaiyam, NambialaganPalaiyam, Veerakeranpalaiyam	58
Souripalayam(Near Peelamedu),	12
Thaliyur Panchayat Health Care Worker Families	45
Narasipuram Panchayat	78
Total	193

7. Provided daily provisions for 3 families in **Trichy** district

8. Supported 10 Families by providing kit in Thiruvaramanallur in **Thiruvavarur** district



9. In order to thank and support the cleaning workers, with the help of police support, Provided food for around 120 Cleaning labours in **Tirunelveli** district. Provided 500 masks for Police and Commoners. Running the family will be difficult for differently abled and single parents because we know it's a crucial situation for them. Extended the hand for around 35 poor families, differently abled and single parents in VK puram and also provided provisions for 25 families in mannur in the same district.



LEAD
LIVE

DUAL'S POTENTIAL

10. In this lockdown period, the lack of basic needs will make daily wages even more down. Spread love members provided food essentials for around 50 families in **Gobichettipalayam** Erode district.



11. Spread love provided provisions for in and around people in Chennai, whose daily job was to sell toys in the highway, Transgender and Migrants. We approached, identified the need and served the purpose. Below shows the count of family and areas, we helped during this crisis in **Chennai** district.

Areas in Chennai	Count
Tondiarpet	25
Tambaram	15
Vyasarpadi	25(Transgender)
Chengalpattu	25
Total	90



11. Supported 50 Families by providing kit in Alagapuri, Vennambatti, Athihalli, Annasavaram, Erangadu in **Dharamapuri** district



13. The Real Heroes who are suffering in the hot sun for making the people staying inside home and The Angels Who are cleaning the roads, bus stands & hospitals, acting as shield for us against this deadly disease. Spread love members thanked and gave them, fruits and biscuits for those Super heroes in **Pollachi**.



SPREAD

A very Heartfelt Thanks to Spread Love members, Volunteers and outside donors who constantly supported us and special thanks to spread love volunteers who came up initiated and helped people even in this alarming situation. With the Love you provided we could able to help around **655 Families and 600 homeless people** throughout this month. Keep supporting us and let's stand together throughout this situation and let's spread love.

GROOMING INDIVIDUAL'S POTENTIAL

In 2021, Launched **Virtual fundraising** to a Visually Impaired Aspirant, currently working in a company, we made a small change in his life. This Lift has given him few opportunities to shine on his own. One of the best success stories from Spread love Diary.



Mr. Raj Kannan MA., B.Ed.,

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VIRTUAL FUNDRAISING
for a
VISUALLY IMPAIRED ASPIRANT

DO IT

For A Cause & Human Value

Be The One In Changing Life Of A Visually Impaired

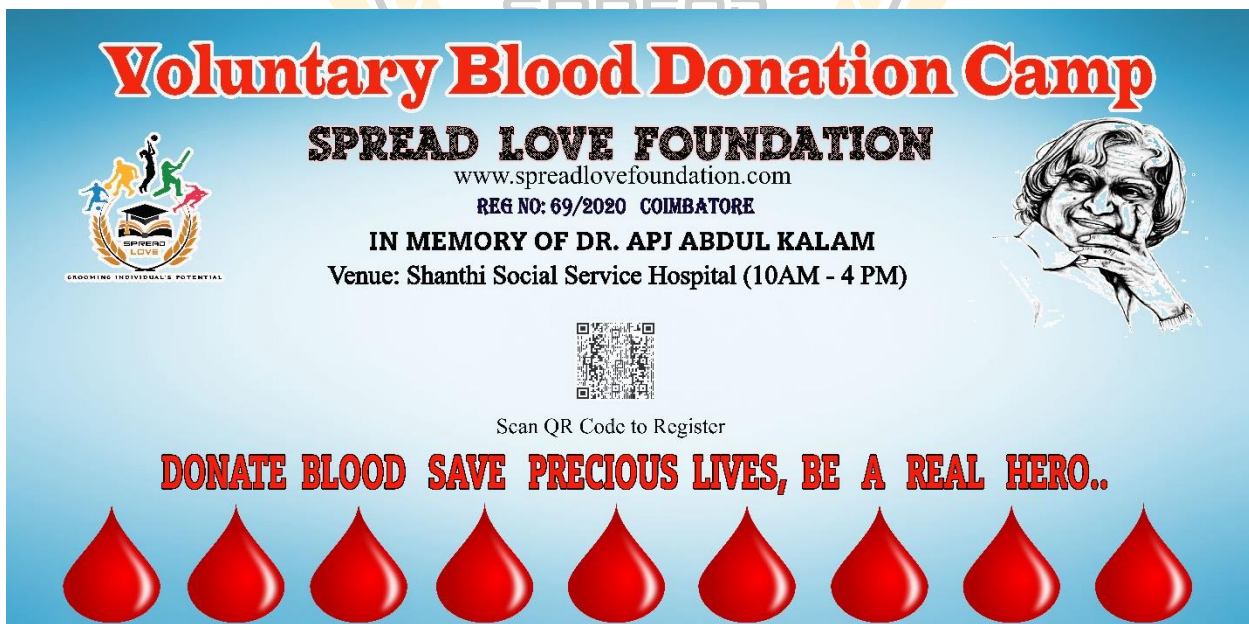
Starts With A Minimum Of **Rs. 49 /-**

How To Donate ?
Direct Donation | Participation In Event

Siva Suryan : 95979 42002
Kathir : 96779 17712

Unite in Humanity

In 2021, Spread Love has Organized a **Blood Donation camp** within city limits of Coimbatore.



Voluntary Blood Donation Camp

SPREAD LOVE FOUNDATION
www.spreadlovefoundation.com
REG NO: 69/2020 COIMBATORE

IN MEMORY OF DR. APJ ABDUL KALAM
Venue: Shanthi Social Service Hospital (10AM - 4 PM)

Scan QR Code to Register

DONATE BLOOD SAVE PRECIOUS LIVES, BE A REAL HERO..

Many Volunteers have joined us in doing this noble cause. From the same day Spreadlove has gathered all willing volunteers to an **Online Blood Donation group** to address the immediate Blood needs within specific locations, & the group was successful even today will many volunteers sharing blood requests and matching with the Donors.



SPREAD LOVE



TIAL

In 2021, Spreading **Fitness Awareness** and its importance among people in form of Events.

"Strive For Progress"

SPREAD LOVE FOR FIT INDIA

For The Great Cause Of 'Grooming Individual's Potential' For Fit India Movement

WORKOUT

Complete The Workout In 'SINGLE SET' Either On '14th Or 15th Aug 2021'

SHARE YOUR ACTIVITY VIA

@SpreadLove2030
Spread Love Foundation

ACTIVITY	BEGINNER	INTERMEDIATE	EXPERT
PUSHUP	20 Reps	30 Reps	40 Reps

Winners In Each Category Based On Below Criteria

Form & Technique

CONTACT DETAILS

8220955354
9597942002

REG NO : 69/2020

REGISTRATION FEE: Rs. 50 /-Only

For Registration & Details
www.spreadlovefoundation.com

Last Date: 30th July 2021

#spreadlovefitnesschallenge #spreadloveforfitindia #fitindiahitindia

Spread Love Foundation

Workout For Life

Fitness For Life

In 2021, Creating **Awareness on Road Safety** among Public by conducting Online Events and encouraging them to Follow Rules & Road Safety Procedures.

We have received around 25+ designs from people few were shared as posters to Local Traffic Police and few were printed & Pasted in main Roads of Coimbatore Town.

Spread Love
Proudly Prompt

NATIONAL ROAD SAFETY AWARENESS MONTH 2021

[From 18-01-2021 To 17-02-2021]

show off your
Creativity
Designing Skill
to create an attractive poster

We conducting a Poster Designing Event for road safety & awareness among the youth

REG NO : 69/2020

If you're a
Young Aspiring
DESIGNER
This is a
PERFECT TIME
for you

Registration
Free

Love Safety

In 2022, **Green Kalam Initiative**, was started in memory of Dr. APJ Abdul Kalam & World Student's Day, Organizing Green Kalam Campaign in local Schools. For planting Saplings we did it with a joint venture with JCI Coimbatore and one more NGO which provides Saplings.



In 2023, **Pedal for Planet, Kashmir to kanyakumari**

Ride was undertaken from Spread Love Foundation from Kashmir to Kanyakumari. To save planet Earth and engaging with people to identify various key problems for **Ride for Planet Earth**.



In 2023, Supporting for Child Education in below Poverty line.

As a part of SpreadLove Foundation's vision & mission supporting education along with Sports to deserving children is one of the Goals. SpreadLove Foundation and Team has considered this challenge and actively seeking volunteers towards the same. In this journey A couple Mr.Gokul Kannan & Mrs.Kalaiselvi are two kind hearts supported through our Spreadlove Foundation in uplifting these two child's education for a Year.



In 2023, Planting a Sapling at home Event was done, this was conducted to increase awareness on ongoing crisis of Deforestation and wildlife extinction. Small Saplings are given to school students to plant in their homes. This in turn gives them small awareness on importance of other lives.



In 2024, 11,000 kilometers Ride was undertaken as an initiative from Spreadlove Foundation to tackle, support and spread awareness on Climate Crisis. To Educate Young Youths of the nation about **Climate Action** & crisis. Spread Love Foundation is sticking with one of the Global Agenda in sustainable Developments. **1 Crore+** young minds covered.

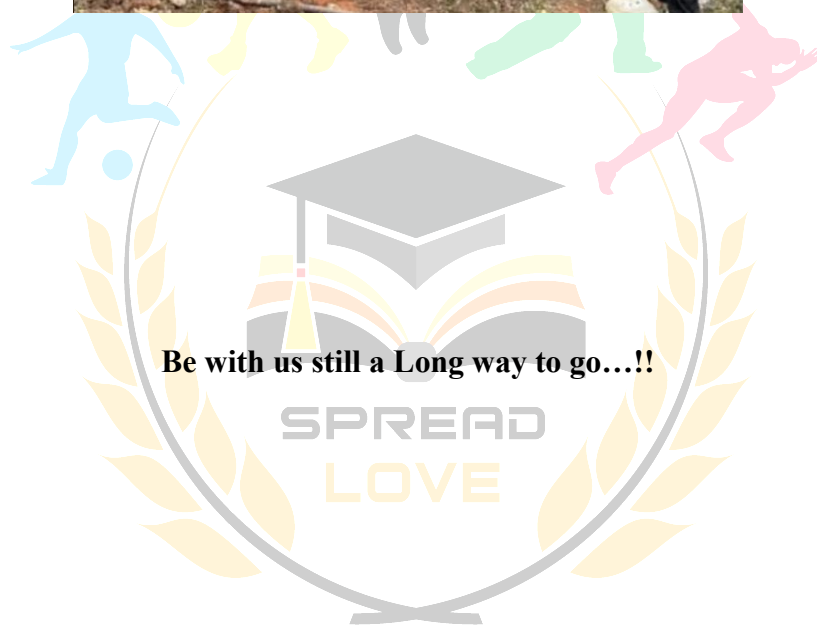


In 2024, **Wayanad Rescue Activities** were carried out from spread love volunteers by involving in on field support and rescue operations. Provided basic amenities like food & clothing to many people who lost their loved ones due to this natural Disaster. Most of the spread love Volunteers has involved in donating one day meal and basic lifesaving Kits to the victims. More than 100+ victims are covered from Spread Love Foundation.



In 2024, In joint venture with Eco Watch foundation and Thaliyur Panchayat our Spread Love foundation is engaging in **Enhancing Biodiversity** by planting native trees in prespective of improving local environments and small species nearby. It is one of the parts of our future conservation efforts.

GROOMING INDIVIDUAL'S POTENTIAL



Be with us still a Long way to go...!!

**SPREAD
LOVE**

GROOMING INDIVIDUAL'S POTENTIAL