

Greetings from I Play I Learn!

Our eNewsletter for the month of August is here! Here at I Play I Learn the program objective is to promote and motivate self expression, exploration and experimentation to blossom child's innate talent. The play equipments and learning aids are specially designed to accelerate the developmental process.

Event of August : Independence Day

It is that time of the year again when every Indian citizen's heart fills with happiness, pride and patriotism. On 15th Aug '10, India celebrated its 63rd Independence Day.

The Day of Indian Independence is a day of celebration for every Indian to mark our chivalrous victory over the British who ruled our country for a long time. It is to this success that every Indian stands up with pride and salutes our National Flag to celebrate the day.

I Play I Learn Centres in the East conducted a wide range of cultural programs in honor of our Independence Day. Each Centre has celebrated the day, by paying homage to our brave national heroes, Flag Hoisting and candle lighting followed by different activities like cultural program organized by our young citizensof I Play I Learn.



Centre Snaps



IPIL Purnadas Road, Gariahat Centre, Kolkata- Ph. 9330630228,24661729



IPIL Salt Lake AC Block Centre, Kolkata-Ph. 9331871157,40041847



IPIL Ramkrishnanagar Garia Centre, 9038975850,32943167



IPIL Lalpur Centre, Ranchi- Ph.09279501097,0651-2218247



IPIL Survey Park Centre, Kolkata- Ph.9007206559,65365088



IPIL Andul Road Centre, Howrah-Ph. 9007443322,9330158595



IPIL Chapra, Bihar - Ph.09852583443,0615-2245322



IPIL Kankarbagh Centre, Patna-Ph.09386922161,



IPIL Old Town Centre, Bhubaneswar, Orissa-Ph. 09337729302,0674-3296055



IPIL Dibrugarh, Assam-Ph.09678004672



IPIL Boring Road Centre, Patna-Ph.0612-3219084



IPIL Behala Centre, Kolkata - Ph. 990342234

Digha (Patna, Bihar)

Bhagalpur (Bihar)

Gorakhpur (U.P.)

Opening Shortly

CHILD NUTRITION

A healthy diet helps children to grow and learn. It also helps to prevent obesity and weight-related diseases, such as diabetes etc. The following guidelines will help you give your child a nutritious diet:

- 🍌 Offer five servings of fruits and vegetables a day
- 🍌 Choose healthy sources of protein, such as lean meat, nuts and eggs
- 🍌 Serve whole-grain breads and cereals because they are high in fiber
- 🍌 Boil, grill or steam foods instead of frying them
- 🍌 Limit fast food and junk food
- 🍌 Offer water and milk instead of sugary fruit drinks and sodas

Parents should also learn about your children's nutrient requirements.

As the requirement for nutrients (iron and calcium), change with your child's age.

HEALTH TIPS :

- 🍌 Eat a variety of food.
- 🍌 Limit the amount of added sugar in your child's diet.
- 🍌 Cook with less oil.
- 🍌 Involve your child in planning and preparing meals.
- 🍌 Serve snacks twice a day and three meals.

