## LCIT GROUP OF INSTITUTIONS

Engineering | Commerce & Science | Public School | MBA | Pharmacy | LAW | Blooming Buds











## LCIT PUBLIC SCHOOL

(Affiliated to CBSE, Affiliation No. 3330224)

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## Students' Activities





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# LCIT Blooming Buds

### PLAY GROUP TO CLASS - II



VAISHALINAGAR, PHASE-II, SRIKANT VERMA MARG BILASPUR (C.G.) 495001

### WHYCHOOSEUS?

- ★ ACTIVITY BASED LEARNING
- HAND-ON LEARNING/ EXPERIENTIAL LEARNING
- CHILD FRIENDLY AND JOYFUL ENVIRONMENT
- 🕶 CHILD CENTRED ACTIVITIES AND FIELD TRIPS 🥗



Transport Facility
Available



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+919516900123



## Students' Activities





free, low glycaemic index and a range of nutritional benefits. Regular consumption of millets can lower the risk of diabetes and obesity, improve cholesterol levels and reduce the risk of cardiovascular disease. They are good for the environment with low water and input requirement.

### 1st Installment

ClassesVI to XII : 21st to 30th April



It is commonly called Jowar in India. The largest sorghum-producing states in India are Maharashtra and Karnataka. It is rich in carbohydrates. It contains protein, fat, calcium, iron.





### Proso Millet (Chena / Barri)

It is also called broom corn millet. The largest proso millet producing states in India are Madhya Pradesh, Eastren Uttar Pradesh, Bihar, Tamil Nadu, Andra Pradesh, Maharashtra and Karnataka. It is a rich source of calcium & carbohydrate. It contains dietary fibre, protein and fat.



Classes Nur. to K.G.II: 1st to 10th July
Classes I to V : 11th to 20th July
Classes V to XII : 21st to 30th July



Rajasthan is the largest producer of Foxtail Millet. It is rich source of iron & vitamin B12.



The common name for finger millet in India is ragi. Ragi is considered one of the most nutritious cereals. It is an excellant source of natural calcium. It is mostly grown in Karnataka, Andra Pradesh, Tamil Nadu, Odisha and Maharashtra.

Ragi's flakes are mostly used in baby food.

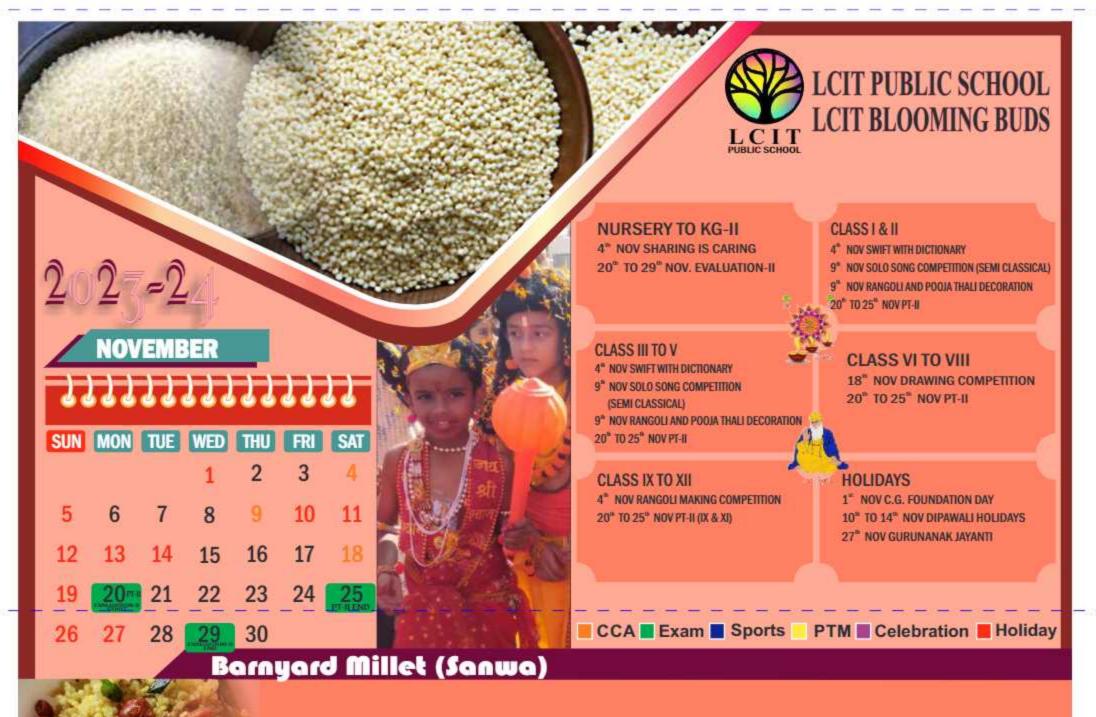




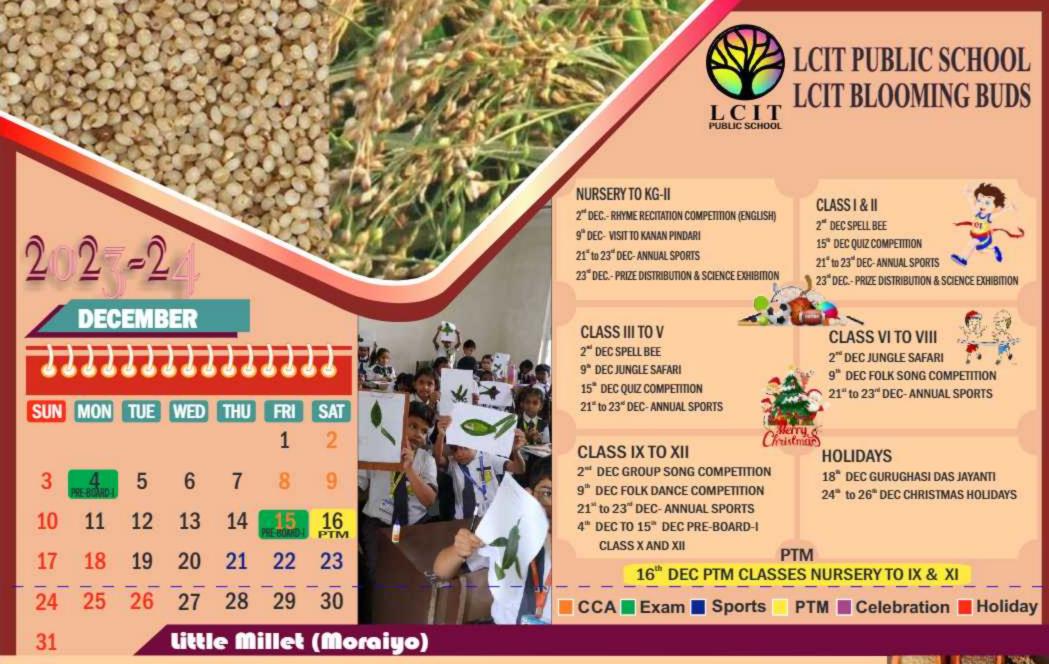
This millets is mostly grown in Karanataka and Andhra Pradesh. The unique quality of the millets is that it can be grown even in less fertile soil. It is an amazing replacement of rice. It is the power house of nutrients.

3rd Installment

Classes Nur. to K.G II: 1st to 10th oct. Classes I to V : 11th to 20th oct. Classes VI to XII : 21st to 30th oct.



It is commonly known as "Sanwa rice". It grows naturally in Uttarakhand. It is a great source of protein, carbohydrate and fibre.



Little millet is one of the smallest millet but not 'little' in nutrition. It is called as kutki in Hindi. It is a traditional crop of India and grown throughout the country. This type of millet is usually found in the Eastern Ghats in India. It is a good source of antioxidants.







It is also known as kuttu in India and is frequently consumed during the Navratra fasting period. It lowers the blood pressure and is diabetic-friendly. It is beneficial for cardiovascular health.

#### 4th Installment

Classes Nur. to K.G II: 1st to 10th Jan. Classes I to V : 11th to 20th Jan. ClassesVI to XII : 21st to 30th Jan.



Amaranth also known as Rajgira. It is a great source of protein and dietary fiber. It is an excellent balanced diet. It contains a lot of calcium, vitamins and other nutrients.





It is known as cow grass. It is a drought - tolerant annual plant. It is the powerhouse of fiber, protein, vitamins and minerals.