



RBSK



**Paalan**  
**1000**

A happier beginning for  
a brighter future

# Let your baby's future be bright, Paalan 1000 is every baby's right.

## 6 simple formulas for developing your infant's mind

### Formula no. 1



Lots of pamper,  
love and care,  
mental development  
also gets its share.

### Formula no. 3



Let your baby walk, run,  
play and dance,  
well-being and curiosity  
it will enhance.

### Formula no. 2



Let your time for  
breastfeeding.  
Also be a time for loving.

### Formula no. 4



Counting, songs,  
shapes and comparisons.  
Awaken the baby's  
knowledge and  
understandings.

### Formula no. 5



Read a story page by page,  
ignite your baby's  
imagination and language.

### Formula no. 6



Live your life stress-free,  
make your baby sharp  
and full of glee.



Give your baby a beautiful childhood.  
To guarantee a bright future of your  
baby, follow Paalan 1000 methods today.

80% of the baby's mental development happens in the first  
1000 days of life. Hence, Paalan 1000 formulas are for the most  
important time of the infant's mental development

### During this time



Give a lot of love



Play together



Talk



Tell stories



Sing songs



Stay stress-free

For more information, contact ASHA or download the app.