

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SCHOOL BRANCH
OLD SECRETARIAT: DELHI-110054**

No. F. DE.23 (548)Sch.Br./2018/ 1667

Dated: 29.11.18

CIRCULAR

Sub:- Reducing the Weight of School Bags in Primary and Secondary Schools.

In continuation to circular No. F.DE.23(548)/Sch.Br./2016/1846 dated 27.10.2016 and as per guidelines of MHRD the weight of school bags for students is to be reduced.

Heavy school bags are a serious threat to the health and wellbeing of the school students. The heavy school bag has a severe, adverse physical affect on the growing children which can cause damage to their vertebral column and knees. Moreover, in the schools which are functioning in double/multi storey buildings, the children have to climb the stairs with heavy School Bags which further aggravates the problem. It also causes anxiety in them.

The load of School Bag is increased by bringing textbooks, guides, homework/classwork notebooks, rough work notebooks, water bottles, lunch box, sometimes heavy school bags also. Therefore, clear-cut guidelines for reducing weight of School Bags are required.

All the schools running under Directorate of Education have to follow the textbooks prescribed by the SCERT, NCERT & CBSE. The number of textbooks in different classes should not exceed the number prescribed by the above said statutory bodies. The Head of schools and teachers should frame a well designed time table for each class so that children do not have to carry too many books or notebooks to the school each day. Reading library books and participation in Games, Sports, Art & Culture and other creative and co-curricular activities for holistic development of students must be encouraged.

Three textbooks have been prescribed for classes I & II i.e. Hindi, English & Mathematics. There shall not be any homework for these classes as circular already issued vide No.DE/10/Nur.Br./Misc./2017/Vol-II/137 dated 14.09.2018. As per the prescribed curriculum, six textbooks have been prescribed for classes VI to X i.e. three textbooks for three languages and one for Maths, Science & Social Studies each. There shall be one notebook for each subject for exercises, projects, Unit Test, experiments etc. which the students need to bring as per timetable. Students should not be asked to bring additional books, extra materials to the school and the weight of the School Bag should not exceed the following limit:-

S.No.	Class	Weight of School Bag
1.	I & II	1.5 Kg
2.	III to V	2 -.3 Kg
3.	VI & VII	4 Kg
4.	VIII & IX	4.5 Kg
5.	X	5 Kg

S. Jain

- Inform the students in advance about the books and notebooks to be brought to the school on a particular day. The school must frequently check the School Bag to ensure that the students are not carrying heavy bags with unnecessary material.
- Inform the students and parents regarding appropriate kind of School Bags i.e. which have less weight and broad straps for symmetrical distribution of weight. The students should always use both straps for carrying the School Bags and should not sling the bag over one shoulder. The students should keep the bag down while waiting for the school conveyance or in the school assembly.
- The schools/parents must ensure that students carry books only according to the time table. Students should be encouraged to repack their bags on daily basis and avoid carrying unnecessary articles, textbooks that are not needed.
- Head of Schools should counsel the parents and teachers about the health issues arising out of the children carrying heavy School Bags. Schools should not prescribe additional/supplementary books that are costly and designed in a pedagogically unsound manner.
- The school should provide safe drinking water so as to avoid carrying of drinking water bottles by students from their home.

This issues with approval of the Competent Authority.

L. Jain
29.11.18

Addl. DE (School)

All Heads of Govt., Govt. Aided & Unaided Recognized Schools under Directorate of Education through DEL-E

No. F. DE.23 (548)/Sch.Br./2018/ 1667
Copy to :-

Dated: 29/11/18

1. PPS to Secretary (Education).
2. PS to Director (Education).
3. All RDEs/DDEs (District/Zone)/DEOs to ensure compliance.
4. System Analyst (MIS) for uploading on website.
5. Guard file.

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29/11/18
DDE (School)