



School Bag Policy 2020

Why in News

The Directorate of Education has issued a circular asking schools to follow the new '**School Bag Policy, 2020**' released by the **National Council of Educational Research and Training (NCERT)**.

Key Points

▪ The Circular:

- School teachers should inform the students in advance about the books and notebooks to be brought to school on a particular day and frequently check their bags to **ensure that they are not carrying unnecessary material**.
- It is the duty and the responsibility of the school management to provide **quality potable water in sufficient quantities** to all the students in the school so that they do not need to carry water bottles from their homes.

▪ About the School Bag Policy 2020:

- It **lays down the guidelines on homework and weight of school bags** for classes I to XII.
 - **School bags** should **not be more than 10% of the bodyweight of students** across classes I to X and there should be **no bags in pre-primary students**.
 - It recommends **no homework up to class II** and a maximum of two hours per week for classes III to V, one hour a day for classes VI to VIII and two hours a day for classes IX and above.
- The Policy will **also require schools to introduce infrastructural changes** as students will not be able to carry many books daily.
 - The schools **need to provide lockers** right from preschool to senior secondary to enable children to leave books in school and carry home only what is required.
- It adds that the **teachers** should take the **responsibility of checking the weight** of school bags of the students **every three months on a day selected for the whole class** and any information about heavy bags should be **communicated to the parents**.
- It adds that files and **thin/light exercise** books should be preferred to **thick/heavy ones**.

▪ Problems of heavy school bags:

- The heavy school bag has **severe/adverse physical effects on growing children** which can cause damage to their **vertebral column** and **knees**.
- A heavy backpack can pull on the neck muscles contributing to headache, shoulder pain, lower back pain and neck and arm pain.
- The **posture of the body** also gets affected to a great extent which in the long term develops imbalances in the body and **affects the health of the nervous system**.

NCERT

- It is an **autonomous organization under the Ministry of Education (MoE)** which is

responsible for:

- Ensuring **qualitative improvement in school education** by undertaking and promoting research in areas related to school education.
- **Prepare and publish model textbooks**, supplementary material.
- Develop and **disseminate innovative educational techniques** and practices.
- Act as a **nodal agency** for achieving the goals of **Universalization of Elementary Education**.

[Source:TH](#)

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