

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

No. DE.23 (548)/Sch.Br./2014/ 1524

Dated: 17/9/14

Circular

Sub: Guidelines for reducing the weight of school bags for children.

In continuation to this office circular No. F.DE.23 (548)/Sch.Br./13/556-558 dated 06.05.2014 on the above cited subject. It is once again reiterated that suggestions are given by committee of Directorate of Education to reduce the burden of school bags on children.

It has been observed that school children are carrying very heavy bags to school which is affecting their health adversely. These small children need to be necessarily spared from such burden. All the HOSs are instructed to ensure that the school bag of the children is not heavy and should monitor it on regular basis.

The Heads of all schools under jurisdiction of Directorate of Education are directed to follow the measures mentioned below which would help in reducing the weight of school bags.

1. The school Principals & teachers should frame a well designed time-table for each section of the class so that children do not have to carry too many books or note-books to the school each day and also ensure that the co-curricular activity periods are held along with the other periods on daily basis thereby having an equitable distribution of weight of school bags.
2. The student should be discouraged from bringing reference books and other books to school especially in senior classes.
3. Parents should remind and guide their children to pack the school bag daily accordingly to the time table and bring only the prescribed books and discourage their ward from carrying unnecessary items to the school
4. Staggered home work schedule should be planned.
5. Sensitization of teachers and parents should be done to create awareness of the potential problem of heavy school bags and to make them aware of the health issues which can arise due to heavy weight of school bags.
6. The school should teach correct lifting and carrying techniques as part of their health education programmes and encourage pupils to take responsibility for health and back care.

7. Parents should be requested to buy a child friendly bag which is comfortable to use light in weight. It needs to be reinforced at every level i.e. Principal, Faculty Heads, Teachers and Parents.

All District DDEs are also requested to ensure the same and do the needful.


Dr.(Mrs.) Sunita K. Kaushik
Addl.D.E. (School)


All HOSs of Govt. / Govt. Aided/recognized unaided schools through DEL-E

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Copy to:-

1. PS to Principal Secretary(Education)
2. PS to Director(Education)
3. All RDEs
4. ✓ OS(IT) to Please paste it on the Website
5. Guard File.


(Usha Rani)
A.D.E. (School)


18/9/14
