

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

No. F. DE.23 (548)/Sch.Br./2016/1846

Dated: 27-10-16

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./2014/1524 dated 17.09.2014 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 bags of the children are 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 should be held along with the other periods on daily basis thereby having an equitable distribution of weight of school bags.
2. The students 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.

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6. The School should teach correct lifting and carrying techniques as part of their health education programmes and encourage pupils to take responsibility to 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.

**Encl: Earlier Circulars,**

*[Signature]*  
27/10/16

(DR. (MRS.) SUNITA KAUSHIK  
ADDL. DIRECTOR OF EDUCATION (SCHOOL)

**All HOSs of Govt./Govt. Aided/Recognized Unaided Schools through DEL-E**

No. F. DE.23 (548)/Sch.Br./2016/ 1846

Dated: 27-10-16

Copy to:-

1. PS to Principal Secretary (Education).
2. PS to Director (Education).
3. All RDEs/DDE (District/Zone)/DEOs.
4. OS (IT) to please paste it on the website.
5. Guard file.

*[Signature]*  
27/10/16

(USHA SAINI)  
DDE (SCHOOL)

**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.

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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.

  
16/9/14  
Dr.(Mrs.) Sunita K. Kaushik  
Addl.D.E. (School)


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

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

Dated: 17/9/14

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.

  
16/9/14  
(Usha Rani)  
A.D.E. (School)

  
18/9/14

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

No. DE.23(548)/Sch.Br.13/556-558

Dated: 06/05/2014

C I R C U L A R

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

This is in reference to Public grievances under CPGRAMS vide case no. GNCTD/E/2012/00059 dated 27.01.2012 received on 1.08.2013 regarding burden of school bags on children.

In this connection a committee was formed by Directorate of Education to bring out some measures which would help in reducing the weight of school bags. Following suggestions have been given.

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. 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.
3. 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.
4. 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.
5. The student should be discouraged from bringing reference books and other books to school specially in senior classes.
6. 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.
7. Staggered home work schedule should be planned.

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.

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

*Sunita*  
6/5/14

( DR.(MRS.) SUNITA KAUSHIK )  
ADDL. D.E. (SCHOOL)

All Heads of Govt./Govt. Aided/ Recognised unaided schools through Del-E

No. DE.23(399)/Sch.Br./ 556-558

Dated: 06/05/2014

Copy to:-

1. PS to Pr. 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*  
6/5/14

(USHA RANI)  
ADE (SCHOOL)