



**REDUCTION OF THE WEIGHT OF SCHOOL BAG**

Heavier school bags are known to have adverse effects on health of growing children and if such bags are used for a prolonged period, the impact may well be irreversible, Young children whose spine is at a crucial stage of growth are the most susceptible ones to hazards such as back pain, muscle pain, shoulder pain, fatigue and in extreme cases the distortion of spinal cord or shoulders that may most plausibly be attributed to heavy school bags.

**Suggestions for Class Teachers**

- Class Teachers must exhort students to abide strictly by the timetable and relate the adverse effects of fatigue caused due to heavy bags on their day to day performance in class. This is to be done by integrating this knowledge across scholastic or co-scholastic areas or by sharing it during school assemblies. The theme such as *Adverse Effects of Heavy School Bags* may be included in various activities and functions conducted in school.
- Students must be encouraged to repack their bags on daily basis and to avoid carrying unnecessary articles, textbooks, workbooks that are not needed.
- Class Teachers must check school bags randomly to ensure the proper weight of school bags. This will have deterrent effect for future.
- Class Teachers must ensure the adequate supply of potable and safe drinking water for everybody and counsel students not to bring heavy water bottles to school. This will be possible if all the teachers including Principal consume the same water that is consumed by their students. Regular quality checks of water are to be ensured.
- VPL / HM (Sr) / HM (Pr) should design weekly timetable in such a way that minimum number of textbooks and workbooks are required each day. It should be evenly spread over to the entire week. Teachers must take extra care to preclude the possibility of carrying large number of books/workbooks, atlas, drawing board etc. or other articles by students.
- Students may not carry extra pair of sportswear throughout the day rather they may be allowed to wear it for the entire day.
- Timetable could have separate provision for students to complete their assignments/projects during the school hours under direct supervision of teachers.
- It is reiterated once again that all the tasks related to projects and activities must be done as group activities during the school hours. It must not be prescribed as home work as it leads to getting the school bag bigger.
- Textbooks for Classes I-VII, apart from their academic worth, must be light weighted. Schools must not prescribe too many additional and supplementary textbooks which are at times voluminous, costly and designed in a pedagogically unsound manner. Kindly see the guidelines issued by CSSE in this regard. Textbooks and workbooks must not be hard bound.
- There must not be any homework assigned to students of Classes I-II and they must carry their school bag very light.

**Asha Prabhakar**  
(Principal)

स्वच्छ भारत  
एक कदम स्वच्छता की ओर

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