

Circular No.17 /2025-26

Date : 01 May, 2025

Dear Parents,

Warm greetings!

We at Bal Bharati Public School remain committed to nurturing the holistic development of our students and ensuring their physical and emotional well-being. As part of this commitment and in accordance with the School Bag Policy 2020 issued by the Ministry of Education, we are taking active steps to address the increasing weight of school bags, especially among students of Class VI.

It is important to note that excessively heavy school bags can have serious health implications on growing children. Medical experts and educational guidelines highlight that carrying a heavy bag over a prolonged period may cause long-term harm to a child's musculoskeletal health. Children in this age group are at a critical stage of physical growth, making them particularly vulnerable to back pain, neck and shoulder strain, fatigue, and in severe cases, deformities in the spine or posture.

As per the School Bag Policy 2020, the weight of the school bag should not exceed 10% of the student's body weight. However, our observations show that in many cases, this limit is being exceeded.

A. **KEY OBSERVATIONS**

Heaviness of NCERT Textbooks:

- The NCERT books for Science, Mathematics, and Social Science are significantly heavy.
- The new combined Social Science textbook, which earlier was split into three separate books, adds considerable weight to the school bag.

Non-Compliance with Timetable:

It has been observed that many students **carry textbooks and notebooks for all subjects**, regardless of the day's timetable. In addition, some students also bring **novels or storybooks** to read during free periods or while traveling in the school bus. These practices significantly increase the overall weight of the school bag and must be discouraged.

Extra and Fancy Items:

- Students often bring fancy, oversized pencil boxes filled with excess stationery and other non-essential items.
- Similarly, large tiffin boxes, 1-litre water bottles, and trolley bags further add to the burden.

B. **RECOMMENDATIONS FOR PARENTS**

We request your support in implementing the following practical measures:

Regarding Textbooks and Notebooks:

- Kindly arrange to split the NCERT textbooks for Science, Mathematics, and Social Science into two separate parts, and get them bound individually as follows during the Summer Break

SUBJECT	PART I	PART II
Social Science	<ul style="list-style-type: none"> • Introduction why social science • Theme A – India and the world : Land And the people • Theme B- Tapestry of the past. (From Pg No 1- 104) 	<ul style="list-style-type: none"> • Theme C – our cultural heritage and knowledge traditions • Theme D – Governance and Democracy • Theme E – Economic life around us (From Pg No 105 - 218)
Science	<ul style="list-style-type: none"> • Chapter 1- The wonderful world of Science • Chapter 2 – Diversity in the living world • Chapter 3- Mindful Eating • Chapter 4 – Exploring Magnets • Chapter 5 – Measurement of length and motion • Chapter 6 – Materials around us. (From Pg No 1- 122) 	<ul style="list-style-type: none"> • Chapter 7- Temperature and its measurement • Chapter 8- A journey through states of water • Chapter 9- Methods of separation in everyday life • Chapter 10- Living creatures: exploring their characteristics • Chapter 11- Nature's Treasures • Chapter12- Beyond Earth (From Pg No 123- 252)

Mathematics	<ul style="list-style-type: none"> Chapter 1 – Patterns in Mathematics Chapter 2 – Lines and Angles Chapter 3- Number Play Chapter 4- Data Handling and Presentation Chapter 5 – Prime Time (From Pg No 1- 129) 	<ul style="list-style-type: none"> Chapter 6- Perimeter and area Chapter 7- Fractions Chapter 8- Playing with constructions Chapter 9- Symmetry Chapter 10- The other side of zero (From Pg No 130- 272)
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- This will enable the students to carry the relevant portion only and will reduce the bag weight considerably. (P.S Annexure I to check the bag weight with the current weight of the consolidated books).
- The English textbook is not required to be brought to school, as the soft copy of the book is available with teachers and will be displayed via the smart board during lessons.

Packing According to Timetable:

- Ensure that your child packs their bag strictly as per the daily class timetable.
- Surprise bag checks will be conducted by class teachers to verify compliance. If a student is found carrying unnecessary books or items, a note will be sent to the parent via the school almanac.
- We encourage daily parental supervision in helping students pack their bags appropriately.

Stationery and Daily Use Items:

- Students must carry a simple pouch containing only two pens (not exceeding ₹20 each) and essential stationery.
- Kindly avoid sending fancy or heavy pencil boxes.
- A compact lunch box and a 500 ml water bottle are recommended. Students can refill bottles from the school's safe and potable water facilities.

Bag Selection:

Trolley bags are not advisable, as the bag's own weight is substantially high. A lightweight, ergonomic backpack is recommended instead. The parents are requested to replace the trolley bags with normal backpack during the Summer Break.

The school and parents share the responsibility of safeguarding our children's health and learning environment. We are confident that you will support this initiative wholeheartedly and work alongside us to cultivate mindful, healthy, and organized habits among our students.

Let us work together to lighten the load – both physical and mental – for our children.

Asha Prabhakar

Asha Prabhakar
(Principal)

Distribution

VPL, HMs
Class Broadcast Groups Staff,
Website I/C

Enclosed:

- Class VI subject-wise and day-wise bag weight chart
- Reference: School Bag Policy 2020 (Ministry of Education)
<https://ncert.nic.in/pdf/Final%20School%20Bag%20Policy%202020.pdf>





TIMETABLE FOR CLASSES VI (2025-26)

VI A

VI A	I	II	III	IV	V	VI	VII	VIII	IX	No of Notebooks @ 150 gms	School Almanac @ 154 gms	Total Bag Weight (kg)
MON	HINDI	S. Sc.	ENGLISH	SCIENCE	MATHS	HINDI	P Arts	P Arts	GK	5		
	342	625	356	674	745		-	-	-	750	154	3.646
TUES	MATHS	SANSKRIT	SCIENCE	HINDI	S. Sc.	MATHS	SCIENCE	ENGLISH	FINE ARTS	6		
	745	300	674	342	625			356	300	900	154	4.396
WED	MATHS	LIBRARY	ENGLISH	S. Sc.	SCIENCE	SCIENCE	FINE ARTS	HINDI	SANSKRIT	6		
	745		356	625	674		300	342	300	900	154	4.396
THU	SCIENCE	HINDI	LIBRARY	AI/IT	AI/IT	SANSKRIT	ENGLISH	MATHS	S. Sc.	6		
	674	342	-	388		300	356	745	625	900	154	4.484
FRI	ENGLISH	MATHS	HINDI	SCIENCE	S. Sc.	PHE/SWIM.	PHE/SWIM.	BAL SABHA	BAL SABHA	5		
	356	745	342	674	625	-	-	-	-	750	154	3.646

VI B

VI B	I	II	III	IV	V	VI	VII	VIII	IX	No of Notebooks @ 150 gms	School Almanac @ 154 gms	Total Bag Weight (kg)
MON	HINDI	HINDI	MATHS	IT(Th)	S. Sc.	SCIENCE	P Arts	P Arts	ENGLISH	6		
	342	-	745	388	625	674	-	-	356	900	154	4.184
TUES	SANSKRIT	ENGLISH	Fin. Lit.	HINDI	S. Sc.	SCIENCE	MATHS	GK	ENGLISH	6		
	300	356	-	342	625	674	745	-	-	900	154	4.096
WED	MATHS	LIBRARY	ENGLISH	S. Sc.	SCIENCE	SCIENCE	FINE ARTS	HINDI	SANSKRIT	7		
	745	-	356	625	674	-	300	342	300	1050	154	4.546
THU	ENGLISH	S. Sc.	SANSKRIT	MATHS	HINDI	SCIENCE	AI/IT	AI/IT	MATHS	6		
	356	625	300	745	342	674	388	-	-	900	154	4.484
FRI	MATHS	S. Sc.	HINDI	ENGLISH	SCIENCE	PHE/SWIM.	PHE/SWIM.	BAL SABHA	BAL SABHA	5		
	745	625	342	356	674	-	-	-	-	750	154	3.646



TIMETABLE FOR CLASSES VI (2025-26)

VI C

VI C	I	II	III	IV	V	VI	VII	VIII	IX	No of Notebooks @ 150 gms	School Almanac @ 154 gms	Total Bag Weight (kg)
MON	HINDI	ENGLISH	P Arts	P Arts	S. Sc.	MATHS	AI/IT	AI/IT	SCIENCE	6		
	342	356	-	-	625	745	388	-	674	900	154	4.184
TUES	S. Sc.	MATHS	SCIENCE	ENGLISH	SANSKRIT	ENGLISH	HINDI	GK	Fin. Lit.	6		
	625	745	674	356	300	-	342	-	-	900	154	4.096
WED	SCIENCE	SCIENCE	ENGLISH	S. Sc.	LIBRARY	HINDI	SANSKRIT	HINDI	MATHS	6		
	674	-	356	625	-	342	300	-	745	900	154	4.096
THU	SCIENCE	MATHS	ENGLISH	S. Sc.	LIBRARY	HINDI	SANSKRIT	HINDI	MATHS	6		
	674	745	356	625	-		300	342	-	900	154	4.096
FRI	MATHS	S. Sc.	HINDI	SCIENCE	FINE ARTS	IT(Th)	ENGLISH	BAL SABHA	BAL SABHA	7		
	745	625	342	674	300	388	356			1050	154	434

VI D

VI D	I	II	III	IV	V	VI	VII	VIII	IX	No of Notebooks @ 150 gms	School Almanac @ 154 gms	Total Bag Weight (kg)
MON	SANSKRIT	HINDI	P Arts	P Arts	MATHS	S. Sc.	ENGLISH	SCIENCE	IT(Th)	7		
	300	342	-	-	745	625	356	674	388	1050	154	4.634
TUES	MATHS	MATHS	ENGLISH	SANSKRIT	S. Sc.	GK	FINE ARTS	SCIENCE	HINDI	7		
	745	-	356	300	625	-	300	674	342	1050	154	4.546
WED	MATHS	Fin. Lit.	HINDI	HINDI	ENGLISH	SCIENCE	SCIENCE	ENGLISH	S. Sc.	5		
	745	-	342	-	356	674	-	-	625	750	154	3.646
THU	AI/IT	AI/IT	S. Sc.	MATHS	SCIENCE	ENGLISH	PHE/SWIM.	PHE/SWIM.	HINDI	6		
	388	-	625	745	674	356	-	-	342	900	154	4.184
FRI	S. Sc.	SCIENCE	MATHS	HINDI	SANSKRIT	ENGLISH	LIBRARY	BAL SABHA	BAL SABHA	6		
	625	674	745	342	300	356	-	-	-	900	154	4.096



TIMETABLE FOR CLASSES VI (2025-26)

VI E												
VI E	I	II	III	IV	V	VI	VII	VIII	IX	No of Notebooks @ 150 gms	School Almanac @ 154 gms	Total Bag Weight (kg)
MON	ENGLISH	SANSKRIT	IT(Th)	S. Sc.	ENGLISH	FINE ARTS	SCIENCE	MATHS	HINDI	7		
	356	300	388	625	356	300	674	745	342	1050	154	4.934
TUES	SANSKRIT	S. Sc.	SCIENCE	MATHS	ENGLISH	GK	PHE/SWIM.	PHE/SWIM.	HINDI	6		
	300	625	674	745	356	-	-	-	342	900	154	4.096
WED	AI/IT	AI/IT	HINDI	SCIENCE	ENGLISH	SANSKRIT	SCIENCE	MATHS	S. Sc.	7		
	388	388	342	674	356	300	674	745	625	1050	154	4.634
THU	Fin. Lit.	S. Sc.	HINDI	SCIENCE	ENGLISH	MATHS	MATHS	LIBRARY	HINDI	7		
	-	625	342	674	356	745	745	-	342	1050	154	3.946
FRI	MATHS	S. Sc.	ENGLISH	HINDI	P Arts	P Arts	SCIENCE	BAL SABHA	BAL SABHA	5		
	745	625	356	342	-	-	674	-	-	750	154	3.646

BOOKWISE WEIGHT FOR REFERENCE

S.NO	SUBJECT	WEIGHT (Gms)
1	SOCIAL SCIENCE	625
2	MATHEMATICS	745
3	SCIENCE	674
4	ENGLISH LITERATURE	356
5	ENGLISH LANGUAGE	400
6	HINDI	342
7	HINDI GRAMMAR	400
8	SANSKRIT	300
9	AI/IT	388
10	FINE ARTS	300
11	NOTEBOOK	150
12	SCHOOL ALMANAC	154

Please Note:

On any given day, the student will bring only one book for English and Hindi — either Literature or Grammar.