

# Nagaland Board of School Education Kohima

NOTIFICATION NO. 55/2021  
Dated Kohima, the 19<sup>th</sup> July 2021

NO.NBE-8/Ad-Misc(10)/2021-22:: It is hereby notified for the information of the Heads of Registered Institutions that the Ministry of Human Resource Development, Department of School Education & Literacy, Government of India has directed State Boards to adopt the new **School Bag Policy, 2020** formulated by the National Council of Educational Research and Training (NCERT), which states that the school bag weight for students should weigh 10% of their body weight.

Heavy School Bags are a serious threat to the health and wellbeing of the students. It has a severe, adverse physical effect on the 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. Not just this, carrying backpacks over one shoulder is a wrong practice as it makes muscles strain. The spine leans to the opposite side, stressing the middle back, ribs, and lower back more on one side than the other and this muscle imbalance can cause muscle strain, muscle spasm, and back pain.

Heavy school bags are also one of the major reasons for cervical and lumbar pains. 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. It also causes anxiety in them. Moreover, in the schools which are functioning in multi-storeyed buildings, the children have to climb the steps with heavy School Bags, which further aggravate the problem and health consequences. This heavy load is caused by the fact that the children bring textbooks, guides, homework notebooks, rough work notebooks etc., to the classroom every day. Therefore, clear Guidelines of what school items to be brought every day must be clearly outlined.

The weight of the school bags, as per the policy, should be:

- **1.6 to 2.2 kg for students of Classes I and II**
- **1.7 to 2.5 kg for Classes III, IV and V**
- **2 to 3 kg for Classes VI and VII**
- **2.5 to 4 kg for Class VIII**
- **2.5 to 4.5 kg for Classes IX and X**
- **3.5 to 5 kg for Classes XI and XII**

Following are some measures, which are to be adopted by the schools, to address the problem of heavy school bag:

1. 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.
2. In order to reduce the weight of the school bag, it is the duty and the responsibility of the school management to provide quality potable water in sufficient quantity to all the students in the school so that they do not need to carry water bottles from their homes.
3. 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.
4. School Bag Awareness Programme needs to be held in the beginning of every academic session, wherein parents and students get orientation on this issue.

5. Files and thin/light exercise books should be preferred to thick/heavy ones.
6. Sharing of textbooks among peers may be promoted so that children sitting together need not carry all the textbooks everyday.
7. To ensure that optimal weights of school bags are followed, school must have a digital weighing machine to ascertain the weight of the bag.
8. *Children with Special Needs (CWSN)* can be provided double set of textbooks through book banks in schools.
9. Lockers in classes may be installed for students with disabilities for storing and retrieving books and other items.
10. In line with the **National Education Policy (NEP), 2020**:
  - Students of Classes VI to VIII will have a fun course that gives a survey and hands-on experience of *a sampling of important vocational crafts*, such as carpentry, electric work, metal work, gardening, pottery making, etc.
  - A 10-day bagless period should be organized for all students of Classes VI to VIII, where they *intern with local vocational experts* such as carpenters, gardeners, potters, artists, etc.
  - Similar internship opportunities to *learn vocational subjects* must be made available to students throughout Classes VI to XII, including holiday periods. Vocational courses through online mode can also be made available.Bagless days will be encouraged throughout the year for various types of enrichment activities involving arts, quizzes, sports and vocational crafts.

Along with slashing the weight for school bags, the policy also suggests:

- No homework up to class II.
- For Classes III, IV and V, homework hours should be limited to 2 hours per week.
- For Classes VI, VII and VIII, a maximum of 1 hour per day.
- From Classes IX to XII, 2 hours per day should be allocated for homework.

The policy suggests that the homework given must suit the individual interests of students. In other words, teachers should create 'interesting homework'.

Therefore, all Heads of Institutions are requested to take note of the above points and take necessary action in the interests of the students.

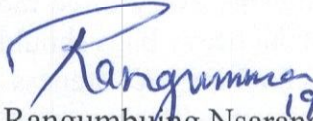
Sd/- Asano Sekhose  
**Chairman**

NO.NBE-8/Ad-Misc(10)/2021-22/952

Dated Kohima, the 19<sup>th</sup> July 2021

Copy to:

1. The Special Secretary to the Government of Nagaland, Department of School Education & SCERT, Nagaland, Kohima for information.
2. The Mission Director, Samagra Shiksha, Nagaland, Kohima for information.
3. The Principal Director, School Education, Nagaland, Kohima for information.
4. The Heads of Registered Institutions under NBSE for information and necessary action.

  
( Rangumbing Nsarangbe )  
**Secretary**