

No. A.45011/1/2021 -EDN
GOVERNMENT OF MIZORAM
SCHOOL EDUCATION DEPARTMENT
NEW SECRETARIAT BUILDING, MIZORAM NEW CAPITAL COMPLEX
KHATLA, AIZAWL, MIZORAM - 796001

Dated Aizawl, the 30th April, 2021

NOTIFICATION

NO. A.45011/1/2021 -EDN: In compliance of the Judgment & Order of the Hon'ble High Court dated 19.5.2018. of WP NO.25680 of 2017 and in pursuance of the instruction of the Ministry of Human Resource Development vide D.O letter No.1-4/2018-IS-3, dated 5.10.2018, the competent authority is pleased to notify '**The Guidelines to reduce the weight of school-bag**'. Therefore, all the schools under School Education Department are hereby directed to strictly comply with the following guidelines.

Introduction:

Heavy School bags are a serious threat to the health and well being of the students. It has a severe, adverse physical effect on the growing children which can cause damage to their vertebral column and knees. Psychologically, it can also causes anxiety. Moreover, in the schools which are functioning in multi-storied buildings, the children have to climb the steps with heavy school bag 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. The need to reduce the weight of school bags has been a hot topic of discussion for a considerable period of time. It appears that the issue has not been properly addressed by the State Government so far, except for one study conducted by SCERT, Mizoram in 2017. In the interest and the well-being of the school children, it is felt necessary to prescribe the right weight of school bags for students.

I. General Guidelines :-

1. All the schools following the State Curriculum have to follow the textbooks prescribed by the State Academic Authority i.e., SCERT, Government of Mizoram. The number of textbooks in different classes should not exceed the number prescribed by the SCERT for the corresponding class.
2. Schools should focus on making the children understand concepts rather than just memorizing the concepts. Freedom should be given to the children to read, comprehend and express for themselves.
3. Schools should avoid repeated copying from the text books/ guide books during and after the school hours.
4. Reading library books and participation in Games, Sports, Art & Culture and other creative, co-curricular activities for holistic development of the children must be encouraged.

5. Feedback on the assessment and the performance of the children is a must to improve the performance of the students and also the teachers. The use of Guides and Guide type study materials should be avoided and children should be made to think, imagine and construct their own answers.
6. Focus on the foundational skills of the students i.e., basic competencies of reading, writing and arithmetic should be emphasized which prepares children for self-learning. Every school must ensure these foundational skills among the children before starting the regular class syllabus.
7. Availability of locker system for keeping textbooks in schools.
8. To follow universally accepted ratio of weight for school bag as 10 percent of the body weight of the student across Classes I to X.
9. To monitor the weight of school bag and check on regular basis in the school.
10. To provide good quality of drinking water sufficiently by the School Management.
11. 10-days bag-less period.
12. Sharing of textbooks among peers may be promoted.
13. School Diary or Almanac is to be avoided.

II. Guidelines for Elementary Schools.

1. Flexibility in the School time table – only three subject for Classes I-II, four subjects for Classes III-V, six subjects for Classes VI-X. At the pre-primary stage, no textbook is suggested.
2. There should be one note book of 100 pages for each subject for undertaking Formative Assessment items such as textbook exercises, projects, slip tests etc. This too, the children need not bring every day to the school. Two subjects per week i.e., @ 3 days per subject shall be prescribed along with two 100 pages double ruled note books for improving the handwriting.
3. All the works pertaining to exercises given at the end of each unit/lesson in the text books should be done during the school hour under the supervision of the teachers. Separate periods should be allocated for undertaking activity/exercise part in the class itself after completion of the teaching of a particular unit/lesson. Enough time for this practice should be made available in the school time table itself.
4. Students should not be asked to bring additional books, extra materials and the weight of School bag should not exceed the following limit:

Sl.No	CLASS	Weight of school bag
1	I-II	1.5 kg
2	III-V	2-3 kg
3	VI & VII	4 Kg
4	VIII	4.5 Kg

Total Homework time:

1. Primary : No homework up to class II and a maximum of two hours a week from Classes III -V.
2. Middle School : A maximum of one hour a day.
3. Secondary and Higher Secondary : A maximum of two hours a day

IV. Every school shall also take the following steps and inform the students and parents accordingly and also supervise the implementation of these steps, in order to reduce the load of the School Bags: -

1. Inform the students in advance about the books and notebooks to be brought to the school on a particular day.
2. Inform the students and parents regarding appropriate kind of school bags i.e., which have broad padded straps for symmetrical distribution of weight.
3. The students should always use both straps for carrying the school bag and should not sling the bag over one shoulder.
4. The students should keep the bag down while waiting for the school conveyance or in the school assembly.
5. The schools must ensure that students carry books only according to the timetable.
6. School Heads should counsel the parents and teachers about the health issues arising out of the children carrying heavy school bags to school.
7. Schools should not prescribe additional and supplementary textbooks that are voluminous, costly and designed in a pedagogically unsound manner other than by SCERT.
8. Students should be encouraged to repack their bags on daily basis and avoid carrying unnecessary articles, textbooks and workbooks that are not needed.
9. The schools must frequently check the school bags to ensure that the students are not carrying heavy bags with unnecessary material.

Sd/-Dr. LALZIRMAWIA CHHANGTE

Special Secretary to the Govt. of Mizoram

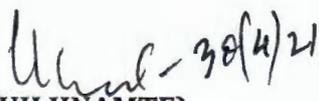
School Education Department

Memo No.A.45011/1/2021-EDN

Dated Aizawl, the 30th April, 2021

Copy to:

1. P.S to Minister, School Education Department.
2. P.S to Special Secretary, School Education Department.
3. Director of School Education, Mizoram.
4. Director, SCERT, Mizoram.
5. Secretary, MBSE, Mizoram.
6. State Project Director, Samagra Shiksha, Mizoram.
7. All DEOs/SDEOs (They are requested to circulate it to all Principals and Headmasters of all Schools).
8. Guard File.


(LALRINPUII HNAMTE)

Under Secretary to the Govt. of Mizoram

School Education Department