

DIRECTORATE OF SCHOOL EDUCATION
CHANDIGARH ADMINISTRATION
(SCHOOL-III BRANCH)
ADDITIONAL DELUXE BUILDING, 3rd FLOOR, SECTOR 9-D
CHANDIGARH – 160009

CIRCULAR

In pursuance of notification issued by CBSE, the Department of School Education & Literacy, New Delhi has rolled down "the School Bag Policy, 2020" as formulated by expert committee comprising of members from NCERT and guidelines issued by the NCPDR w.r.t weight of School bags for students, all the schools are hereby directed to restrict the number of textbooks students carry to school in an effort to reduce the weight of school bag.


Heavy school bags are a serious threat to the physical health and overall wellbeing of the school students. The key issues identified in relation to the heavy school bag are:

- ❖ **Excessive Weight:** School bags often exceed the recommended 10% of a child's body weight, causing back pain, posture issues, and fatigue.
- ❖ **Curriculum Load:** Too many subjects, textbooks, and notebooks increase burden, especially at primary level.
- ❖ **Homework Pressure:** Long hours of homework contribute to additional books and stress.
- ❖ **Additional Items:** Lunch boxes, water bottles, and reference books significantly add to bag weight.
- ❖ **Poor Practices:** Multiple textbooks for one subject, thick notebooks, and rigid timetables worsen the problem.
- ❖ **Health Concerns:** Heavy bags linked to musculoskeletal strain and reduced interest in learning.

Therefore, clear-cut guidelines for reducing weight of School Bags are required. All the schools running under Department of School Education, Chandigarh Administration are hereby requested to follow the guidelines detailed below w.r.t reduction in the load of school bags:

- In the beginning of the academic session, once the subject time table for class is finalized, the Head of the school needs to ensure a fair distribution of text-book weight per day for students to class-XII and discourage students from carrying heavy reference books or other such materials to the school.
 - Parents/ teachers to ensure that students carry text-books and note books only according to time table.
 - Restrict the number of text-books to the prescribed norms by statutory bodies like NCERT, CBSE.
 - Ensure that school curriculum supports more activity based, ICT supported learning for all the subjects in all classes, as far as possible.
 - Reading library books and participation in sports, arts& cultural and other creative activities to be encouraged and should be made part of the school time-table for every class for complete session to ensure holistic development of the students
- CB*

Education Officer, Chandigarh Administration on 26.02.2026 enforcing NCERT guidelines and Government instruction and revised guidelines of School Bag Policy, 2020 issued by the Department of School Education and Literacy, Ministry of Education, Government of India for reducing of School bag weight and recommendation of books thereof. All schools shall submit a compliance report to the District Education Officer, Chandigarh Administration within 07 days of issuance of this circular. Random checking in this regard will be conducted by the Education Department, Chandigarh Administration. Any dereliction on part of any Government or Private school shall be viewed seriously and shall invite the action as per Rule.


Director, School Education,
Chandigarh Administration

No. DSE-UT-A4-11(10)2022pf./E.633502/ 2879

dated, Chandigarh the: 19/5/26

Copy to the:-

1. Under Secretary, Govt. of India, Ministry of Human Resource Development, Department of School Education & Literacy, IS-3 Section, Shastri Bhawan, New Delhi for information;
2. The Additional Director (Research & Innovation), CBSE, New Delhi for information;
3. The Chairperson, Chandigarh Commission for Protection of Child Rights (CCPCR), UT, Chandigarh for information and necessary action;
4. The District Education Officer, UT, Chandigarh with the request to circulate the above said circular in all Govt./Govt. Aided/Private Un-aided Schools for implementation and submit a consolidated compliance report to this directorate. Further, the District Education Officer to constitute a special inspection team for random checking of the schools for adherence of the circular.
5. Project Coordinator, SSA to upload the circular on the official website of the Education Department, Chandigarh Administration, Chandigarh;
6. PA to Education Secretary, Chandigarh Administration for kind information of W/ES.