

**GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY**

**LOK SABHA
UNSTARRED QUESTION NO. 1174
ANSWERED ON 08/12/2025**

Burden of School bag

†1174. Shri Ramvir Singh Bidhuri:

Will the Minister of EDUCATION be pleased to state:

- (a) the details of measures taken by the Government to reduce the burden of school bag of children under National Education Policy (NEP) 2020;
- (b) whether schools in the country have started implementing 'bagless days' and whether any study has been conducted in this regard, if so, the details thereof;
- (c) whether the Government has any proposal to fix the maximum limit of school bag weight and ensure the measurement of school bag weight from time to time; and
- (d) if so, the details thereof?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (d) National Education Policy (NEP), 2020 in para 4.33 aims to make concerted efforts, through suitable changes in curriculum and pedagogy, with the support of NCERT, SCERTs, schools, and educators to significantly reduce the weight of school bags and textbooks. National Education Policy (NEP) 2020 also recommends that all students will participate in a 10-day bagless period during Grades 6-8 where they intern with local experts such as carpenters, gardeners, potters, artists etc.

Policy on School Bag was formulated by Expert Committee comprising of members from National Council of Educational Research and Training (NCERT), Kendriya Vidyalaya Sangathan (KVS), Navodaya Vidyalaya Samiti (NVS) and Central Board of Secondary Education (CBSE) and released by NCERT in 2020. The Ministry of Education has circulated the Policy across the States and UTs vide its letter dated 24th November 2020.

Class-wise range for ratio for school bag as 10 per cent of the body weight as suggested in School Bag Policy is given below :

Table : Class wise range of average body weight of children			
S.No.	Class	Average Body Weight Range (in Kg)	Bag Weight Range (Recommended In Kg)
1	Pre-primary	10-16	No bag
2	Class I	16-22	1.6-2.2
3	Class II	16-22	1.6-2.2
4	Class III	17-25	1-7-2.5
5	Class IV	17-25	1-7-2.5
6	Class V	17-25	1-7-2.5
7	Class VI	20-30	2-3
8	Class VII	20-30	2-3
9	Class VIII	25-40	2.5-4
10	Class IX	25-45	2.5-4.5
11	Class X	25-45	2.5-4.5
12	Class XI	35-50	3.5-5
13	Class XII	35-50	3.5-5

Education is in the Concurrent List of the Constitution of India. States & UTs have been advised to adopt relevant suggestions of the School Bag Policy and National Education Policy (NEP), 2020 and ensure the implementation of the same.

In pursuance of the recommendation on bagless days, the Government in consultation with concerned stakeholders has developed guidelines for 10 bagless days, which have been launched on 29th July, 2024 on the occasion of 4th Anniversary of NEP 2020. These guidelines aim at providing children of classes 6-8 an exposure to skill education using experiential learning pedagogy and to make learning at schools joyful and stress free. Under these guidelines, 'Bagless Days' are encouraged throughout the year for various types of activities involving arts, quizzes, sports, and skills; periodic exposure to activities outside school through visits to places/monuments of historical, cultural and tourist importance; Identification of Plants, Trees and Birds around school; meeting local artists and craftsmen and visits to other institutions / educational institutions in their village/Tehsil/District/State as decided by States and local communities and as mapped by local skilling needs.