

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

LOK SABHA
UNSTARRED QUESTION NO. 3709
ANSWERED ON 16.03.2026

Mental Stress among School Students

3709. Dr. Ganapathy Rajkumar P:
Thiru Thanga Tamilselvan:

Will the Minister of EDUCATION be pleased to state:

(a) whether it is a fact that many students studying in 5th standard and above are prone to mental stress due to heavy work load in schools and various issues related to study and also due to lack of time to play both in schools and at homes after implementation of National Education Policy (NEP);

(b) if so, the details thereof;

(c) whether the Government has any proposal to implement any scheme to lessen heavy work load of students in schools so as to give them sufficient time to play games in schools and get relief from mental stress;

(d) if so, the details thereof; and

(e) if not, the reasons therefor?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION

(SHRI JAYANT CHAUDHARY)

(a) to (e) The Government of India announced the National Education Policy 2020 (NEP 2020) on 29.07.2020 as the first education policy of the 21st century that aims to address the many growing developmental imperatives of our country. The NEP 2020 places strong emphasis on the holistic development and well-being of students and underscores the need to reduce stress, promote joyful learning, promote mental well-being and increase community engagement for optimal learning outcomes. The policy recommends reduction of curriculum content to its core essentials to reduce academic burden and promote conceptual and experiential learning among students. It also promotes art integrated and sports-integrated learning and encourages the inclusion of physical education and sports as part of the curriculum to support students' physical and mental well-being.

In line with the vision of NEP 2020, NCERT has developed the National Curriculum Framework for Foundational Stage (NCF-FS) and National Curriculum Framework for School Education (NCF-SE). Both the NCFs factor in mental well-being needs of students in different aspects such as syllabi development, development of content in learning and teaching material,

pedagogical practices etc. Moreover, the frameworks integrate sports and physical education across all stages of schooling through sports-based pedagogy.

Besides this, the centrally sponsored scheme of Samagra Shiksha includes a dedicated component on Sports and Physical Education to promote daily sports activities and fitness programmes in government schools. One of the major objectives of this component is to ensure the holistic development of students by making them physically, mentally, psychologically, socially and emotionally fit. Moreover, assistance is also provided to States and UTs for organising the 10 bagless days initiative from class 6 to 8, the objective being to help the children experience joyful learning with real-life exposure through activities such as educational tours, experiments, interviews with community/parents, etc.

Additionally, large-scale participation activities organised by the Government of India in collaboration with States/UTs such as the International Day of Yoga, National Yoga Olympiad, Fit India Movement, sports events under Khelo India and National Sports Day further encourage active lifestyles in schools. Additionally, the Central Board of Secondary Education (CBSE), an autonomous body under the Ministry of Education has made sports compulsory for all Classes through the Health and Physical Education programme, ensuring structured physical activity and participation in sports as part of the school curriculum.

The PARAKH Rashtriya Sarvekshan, 2024 (formerly National Achievement Survey) conducted by the National Assessment Centre- PARAKH, NCERT, in December, 2024 provides important insights derived from more than 21 lakh students (in class 3, 6 and 9) across 74,000 schools in India on contextual variables that affect learning outcomes. Key findings of the survey indicate that 97% of schools carry out sports activities whereas 85% employ sports integrated learning approaches. Moreover, 76% of students report that their schools provide adequate sporting facilities.
