

GOVERNMENT OF MEGHALAYA
DIRECTORATE OF INFORMATION & PUBLIC
RELATIONS

Press Release No.223/19

**Guidelines of Ministry of Human Resource Development on weight of
school bags and health of children**

Shillong, May 17th, 2019 : In pursuance to the guidelines of Ministry of Human Resource Development, Government of India, on the weight of school bags and health of children, the Principal Secretary to the Government of Meghalaya, Education Department has instructed all schools falling under the Department of Education, Government of Meghalaya to comply with the Government guidelines with immediate effect.

Schools shall not assign homework to student except those recommended by MBOSE/ICSE/CBSE, schools shall not assign homework to students of Classes I and II. The weight of school bags for students of Class I and II should not exceed 1.5 kgs. The maximum weight of school bags for Classes III to V students shall be 2-3 kgs, for Classes VI to VII students shall be 4 kgs, for classes VIII to IX students shall be 4.5 kgs and for Class X students shall be 5 kgs. Students should not be forced to bring additional books and other materials apart from the prescribed textbooks. Schools should make sure that students carry only such textbooks as indicated in the time-table.

The Head of Schools and teachers should frame well-designed time table for each class so that children do not have to carry too many books or notebooks to the school each day. Reading library books and participation in games, sports, arts & culture and other creative and co-curricular activities for holistic development of students must be encouraged.

This Notification will take effect immediately.