



School Bag Weight Reduction Guidelines

The Office of the Inspector of Schools, Kamrup (Metro) District Circle, has directed all government, provincialised, and private schools to strictly implement guidelines aimed at reducing the weight of school bags carried by students.

Schools have been instructed to inform students in advance about the books required each day, discourage carrying unnecessary materials, and avoid prescribing supplementary books beyond those approved by **State Council of Educational Research and Training** and **National Council of Educational Research and Training**.

The directive also emphasizes creating awareness among students and parents about the health risks associated with heavy school bags, including physical strain and posture-related problems.

APSC Relevance: School education, child welfare, public health, and educational administration.