

CALENDAR FOR BAGLESS DAYS -2024-25
BRIDGING GAPS AND BUILDING ALLIANCES

The Concept of Bagless Days

The concept of introducing Bagless Days, which will be **Ten** in number in an academic year in school, is a unique way to reduce stress and draw the students' attention towards vocational subjects. Through this initiative the NEP-2020 aims to expose at least 50% of students to vocational education and training. Cases of poor posture and backaches among children have frequently been attributed to heavy school bags. Therefore, the Govt. of India has addressed this concern in the New Education Policy. The goal of the Bagless days, according to NEP-2020, is to drastically reduce the weight that the kids carry in their bags each day, to and from the school. The YMCA Centenary School & College, being affiliated to the CBSE Board therefore lays stress on the fact that a stress - free environment coupled with a happy and healthy child will lead to better learning outcomes, enriching the overall development of the child.

Please note, that the Subject / Activity allotted for Bagless Days is mentioned in the following planner. The activities will be notified in due course of time by the respective subject teacher / coordinator concerned.

April

22 nd April (Monday)	I-V	Social Studies / SOP for Disaster Management
24 th April (Wednesday)	VI-VIII	

May

1 st May (Wednesday)	I-V	English / Activities Related to Paryavaran
2 nd May (Thursday)	VI-VIII	

July

10 th July (Wednesday)	I-V	Maths
15 th July (Monday)	VI-VIII	

August

2 th August (Friday)	I-V	Science
5 th August (Monday)	VI-VIII	

September

9 th September (Monday)	I-V	Hindi / Mental Health and Wellness
11 th September (Wednesday)	VI-VIII	

October

21 st October (Monday)	I-V	Computer Science
23 rd October (Wednesday)	VI-VIII	

November

11 th November (Monday)	I-V	Sanskrit / Yoga /Self Defense
13 th November (Wednesday)	VI-VIII	

December

3 rd December (Tuesday)	I-V	Science
4 th December (Wednesday)	VI-VIII	

January

20 th January (Monday)	I-V	Social Studies
22 nd January (Wednesday)	VI-VIII	

February

5 th February (Wednesday)	I-V	Maths / School Excursions
7 th February (Friday)	VI-VIII	