‘Pragyata’ Guidelines

- Union HRD Minister Ramesh Pokhriyal ‘Nishank’ has released ‘Pragyata’ Guidelines for Online Education that can help balance screen time allowed for various classes of school students.
- The guidelines are important, especially during the current times of COVID-19 pandemic, when online education and digital classrooms have become a norm due to school closure and travel restrictions announced by the governments.

HRD Minister unveiled the Guidelines

- The Union HRD Minister Ramesh Pokhriyal formally unveiled the ‘Pragyata’ Guidelines on 14th July 2020.
- The guidelines focus on 8 key steps i.e. Plan, Review, Arrange, Guide, Yak(talk), Assign, Track, and Appreciate.

Screen time Caps Recommended for Students

- According to the ‘Pragyata’ Guidelines, HRD Ministry has recommended a cap on screen time allotted to the students of different classes as part of their online learning through digital classrooms.
- The guidelines recommend that for pre-primary school students, the screen time should be limited to 30 minutes per day.
- On similar lines, for students of 1st to 8th Class, two online sessions of up to 30-45 minutes each should be conducted, whereas for Classes 9th to 12th, four sessions of up to 30-45 minutes each have been recommended...