

MEGHALAYA BOARD OF SCHOOL EDUCATION
HEADQUARTERS :: TURA.

NOTIFICATION NO. 226
Dated Tura, the, 31st August, 2026.

This is for information of all concerned that in pursuance of the DERT's letter No. DERT/QP/1/2025/63 dated Shillong, the 24th August, 2026, the Board is pleased to notify the revised and updated syllabus from Classes VI to X for the Health & Physical Education Subject.

This will be effective from the Academic Session 2026 for Classes VI to IX and Academic Session 2027 for Class X.

All concerned are requested to download the latest syllabus from the Board's website www.mbose.in or from www.megeducation.gov.in

Encl: Revised syllabus of the above mentioned subject.


Shri D. D. Sangma, IAS,
Executive Chairman,
Meghalaya Board of School Education,
Tura.

Memo No. MBOSE/ AW/S-Cur/215/25/1486-493 Dated Tura, the 31st August, 2026.

Copy to:

1. The Commissioner & Secretary to the Government of Meghalaya, Education Department, Meghalaya, Shillong, for information.
2. The Director, Educational Research & Training, Meghalaya, Laitumkhrah, Nongrimmaw, Shillong - 793011.
3. The Director, School Education & Literacy, Meghalaya, Shillong - 793003.
4. The Director, Accreditation & Controller of Examinations, MBOSE, Tura.
5. The Director (Regional), MBOSE Regional Office, Shillong.
6. All District School Education Officers with a request to circulate the Notification to all Secondary Schools under their respective jurisdictions.
7. All Heads of the Institutions of Upper Primary, Secondary & Higher Secondary Schools.
8. The Jt. Director (I.T.E.S.), MBOSE, Tura to post it in the MBOSE website.


Executive Chairman,
Meghalaya Board of School Education,
Tura.

Government of Meghalaya
Directorate of Educational Research & Training
Nongrimmaw, Laitumkhrah, Shillong- 793011

HEALTH AND PHYSICAL EDUCATION

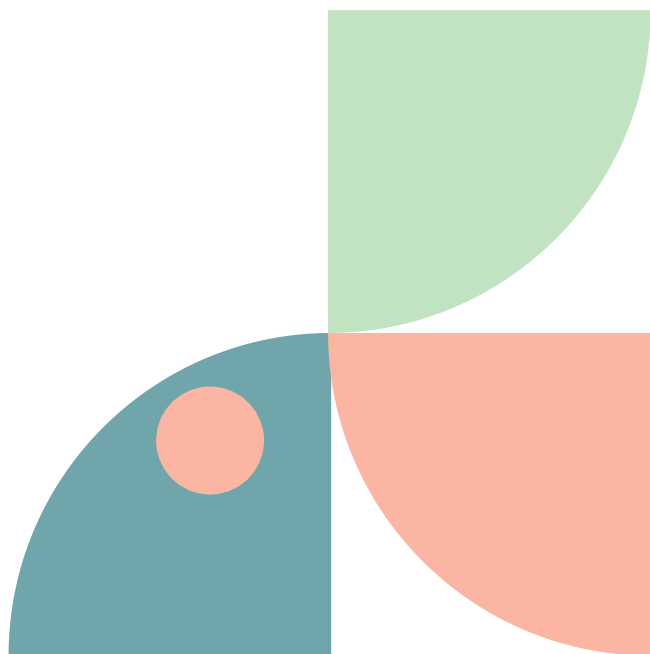
REVISED SYLLABUS

CLASSES VI- IX

Academic Year 2026

CLASS X

Academic Year 2027



**REVISED SYLLABUS
HEALTH & PHYSICAL EDUCATION
CLASS – VI**

Total marks: 50

UNIT I: Health and Hygiene

(10 marks)

- What is Health and Hygiene?
- Rules of Health
- Cleanliness

UNIT III: Food and Nutrition

(5 marks)

- Food Fads

UNIT V: Diseases and Disinfection

(10 marks)

- Communicable Diseases – Air-borne and Water-borne
- Malaria, Filariasis and Plague

UNIT VI: Human Body

(5 marks)

- Sense organs and their Care

UNIT VII: First Aid and Safety Habits

(5 marks)

- First Aid

UNIT VIII: Adolescence Education

(10 marks)

- Gender Sensitivity

UNIT X: Swachh Bharat-Swachh Vidyalaya

(5 marks)

- Food Contamination and Prevention

Note:

- Students have to secure pass mark in the subject.
- Teachers may conduct any of the following activities as part of the classroom transaction. No internal marks to be allotted.
 1. Group discussion
 2. Debate
 3. Skit/Play
 4. Quiz

Textbook as prescribed by MBOSE:

- Scholar's Health Education Book VI

M/s Scholar Publishing House (P) Ltd., 542/16, Joshi Road, Karol Bagh, New Delhi-110005

**REVISED SYLLABUS
HEALTH & PHYSICAL EDUCATION
CLASS – VII**

Total marks: 50

UNIT I: Art of Living Together (5 marks)

- Man, Community and Health

UNIT II: The House and its Surroundings (10 marks)

- Site For a Dwelling House
- Household Pests and Their Eradication

UNIT IV: Food and Nutrition (10 marks)

- Constituents of Food
- Balanced Diet, Malnutrition and Deficiency Diseases

UNIT V: Organization of Public Health in State (5 marks)

- Public Health Institution

UNIT IX: Physical Exercise (5 marks)

- Beneficial Effects of Physical Exercises

UNIT X: Human Body (10 marks)

- Skeletal and Muscular Systems
- Respiratory and Excretory Systems
- Digestive, Circulatory and Nervous Systems

UNIT XI: Adolescence Education (5 marks)

- Peer Pressure

Note:

- **Students have to secure pass mark in the subject.**
- **Teachers may conduct any of the following activities as part of the classroom transaction. No internal marks to be allotted.**
 1. Group discussion
 2. Debate
 3. Skit/Play
 4. Quiz

Textbook as prescribed by MBOSE:

- Scholar's Health Education Book VII

M/s Scholar Publishing House (P) Ltd., 542/16, Joshi Road, Karol Bagh, New Delhi-110005

**REVISED SYLLABUS
HEALTH & PHYSICAL EDUCATION
CLASS – VIII**

Total marks: 50

UNIT I: Concept of Health and Factors Influencing Health **(15 marks)**

- Meaning, Nature and Concept of Health
- Factors Influencing Health
- Personal Health Practices for Preservation and Promotion of Health

UNIT II: Food and Nutrition **(10 marks)**

- Calorific Value of Food
- Effects of Excess and Intemperance in the Use of Tobacco- Drugs-Opium.

UNIT IV: Communicable and Non-Communicable Diseases **(7 marks)**

- Types of Agents
- Immunity and Medical Check – Up

UNIT VII: Social Awareness **(13 marks)**

- Social Health
- Patients' Right and Role of Media

UNIT VIII: Swachh Bharat – Swachh Vidyalaya **(5 marks)**

- Vector- Borne Diseases

Note:

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 1. Group discussion
 2. Debate
 3. Skit/Play
 4. Quiz

Textbook as prescribed by MBOSE:

- Scholar's Health Education Book VIII

M/s Scholar Publishing House (P) Ltd., 542/16, Joshi Road, Karol Bagh, New Delhi-110005

**REVISED SYLLABUS
HEALTH & PHYSICAL EDUCATION
CLASS – IX**

Total marks: 50

UNIT II: Growth and Development **(15 marks)**

- Nature and General Principles of Growth and Development
- Characteristics of Boys and Girls during Adolescence

UNIT III: Food and Nutrition **(5 marks)**

- Balanced Diet for Adolescent Boys and Girls

UNIT III: Communicable Diseases **(15 marks)**

- General Knowledge about Communicable Diseases and Diseases spread through Air
- Diseases spread through Water and Food
- Diseases spread through Insects and Animals
- Diseases spread by Close Contacts and (spread) by Soil

UNIT IV: Safety **(15 marks)**

- Safety
- First Aid

Note:

- **Students have to secure pass mark in the subject.**
- **Teachers may conduct any of the following activities as part of the classroom transaction. No internal marks to be allotted.**
 1. Group discussion
 2. Debate
 3. Skit/Role Play
 4. Quiz

Textbook as prescribed by MBOSE:

- Health (A Textbook for Secondary School - Class IX)

M/s Frank Brothers & Co. Ltd., 136, Moti Lal Nehru Road, Opp. Pan Bazar Girls Hr. Sec. School, Guwahati - 781001

**REVISED SYLLABUS
HEALTH & PHYSICAL EDUCATION
CLASS – X**

Total marks: 50

UNIT I: Growth and Development

(6 marks)

- How Mature Are You?
- You and Your Family
- Marriage and Family Life

UNIT II: Diseases

(10 marks)

- Some Defense Measures Against Diseases – Immunity and Immunization
- National Health Programme

UNIT III: Consumer Education

(14 marks)

- Consumer Education – Consumer Rights, Making Correct Choices while Buying Different Items, Food Adulteration
- Systems of Medicine and Quackery
- Drugs, Medicines and Self – Medication

UNIT V: Life Skills Education

(20 marks)

- Teenage Pregnancy
- Sexually Transmitted Infections
- Basic Facts About HIV/AIDS
- Prevention Against HIV/AIDS

Note:

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- **Teachers may conduct any of the following activities as part of the classroom transaction. No internal marks to be allotted.**
 1. Debate
 2. Skit/Role Play
 3. Quiz
 4. Group discussion

Textbook as prescribed by MBOSE:

- Health (A Textbook for Secondary School - Class X)

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