

19

**GOVERNMENT OF MEGHALAYA,
DIRECTORATE OF EDUCATIONAL RESEARCH AND TRAINING,
NONGRIMMAW, LAITUMKHRAH, SHILLONG-793011**

email id: dert.megh@gmail.com

NOTIFICATION

No. DERT/ QP/1/2025/63

Dated: Shillong, the 24th August, 2026

In view of Government's Notification No. EDN. 172/2002/Pt/Vol/II/339 dated 29.01.2026 & letter No. EDN. 52/2023/Pt/62 dated 20.08.2026, it is hereby informed that the Syllabus of Health & Physical Education from Classes VI to X have been revised and updated.

All Schools should follow the notified Revised Syllabus w.e.f. Academic Session 2026 for Classes VI to IX and Academic Session 2027 for Class X.

The Revised Syllabus is also available at www.megeducation.gov.in.

Encl: *Revised Syllabus Health & Physical Education VI – X*

(Smt. J.U. Kharpuri, MCS)

Director,
Directorate of Educational Research & Training,
Meghalaya, Shillong.

Memo No. DERT/QP/1/2025/63-A

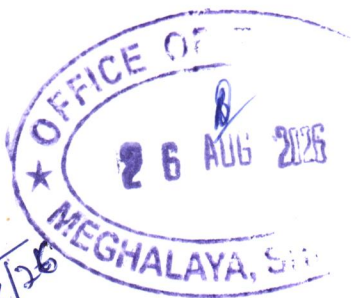
Dated: Shillong, the 24th August 2026

Copy to:

1. The P.A to the Commissioner & Secretary to the Govt. of Meghalaya (VKM/RR), Education Department for kind information of the Commissioner & Secretary.
2. The P.A to the Secretary to the Govt. of Meghalaya, Education Department for kind information of the Secretary.
3. The Executive Chairman, Meghalaya Board of School Education (MBOSE), Tura.
4. The Director of School Education & Literacy, Meghalaya, Shillong.
5. The Under Secretary to the Govt. of Meghalaya, Education Department.
6. The Director, MBOSE, Regional office, Shillong.
7. The Web Administrator, Office of the DHTE, Meghalaya, Shillong with a request to upload the Notification in the Education website.

Director,

Directorate of Educational Research & Training,
Meghalaya, Shillong.



879
28/8/26

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

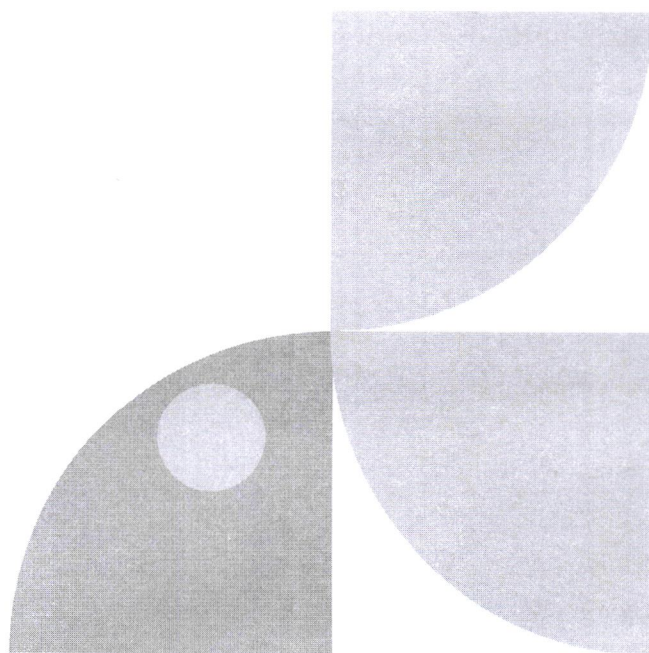
**HEALTH AND PHYSICAL EDUCATION
REVISED SYLLABUS**

CLASSES VI- IX

Academic Year 2026

CLASS X

Academic Year 2027



21

**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

22

**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:

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 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

23

**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:

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24

**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.
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 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

25

**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

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

Textbook as prescribed by MBOSE:

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

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