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FOR MEGHALAYA CLASS 10 PREPARATION

MBOSE Class 10 Syllabus 2027 Health & Physical Education

EXAM	YEAR	TYPE	SUBJECT
Meghalaya Class 10	2027	Syllabus	Physical Education

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 – 1493 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.

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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 – 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:

- **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. 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