CBSE ALIGNMENT (HPC + SEL + LIFE SKILLS)

CBSE Framework	How Future Frame Aligns
Holistic Progress Card (HPC)	Tracks self-awareness, consistency, discipline, emotional wellbeing, goal progression & achievements.
Social-Emotional Learning (SEL)	Emotional reflection, behaviour review, resilience building, empathy-based tasks.
Life Skills (CBSE)	Self-awareness, critical thinking, problem-solving, emotional regulation, interpersonal skills.
Behaviour Indicators	Habit tracker, self-discipline matrix, conduct review, improvement plans.
Values Education	Gratitude exercises, personal integrity prompts, ethical reflections.
Academic Discipline	Weekly and monthly planners, study routines, focus-building practices, time management.
Guidance & Counselling Support	Self-discovery, goal-setting, future-thinking prompts useful for school counsellors.