CORRELATION SHEET

Future Frame – Discover · Plan · Achieve

NEP 2020 ALIGNMENT

NEP 2020 Pillar	Alignment Through Future Frame
Holistic, Multidisciplinary Development	Combines self-awareness, emotional intelligence, academic planning, behaviour shaping, future readiness and reflective practices.
Competency-Based Education (CBE)	Offers structured, real-life tasks : planning, organisation, self-monitoring, decision-making, and long-term thinking.
Socio-Emotional Learning (SEL)	Emotional check-ins, reflection pages, wellness prompts, thought–feeling–action mapping.
21st-Century Skills	Critical thinking, problem-solving, self-management, communication, resilience, adaptability.
Learner Agency & Ownership	Students plan goals, track habits, review progress, and take charge of their learning & personal growth.
Reduced Stress + Improved Wellbeing	Emotional awareness prompts, mindset tools, stress-handling reflection, wellness planning.
Future & Career Readiness	Vision setting, pathway thinking, future goals, interest exploration (age-appropriate).

NCF 2023 ALIGNMENT (Middle + Secondary)

NCF Domain	How Future Frame Supports It
Self & Society	Activities on personal identity, values, behaviours, social reflection, empathy, gratitude.
Personal Growth & Wellbeing	Emotional check-ins, stress reflection, wellness planning, growth mindset development.
Metacognition	Weekly/monthly reviews, learning analysis, progress reflection, habits improvement cycle.
Productive Learning Practices	Timetables, study planning, routines, consistency logs, exam planning (for 9–12).
Future Pathways & Career Awareness	Vision board, strengths analysis, interest exploration, purpose and direction activities (for 8–12).
Holistic Progress	Year-end review, achievements record, behaviour & habits tracking.
Values & Ethics	Exercises on honesty, responsibility, respect, discipline, and personal accountability.

21st-CENTURY SKILLS ALIGNMENT

Skill Area	Future Frame Coverage
Self-Management & Organisation	Planning, routines, consistency, accountability systems, tracking sheets.
Critical & Reflective Thinking	Short reflections, personal analysis, “What I learned this week/month” reviews.
Creativity & Visioning	Vision board, future planning, imaginative thinking tasks.
Communication & Expression	Journaling, self-expression, structured articulation of goals and achievements.
Collaboration & Empathy	Social reflections, understanding others, relationship-based prompts.
Leadership & Responsibility	Planning responsibilities, action steps, decision-making activities.