Holistic Progress Card Filled Sample: Class 7 (Middle Stage)

Middle Stage · Classes 6 to 8 · ages 11–14 · Academic year 2025–26

This is only a sample.
It shows the basic PARAKH format so teachers can see what a filled card looks like. The real Holistic Progress Card by ClarifiEd is much more detailed and looks very different: game-based wellbeing scores, 21st-century skills, a 360° view, growth trends across terms and a QR-linked digital card for parents.

Illustrative filled example. It follows the structure of the Holistic Progress Card published by PARAKH (NCERT) under NEP 2020. All names, codes and data are made up. Always fill your board's official card, available free on the PARAKH website.

Part A · About the learner

School **Sample Public School, Pune**	UDISE+ code **27XXXXXXXXX**
Learner's name **Zoya M.**	Grade / Section / Roll no. **Grade 7 · C · 31**
Date of birth **21 / 01 / 2013**	APAAR ID **XXXX XXXX XXXX**
Class teacher **Mrs. Anjali Deshpande**	Academic year **2025–26**

Attendance	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	∑
Working days	22	6	19	25	23	22	18	22	22	22	22	15	**238**
Days present	22	6	19	23	22	22	17	22	21	22	22	15	**233 (98%)**

Interests

☑ **Reading** ☐ Music / dance ☐ Sport ☑ **Art and craft** ☑ **Debate** ☐ Yoga ☑ **Creative writing**
☑ **Coding**

All about me (filled with the child)

Three words that describe me
Curious, talkative, organised

Something I learnt this year that I am proud of
Making a simple website in the computer lab

A challenge I faced and how I handled it
Stage fear in the debate; I practised in front of the mirror

My goals for next year
Improve in maths and join the science club

A career I am curious about
Environmental scientist or journalist

How I like to learn best
Discussing in groups and making notes in colour

Parent / caregiver observation

Learning resources at home: ☑ **Books / newspapers** ☑ **Phone / computer** ☑ **Internet**
☑ **Space to study** ☑ **Hobby material**

“Zoya discusses news with us at dinner and has started reading the newspaper. She gets anxious before maths tests. We have agreed on a screen-time limit together.”

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Sample only. The real ClarifiEd HPC is much more detailed and very different.

Part B · Subject-wise progress

1 Language R1 (English)

Curricular goals: Constructs arguments · uses language for different purposes
Activity: Class debate: 'Single-use plastic should be banned in our school'. Research, write a 2-minute speech, deliver it, and respond to one rebuttal.
Competency observed: Builds a reasoned argument with evidence and responds respectfully to opposing views.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness			✔	Quoted two facts with sources and structured the speech in three points.
Sensitivity		✔		Interrupted once, then apologised and let the speaker finish.
Creativity			✔	Opened with a short story about a cow eating plastic; the class remembered it.

Self-assessment · Mountain
"I can research and speak with evidence. I want to listen more patiently."

Peer assessment · Sky
"Her opening was the best. She should slow down when nervous."

Teacher's feedback: A persuasive speaker with strong research habits. Work on pausing and listening during rebuttals.

2 Language R2 (Hindi)

Curricular goals: Appreciates literature · writes creatively
Activity: Read a poem by Subhadra Kumari Chauhan, discuss its meaning, then write a four-line poem on a person she admires.
Competency observed: Interprets the theme of a poem and writes original verse with imagery.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness		✔		Explained the poem's central idea of courage in her own words.
Sensitivity		✔		Chose to write about her grandmother's hard work.
Creativity		✔		Used one metaphor; rhyme was forced in two lines.

Self-assessment · Mountain
"I understand poems better now. Writing in Hindi takes me longer."

Peer assessment · Mountain
"Her poem was touching."

Teacher's feedback: Thoughtful reader. Reading one Hindi story a week will build vocabulary for writing.

3 Language R3

Curricular goals: Basic communication in a third language
Activity: Role-play a short market conversation (greeting, asking price, thanking) in the third language.
Competency observed: Uses everyday phrases correctly in a familiar situation.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness	✔			Remembered greetings but needed the phrase card for numbers.
Sensitivity		✔		Helped her partner pronounce a difficult word.
Creativity		✔		Added a polite bargaining line on her own.

Self-assessment · Stream
"I can greet and thank. Numbers are hard."

Peer assessment · Mountain
"She made the role-play fun."

Teacher's feedback: Good effort and willingness. Practise numbers 1–100 with flashcards.

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4 Mathematics

Curricular goals: Data handling · ratio and percentage
Activity: Canteen survey: survey 40 students on favourite snacks, make a frequency table and bar graph, and find each snack's percentage.
Competency observed: Collects, organises and represents data; calculates percentages and draws conclusions.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness		✔		Table and graph were accurate; two percentages had calculation errors.
Sensitivity		✔		Made sure every group member got a part of the work.
Creativity		✔		Suggested a 'healthy snack day' based on the data.

Self-assessment · Stream
"Graphs are easy for me. I make mistakes in percentage."

Peer assessment · Mountain
"She organised our team well."

Teacher's feedback: Good with data and presentation. Needs regular practice with fractions to percentages.

5 Science

Curricular goals: Scientific inquiry · acids, bases and indicators
Activity: Make a turmeric indicator and test five household substances (soap, lemon, baking soda, vinegar, water). Predict, test, record and explain.
Competency observed: Plans a fair test, records observations and explains results using the idea of acids and bases.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness			✔	Predicted results before testing and kept all other conditions the same.
Sensitivity		✔		Followed safety rules and cleaned the workstation.
Creativity			✔	Asked to test hibiscus flowers as a second indicator and compared both.

Self-assessment · Sky
"I love experiments. I can explain why soap turned turmeric red."

Peer assessment · Sky
"She explains science very clearly."

Teacher's feedback: A natural scientist who asks 'what if'. Ready for the science club.

6 Social Science

Curricular goals: Understands the local environment · reads and makes maps
Activity: Map the water bodies in our ward using a printed map and a field walk; mark pollution points and suggest one solution to the ward office.
Competency observed: Reads and makes a map with a legend; connects geography with community issues.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness		✔		Map had a legend and a scale; one lake was placed slightly wrong.
Sensitivity			✔	Spoke to a local vendor about how the lake has changed in 20 years.
Creativity		✔		Wrote a clear one-page letter to the ward office.

Self-assessment · Mountain
"I can read maps. I want to make my maps neater."

Peer assessment · Mountain
"She talked to people bravely."

Teacher's feedback: Shows empathy and civic sense. Encourage careful checking of map details.

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Part C · Year-end summary

Overall level for the year

Ability	Stream	Mountain	Sky
Awareness		✔	
Sensitivity		✔	
Creativity			✔

Teacher's progress wheel

Areas of strength: ☑ Communication ☑ Creative ☑ Organisation and prioritisation ☑ Collaboration

Barriers to success: ☑ None

	Strengths	Next steps
Languages	Persuasive speaker; thoughtful reader.	Patient listening; Hindi vocabulary; R3 numbers.
Mathematics	Organises and presents data well.	Fractions and percentages practice.
Science	Excellent inquiry skills; asks 'what if'.	Join the science club; record more precisely.
Social Science	Strong civic sense and empathy.	Accuracy in map work.

✍️ Class teacher's remark

“Zoya is a curious, articulate learner who connects what she learns to the world around her. Her science inquiry and debate work stood out this year. Next year she will focus on percentages and on listening fully before responding. At home, short weekly maths practice and continued news discussions will support both her confidence and her growth.”

Class teacher | Principal | Parent / caregiver

SAMPLE

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How to fill an HPC in 5 steps

1. Pick activities you already run (a game, an art task, a project) and map each to 1–2 curricular goals.
2. Write the rubric before the activity: what each level looks like for Awareness, Sensitivity and Creativity (Beginner / Proficient / Advanced on the Foundational card; Stream / Mountain / Sky from Class 3).
3. During the activity, jot one line of evidence per child. Evidence first, level second.
4. Run self and peer assessment straight after, while the activity is fresh. Collect parent observations at the PTM.
5. At year end, read across all activities and write Part C: strengths, next steps and a specific, kind remark.

10 ready HPC remarks you can adapt

- Listens carefully and follows multi-step instructions without reminders.
- Shares materials willingly and waits for a turn during group work.
- Explains in their own words how they solved a problem, which shows real understanding.
- Tries new ways when the first attempt does not work; keep praising the effort.
- Reads short texts with expression; ten minutes of reading aloud at home will build fluency.
- Is beginning to name feelings and calm down with a little support.
- Asks thoughtful 'why' questions during science activities.
- Contributes ideas in group projects; next step is to also listen to others' ideas fully.
- Takes care of class plants and belongings without being asked.
- Needs support with word problems; drawing the problem first helps a lot.

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Filling this for 40 children, every term?

ClarifiEd builds every section of the HPC for you. Children reflect through short story games, classmates and parents add their view, and the class teacher checks an AI-drafted remark. Cards print on paper and open on the parent's phone.

Book a free demo: scratchpadlabs.com/demoforclarified

More free HPC samples and guides: scratchpadlabs.com/holisticprogresscard

Official cards and guides: parakh.ncert.gov.in