



HOLISTIC PROGRESS CARD (2025-26)

(ਸਰਬਪੱਖੀ ਪ੍ਰਗਤੀ ਕਾਰਡ 2025-26)

(UPPER PRIMARY)



Name of School and Address: _____

UDISE : _____ UID

--	--	--	--	--	--	--	--	--	--

Student's Name _____

Roll No: _____ Registration No/ Enrollment No.: _____

Class: Grade 6 ☐ Grade 7 ☐ Grade 8 ☐

Section: _____ D.O.B _____

Address: _____

Phone No: _____

Mother's/ Guardian's Name: _____

Mother's/ Guardian's Qualification: _____ Mother's/Guardian's Occupation : _____

Father's/ Guardian's Name : _____

Father's/ Guardian's Qualification: _____ Father's/Guardian's Occupation : _____

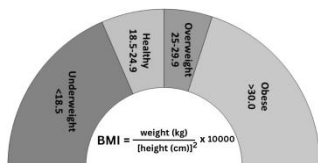
Mother Tongue: _____ Medium: _____

Residence: Rural ☐ Urban ☐

Student's Attendance

	April to September	October to March
Total working days		
Total Number of days attended		
Percentage of Attendance		
If Attendance is less than 75% ,Give Reason		

Student Health Card as on Date _____



BMI: _____

Age: ____ Years ____ Months

Gender: _____

Blood Group: _____

Haemoglobin: _____

Height (in cm): _____

Weight (in Kg): _____

Vision: _____

Condition of teeth (Clean/Any black spot/bad breath / broken /missing teeth (other than age-appropriate))

If any other ailment, mention: _____

Self-Progress Report

My Goal

My Academic Goal:

This academic goal is important to me because_____.

I will reach this goal by:

Step 1_____

Step 2_____

This personal goal is important to me because_____

I will reach this goal by:

Step 1_____

Step 2_____

My Personal Goal:

My Participation in
Activities

Month	Detail of Participation in co-curricular/sports/extra-curricular activities at school/block/district/state level	
	By Student	By Teacher
April to September		
October to March		

ACADEMIC PROGRESS REPORT: UPPER PRIMARY CLASSES

Subject: PUNJABI

Theory Exam			CCE		
	Total Marks	Marks Obtained		Total Marks	Marks Obtained
Bimonthly Test -I	20		Practical / Project Work Assignments	6	
Term Exam -1	80		Student Performance, Cooperation and Discipline in class	3	
Bimonthly Test -II	20		Pre-Board/ Term Exam	3	
Pre-Board (class-8 th)	80		Dictation and Creative Writing	7	
Final	80		Book Bank	1	
			Total	20	
Marks Obtained in Final Exams (out of 80)		Marks obtained in CCE (out of 20)	Total Marks Obtained (out of 100)	Grade	Remarks

Subject: HINDI

Theory Exam			CCE		
	Total Marks	Marks Obtained		Total Marks	Marks Obtained
Bimonthly Test-I	20		Practical / Project Work Assignments	6	
Term Exam -1	80		Student Performance, Cooperation and Discipline in class	3	
Bimonthly Test-II	20		Pre-Board/ Term Exam	3	
Pre-Board (class-8 th)	80		Assessment of language skills	7	
Final	80		Book Bank	1	
			Total	20	
Marks Obtained in Final Exams (out of 80)		Marks obtained in CCE (out of 20)	Total Marks Obtained (out of 100)	Grade	Remarks

Subject: ENGLISH

Theory Exam			CCE		
	Total Marks	Marks Obtained		Total Marks	Marks Obtained
Bimonthly Test-I	20		Practical / Project Work Assignments	10	
Term Exam -1	80		Student Performance, Cooperation and Discipline in class	2	
Bimonthly Test-II	20		Pre-Board/ Term Exam	2	
Pre-Board (class-8 th)	80		Notebook/ Assignments / Participation in tests	6	
Final	80		Total	20	
Marks Obtained in Final Exams (out of 80)		Marks obtained in CCE (out of 20)	Total Marks Obtained (Out of 100)	Grade	Remarks

Subject: MATHEMATICS

Theory Exam			CCE		
	Total Marks	Marks Obtained		Total Marks	Marks Obtained
Bimonthly Test -I	20		Practical / Project Work Assignments	10	
Term Exam -1	80		Student Performance, Cooperation and Discipline in class	2	
Bimonthly Test -II	20		Pre-Board/ Term Exam	2	
Pre-Board (class-8 th)	80		Concept Clarity and Model Presentation in Activity Fair	2	
Final	80		Correlation of activity with daily life in Activity Fair	2	
			Well-maintained notebooks, Handwriting and Depositing of Old Books in book bank	2	
			Total	20	
Marks Obtained in Final Exams (out of 80)		Marks obtained in CCE (out of 20)	Total Marks Obtained (out of 100)	Grade	Remarks

Subject: SCIENCE						
Theory Exam			CCE			
	Total Marks	Marks Obtained		Total Marks	Marks Obtained	
Bimonthly Test -I	20		Practical / Project Work/Assignment	10		
Term Exam -1	80		Student Performance, Cooperation and Discipline in class	2		
Bimonthly Test -II	20		Pre-Board/ Term Exam	2		
Pre-Board (class-8 th)	80		Concept Clarity and Model Presentation in Activity Fair	2		
Final	80		Correlation of activity with daily life in Activity Fair	2		
			Well-maintained notebooks, Handwriting and Depositing of Old Books in book bank	2		
			Total	20		
Marks Obtained in Final Exams (out of 80)		Marks obtained in CCE (out of 20)		Total Marks Obtained (out of 100)		Grade
						Remarks
Subject: SOCIAL SCIENCE						
Theory Exam			CCE			
	Total Marks	Marks Obtained		Total Marks	Marks obtained	
Bimonthly Test -I	20		Term Exam/Bimonthly Tests	4		
Term Exam -1	80		Pre Board	5		
Bimonthly Test -II	20		Interest in subject, Practicing Moral Values and Discipline (Home Work/Note Book/Work Book)	4		
Pre-Board (class-8 th)	80		Book Bank	1		
Final	80		Project work / Activities (Natural Disasters/ National Movements (1885-1919), Fundamental Rights and Duties, Gender Equity)	6		
			Total	20		
Marks Obtained in Final Exams (out of 80)		Marks obtained in CCE (out of 20)		Total Marks Obtained (Out of 100)	Grade	Remarks
Subject: COMPUTER SCIENCE						
Theory Exam			CCE and Practical			
	Total Marks	Marks Obtained		Total Marks	Marks Obtained	
Bimonthly Test -I	20		Student Performance, Cooperation and Discipline in	8		
Term Exam -1	40		Pre-Board/ Term Exam	8		
Bimonthly Test -II	20		Well-maintained notebooks, Handwriting and Depositing of Old Books in book bank	4		
Pre-Board (class-8 th)	40		Total	20		
Final	40					
Total Marks	Marks in Theory (out of 40)	CCE Marks (out of 20)	Practical Marks (out of 40)	Total Marks Obtained	Grade	Remarks
100						

Subject: Health and Physical Education

Theory Exam			CCE and Practical		
	Total Marks	Marks Obtained		Total Marks	Marks Obtained
Bimonthly Test -I	20		Practical / Project Work/Assignment	3	
Term Exam -1	40		Student Performance, Cooperation and Discipline in class	2	
Bimonthly Test -II	20		Pre-Board/ Term Exam	4	
Pre-Board (class-8 th)	40		Well-maintained notebooks, Handwriting and Depositing of Old Books in book bank	1	
Final	40		Total	10	
Marks Obtained in Final Exams (out of 40)		Marks obtained in CCE (out of 10)	Practical Marks (out Of 50)	Total Marks Obtained (out of 100)	Grade
					Remarks
Subject: _____ (Elective Subject)					
Theory Exam			CCE and Practical		
	Total Marks	Marks Obtained		Total Marks	Marks Obtained
Bimonthly Test -I			Practical / Project Work/Assignment		
Term Exam -1			Student Performance, Cooperation and Discipline in class		
Bimonthly Test -II			Pre-Board/ Term Exam		
Pre-Board (class-8 th)			Well-maintained notebooks, Handwriting and Depositing of Old Books in book bank		
Final			Total		
Marks Obtained in Theory		Marks obtained in CCE	Practical Marks	Total Marks Obtained	Grade
					Remarks

Grand Total

Total Marks	Marks Obtained	Percentage/ Grade	Result

Progress in Competencies

(Competency Enhancement Programme: Upper Primary)

Note :-

- All students have been assessed on the basis of selected competencies in major subjects, the result of which is recorded below.
- Similarly, the students have been evaluated on the basis of activities/ projects/ research studies of major topics as per the following indicators :-

Awareness	The learner develops a plan for project execution.
	The learner actively engages in the process of project work.
	The learner demonstrates the research skills on project topic.
Sensitivity	The learner participates in the group discussions respectfully.
	The learner can handle different opinions in the group respectfully.
	The learner demonstrates some understanding of the social relevance of the project.
Creativity	The learner is able to brainstorm about project execution and presentation.
	The learner proposes solutions to possible barriers.
	The creation of the learner is innovative and useful to the society.

Subject: Punjabi				
S. No	Competencies	Baseline (%)	Endline (%)	
1	C- 1.1 ਧਿਆਨ ਨਾਲ ਸੁਣਨ ਜਾਂ ਪਾਠ ਪੜ੍ਹਨ ਤੋਂ ਮੁੱਖ ਨੁਕਤਿਆਂ ਦੀ ਪਛਾਣ ਕਰਦਾ ਹੈ ਅਤੇ ਸੰਖੇਪ ਕਰਦਾ ਹੈ (ਖ਼ਬਰਾਂ ਦੇ ਲੇਖ, ਰਿਪੋਰਟਾਂ, ਸੰਪਾਦਕੀ)			
2	C-3.1 ਬੁਨਿਆਦੀ ਭਾਸ਼ਾਈ ਪਹਿਲੂਆਂ (ਨਿਯਮਾਂ) ਜਿਵੇਂ ਕਿ ਵਾਕ ਬਣਤਰ, ਵਿਸਰਾਮ-ਚਿੰਨ੍ਹ, ਕਾਲ, ਲਿੰਗ ਅਤੇ ਦੋ ਹਿੱਸੇ ਭਾਸ਼ਣ ਦੀ ਵਿਆਖਿਆ ਕਰਦਾ ਹੈ, ਸਮਝਦਾ ਹੈ, ਸਾਹਿਤ ਦੇ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਨੂੰ ਪੜ੍ਹਦੇ ਹੋਏ ਅਤੇ ਲਿਖਣ ਵੇਲੇ ਲਾਗੂ ਕਰਦਾ ਹੈ।			
3	C-3.2 ਦੂਕਵੀਂ ਸ਼ੈਲੀ ਅਤੇ ਭਾਸ਼ਾ ਦੀ ਵਰਤੋਂ ਕਰ ਕੇ ਵਾਰਤਕ, ਕਵਿਤਾ ਅਤੇ ਨਾਟਕ ਲਿਖਦਾ ਹੈ।			
Activity/Project work : Competency: _____				
Topic	Indicator	Beginner	Proficient	Advanced
	Awareness			
	Sensitivity			
	Creativity			

Signature of Subject Teacher.....

Subject: Hindi				
S.No	Competencies	Baseline (%)	Endline (%)	
1	C- 1.1 मुख्य बिंदुओं की पहचान करना और पाठ (समाचार लेख, रिपोर्ट, संपादकीय) को ध्यानपूर्वक सुनने या पढ़ने के आधार पर सारांशित			
2	C-2.1 विचारों को क्रमबद्ध करने, शीर्षक/उपशीर्षक चुनने, स्पष्ट प्रारंभ, समापन और अनुच्छेदों के निर्माण जैसी लेखन रणनीतियाँ अपनाता/अपनाती है			
3	C-5.1 अपने लेखन में उपयुक्त व्याकरण और वाक्य संरचना का प्रयोग करता/करती है।			
Activity/Project work :			Competency:_____	
Topic	Indicator	Beginner	Proficient	Advanced
	Awareness			
	Sensitivity			
	Creativity			

Signature of Subject Teacher.....

Subject: English					
S.No	Competencies	Baseline (%)	Endline (%)		
1	C-2.1 Applies varied comprehension strategies (inference, prediction, visualization) to understand different texts.				
2	C-2.2 Understands main ideas and draws essential conclusions from the material read.				
Activity/Project work :			Competency:_____		
Topic		Indicator	Beginner	Proficient	Advanced
		Awareness			
		Sensitivity			
		Creativity			

Signature of Subject Teacher.....

Subject: Mathematics				
S.No	Competencies	Baseline (%)	Endline (%)	
1	C-1.4 Explores and understands sets of numbers, such as whole numbers, fractions, integers, rational numbers, and real numbers, and their properties, and visualises them on the number line.			
2	C-1.5 Explores the idea of percentage and applies it to solve problems			
3	C 1.6 Explores and applies fractions (both as ratios and in decimal form) in daily-life situations			
Activity/Project work :			Competency: ____	
Topic	Indicator	Beginner	Proficient	Advanced
	Awareness			
	Sensitivity			
	Creativity			

Signature of Subject Teacher.....

Subject: Science					
S. No	Competencies		Baseline (%)	Endline (%)	
1	C-1.2 Describe changes in matter (physical and chemical) and uses particulate nature to represent the properties of matter and the changes.				
2	C-2.2 Describe how electricity works through manipulating different elements in simple circuits and demonstrates the heating and magnetic effects of electricity				
3	C-3.2 Distinguish the characteristic of living organisms (need for nutrition, growth and development, need for respiration, response to stimuli, reproduction, excretion, cellular organization) from non living things				
Activity/Project work :			Competency:_____		
Topic		Indicator	Beginner	Proficient	Advanced
		Awareness			
		Sensitivity			
		Creativity			

Signature of Subject Teacher.....

Subject: Social Science				
S.No	Competencies		Baseline (%)	Endline (%)
1	C- 1.1 Collects and interprets multiple sources of information (primary and secondary) to understand the historical, cultural, geographical, and socio-political aspects of human life			
2	C- 6.2 Identifies the distribution of resources, such as, water, agriculture, raw materials, and services across geographies.			
3	C- 7.2 Discovers the topographical diversity of the Indian landmass from the semi-arid zone in the west and the areas of heavy rains in the north-east to the long coastal areas in the south and the snow-clad mountains in the north, as well as the rich biodiversity of the country			
Activity/Project work :			Competency:_____	
Topic	Indicator	Beginner	Proficient	Advanced
	Awareness			
	Sensitivity			
	Creativity			

Signature of Subject Teacher.....

Subject: Computer Science				
Activity/Project work :		Competency: _____		
Topic	Indicator	Beginner	Proficient	Advanced
	Awareness			
	Sensitivity			
	Creativity			

Signature of Subject Teacher.....

Subject: _____				
Activity/Project work :		Competency: _____		
Topic	Indicator	Beginner	Proficient	Advanced
	Awareness			
	Sensitivity			
	Creativity			

Signature of Subject Teacher.....



Parent-Teacher Meeting Report



Tick the resources available to your child at home.



Books and
Magazines

☐


Newspapers

☐


Toys, Games and
sports

☐


Phone and
Computer

☐


Internet

☐


Public Broadcast
System
(Audio/Video at the
Panchayat and Block level)

☐


Resources for
CWSN

☐

Understanding of my Child

Circle the most appropriate option for your child

1. My child shows interest in learning concepts taught in the school and discuss these at home.



Yes



Sometimes



No



Not Sure

2. My child follows a set schedule for studying, playing and other social activities at home.



Yes



Sometimes



No



Not Sure

3. My child finds the study of his grade difficult and needs additional support in his/her studies.



Yes



Sometimes



No



Not Sure

4. My child is progressing in co-curricular activities/sports/extra-curricular activities.



Yes



Sometimes



No



Not Sure

Month	Signature of class In-charge	Signature of School Head	Signature of Parents/Guardian
April to September			
October to March			
Annual Exams			

DEPARTMENT OF SCHOOL EDUCATION, PUNJAB