

MustSkills

CBSE-Aligned Life Skills for Schools

A structured, school-sponsored annual program.
Classes VI-X · 40 hours · CBSE Circular Skill-01/2023

40

hrs/year

6

domains

1hr

/week

100%

internal

Program Overview

CBSE-ALIGNED · SCHOOL-SPONSORED · CLASSES VI-X

MustSkills is a life skills education program delivered inside school hours — one hour per week, 40 weeks per year. Every session maps to an official CBSE Skill Module or Skill Subject and is led by a domain professional. No extra classes, no written examinations, zero disruption to academics.

CBSE & NEP 2020 Aligned
Directly mapped to CBSE Circular Skill-01/2023. Supports NEP 2020 life skills mandate with zero additional compliance burden on the school.

Zero Academic Disruption
One hour per week, integrated into the existing timetable. No homework, no external exams, no parent fee.

Professional Educators
Each domain is taught by a qualified professional — Doctor, Psychologist, Lawyer, CA, Engineer, MBA. Real expertise, not generalist trainers.

Complete School Package
Lesson plans, student handouts, assessment rubrics, parent booklet, CBSE compliance docs, and school MoU all included.

Program Structure

Schedule	1 hour per week · 4 hours per month · 40 hours per year
Duration	10 months — full academic year
Assessment	100% internal · Project-based · No written exam
Pedagogy	Activity-based, discussion, role-play, presentations
Delivery	Qualified domain professionals under school supervision
Classes	Middle School: VI–VIII · Secondary: IX–X

Six Life Skill Domains

COMPLETE CBSE CURRICULUM MAPPING

Six integrated domains covering every aspect of real-world life readiness — each mapped to official CBSE Skill Module or Skill Subject codes, each taught by the professional best qualified to deliver it.

DOMAIN 01

Digital & AI Literacy

CBSE: 913 · 906 · 901 · 417

Delivered by: CS / Technology Engineer

Digital Safety & Cyber Awareness

- Digital footprint & privacy
- Cyberbullying & reporting
- Online scams & phishing

Social Media Responsibility

- What to share vs not share
- Screen-time balance
- Digital identity

AI Awareness

- What is AI — real examples
- AI in daily life
- Good vs harmful AI use

Cyber Security Basics

- Password safety
- Safe online transactions
- Data privacy laws

ACTIVITIES Online safety role-play · Screen-time diary · Cyber fraud simulation

DOMAIN 02

Mental & Emotional Wellbeing

CBSE: 902 · 413 · 917

Delivered by: Psychologist

Emotional Self-Awareness

- Feelings, moods & self-regulation
- Handling stress & fear
- Building resilience

Addiction Awareness

- Screen & social media addiction
- Tobacco & alcohol awareness
- Healthy coping strategies

Exam & Peer Pressure

- Managing exam stress
- Recognising peer pressure
- Seeking help without stigma

ACTIVITIES Emotion wheel activity · Habit tracker journal · Peer support discussion

DOMAIN 03

Health, Hygiene & Safety

CBSE: 914 · 916 · 413 · 418

Delivered by: Medical Doctor

Personal Hygiene & Grooming

- Daily hygiene essentials
- Menstrual hygiene (age-appropriate)
- Nutrition & healthy food

Age-Appropriate Body Awareness

- Puberty — body changes
- Good touch / bad touch
- Consent & respect

First Aid & Emergency Readiness

- Minor injuries & burns
- Emergency response basics
- When & how to seek help

ACTIVITIES

Hygiene checklist · First-aid demo · Safe-boundary role play

DOMAIN 04

Financial & Legal Literacy

CBSE: 904 · 405 · 411

Delivered by: Chartered Accountant + Advocate

Money Basics & Saving

- Needs vs wants
- Saving habits & pocket money
- Banking & UPI safety

Consumer Rights & Legal Sense

- Consumer protection basics
- Cyber laws & digital rights
- RTI & fundamental rights

Entrepreneurship Foundations

- What is a startup
- Problem identification
- Jobs & micro-business ideas

ACTIVITIES

Budget planning game · Mock consumer complaint · Business pitch activity

DOMAIN 05

Communication & Leadership

CBSE: 908 · 412 · 415

Delivered by: MBA Graduate

Communication Essentials

- Listening & expressing opinions
- Body language & eye contact
- Storytelling basics

Public Speaking

- Speaking without fear
- Structured presentations
- Debate & persuasion skills

Leadership & Teamwork

- Leadership styles
- Conflict resolution
- Group discussions — GD format

ACTIVITIES

Short speech sessions · Formal debate round · Group project presentation

DOMAIN 06

Critical Thinking & Civics

CBSE: 903 · 422

Delivered by: Advocate / Lawyer +
Engineer

Problem-Solving Frameworks

- Design thinking 5-step
- Root cause analysis
- Decision-making tools

Indian Constitution

- Fundamental rights & duties
- Role of judiciary
- Civic sense in daily life

Emergency & Safety Readiness

- Natural disaster preparedness
- Emergency contacts & protocols
- Community responsibility

ACTIVITIES

Design thinking challenge · Mock parliament activity · Emergency response drill

Our Professional Educators

QUALIFIED EXPERTS · NOT GENERALIST TRAINERS

Every MustSkills domain is delivered by a professional with real-world expertise in that field. All sessions are strictly awareness-based – no therapy, diagnosis, medical advice, or legal advice is given at any time.

Medical Doctor MBBS / MD Teaches: Health, Hygiene & Safety Delivers health, nutrition, first aid, and age-appropriate body awareness with clinical accuracy and child-safe language.	Psychologist M.Sc. / M.Phil Psychology Teaches: Mental & Emotional Wellbeing Guides students through stress, addiction awareness, and emotional regulation in a safe, non-therapeutic format.
Advocate / Lawyer LLB / LLM Teaches: Financial, Legal & Civic Literacy Covers the Indian Constitution, consumer rights, cyber laws, and legal awareness appropriate for school-age students.	Chartered Accountant CA (ICAI) Teaches: Financial & Entrepreneurial Skills Teaches money basics, saving, banking, budgeting, and entrepreneurship foundations in a practical, age-appropriate manner.
CS / Tech Engineer B.E. / B.Tech + Cloud/AI Certs Teaches: Digital & AI Literacy Delivers digital safety, cybersecurity awareness, AI literacy, and responsible technology use aligned to CBSE IT modules.	MBA Graduate MBA (Management) Teaches: Communication & Leadership Leads public speaking, group discussions, body language, teamwork, and leadership skills through structured activities.

SAFEGUARDING STATEMENT

All MustSkills sessions are strictly awareness-based and age-appropriate. No therapy, counselling, diagnosis, medical advice, or legal advice is provided at any time. All content is reviewed against CBSE Skill Education guidelines and delivered under school supervision.

CBSE Alignment Table

SKILL-01/2023 · SKILL MODULES & SKILL SUBJECTS

MustSkills maps precisely to CBSE Skill Modules (Classes VI–VIII) and CBSE Skill Subjects (Classes IX–X). Assessment is 100% internal and project-based — no CBSE fees required.

MustSkills Domain	CBSE Module / Subject	Code	Level
Digital & AI Literacy	Digital Citizenship	913	VI–VIII
	Information Technology	906	VI–VIII
	Artificial Intelligence	901/417	VI–X
	Information Technology	402	IX–X
Mental & Emotional Wellbeing	Beauty & Wellness	902	VI–VIII
	Health Care	413	IX–X
	Humanity & Covid-19	917	VI–VIII
Health, Hygiene & Safety	Life Cycle of Medicine & Vaccine	914	VI–VIII
	What To Do When Doctor Is Not Around	916	VI–VIII
	Health Care / Physical Activity	413/418	IX–X
Financial & Legal Literacy	Financial Literacy	904	VI–VIII
	Intro to Financial Markets	405	IX–X
	Banking & Insurance	411	IX–X
Communication & Leadership	Mass Media	908	VI–VIII
	Marketing & Sales	412	IX–X
	Multi Media	415	IX–X
Critical Thinking & Civics	Design Thinking & Innovation	903/422	VI–X

Value to Your School

SIX REASONS SCHOOLS CHOOSE MUSTSKILLS

NEP 2020 Compliance

Directly supports NEP 2020's mandate for experiential and life skills education — audit-ready documentation included.

Enhanced School Reputation

Schools with structured life skills programs are increasingly preferred by parents, school boards, and accreditation bodies.

Minimal Admin Burden

MustSkills manages curriculum, facilitators, and materials. Your school provides the timetable slot. That is all.

Parent Engagement

Monthly program summaries and a parent orientation booklet keep families informed and build school-parent trust.

CBSE Compliance Ready

Full documentation, module mapping, and assessment rubrics provided — ready for any CBSE review or inspection.

Positive Student Outcomes

Students develop confidence, digital safety, health awareness, financial sense, and civic responsibility.

Commercial Model

Program	Per Student / Year	Notes
Annual Subscription	Rs. 1,500	Full year · All materials · School-sponsored
Pilot Program	Rs. 1,200	First academic year · Limited school slots available

Pricing is school-sponsored — billed to the school, not to parents. Volume pricing available for 500+ student enrolments. Contact us to discuss.

What Your School Receives

COMPLETE IMPLEMENTATION PACKAGE

Curriculum Package

40-week lesson plans · Six domain syllabi with CBSE mapping · Student course handouts · Sample assessment rubrics

Professional Facilitation

Trained domain experts for each subject · Session guides · Activity kits · Monthly session summaries

School Documentation

School MoU template · CBSE compliance documentation · Parent orientation booklet · Principal briefing catalog

Parent Communications

Parent welcome letter · Monthly program update template · Notice board poster · End-of-year outcome summary

READY TO BRING STRUCTURED LIFE SKILLS TO YOUR SCHOOL?

Book a free 30-minute school orientation — no commitment required.

We will walk you through the full curriculum, professional team, implementation plan, and all documentation. Bring your timetable coordinator.

contact@mustskills.in · Bangalore, India · CBSE Circular: Skill-01/2023