

To

The Principal

COE – Govt. College Sanjauli

Shimla – 171006

Date: 07/02/2026

Subject: Proposal for One-Day Online Creative Activity under Jijivisha Cell

PROPOSAL

Title of the Event

Canvas of Life – Post Your Thought

(One-Day Online Creative Activity)

Organising Body

Jijivisha Cell, Centre of Excellence

Govt. College Sanjauli, Shimla – 171006

Theme

Jijivisha – The Will to Live: Hope, Gratitude, Courage & Dreams

Date & Duration

Date: 09 February 2026

Duration: One Day (Flexible online participation throughout the day)

Mode of the Event

Online Mode (Google Form)

Objectives of the Event

- To promote positive thinking and emotional expression among students
- To encourage creativity and reflective writing
- To provide a safe and inclusive platform for sharing thoughts on life
- To strengthen mental well-being and values such as hope, gratitude, courage, and dreams

Target Participants

UG and PG students (open to faculty members as well)

Brief Description

The event “*Canvas of Life – Post Your Thought*” is an online creative initiative in which participants will submit short reflections, thoughts, or inspirational messages related to life. The

entries will be displayed on a virtual creativity wall under the themes of Hope, Gratitude, Courage, and Dreams, encouraging reflection, positivity, and self-expression.

Expected Outcomes

- Enhanced student engagement and self-expression
- Promotion of positive mental health and optimism
- Creation of a digital archive of student reflections

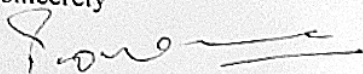
Organizing Team

- Dr. Poonama Verma, Department of Philosophy
- Dr. Anupam Verma, Department of Commerce
- Dr. Reena Thakur, Department of Commerce

In view of the above, kind approval is requested to organize the proposed one-day online creative activity under the aegis of the Jijivisha Cell, Centre of Excellence.

Thanking you.

Yours sincerely



Dr. Poonama Verma

Jijivisha Cell

Centre of Excellence

Govt. College Sanjauli, Shimla – 171006

