

Event Report

Canvas of Life – Post Your Thought

(One-Day Online Creative Activity)

Organised by: Jijivisha Cell, Centre of Excellence

Date: 09 February 2026

Mode: Online (Google Form)

The Jijivisha Cell, Centre of Excellence, Govt. College Sanjauli, Shimla, organised a one-day online creative activity titled “**Canvas of Life – Post Your Thought.**” The aim of the activity was to encourage positive thinking, emotional expression, and reflective writing among students.

A total of **46 responses** were received from UG and PG students. Participants shared short reflections (1–3 lines) under four themes: **Hope, Gratitude, Courage, and Dreams.**

The thematic distribution was as follows:

- **Dreams – 47.8%**
- **Courage – 21.7%**
- **Hope – 17.4%**
- **Gratitude – 13%**

The responses reflected creativity, optimism, resilience, and strong aspirations. Notably, **76.1%** of participants consented to display their thoughts on the Virtual Creativity Wall, showing active engagement and openness.

