Centre for Teacher Education
Central Institute of Higher Tibetan Studies,
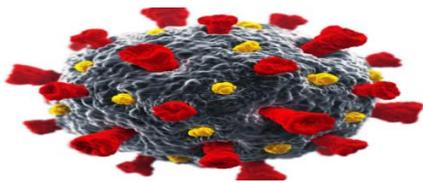**Sarnath, Varanasi**

A Brief Report of Online Essay Competition on
Impact of Yoga on COVID-19
on 21 June 2020

The flow of human life has come to a standstill. The current pandemic has taught us many lessons in life such as the usage of abundant time that we had at our disposal and the optimum utilization of it. It also taught us the dignity of labour when we were reduced to do our domestic chores without any help. This time has also brought a break in the traditional student teacher relationship. The saving grace is the aid of technology which has reestablished the connectivity between student and teachers.

To utilize the time of students optimally an online essay competition was organized by the Centre for Teacher Education (CTE), on the occasion of **"International Yoga Day"** celebrated on **21st June** under the PMMMNMTT Scheme of the MHRD, Government of India. The topic was "**Impact of Yoga on COVID 19**".

The objectives of the programme were to enhance the competence of writing and analytical skills and to gauge their acumen in relation to their response to the world crisis. Writing is the craft which draws out the inner recesses of a person's mind. Hence, the competition aims to fathom and nurture the potential of the students. The criteria for evaluation were content originality, keen observation and precise presentation of the ideas.

The target group of the competition was all the students of C.I.H.T.S and C.T.E. The students of the institution participated enthusiastically in the competition. The number of participants was 17 and four students were awarded with prize. The winners were Pempa (P.M. I), Pema Gamo (B.S.R.M.S II), Ngawang Gyatso (U.M.II), and Kunchok Sonam (B.A.B.Ed.)

The programme was directed under the supervision of Dr. Himanshu Pandey. It was organized by Mr. Brijesh Kumar Yadav, Asstt. Prof. (Economics) and Ms. P Shushmita Vatsyayan, Asst. Prof. (English).