



106th INDIAN SCIENCE CONGRESS

Dear 106th Indian Science Congress Guest,

Greetings from Lovely Professional University.

As an esteemed guest of ours, we are committed to make your visit memorable and exciting worthy.

Keeping our wish in view and considering your fitness apropos, we have designed a wide variety of health, sports and recreational activities especially for you. We assure that you will feel more joyful and young after participating in these activities and explore the traditional sports & cultural warmth of Punjab at the same time.

We welcome you and your family members to select the activities of your choice, as this will serve as a rejuvenator to your body, mind and soul.

Schedule and Recreation Activity Choice form attached herewith.

Most of these activities are free of cost except (*) marked.

You may select the activities by two ways

1. Online mode: visit <https://tinyurl.com/isc2019recreationactivity>
2. Offline mode: Recreation Activity Choice form. (You are requested to fill up the form & submit the same at
 - Sectional Secretariat
 - Inquiry Desk – Outside Girls Hostel 1, Outside Block 40, Block 25 Plaza
 - Room no. 201 A, Block – 13

For further information, please contact Activity Coordinator Mr. Sushant @9888598747

We look forward to your actively participation in the activities and a happy stay in campus

Regards

Team LPU



Recreation Activity Choice Form

Health, Fitness, Sports & Recreation

03rd to 07th- January - 2019

Name : _____

ISC2018 Reg ID : _____

Contact number : _____

Email Id : _____

(Kindly mark your preferences to participate in games)

	4 January,2019	5 January,2019	6 January,2019	7 January,2019
Morning Activities (6AM to 7AM)	<input type="checkbox"/> YOGA	<input type="checkbox"/> Mini Marathon	<input type="checkbox"/> Cycling	<input type="checkbox"/> Zumba
	<input type="checkbox"/> Psycho-Neurobics	<input type="checkbox"/> Psycho-Neurobics	<input type="checkbox"/> Psycho-Neurobics	<input type="checkbox"/> Psycho-Neurobics
	<input type="checkbox"/> Aerobics	<input type="checkbox"/> Walk-a-thon - Walking Down the LPU Memory Lane	<input type="checkbox"/> Walk-a-thon - Walking Down the LPU Memory Lane	
	<input type="checkbox"/> Gym *	<input type="checkbox"/> Gym *	<input type="checkbox"/> Gym *	<input type="checkbox"/> Gym *

	3 January,2019	4 January,2019	5 January,2019	6 January,2019
Evening Activities (3PM to 6PM)		<input type="checkbox"/> Kho Kho	<input type="checkbox"/> Six-a-side Cricket	<input type="checkbox"/> Table Tennis
		<input type="checkbox"/> Tug of War	<input type="checkbox"/> Six-a-side Football	<input type="checkbox"/> Badminton
		<input type="checkbox"/> Atya Patya	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Tennis
		<input type="checkbox"/> Kabbadi	<input type="checkbox"/> Basketball	<input type="checkbox"/> Chess <input type="checkbox"/> Carrom
	<input type="checkbox"/> Gym *	<input type="checkbox"/> Gym *	<input type="checkbox"/> Gym *	<input type="checkbox"/> Gym *
5PM to 8PM	<input type="checkbox"/> Bone Fire	<input type="checkbox"/> Bone Fire	<input type="checkbox"/> Bone Fire	<input type="checkbox"/> Bone Fire

	4 January,2019	5 January,2019	6 January,2019	7 January,2019
Fun Games (3PM to 6PM)	<input type="checkbox"/> Sack Race	<input type="checkbox"/> Sack Race	<input type="checkbox"/> Sack Race	<input type="checkbox"/> Sack Race
	<input type="checkbox"/> Score a Basket	<input type="checkbox"/> Score a Basket	<input type="checkbox"/> Score a Basket	<input type="checkbox"/> Score a Basket
	<input type="checkbox"/> Hit the Target	<input type="checkbox"/> Hit the Target	<input type="checkbox"/> Hit the Target	<input type="checkbox"/> Hit the Target
	<input type="checkbox"/> Disco Ball	<input type="checkbox"/> Disco Ball	<input type="checkbox"/> Disco Ball	<input type="checkbox"/> Disco Ball
	<input type="checkbox"/> Score a Goal	<input type="checkbox"/> Score a Goal	<input type="checkbox"/> Score a Goal	<input type="checkbox"/> Score a Goal
	<input type="checkbox"/> Dribble the Ball	<input type="checkbox"/> Dribble the Ball	<input type="checkbox"/> Dribble the Ball	<input type="checkbox"/> Dribble the Ball
	<input type="checkbox"/> Blow the Glass	<input type="checkbox"/> Blow the Glass	<input type="checkbox"/> Blow the Glass	<input type="checkbox"/> Blow the Glass
	<input type="checkbox"/> Blow the Ball	<input type="checkbox"/> Blow the Ball	<input type="checkbox"/> Blow the Ball	<input type="checkbox"/> Blow the Ball
Adventure Activity (10AM to 6PM)	4 January,2019	5 January,2019	6 January,2019	7 January,2019
			<input type="checkbox"/> Rocksport *	<input type="checkbox"/> Rocksport *

Health Related (9AM to 05 PM)	<input type="checkbox"/> Physiotherapy Health Checkup	<input type="checkbox"/> Physiotherapy Health Checkup	<input type="checkbox"/> Physiotherapy Health Checkup	<input type="checkbox"/> Physiotherapy Health Checkup
	<input type="checkbox"/> Health and Wellness Clinic **	<input type="checkbox"/> Health and Wellness Clinic **	<input type="checkbox"/> Health and Wellness Clinic **	<input type="checkbox"/> Health and Wellness Clinic **

	3 January,2019	4 January,2019	5 January,2019	6 January,2019
Cultural Showcase (5PM to 7PM)	<input type="checkbox"/> Ice Breaking Session	<input type="checkbox"/> Punjabi Cultural	<input type="checkbox"/> One India & One World Dances	<input type="checkbox"/> Indian & Western Cultural Performances
Mini Punjab (12PM to 10PM)		<input type="checkbox"/> Mini Punjab Activity Arena	<input type="checkbox"/> Mini Punjab Activity Arena	<input type="checkbox"/> Mini Punjab Activity Arena

Note :

- (1) Most of these activities are free of cost.
- (2) *Registration fees of Gym & Rock Sports is Rs. 100/-INR per hour.
- (3) **Consultancy fees for Health and Wellness Clinic is Rs. 50/-INR.
- (4) Anyone can participate & perform on stage during Ice Breaking Session on 3rd January 2019.

(5) Venues Table :

Venue	Activity
Block 18, 602	Psycho-Neurobics
Block 18, 601	Yoga
Block 18 Terrace	Aerobics , Zumba
BH-4 Playground	Mini Marathon, Walk-a-thon – Walking down the LPU Memory Lane, Cycling, Kho-Kho, Tug of War, Atya Patya, Kabaddi, Six-a-side Cricket, Six-a-side Football, Volleyball, Basketball, Lawn Tennis,
Shanti Devi Mittal new indoor sports complex	Table Tennis, Badminton, Chess, Carrom.
Block 25 Plaza	Sack Race, Score a Basket, Hit the Target, Disco Ball, Score a Goal, Dribble the ball, Blow the glass, Blow the ball, Physiotherapy Health Checkup, Health & Wellness Clinic, Light in the Air.
Baldev Raj Mittal Unipolis	Ice Breaking Session, Punjabi Cultural Showcase, One India & One World Showcase, Indian & Western Cultural Performances, Mini Punjab Activity Arena (Jashn-E-Lohri, Lovely Classic, Punjabi Tashan, Mehfil Mittran Di, Galiyara, PutliGhar, Chitrakaar, Chitralaya, Chache Da Garage, Awwaz-E-Punjab, Punjabi Chulha, Viraast-E-Punjab, Lohri Mela, Nankeya Da Pind, Desi Bazaar)
Outside Block 34	Rocksport
Fitness Edge, Block 15A, Unicenter	Gym
GH2,GH3,GH 5 Compound, Outside Apartments common passage & BH3-BH4 Compound	Bone fire (Only for 2 nd – January – 2019)
Baldev Raj Mittal Unipolis	Bone fire (From 3 rd – January – 2019 to 6 th – January – 2019)



Health, Fitness, Sports & Recreation

03rd to 07th-January -2019

Description of the Games

Traditional Sports

Kho-Kho

Kho Kho is a popular tag sport from India. It is played by teams of 12 nominated players out of fifteen, of which nine enter the field, who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent.

Tug of War

Tug of war, war of tug, rope pulling, tugging war is a sport that directly puts two teams against each other in a test of strength: teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull.

AtyaPatya

AtyaPatya is a traditional India sport played nine to a side, between two sides. It is more popular in rural areas of India. It is more commonly played in Maharashtra a western Indian state. Atyapatya is described as a "game of feints". The playing area comprises nine trenches, coming out of either side of a central trench, points are awarded for blocking progress across the trenches made by one side, other side blocks this progress. It has been described as a game of "militant chase". The sport is played in a relatively small area and requires almost no equipment like other games indigenous to India such as Kabaddi, Llagori, Kho Kho, Viti-dandu, Circle Kho kho and Langdi.

Kabaddi

Kabaddi is a contact team sport. Played between two teams of seven players, the object of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are tagged or tackled, but can be "revived" for each point scored by their team from a tag or tackle.

Indoor Sports

Table Tennis

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net.

Badminton

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as an indoor activity. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court.

Tennis

Tennis is a racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles).

Chess

Chess is a two-player strategy board game played on a chessboard, a checkered game board with 64 squares arranged in an 8×8 grid.

Carrrom

Carrrom (also spelled carom) is a cue sport-based tabletop game of South Asian origin. Carrrom is very commonly played by families, including children, and at social functions.

Outdoor Sports

Six-a-Side Cricket

The Six-a-Side Cricket is the fastest format of cricket, with the key difference between the traditional game being that each match takes just 45 minutes to complete.

As the name suggests the game is six players per side compared with the usual 11, which means once the bowler and wicket-keeper are in position there aren't many fieldsmen that the batting team need to evade to hit lots of ball to an over the boundaries.

Each team faces five overs each, and everyone (except for the wicketkeeper) is required to bowl one over each.

Six-a-Side Football

Football played by two teams of six players, not the usual eleven players. The playing area is surrounded by marked lines and the game does not stop for throw-ins, corners, or goal kicks.

Volleyball

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Basketball

Basketball is a handball game usually played by two teams of five players on the court. A basketball is a spherical object that rolls and bounces. The objective is to get the ball through a hoop mounted high on a backboard at back end. It is a very popular sport worldwide, played with a round and usually orange ball that bounces. Basketball players mainly use skills such as dribbling, shooting, running, and jumping.

Rocksport

Rocksport is an adventure-based camp, continuously involved in the process of finding innovative uses of adventure activities in the positive transformation of an individual. Through a plethora of workshops, services and events, Rocksport helps clients achieve what they want, with a promise that they would discover something new each time.

Health, Fitness, Sports & Recreation

Morning Schedule

Date	Event	Timing	Venue	General Information
4 January,2019	Yoga	6AM to 7AM	Block 18,601	Few popular yoga Assans will be performed under the guidance of yoga instructor. All the participants are expected to be in yoga kit.(Lower ,T-shirt, Water bottle and Sports Shoes)
4 January,2019	Aerobics	6AM to 7AM	Block 18,Terrace	Few popular Aerobics moves will be performed under the guidance of aerobics instructor with music. All the participants are expected in proper sports kit(Lower ,T-shirt, Water bottle and Sports Shoes)
5 January,2019	Mini Marathon	6AM to 7AM	BH-4 Playground	3 Km Run. The rout for marathon will be provided at the venue. All the participants are expected in proper sports kit(Lower ,T-shirt, Water bottle and Sports Shoes)
5-6 January,2019	Walk-a-thon Walking Down the LPU Memory Lane	6AM to 7AM	BH-4 Playground	Walking down through the LPU lanes to know about the stories of the campus. All the participants are expected in proper sports kit (Lower ,T-shirt, Water bottle and Sports Shoes.
6 January,2019	Cycling	6AM to 7AM	BH-4 Playground	Cycling is widely regarded as a best Aerobic activity. Cycle will be provided by university. The participant must be knowing cycling and must be aware about precautions. The participants must be in proper kit.(Lower ,T-shirt and Sports Shoes)
7 January,2019	Zumba	6AM to 7AM	Block 18, Terrace	Few popular Zumba moves will be performed under the guidance of Zumba instructor. All the participants are expected in proper sports kit(Lower ,T-shirt, Water bottle and Sports Shoes)
3 to 7 January,2019	Gym	6AM to 7AM	Fitness Edge, Block 15A, Unicenter	Participants can utilize Gym and can have work out under the supervision of Gym Instructor. All the participants are expected in proper sports kit (Lower, T-shirt, Water bottle and Sports Shoes), Fees : Rs. 100/- INR per hour.
4 to 7 January,2019	Psycho-Neurobics	6AM to 7AM	Block 18, 602	Participants can utilize Psycho-Neurobics moves under the supervision of Psycho-Neurobics Instructor. All the participants are expected in proper sports kit(Lower, T-shirt, Water bottle and Sports Shoes)

Health, Fitness, Sports & Recreation
Evening Schedule

Date	Event	Timing	Venue	General Information
4 January,2019	Kho-Kho	3PM to 6PM	BH-4 Playground	<p>(a) Team will consist of 6 Players</p> <p>(b) Match will be of Two half ,10 Minute half with 5 Minute interval</p> <p>(c)Chasers need to line up on the down middle, facing in alternate directions. They can only 'chase' on the side of the pitch they are facing and can only chase one at a time.</p>
4 January,2019	Tug of war	3PM to 6PM	BH-4 Playground	<p>(a) Team will consist of 6 Players.</p> <p>(b) Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.</p> <p>(c) Matches are often a best of three pull, the winner winning two out of the three pulls.</p>
4 January,2019	AtyaPatya	3PM to 6PM	BH-4 Playground	<p>(a) Team will consist of 6 Players</p> <p>(b) The team of assailants is awarded one point after crossing each trench while the defenders try to block them.</p> <p>(c) The best of three games decides the winner.</p> <p>(d) The game comprises four innings, each having the duration of 7 minutes.</p>
4 January,2019	Kabaddi	3PM to 6PM	BH-4 Playground	<p>(a) Team will consist of 12 Players (7 Playing + 5 Substitute)</p> <p>(b) The duration of the match is two halves of 10 minutes with a half time break of 5 minutes</p> <p>(c) To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.</p> <p>(d) The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them. Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are</p>

				not permitted to cross the centre line.
2 January,2019	Bone Fire	5PM to 8PM	-In between GH1 & GH2 Compound -GH3 Compound -GH5 Compound -Outside Apartment common passage - In between BH3 & BH4 Compound	Participants can join Bone Fire under the supervision of Instructor.
3 to 6 January,2019	Bone Fire	5PM to 8PM	Baldev Raj Mittal Unipolis	Participants can join Bone Fire under the supervision of Instructor.
Sports				
5 January,2019	Six-a-Side Cricket	3PM to 6PM	BH-4 Playground	(a) Team will consist of 8 Players (6 Playing + 2 Substitutes) (b) Match will be of 6 Over's. (c) Tennis Ball will be used. (d) Over limit 2 Over's per bowler
5 January,2019	Six-a-Side Football	3PM to 6PM	BH-4 Playground	(a) Team will consist of 8 Players (6 Playing + 2 Substitutes) (b) Match will be of Two half 15 Minute half with 5 Minute interval (c) Football Studs are not allowed in game
5 January,2019	Volleyball	3PM to 6PM	BH-4 Playground	(a) Team will consist of 8 Players (6 Playing + 2 Substitutes) (b) Best of 3 sets will be played (First two Sets will be of 25 points and 3 rd Set of 15 Points)
5 January,2019	Basketball	3PM to 6PM	BH-4 Playground	(a) Team will consist of 7 Players (5 Playing + 2 Substitutes) (b) Match will be of Two half 15 Minute half with 5 Minute interval
6 January,2019	Table Tennis	3PM to 6PM	Shanti Devi Mittal New Indoor Sports Complex	(a) Team will consist of 5 Players (3 Playing + 2 Substitutes) (b) Best of 3 sets will be played (All are sets will be of 11 Points)
6 January,2019	Badminton	3PM to 6PM	Shanti Devi Mittal New Indoor Sports Complex	(a) Team will consist of 4 Players (b) Format of match (Single-Double-Single) (c) Best of 3 sets will be played (All are sets will be of 15 Points)
6 January,2019	Tennis	3PM to 6PM	BH-4	(a) Only One player in single and Two

			Playground	<p>players in Double</p> <p>(b) Best of 3 sets will be played (All are sets will be of 15 Points)</p>
6 January,2019	Chess	3PM to 6PM	Shanti Devi Mittal New Indoor Sports Complex	<p>(a) White is always first to move. If a player's turn is to move, he is not in check but has no legal moves, this situation is called "Stalemate" and it ends the game in a draw.</p> <p>(b)When a king is threatened with capture .it's called check. If a king is in check, then the player must make a move that eliminates the threat of capture and cannot leave the king in check.</p> <p>(c)Checkmate happens when a king is placed in check and there is no legal move to escape.</p>
6 January,2019	Carrom	3PM to 6PM	Shanti Devi Mittal New Indoor Sports Complex	<p>(a) For the very first turn, the player is allowed three attempts to "break" i.e. disturb the central group of counters.</p> <p>(b) It doesn't matter which piece the striker hits first and it doesn't matter if the striker hits no pieces.</p> <p>(c) If the striker pockets the Queen and/or one or more pieces of her own colour, the player retrieves the striker and takes another strike.</p> <p>(d) If the player pockets no pieces or commits a foul, the turn finishes.</p>

Health, Fitness, Sports & Recreation
Fun Games Schedule

Date	Event	Timing	Venue	General Information
4 to 7 January, 2019	Sack Race	3PM to 6PM	Block No.25 Plaza	The sack race is a competitive game in which participants place both of their legs inside a sack or pillow case that reaches their waist or neck and hop forward from a starting point toward a finish line. The first person to cross the finish line is the winner of the race. Possible rule changes that people make to the traditional game include using extra-large sacks and running inside the bag; however, in some cases such activity may be viewed as cheating.
4 to 7 January, 2019	Score a Basket	3PM to 6PM	Block No.25 Plaza	Basket ball ring will be placed at distance of minimum of 5 ft. And 4 lined will be marked for target. Player has to put ball in the ring from each target in 3 chances.
4 to 7 January, 2019	Hit the target	3PM to 6PM	Block No.25 Plaza	Player will remain blindfold and a partner will remain with him to guide him the path. As the person enters the target circle, the partner cant guide him anymore. Player will have to hit the hanging target with a bat. Only one chance will be given.
4 to 7 January, 2019	Disco Ball	3PM to 6PM	Block No.25 Plaza	Items: CDs, Ping Pong Ball, Bottles. Rules: Players must use a CD to scoop up a ping pong ball and transfer it on top of a bottle.
4 to 7 January, 2019	Score a Goal	3PM to 6PM	Block No.25 Plaza	Target will be placed at distance of minimum of 10 ft. and 4 lined will be marked for target. Player has to hit the target with ball from each target in 3 chances.
4 to 7 January, 2019	Dribble the Ball	3PM to 6PM	Block No.25 Plaza	Cones will be placed at distance of 1 mt. each (10 cones) and player has to dribble the ball with hockey stick crossing each cone and completing the target.
4 to 7 January, 2019	Blow the Glass	3PM to 6PM	Block No.25 Plaza	12 plastic glasses will be placed on a table and player will fill the air in balloon with mouth. Player will have to blow the glasses with the filled air in one minute.

4 to 7 January, 2019	Blow the Ball	3PM to 6PM	Block No.25 Plaza	10 Glasses filled with water will be placed on a table along with a tennis ball. The competitor has to transfer the tennis ball one glass to another by blowing the ball with mouth and has to finish the task within one minute.
6 to 7 January, 2019	Rocksport	10AM to 6PM	Out Side of Block No.34	Participants can utilize Rock Sports moves under the supervision of Rock Sports Instructor. All the participants are expected in proper sports kit (Lower, T-shirt, Water bottle and Sports Shoes) , Fees : Rs. 100/- INR per hour.
4 to 7 January, 2019	Physiotherapy Health Check-up	9Am to 5PM	Block No.25 Plaza	Participants can visit this camp for the General health check-up of their bodies, free of cost.
4 to 7 January, 2019	Health and Wellness Clinic	9Am to 5PM	Block No.25 Plaza	Participants can visit this camp to heal their health related issues by consulting with Experts. Fees : Rs. 50/- INR per consultation.

Cultural Showcase
Schedule of Events from 3rd to 6th January 2019
Cultural Showcase Schedule

Date	Event	Timing	Venue	General Information
3 January,2019	Ice Breaking Session	5PM to 7PM	Baldev Raj Mittal Unipolis	<p>Ice Breaking Session will be facilitation exercise intended to “warm up” the conversation with the guests, to build their strong and effective teams. Certain Ice breakers and experience sharing activities will be conducted to ensure that guests interact comfortably with each other.</p>
4 January,2019	Punjabi Cultural Showcase	5:00 PM to 7:00 PM	Baldev Raj Mittal Unipolis	<p>Punjabi Tradition theme based Cultural Showcase will begin with a Punjabi Pre-wedding Festive- Jago, followed by Folk Orchestra in which audience will witness how a group of students will play more than 50 folk instruments to produce a lively RichFolk Music of Punjab.</p> <p>Folk Dances- Ludi and Bhangra for long have been a way of celebrating life in the simplest yet with much delight and ecstasy. Bhangra- a dance which is accompanied by beats of dhol and songs which narrate the stories of love, courage, heroic tales and struggle against Social issues. The bright attire and accessories donned by the performers talks for the vibrance and exuberance that people of Punjab never fail to wear.</p>
5 January,2019	One India and One World Dance Showcase	5:00 PM to 7:00 PM	Baldev Raj Mittal Unipolis	<p>Boundaries of language, colour, race and race seem to diminish when one sees so many students dressed up in different Indian states and countries attires laughing, dancing and grooving together. There is one common goal that everyone sees: growth and prosperity</p>
6 January,2019	Indian & Western Cultural Performances	5:00 PM to 7:00 PM	Baldev Raj Mittal Unipolis	<p>In this Showcase, audience will witness power pack and magnificent Music, Theatre and Dance performances leaving a strong impact on everyone’s heart, followed by DJ.</p>

Mini Punjab
Schedule of Events from 4th to 7th January 2019

Date	Event	Timing	Venue	General Information
4 to 7 January, 2019	Jashn-E-Lohri	5 PM to 10 PM	Baldev Raj Mittal Unipolis	Showing the happiness and auspicious moments through Punjabi culture i.e. bone fire in which public gathering is held around fire and people enjoys the warmth of affection among all the members.
4 to 7 January, 2019	Light in the Air	6 PM to 7 PM	Block 25 Plaza	Stars can't shine without darkness and when there is infusion of smoke and light stunts removing the darkness through Drones is breath and viewers will receive peace of mind.
4 to 7 January, 2019	Lovely Classic	7 PM to 10 PM	Baldev Raj Mittal Unipolis	Going back to the golden era of Punjabi hit movies. 3 hours of enjoyment and remembering the Punjabi culture
4 to 7 January, 2019	Punjabi Tashan	5 PM to 10 PM	Baldev Raj Mittal Unipolis	TikTok the current youth sensation will be collaborating and musical show will be held
4 to 7 January, 2019	Mehfil Mittran Di	6 PM to 9 PM	Baldev Raj Mittal Unipolis	Traditional dance show where students will dance on Punjabi traditional songs while dressed up in Punjabi dress and the dignitaries can join and enjoy with them.
4 to 7 January, 2019	Galiyara	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Taking the attendees to the childhood of most spending the evening and the games students will play and the dignitaries can also be a part of it. For example setup and the unique robokushti held in the akhada form by students.
4 to 7 January, 2019	Putli Ghar	6 PM to 9 PM	Baldev Raj Mittal Unipolis	Presenting the art form that prevails from thousands of years i.e. string puppet theatre.
4 to 7 January, 2019	Chitrakaar	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Showing the artwork which is created live which is a form of public art and the viewers will be given a chance of witnessing the speed , creativity and the art itself of the painters .
4 to 7 January, 2019	Chitralaya	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Photo booths giving a chance to all the attendees to create a lifetime memory of Punjabi culture and their visit in LPU, Punjab.
4 to 7 January, 2019	Chache Da Garrage	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Displaying the traditional vehicles and they will get a chance to drive it and they will view the royalness of Punjabi culture.

4 to 7 January, 2019	Awwaz-E-Punjab	7 PM to 10 PM	Baldev Raj Mittal Unipolis	Students will be singing all along and dignitaries can sing along with them
4 to 7 January, 2019	Punjabi Chulha	12 PM to 4 PM (Lunch) 4 PM to 7 PM (Snacks) 6 PM to 10 PM (Dinner)	Baldev Raj Mittal Unipolis	Presenting the food of Punjab in Punjabi style, delivering the true taste of Punjab.
4 to 7 January, 2019	Viraast-E-Punjab	12 PM to 10 PM	Baldev Raj Mittal Unipolis	There will be museum exhibition showcasing Punjab's heritage. For example Golden temple from LEDs, traditional Robot Designs etc
4 to 7 January, 2019	Viraast-E-Punjab	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Showcasing the history of Punjab by various paintings and sculptures or showing the wall of history.
4 to 7 January, 2019	LohriMela	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Traditional mela games will be showcased. For example shooting, ring throwing.
4 to 7 January, 2019	Nankeya Da Pind	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Student Organization Cell fest in which the Punjabi pind culture and their lifestyle.
4 to 7 January, 2019	Desi Bazaar	12 PM to 10 PM	Baldev Raj Mittal Unipolis	Market with full of traditional Dresses, Kurti, Phulkari, Punjabi Jutti, ISC T-shirts.