

Restrictions in the Districts of Punjab from May 10, 2021 onwards

S. No.	District	Restrictions
1.	Amritsar	<ol style="list-style-type: none"> 1. All shops, including essentials and non-essentials, to open on a rotational basis from 9 am to 5 pm. Those related to medicines and essential perishable items exempt 2. Those entering the state to carry either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 3. All Government offices and banks to work at 50% strength, unless involved in Covid management 4. Four wheelers not to carry more than 2 passengers; those carrying patients exempted 5. Gathering of more than 10 persons not allowed 6. Religious places to close at 6 pm daily 7. Daily night curfew from 6 pm to 5 am and weekend curfew from 6 pm on Friday to 5 am on Monday 8. Public transport to operate at 50% capacity 9. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 10. RT-PCR testing of road and streetwise vendors to be carried out. 11. Micro-containment zones in high positivity areas to be increased and strictly enforced. Special Monitors to be designated for this purpose 12. All Private Offices, including Service Industry, such as offices of Architects, Chartered Accountants, Insurance Companies etc., allowed to 'Work from Home' only.
2.	Barnala	<ol style="list-style-type: none"> 1. Stores falling in Group A pertaining to clothing, construction material, hardware items, Repair shops of all kinds, Seeds, Fertilizer, Pesticides, Urea Shops, Cycle repair and Sales, Foreign Money Exchange like Western Union, Mobile repair and Sales, book shops, Hair Saloon to remain open from 7 am to 3 pm. 2. Stores under Group B including Dry cleaners, Vehicle/Tyre Agency, Electrical Appliances i.e TV, Fridge, AC etc, Crockery Shops, Malls i.e Easy Day, More etc., Tailor, Shoes shops, Bag and leather goods, Sports, Pet Food Shops, goldsmiths, cosmetics, computer hardware, printing press to remain open from 7 am to 3 pm. 3. Those under Group C such as E-commerce delivery from Monday to Friday (7 am to 3 pm) 4. Fast food stalls (home delivery only) from Monday to Friday (7 am to 5 pm) 5. Group D: Health care workers, dispensaries, government and private hospitals under no restrictions- Stores selling dairy, fruits, vegetables, meat, fish, LPG to operate from Monday to Sunday (7 am to 5 pm)

		<ol style="list-style-type: none"> 6. Restaurant/Bakery/Confectionery are open only for home delivery from 9AM to 9PM 7. All shopkeepers and their employees are required to undergo RT-PCR, not more than a week old 8. All offices to work at 50% strength, unless involved in Covid management. 9. Four wheelers not to carry more than 2 passengers; those carrying patients exempted 10. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations 11. Religious places to be closed at 6 pm daily 12. Public transport to function at 50% capacity 13. All bars, cinemas, gyms, swimming pools, coaching centres, sports complexes, Spas/Massage Centre to remain closed 14. Daily night curfew from 6 pm to 5 am and weekend curfew from 6 pm on Friday to 5 am on Monday
3.	Bathinda	<ol style="list-style-type: none"> 1. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 2. Hotel authorities to ensure conditions mentioned above for their guests 3. Shops dealing with: <ul style="list-style-type: none"> - Bread, Sabji/fruit to open Monday to Friday from 6 am to 10 am - All other categories except mentioned above and Karyana: Monday to Friday from 10 am to 2 pm - Medicines shops of all categories, petrol/diesel pumps, and Milk: open on all weekdays 24x7 4. All restaurants/eateries, including bakeries to only function for home delivery till 9 pm 5. All PGs to remain closed 6. E-commerce home delivery allowed from 9 am to 2 pm 7. Complete ban on all social, cultural, political or sports gathering, and related functions, including govt functions 8. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 9. All Government offices and banks to work at 50% strength, unless involved in Covid management 10. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations 11. RT-PCR testing of road and streetwise vendors. Traffic Police and medical teams to coordinate for testing 12. Micro-containment zones in high positivity areas to be increased and strictly enforced. Special Monitors to be designated for this purpose 13. All Private Offices, including Service Industry, such as offices of Architects, Chartered Accountants, Insurance Companies etc., allowed to 'Work from Home' only.
4.	Faridkot	<ol style="list-style-type: none"> 1. Shops to open according to the following schedule:

		<ul style="list-style-type: none"> a. Hospitals, medical labs, Medicine Shops/chemists: no restrictions b. Milk Supply to homes/ LPG/ Diesel/ petrol pumps: open all days from 6 am to 8 pm c. Dairy products, karyana, grocery, fruit and vegetables, drinking water supply, animal fodder: Monday to Friday from 6 am to 5 pm d. Bakery shops, confectionary shops: Monday to Friday from 8 am to 5 pm e. Meat and Chicken centres, restaurants (home delivery): Monday to Friday from 9 am to 5 pm f. Floor Mills, agriculture implements, cloth merchants, jewellery shops, computer and hardware shops, marriage palaces, book sellers, beauty parlours, mobile repair shops, pesticides stores: Monday to Friday from 10 am to 5 pm g. E-commerce, printing press, photographers, Sanitation shops, mechanics, optical shops, etc: Monday to Friday from 10 am to 4 pm <p>Those that don't find mention in the list, are allowed to open Monday to Friday from 10 am to 4 pm</p> <ul style="list-style-type: none"> 2. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 3. All Government offices and banks to work at 50% strength, unless involved in Covid management 4. Four wheelers not to carry more than 2 passengers; those carrying patients exempted 5. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations 6. RT-PCR testing of road and streetwise vendors to be carried out. 7. Daily Night Curfew from 6 am to 5 am, and Weekend Curfew from 6 pm on Friday to 5 am on Monday 8. Complete ban on all social, cultural, political or sports gathering, and related functions, including govt functions 9. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 10. Micro containment in high positivity areas to be increased by concerned SDMs/SMOs. Special Covid Monitors to be designated for strict enforcement 11. All Private Offices, including Service Industry, such as offices of Architects, Chartered Accountants, Insurance Companies etc., allowed to 'Work from Home' only
5.	Fatehgarh Sahib	<ul style="list-style-type: none"> 1. All shops in the district will open only on the basis of left/right principle on alternate days from May 10, 2021. This principle applicable from Monday to Friday to all shops (essential and non-essential) <ul style="list-style-type: none"> a. Shops pertaining to essential items will open located on left/right side on Saturday and Sunday, alternatively b. Above principle not applicable to Chemist shops/Labs and the same will remain open the entire week c. Liquor vendors can remain open from Monday to Friday till 9 pm 2. Nobody to enter the state by air, rail or road without either:

		<ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old <p>3. Complete ban on all social, cultural, political or sports gathering, and related functions, including govt functions</p> <p>4. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested</p> <p>5. Micro containment in high positivity areas to be increased. Special Covid Monitors to be designated for strict enforcement</p> <p>6. All educational institutions ie. schools and colleges to remain closed; All the medical and nursing colleges may Continue to remain open</p> <p>7. All Private Offices, including Service Industry, such as offices of Architects, Chartered Accountants, Insurance Companies etc., allowed to 'Work from Home' only.</p>
6.	Fazilka	<ol style="list-style-type: none"> 1. The following activities are allowed on particular days/time mentioned: <ol style="list-style-type: none"> a. Shops dealing with Essential items like sweet shops, bakery, supply of milk, bread, vegetables, fruits, dairy and poultry products like eggs, meat, activities related to fisheries, newspaper supply, supply of animal fodder, supply of drinking water to remain open all days from 6 am to 9 am b. Shops dealing with Non-Essentials (other than those mentioned above) to remain open from Monday to Friday from 9 am to 2 pm c. Restaurants /hotels/fast food outlets to only do Home Delivery from 6 am to 2 pm d. Hospitals, veterinary hospitals and all establishments both in public and private sector related to manufacture and supply of all medicines and medical equipment, Petrol/Diesel pumps, movement of all goods to remain open on all days (24x7). Transportation of all personnel of these establishments shall be allowed subject however to production of identity cards. e. Use of combines in fields, wheat procurement in mandis, construction activities both in rural and urban areas permitted on all days from 9 am to 7 pm 2. Daily Curfew from 2 pm to 6 am and the Weekend Curfew from 12 pm Friday to 6 am Monday. No vehicle to ply except for medical purposes, with curfew pass 3. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 4. All Government offices and banks to work at 50% strength, unless involved in Covid management. Public dealing in banks is allowed from 9 am to 12 pm but the bank staff can work from 9 am to 1 pm from Monday to Friday only 5. Four wheelers not to carry more than 2 passengers; those carrying patients exempted 6. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations 7. RT-PCR testing of road and streetwise vendors to be carried out.

		<ol style="list-style-type: none"> 8. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 9. Micro containment in high positivity areas to be increased by concerned SDMs/SMOs. Special Covid Monitors to be designated for strict enforcement 10. All Private Offices, including Service Industry, such as offices of Architects, Chartered Accountants, Insurance Companies etc., allowed to 'Work from Home' only.
7.	Ferozpur	<ol style="list-style-type: none"> 1. All stores in urban areas to remain open from 10 am to 2 pm 2. All chemist stores to remain open 24x7 3. Dairy Shops to be open from 5 am to 8 pm with the requirement of an e-pass to bring milk to the owners 4. Sabji Mandi to open from 5 am to 9 am for wholesale only 5. Rehries are to open from 9 am to 2 pm only 6. Bars, hotels, restaurants, etc allowed Home Delivery till 9 pm 7. All kinds of shops in rural areas to open from 9 am to 5 pm 8. Only one household member allowed to venture out of the house to buy essentials
8.	Gurdaspur	<ol style="list-style-type: none"> 1. Hospitals and all related medical establishments, including their manufacturing and distribution units, both in public and private sectors, such as dispensaries, chemist and medical equipment shops, labs, clinics, nursing homes, ambulances, etc. will continue to remain functional. Transportation for all personnel is permitted: All week 24&7 2. Shops selling milk and dairy products, fruits and vegetables (including in rehries), meat, poultry and its products can open from 7 am to 5 pm all week 3. All other shops can open from Monday to Friday from 9 am to 3 pm 4. Restaurants can remain open only for takeaway and home delivery all week from 9 am to 9 pm 5. Retail and Wholesale liquor vendors (ahatas to remain closed) can open from Monday to Friday, 9 am to 5 pm 6. LPG and Petrol Pumps can open all week from 7 am to 9 pm 7. Banks can operate on all working days as per norms 8. The owners and employees working in these shops/establishments will be directed to have their COVID RT-PCR or Rapid Antigen test done preferably every week for their own safety
9.	Hoshiarpur	<ol style="list-style-type: none"> 1. Following to remain closed on all days of the week: Bars, cinema halls, gyms and spas, swimming pool & sports complexes, salons and parlours, schools & colleges, all types of coaching centres (for staff as well as students) Work from home is allowed. 2. Following shops/trades to open only on the days and as per the timings mentioned below: <ol style="list-style-type: none"> a. Shops dealing with items such as milk, eggs, sweet shops, halwais, atta chakkis, poultry, meat, fish, animal fodder to open all week from 5 am to 9 am b. Shops dealing with fruits and vegetables (5 AM- 5 PM) all days.

		<ul style="list-style-type: none"> c. Chemists, hospitals, clinics, diagnostic centres, medical labs, vet clinics, industrial units and LPG & petrol pumps to open all week with no time restrictions d. Telecom operators, Banks (50% staff), automobile repair shops and liquor vendors to function from Monday to Friday from 11 am to 5 pm e. Hotels, dhabas, cafeteria, restaurants, eateries to open from Monday to Friday from 11 am to 9 pm (No dine in - only home delivery/takeaway) f. Garments, cloth, shoes, handloom, jewellery, tailors, dry cleaners, etc to open on Monday from 11 am to 5 pm g. Grocery stores to open on Tuesday and Friday from 11 am to 5 pm h. Stores dealing with agricultural equipment, seeds, fertilizers to open on Tuesday from 11 am to 5 pm i. Stores dealing with electronics, electrical, computers to open on Wednesday and Thursday from 11 am to 5 pm j. Stores dealing with opticals, stationary, books to open on Wednesday from 11 am to 5 pm k. Stores dealing with crockery, furniture, photographers to open on Thursday from 11 am to 5 pm l. Stores dealing with construction material, cement, hardware, paint, plywood, sanitary shops to open on Friday from 11 am to 5 pm m. Stores dealing with toys and sports equipments to open on Thursday from 11 am to 5 pm n. E-commerce home delivery from Monday to Friday from 11 am to 5 pm <ol style="list-style-type: none"> 3. Daily Night Curfew from 6 pm to 5 am and Weekend Curfew from 6 pm on Friday to 5 am on Monday. Only vehicles with a curfew pass to ply during these hours 4. Complete ban on all social, cultural, political or sports gatherings 5. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 6. All Government offices and banks to work at 50% strength, unless involved in Covid management 7. Four wheelers not to carry more than 2 passengers; those carrying patients exempted 8. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations 9. RT-PCR testing of road and streetwise vendors to be carried out. 10. Micro containment in high positivity areas to be increased by concerned SDMs/SMOs. Special Covid Monitors to be designated for strict enforcement 11. All Private Offices, including Service Industry, such as offices of Architects, Chartered Accountants, Insurance Companies etc., allowed to 'Work from Home' only. <p>Note -</p> <ol style="list-style-type: none"> 1. S.No 1 - Vendors will not be stationed at one place. They will have to move around to sell their products 2. S.No 5 - Home delivery to be encouraged, if there is crowd outside and COVID guidelines not followed, then Police shall take strict action
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10.	Jalandhar	<ol style="list-style-type: none"> 1. Gol offices to operate as per guidelines and directions received from the Government of India 2. All hospitals, health centres, vaccination centres, dispensaries, pharmaceutical & medical research labs, veterinary hospitals, eye clinics, manufacturing units of drugs, telecom and internet services, and other medical essentials to function without any restrictions 3. All bars, cinemas, gyms, swimming pools, coaching centres, sports complexes to remain closed 4. All owners of the establishments mentioned below to strictly adhere to social distancing norms: Masks, no overcrowding on the premises (small premises not to have more than 3 persons, medium premises more than 5, and large premises not to have more than 10 persons at a time), and other guidelines 5. All restaurants, cafes, bakeries to remain open only for takeaway (9 am to 5 pm) and home delivery (9 am to 9 pm) 6. Following shops selling essential items to be open from Monday to Friday (7 am to 3 pm) and will do home delivery from 3 pm to 5 pm: <ol style="list-style-type: none"> a. Milk b. Vegetables & fruits c. Dairy & poultry d. Those selling fresh/frozen fish and meat products e. Mobile & laptop repair f. Truck and heavy vehicle repairing workshops g. Shops selling industrial materials, hardware items, plumbing equipment, and electrical equipment h. Shops/establishments engaged in export/import activities i. Tires and puncture repair shops j. Establishments dealing in batteries of inverters and cars k. Shops selling fertilizers, seeds, insecticides, pesticides, agriculture machinery, agriculture/horticulture implements l. Kirana and grocery shops (including PDS shops) m. Retail and wholesale liquor vendors (not ahatas) n. Grocery shops dealing with any perishable commodity. o. All grocery shops dealing with non-perishable commodities such as dry grains should only undertake home delivery through their local staff 7. Non-essential shops and private offices can remain open from 9 am to 3 pm (Monday to Friday) 8. E-commerce, including logistic services, to be operational between 9 am to 9 pm every day (except those dealing with health care) 9. The following establishments are exempted from any restrictions 24*7: all manufacturing industrial units, Petrol/Diesel pumps, LPG distributors, Chemist shops, All health related services and their supply chain activities, wholesale movement of all horticulture, animal husbandry and poultry, movement of all goods for wholesalers (informal

		<p>labourers for the same can move freely between 9 am and 5 pm with adequate proof, wheat procurement in mandis, all private security agencies, all employees and officers of the central or state government uniformed services while on duty, all banks and ATMs and financial institutions, all construction activities in rural and urban areas, all public and private transportation services following occupancy restrictions, all brick kilns, all internet, telecom, and cable service repairing/installation agencies, and all print and media establishments operating under existing precautions.</p> <ol style="list-style-type: none"> 10. Daily Night Curfew to be imposed from 6 pm to 5 am and Weekend Curfew to be imposed from 6 pm on Friday till 5 am on Monday 11. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 12. Four wheelers not to carry more than 2 passengers; those carrying patients exempted 13. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations 14. Religious places to be closed at 6 pm daily 15. RAT testing every 5-7 days of road and Street vendors 16. All offices to work at 50% strength, unless involved in Covid management 17. Public transport to function at 50% capacity 18. Movement of persons on foot/bicycle for the permissible purposes shall be freely allowed during non-curfew hours, and within curfew hours for those undertaking essential/emergency service 19. Educational institutions to be closed. All medical and nursing colleges may continue to remain open 20. All recruitment exams to be postponed unless it is related to COVID management related manpower 21. No gathering of more than 10 persons allowed, including for weddings, funerals, cremations
11.	Kapurthala	<ol style="list-style-type: none"> 1. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 2. Hotel authorities to ensure conditions mentioned above for their guests 3. Shops in the district will open as per: <ul style="list-style-type: none"> - Dairy: From Monday to Friday shops can open from 8 am to 12 pm, and 3 pm to 5 pm in the evenings. On weekends, only home delivery - Bread, karyana and vegetable/fruit shops open from Monday to Friday 8 am to 12 pm - All categories of shops apart from mentioned above to be open from Monday to Friday 12 pm to 4 pm - Medicine shops, all kinds of health/medical activities, petrol pumps to be open all week 24x7 - Home delivery upto 9 pm. 4. All construction activities and manufacturing/industrial units allowed 5. All restaurants/cafes/hotels to open for home delivery till 8

		<p>pm. No inside seating/dining-in allowed</p> <ol style="list-style-type: none"> 6. All Bars, Cinema Halls, Gyms, Spas, Swimming Pools, Coaching Centres, Sports Complexes, to remain closed 7. All Paying Guests (PGs) to remain closed 8. E-Commerce home delivery is allowed from 10 am to 4 pm 9. Ban on all social, cultural and sports gatherings 10. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 11. All Government offices and banks to work at 50% strength, unless involved in Covid management 12. All four-wheeler vehicles, including cars and taxis, not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 13. No more than 10 people allowed for weddings/funerals 14. Villages will organize Thikri Pehras to ensure that 'Night Curfew' and 'Weekend Curfew' are duly complied with 15. RT-PCR testing of road and streetwise vendors. Traffic Police and medical teams to coordinate for testing 16. Number in Public Transport (Buses, Taxis, Autos) to be restricted to 50% of the capacity 17. Micro-containment zones in high positivity areas to be increased and strictly enforced. Special Monitors to be designated for this purpose 18. In Government offices - Health/ Frontline Workers and employees over 45 years who have not got at least one vaccine dose in the last 15 days or more, should be encouraged to take leave and stay home until then. Employees under 45 years to be allowed only on basis of negative RT-PCR not more than 5 days old or else should take leave and stay home 19. 24x7 delivery of LPG available in the district
12.	Ludhiana	<ol style="list-style-type: none"> 1. Daily curfew from Monday to Friday from 12 noon to 5 am next morning. All categories of shops, private offices and establishments shall be open from 5 AM to 12 noon Monday to Friday. 2. Restaurants, coffee shops, food outlets, shops dhabas remain closed for dine-in. Delivery allowed in time mentioned above. 3. Weekend curfew from 12 noon Friday to 5 AM on Monday. 4. Milk home delivery allowed morning 5 am to 12 noon and evening 5 pm to 9 pm 5. Following exempted from curfew restrictions(24X7)- Manufacturing, petrol pump, LPG, chemist, medical laboratory, hospitals, vaccination centres, scan centers all transport good movement, wheat procurement, banks, private security agency, all government offices (50%staff), construction activity, ambulances, oxygen related vehicles, all import export vehicles, blood donation activities, prior appointment like registration, Transport related work an office citizen services on appointment, buses and train movement. 6. People working in the manufacturing industries shall be allowed to move on foot or by cycle or vehicles with a valid

		<p>curfew pass.</p> <ol style="list-style-type: none"> 7. Ban on all political, social, cultural and sports gatherings 8. No gathering of more than 10 persons allowed, including for weddings(with permission only), funerals, cremations(no permissions needed). 9. No movement without e curfew pass of passenger transport between 12 noon to 5 am. Medical Emergencies allowed. 10. All Government Offices and banks to work at 50% strength, unless involved in COVID management. 11. Government Employees of age 45 and above are encouraged to stay home on leave if not vaccinated with at least the first dose. Employees below 45 are allowed only if they carry RT-PCR not less than 5 days old. 12. Village will organize Thikri Pehras to ensure compliance with COVID orders 13. Number in public transport to be restricted to 50% 14. Microcontainment Zones to be earmarked and enforced. Special monitors to be designated for enforcement. 15. All recruitments to be postponed except for COVID manpower 16. RTPCR testing of road and street vendors to be carried out. 17. Schools and colleges, 50 % of teaching and non teaching staff to be allowed otherwise closed. 18. All Government staff shall be on call for any emergency duty.
13.	Mansa	<ol style="list-style-type: none"> 1. Night curfew from 6 pm to 5 am and weekend curfew 2. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 3. Number in Public Transport (Buses, Taxis, Autos) to be restricted to 50% of the capacity 4. All restaurants/cafes/hotels to open for home delivery till 7 pm. No inside seating/dining-in allowed 5. Shops in the district will open as per: <ul style="list-style-type: none"> - Milk, bread, karyana and vegetable/fruit shops open from Monday to Friday 6 AM to 10AM, - Milk Dairy home delivery from 5 PM to 7 PM - All categories of shops apart from mentioned above to be open from Monday to Friday 10 am to 2 pm - Medicine shops, all kinds of health/medical activities, petrol pumps to be open all week 24x7 6. Ban on all social, cultural and sports gatherings 7. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 8. Religious places to be closed at 6 PM daily 9. No more than 10 people allowed for weddings/funerals 10. Villages will organize Thikri Pehras to ensure that 'Night Curfew' and 'Weekend Curfew' are duly complied with 11. RT-PCR testing of road and streetwise vendors. Traffic Police and medical teams to coordinate for testing 12. Exception of hospitals, nursing homes, medical shops,vaccination centres, petrol pumps, e-commerce, construction activities, agriculture related activities, etc. 13. All four-wheeler passenger vehicles, including cars and taxis, not allowed to seat more than 2 passengers, vehicles carrying patients to hospitals exempted, No pillion riders on scooters

		and motorcycles except those belonging to the same family and living in the same house.
14.	Moga	<ol style="list-style-type: none"> 1. All shops/trades are open from 9 am to 2 pm from Monday to Friday 2. Medicine shops, all kinds of health/medical activities, petrol pumps to be open all week 24x7 3. Movement related to handling wheat, special requirements related to wheat/rice/urea,etc. will be allowed all week 24x7 4. Vegetable mandis (wholesale) to be open from 5 am to 8 am from Monday to Friday 5. Dairies will be open all week from 5 am to 8 pm 6. Banks to work at 50% strength as per SLBC instructions 7. School and colleges, 50% of teaching and non-teaching staff to be allowed from Monday to Friday from 9 am to 2 pm 8. Night curfew from 6 pm to 5 am and weekend curfew from 6pm on Friday to 5am on Monday. 9. Nobody can enter the state without a negative COVID report of not more than 72 hours old or vaccination certificate (at least one dose) over 2 weeks old. 10. Health workers and frontline workers not vaccinated to be allowed in office with RT-PCR reports not more than 5 days old. 11. Public transport to be restricted to 50% capacity. 12. Movement of people on foot/bicycle for permissible purposes freely allowed. 13. E-commerce, movement of goods and vaccination centers allowed. 14. All recruitment exams to be postponed unless it is related to COVID management related manpower. 15. Micro-containment zones in high positivity areas to be increased and strictly enforced. Special Monitors to be designated for this purpose. 16. RT-PCR testing of road and streetwise vendors to be carried out. 17. All religious places to close by 6pm 18. All restaurants/cafes/hotels to open for home delivery from Monday to Friday (From 9:00 AM to 2:00 PM). 19. All four-wheeler passenger vehicles, including Cars and Taxis, not allowed to seat more than 2 passengers. 20. Villages will organize thikri pehras to ensure that 'Night Curfew' and Weekend Curfew orders are complied with. 21. Appeals to Kissan Unions and Religious leaders not to hold gatherings and restrict the number of protectors to token presence at Toll Plazas, Petrol Pumps, Malls etc. 22. No Social, Cultural, Political, Sports gathering to be allowed. 23. Those who have joined any large religious, political, social gathering, will have to be home quarantined for 5 days and

		<p>will have to be tested for COVID-19 as per protocol.</p> <p>24. Legal action will be initiated against black marketing/hoarding etc.</p>
15.	Pathankot	<ol style="list-style-type: none"> 1. All bars, Cinema halls, Gyms, Spas, Swimming pools, Coaching centers, Sports complexes to remain close 2. All restaurants/cafes/hotels to open for home delivery from 9am to 9pm. No inside seating/dining-in allowed. Takeaway possible from 9am to 5pm 3. E-Commerce home delivery is allowed from 9am to 9pm 4. Medicine shops, all kinds of health/medical activities, petrol pumps, vaccination centres to be open all week 24x7 5. Wholesale movement of goods to be allowed all week 24x7 6. All employees of centre and state government and banks exempted 7. All manufacturing industrial units, construction activity and transport allowed 8. Grocery shops, atta chakkis, insecticides/pesticides shops, dairies, optical shops in hospitals, plant nurseries, e-commerce of essential goods allowed everyday from 9 am to 5 pm 9. Electrical/electronic, laptop/mobile, furniture, AC repair, cloth/readymade garments, sports shops, etc open Monday and Wednesday from 9 am to 5 pm 10. Automobile showrooms, books/stationary, jewellery shop, hardware, building material shops to open Tuesday and Thursday 9 am to 5 pm 11. Night curfew from 6 pm to 5 am and weekend curfew from Thursday to Monday 12. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 13. Ban on all social, cultural and sports gatherings 14. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 15. All Govt offices and banks to work at 50% strength, unless involved in Covid management 16. All four-wheeler vehicles, including cars and taxis, not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 17. No more than 10 people allowed for weddings/funerals 18. Villages will organize Thikri Pehras to ensure that 'Night Curfew' and 'Weekend Curfew' are duly complied with 19. RT-PCR testing of road and streetwise vendors. Traffic Police and medical teams to coordinate for testing 20. Number in Public Transport (Buses, Taxis, Autos) to be restricted to 50% of the capacity 21. Micro-containment zones in high positivity areas to be increased and strictly enforced. Special Monitors to be designated for this purpose 22. In Government offices - Health/ Frontline Workers and employees over 45 years who have not got at least one vaccine dose in the last 15 days or more, should be encouraged to take leave and stay home until then.

		<p>Employees under 45 years to be allowed only on basis of negative RT-PCR not more than 5 days old or else should take leave and stay home</p> <p>23. Religious places to be closed at 6pm daily</p>
16.	Patiala	<ol style="list-style-type: none"> 1. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 2. All restaurants/cafes/hotels to open for home delivery till 9 pm. No inside seating/dining-in/take-away allowed 3. All bars, Cinema halls, Gyms, Spas, Swimming pools, Coaching centers, Sports complexes to remain close 4. All weekly markets to be closed 5. Religious places to be closed at 6 pm daily 6. All essential shops including grocery, dairy, vegetable/fruit shops, mobile repair, fertiliser/insecticide/agriculture machinery, industrial material to be open Monday to Friday from 9 am to 5 pm 7. All non essential shops to remain open only on Monday and Friday from 9 am to 5 pm 8. Hospitals, medical shops, chemists, e-commerce, construction activities, vaccination camps, petrol pumps, cold storage exempted 9. Ban on all social, cultural and sports gatherings 10. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 11. No more than 10 people allowed for weddings/funerals 12. All Govt offices and banks to work at 50% strength, unless involved in Covid management 13. In Government offices - Health/ Frontline Workers and employees over 45 years who have not got at least one vaccine dose in the last 15 days or more, should be encouraged to take leave and stay home until then. Employees under 45 years to be allowed only on basis of negative RT-PCR not more than 5 days old or else should take leave and stay home 14. Villages will organize Thikri Pehras to ensure that 'Night Curfew' and 'Weekend Curfew' are duly complied with 15. All four-wheeler vehicles, including cars and taxis, not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family
17.	Rupnagar	<ol style="list-style-type: none"> 1. Night curfew from 6 pm to 5 am and weekend curfew 2. Essential shops including ration shops, PDS shops, dairy, poultry, vegetable and fruits, e-commerce, petrol pumps, government offices to function from 9 am to 5 pm 3. Non-essential shops to function from 10 am to 2 pm from Monday to Friday 4. Milkman delivery allowed from 6:00 am to 9:00 am 5. Newspaper hawkers from 5 am to 8 am 6. Moving vendor for fruit and vegetables allowed from 8 am to 12 pm

		<ol style="list-style-type: none"> 7. No sabji mandi allowed after 9 am 8. All shopkeepers and their staff would be encouraged to get vaccinated if eligible (for essential shops -to be covered in essential service category if age below 45 years) or to get RT-PCR testing each week 9. RT-PCR testing of road and streetwise vendors. Traffic Police and medical teams to coordinate for testing 10. All vendors/hawkers to be rationalised 11. All restaurants/cafes/hotels to open for home delivery till 9 pm. No inside seating/dining-in/take-away allowed 12. Shops in malls to close 5 pm 13. No more than 10 people allowed for weddings/funerals 14. Ban on political gatherings 15. For the parks, recreational spaces there would be a time limit for morning 5 am to 8 am for yoga, morning walks etc. 16. All passenger vehicles originating from Himachal for interstate travel, have been asked to adhere to the passenger restrictions norms as 50% of the capacity 17. Interstate nakas have been established at 7 entry points working 24x7 at district borders which have been made functional and would be checking and keeping record of each passenger entering state only through valid vaccination certificate or a Negative RT PCR COVID test report 18. All Govt offices to open and all staff attending office would either be vaccinated or getting tested through RTPCR each week by Friday, they must attend office only with COVID –ve report 19. Also all private offices are closed for physical working (work from home encouraged) 20. In crowded markets the rostering in essential and non essential shops being done at SDM level after identifying such crowded markets 21. Highway petrol pumps allowed 24X7 and rest Petrol Pumps allowed from 5 am to 11.00 pm
18.	SAS Nagar	<ol style="list-style-type: none"> 1. Ban on all social, cultural and sports gatherings 2. Religious places to be closed at 6 pm daily 3. Night curfew from 6 pm to 5 am everyday and weekend curfew. 4. All essential activities allowed from 5 am to 5 pm everyday 5. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 6. All four-wheeler vehicles, including cars and taxis, not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 7. Home delivery of essentials and food allowed from 5 am to 9 pm 8. No more than 10 people allowed for weddings/funerals

		<ol style="list-style-type: none"> 9. Ban on all social, cultural and sports gatherings 10. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 11. All non-essential shops in the urban areas to open only on a staggered rational basis (odd/even) from Monday to Friday <ul style="list-style-type: none"> - Even shop on even dates - Odd shops on odd shops 12. All restaurants/cafes/hotels open for home delivery till 9pm. No inside seating/dining-in/take-away allowed 13. E-commerce allowed 14. Industries and construction works allowed 15. Private offices allowed to open with 33% capacity with regular testing every 2 weeks
19.	SBS Nagar	<ol style="list-style-type: none"> 1. Strict enforcement of lockdown would be ensured. All essential services are planned to continue all days of the week, while the non essential services can be opened on rotation for a few days in a week. This plan of rotation has been prepared in such a way that crowding would be avoided in the markets. 2. The following services can open all week 24*7: <ol style="list-style-type: none"> a. Hospitals, veterinary hospitals, laboratories, nursing homes, Chemist & all other medical establishments both in the public and private sector related to manufacture and supply of all medicines and medical equipment. b. Petrol pumps and petroleum products, LPG, Petroleum and gas retail and storage outlets. c. Transportation of all personnel of these establishments shall be allowed to be open all days all times however to production of identity cards. d. Power generation, transmission and distribution units and services All essential services are planned to continue all days of the week, while the non essential services can be opened on rotation for few days in a week 3. These services are permitted to operate all days till 5 pm: <ol style="list-style-type: none"> a. Banking, ATM, construction and manufacturing, brick kilns, activities of manufacturing industry 4. These shops can open from Monday to Saturday till 5 pm: <ol style="list-style-type: none"> a. Milk, vegetable, fruits, dairy and poultry products b. E-commerce, movement of goods and home deliveries allowed Monday to Saturday till 9 pm 5. These shops/establishments are allowed from Monday to Friday till 5 pm: <ol style="list-style-type: none"> a. Wholesale Grocery shops, kirana and grocery shops (including PDS), fertilisers/agriculture machinery, liquor vendors, industrial materials, hardware items, telecommunication, internet services, cold storage, ad warehousing services, those engaged in import/export activities, automobile repair shops, halwai and sweet shops b. All restaurants/cafes/hotels to open for home delivery till 9 pm. No inside seating/dining-in allowed. Takeaway allowed from 9 am to 5 pm

		<ol style="list-style-type: none"> 6. Monday, Wednesday and Friday till 2 pm: Mobile, computer, electronic repair, construction material, car washing 7. Monday and Wednesday till 2 pm: 8. Immigration services (no public dealing), photostat, stationary, printing press, sports equipment, toys & gifts 9. Tuesday and Thursday till 2 pm: Photography, clothing, dry cleaning, handlooms, etc allowed 10. Monday and Friday till 2pm: Jewellery, watches, plastics, crockery, etc 11. Wednesday and Friday till 2 pm: Saloons and beauty parlours 12. Vegetable and fruit mandis would be open to wholesale vendors only, so that there is no crowding at these places. 13. Extensive sampling shall be done at all predictive hotspots from itihaas data. 14. Containment zones shall be made as per the number of cases, and strict containment shall be enforced in these areas.
20.	Sangrur	<ol style="list-style-type: none"> 1. Shops dealing with milk, bread, sabji, karyana, fruit shops, meat, poultry open all week from 5 am to 9 am 2. All other categories shops except above mentioned to open from Monday to Friday from 10 am to 2 pm 3. Medicine shops of all categories (wholesale/retail), all kind of medical activities, petrol/diesel pumps can remain open all week 24*7 4. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 5. All Govt offices and banks to work at 50% strength, unless involved in Covid management 6. All four-wheeler vehicles, including cars and taxis, are not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 7. No more than 10 people allowed for weddings/funerals 8. Religious places to close at 6 pm daily 9. All restaurants/cafes/hotels to open for home delivery till 9pm. No inside seating/dining-in allowed 10. Number in Public Transport (Buses, Taxis, Autos) to be restricted to 50% of the capacity 11. Ban on all social, cultural and sports gatherings 12. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 13. In Government offices - Health/ Frontline Workers and employees over 45 years who have not got at least one vaccine dose in the last 15 days or more, should be encouraged to take leave and stay home until then. Employees under 45 years to be allowed only on basis of negative RT-PCR not more than 5 days old or else should take leave and stay home 14. Micro-containment zones in high positivity areas to be increased and strictly enforced. Special Monitors to be

		designated for this purpose
21.	Sri Muktsar Sahib	<ol style="list-style-type: none"> 1. All shops open Monday to Friday from 9 am to 3 pm 2. Grocery, dairy, medicines, drinking water supply, vegetables/fruits, petrol pumps allowed all days of the week 3. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 4. All restaurants/cafes/hotels to open for home delivery till 9pm. No inside seating/dining-in/take-away allowed 5. All Govt offices and banks to work at 50% strength, unless involved in Covid management 6. No more than 10 people allowed for weddings/funerals 7. All four-wheeler vehicles, including cars and taxis, are not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 8. Religious places to close at 6 pm daily 9. All four-wheeler vehicles, including cars and taxis, not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 10. Ban on all social, cultural and sports gatherings 11. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 12. School and colleges, 50% of teaching and non-teaching staff to be allowed from Monday to Friday 8am to 3pm
22.	Tarn Taran	<ol style="list-style-type: none"> 1. All the shops and commercial establishments shall remain open from 9 am to 2 pm on weekdays (from Monday to Friday). But shall remain closed on weekend curfew. 2. Milk shops and dairy to open from 6 am to 5 pm throughout the week and weekend curfew shall not be applied to them. 3. Medical shops shall remain open from 9 am to 8 pm throughout the week and at least one chemist/drug store to remain open in each health block on rotation basis as decided by the Civil Surgeon. Hospitals and Nursing homes shall be out of the purview of Curfew/Lockdown. Anyone hoarding the medicines or charging of exorbitant price shall be charged under NDM Act 2005 apart from other relevant Acts. 4. Vegetable markets shall remain open till 9 am. 5. All restaurants/cafes/hotels shall remain open for home delivery till 9 pm. No inside seating/dining-in/take-away allowed. 6. On weekdays the curfew shall remain in force from 6 pm to 5 am and timings of weekend curfew shall be from Friday 6 pm to Monday 5 am. During the curfew, vehicles of Medical staff, Administrative staff/officials, employees doing duties related to covid management, Police officials, Army and Paramilitary forces shall be exempted. 7. Procurement agencies and their staff including labour, truck

		<p>driver etc. shall be exempted.</p> <ol style="list-style-type: none"> 8. Industries and construction work allowed. 9. Nobody to enter the state by air, rail or road without either: <ul style="list-style-type: none"> - Negative Covid report not more than 72 hours old, or - Vaccination certificate (at least one dose) over 2 weeks old 10. All four-wheeler vehicles, including cars and taxis, are not allowed to seat more than two passengers. No pillion riders on scooters and motorcycles except those belonging to the same family 11. Villages will organize Thikri Pehras to ensure that 'Night Curfew' and 'Weekend Curfew' are duly complied with 12. Religious places to be closed at 6pm daily. 13. Leaders of Religious institution, different farmer unions are appealing to limit the gathering of protesters. 14. Ban on all political, social, cultural and sports gatherings. 15. All schools, colleges and educational institutions shall remain closed. However, teaching and non teaching staff of the Government schools shall remain present. Private schools may ask the teaching and non teaching staff to remain present as per the convenience of the school. All Medical and nursing colleges may remain open. 16. Anyone hoarding the oxygen cylinder shall be dealt as per the law. 17. People who have attended large gatherings anywhere to be mandatorily home quarantined for 5 days and tested 18. RT-PCR testing of road and streetwise vendors to be carried out. They shall be motivated to get vaccinated. 19. All Govt offices and banks to work at 50% strength, unless involved in Covid management. Banks shall remain open till 2 pm for public dealing. ATMs shall remain open throughout the week. 20. No more than 10 people allowed for weddings/funerals 21. Number in Public Transport (Buses, Taxis, Autos) to be restricted to 50% of the capacity 22. In Government offices - Health/ Frontline Workers and employees over 45 years who have not got at least one vaccine dose in the last 15 days or more, should be encouraged to take leave and stay home until then. Employees under 45 years to be allowed only on basis of negative RT-PCR not more than 5 days old or else should take leave and stay home. 23. All Bars, Cinema Hall ,Spa, Swimming Pools , Coaching centers, Sports complex Etc. shall remain closed. 24. Retail and wholesale Liquor stores to remain open till 5 pm(Ahata closed) 25. Sewa Kendras,Common Service Centres and Saanjh Kendras remain open from 9am to 4pm.
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Districts with Private Offices functional

S. No.	District	Private Offices
1.	Jalandhar	Private offices can remain open from 9 am to 3 pm
2.	SAS Nagar	Private offices allowed to open with 33% capacity with regular testing every 2 week
3.	Ludhiana	Private offices allowed to operate between 5 AM to 12 Noon.