

LOCK DOWN 4.0: PERMITTED ACTIVITIES IN PUNJAB IN NON CONTAINMENT ZONES		
FROM (18/05/2020- 31/05/2020)		
S.No	Activity	Non Containment Zones
1	Travel- Air, rail, metro	No
2	Educational Institutes, Schools, colleges, Training and Coaching Institutions	No
3	Hotels & Restaurants and other hospitality Services, Cinema halls, Malls, gymnasiums, entertainment parks, theatres, bars, auditoriums.	No
4	Social political cultural and other kind of gatherings	No
5	Religious places/ places of worship	No
6	Movement of Individuals during Night Curfew from 7 pm to 7 am	No
7	Movement of Persons above 65 year, Pregnant women & children below 10 year	No
8	OPD (Government/ Private)	Yes
9	Movement of Individuals (7am to 7pm) within the State	Yes
10	Inter-State movement of persons specified in Annexure-1 of MHA Guidelines dt. 17.05.2020	Yes
11	Inter-State Buses - only for persons specified in Annexure-1 of MHA Guidelines dt. 17.05.2020	Yes, with mutual consent of States
12	Intra-state Buses - only for persons specified in Annexure-1 of MHA Guidelines dt. 17.05.2020	Yes
13	Taxis and Cab aggregators	Yes
14	Rickshaw and Auto Rickshaw	Yes
15	4 wheeler	Yes
16	2 wheeler	Yes
17	Goods traffic	Yes
18	Sports complex and stadiums	Yes, without spectators
19	Shops in Rural & Urban Areas (may be staggered, if so required)	Yes
20	Restaurants - only for home delivery & take-away but no dine-in	Yes
21	Barber shops and haircut saloons (both in Rural & Urban)	Yes
22	Construction in Rural & Urban areas	Yes
23	Agriculture, Horticulture, Animal Husbandry, Veterinary (essential services)	Yes
24	Bank & Finance	Yes
25	Courier, Postal service	Yes
26	Industry in Rural & Urban areas	Yes
27	E-Commerce	Yes (for all goods)
28	Educational Institutions for office work, online teaching & book distribution.	Yes
29	Private offices	Yes
30	Central Government offices	Yes
31	Punjab Government offices	Yes as per Govt Instructions
32	All other activities Not specifically prohibited in MHA Guidelines	Yes
Passes:	Worker & employee - I -card of employer (no pass required for vehicles)	
	Vehicles - No pass required during permitted time	
Offices:	District Magistrate is competent to stagger the timings and staffing of offices (without curtailing the office hours)	
SOPs	SOPs of Health and other Departments shall be followed	