

SRI SUKHMANI GROUP OF INSTITUTES

LAMHE
2026

POETRY RECITATION
WORDS IN MOTION

THEME: ECHOES OF CHILDHOOD

1. The poem can be in your language (English, Hindi or Punjabi).
2. Each participant can recite one poem only.
3. The poem should be original or by a renowned poet.
4. 2-3 minutes will be given for each performance.
5. Use of props to enhance the recitation is allowed.

ON DATE: 17TH MARCH 2026

For any query
Contact: Ms Manmeet Kaur
8360642382

**SRI SUKHAMNI
GROUP OF INSTITUTES**

**LAMHE
2026**

HEALTH INFORMATIC SYSTEM (MODELS)

Rules :

- All models must be original.
- Models will be judged as relevant to content, theme , originality and presentation.
- 2 min for presentation.
- Necessary items for display are to be bought by participants.
- Team can be maximum of 3 participants.

REGISTRATION FEES - 100Rs.

CASH PRIZES WILL BE GIVEN

ON DATE: 17TH MARCH 2026

THEME:
ANATOMICAL
SYSTEM

For any query
Contact: Ms
Manmeet Kaur
8360642382

SRI SUKHMANI GROUP OF INSTITUTIONS
LAMHE- 2026 FLOWER DACORATION COMPETITION

Venue : SSIET Derabassi

Rules & Regulations:

- Participation is open for all the interested Students schools and colleges.
- Maximum 2 participants per team.
- There will be only one round of competition.
- No assistants to the competitor are allowed during the competition.
- Maximum time for lower decoration will be of 1hr. No extra time will be given in any case.
- Teams will be responsible for arrangement of the material required for the competition.
- You can choose different colors and sizes flowers for decoration.
- Evaluation will be based on first impression, design creativity and presentation.
- The decision of jury shall, remain final and no correspondence will be entertained.
- The winner will be awarded with the certificate by the college.
- If you have any query feel free to ask.

Prof. Manpreet Kaur

9872911671

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE- 2026 COOKING WITHOUT FIRE COMPETITION

Venue : SSIET Derabassi

Rules & Regulations:

Participation is open to all interested students from schools and colleges.

- Maximum **2 participants per team** are allowed.
- There will be **only one round** of the competition.
- **No assistants** will be allowed during the competition.
- The **maximum time allowed will be 1 hour**. No extra time will be given under any circumstances.
- Participants must prepare **dishes that require no flame, stove, oven, or any heating appliance**.
- Teams must **bring all ingredients, utensils, and materials** required for the preparation and presentation of their dish.
- The prepared dish should be **completely vegetarian**.
- Participants should maintain **cleanliness and hygiene** during the preparation.
- **Ready-made food items** are not allowed; however, basic items like bread, biscuits, fruits, vegetables, sauces, and spreads can be used.
- **Use of electrical appliances** such as microwave, induction, toaster, or heater is strictly prohibited.
- Participants should also focus on **creative presentation and plating** of the dish.
- Evaluation will be based on **taste, creativity, presentation, hygiene, and nutritional value**.
- The **decision of the jury will be final**, and no correspondence will be entertained.
- Winners will be awarded **certificates by the college**.
- For any queries, participants may **contact the organizing committee**.

Prof. Manpreet Kaur

9872911671

Sri Sukhmani Group of Institutions

Lamhe-2026

Venue-SSIET, Derabassi

BUSINESS IDEAS

RULES AND REGULATIONS

1. The competition is open to all undergraduate and postgraduate students of the institution.
2. Participants may compete individually or in teams of up to four members.
3. All participants must complete registration before the specified deadline.
4. The business idea must be original and innovative; plagiarism will lead to disqualification.
5. Ideas must be presented using PowerPoint, prototype, or demonstration explaining the concept, target market, and feasibility.
6. Each team will be given 5–10 minutes for presentation followed by 2–3 minutes for questions from the judges.
7. Ideas will be evaluated on the basis of innovation, feasibility, market potential, presentation skills, and overall impact.
8. Participants should arrange their own laptops or presentation materials if required.
9. Participants must maintain discipline and professional behavior during the competition.
10. The decision of the judging panel will be final and binding.
11. The ownership of the business idea will remain with the participants.
12. Winners will receive prizes and certificates as decided by the organizing committee.
13. Participants will receive certificates as decided by the organizing committee.

Prof. Amandeep Kaur

8146803361

Sri Sukhmani Group of Institutions

Lamhe-2026

Venue-SSIET, Derabassi

MEHANDI MUSE

RULES AND REGULATIONS

1. The competition is open to all interested students of the institution.
2. Each participant must register before the specified deadline.
3. Participants must bring their own mehndi cones and required materials.
4. Only natural mehndi should be used; use of stickers, stencils, or artificial colors is not allowed.
5. The design must be created on one hand of the model/participant only.
6. The time limit for completing the design will be 45–60 minutes.
7. Participants must complete the design within the given time; extra time will not be provided.
8. Designs will be judged on creativity, neatness, detailing, and overall presentation.
9. Participants must maintain discipline and cleanliness during the competition.
10. The decision of the judges will be final and binding.
11. The team may have two participants, one artist and another model.
12. Mehndi design should be portrayed on one hand till elbow.
13. If you have any query feel free to ask.

Prof. Amandeep Kaur

8146803361

SRI SUKHMANI GROUP OF INSTITUTIONS LAMHE 2026

Rules for Quiz Competition

The rules for a quiz competition can vary depending on the format and level of the event, but here are some general guidelines:

1. Team Composition

- Teams may consist of individual participants or groups (2-5 members) depending on the competition format.
- Each team must select a captain to represent them in case of disputes or tie- breakers.

2. Question Format

- The quiz may include multiple-choice questions (MCQs), short answers, true/false, puzzles, or audio-visual questions.
- Questions may be divided into different rounds (e.g., general knowledge, rapid-fire, buzzer round).

3. Time Limit

- Each question has a fixed time limit (e.g., 30 seconds to 1 minute).
- In speed rounds (e.g., rapid-fire), teams must answer as many questions as possible within the given time.

4. Scoring System

- Correct answers earn points (e.g., +10 points per correct answer).
- Negative marking (-5 points) may be applied for incorrect answers in certain rounds.

5. Buzzer Round (if applicable)

- The first team to press the buzzer gets to answer.
- If they answer incorrectly, the question is passed to another team or remains unanswered.

6. Passing Rule

- If a team cannot answer within the given time, the question may be passed to the next team (if passing is allowed).

7. Use of Technology

- No mobile phones, smartwatches, or internet use during the quiz.
- Any form of cheating leads to immediate disqualification.

8. Tie-Breaker

- If two or more teams have the same score, a tie-breaker question or round will decide the winner.

9. Judge's Decision

- The quizmaster or judge's decision is final and cannot be challenged.

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE - 2026

Rules for Soap Carving

VENUE: SSIET DERABASSI

RULES AND REGULATIONS:

1. Only individual participation is allowed.
2. Participants will have to bring their own soap and carver.
(Carver can be purchased from tuck shop at sri sukhmani dental college and hospital)
3. 125 gm soap bar should be used
4. Time limit - 45 mins

SRI SUKHMANI GROUP OF INSTITUTIONS
LAMHE- 2026 TURBAN TYING COMPETITION

Venue : SSIET Derabassi

Rules & Regulations:

Turban Tying Competition – Rules During Task

1. Participation

- Competition can be **individual or team-based**.
- Each participant/team will be bring their own **one turban cloth (Pagg/Dastar)**

2. Time Limit

- Participants will get **15 minutes** to complete the turban tying.
- If the turban is not completed within the time, **points will be deducted**.

3. Starting the Task

- Participants must **start tying the turban only after the judge's signal**.
- Any participant starting before the signal may receive a **warning or penalty**.

4. Materials

- Only **turban cloth and necessary Pins Mirror bring by student** can be used.
- **Pre-tied or partially tied turbans are not allowed**.

5. Assistance

- **No external help** is allowed during the task unless the competition is specifically a **team event**.

6. Judging Criteria

Judges will evaluate participants based on:

- **Neatness & finishing**
- **Proper layering (Larh)**
- **Symmetry and shape**
- **Speed of tying**
- **Overall appearance and presentation**

7. Discipline

- Participants must **maintain discipline and respect Sikh traditions** during the event.
- Any **misbehaviour or disrespectful act** may lead to disqualification.

8. Decision

- **Judges' decision will be final and binding.**

Prof. Parminder Singh

9872133171

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE-2026

Rules for Ethnic Hair Art

Date: 17.03.2026

Venue: SSIET, DERABASSI

Rules and Regulations:

1. Any hairstyle may be done by the competitor.
2. No assistants to the competitor are allowed during the competition, only one person can accompany the participants who can act as model.
3. Only 60 minutes will be provided to the participants to finish their hairstyle.
4. The participants will not be allowed to refer to any printed material, phones etc. to complete their hairstyle.
5. Participants can use hair accessories such as ribbons, flowers and decorative clips to enhance, however excessive use of accessories may be penalized.
6. Participants have to carry their own material.
7. No pre hairstyling allowed.
8. Participants must complete their hairstyle within specified time limit.
9. The winner will be awarded with trophy and cash prize.

Done



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LAMHE 2026

Rules for Face Painting Competition

Date : 09.03.2026

Event rules

1. It is a solo event(one extra supporting person is allowed whose face will be used for art)
2. Participants should bring their own materials (colours ,Brushes etc.)
3. Time limit is 60 minutes.
4. Participants can choose their own topic.
5. Participants must give a short verbal expression describing their artwork

If you have any query feel free to contact

Dr. Sudhir chauhan

9896913591

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SRI SUKHMANI GROUP OF INSTITUTIONS
LAMHE - 2026

Rules for Poster Making Competition

Date : 09.03.26

Theme :

Awareness regarding Harmful Effects of drinking, smoking and Tobacco Consumption

Event Rules:

1. Maximum number of Participant is 2
2. Use A3 size sheet for poster making
3. Duration for poster – making is 1 hour
4. Participant should bring his own material
5. Write your details on the top of the sheet

If you have any query feel free to contact

Dr Sudhir Chauhan

9896913591

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ANNUAL FEST-LAMHE-2026

Declamation Competition – Rules & Regulations

1. Declamation Competition – Event Description

The Declamation Competition aims to encourage students to develop their public speaking skills, confidence, and expression. In this event, participants will present a speech originally delivered by a famous personality.

2. Suggested Topics / Personalities for Declamation

Participants may choose speeches from the following personalities:

- Martin Luther King Jr. – “I Have a Dream”
 - Mahatma Gandhi – Speeches on peace and non-violence
 - Jawaharlal Nehru – “Tryst with Destiny”
 - A. P. J. Abdul Kalam – Speeches on youth and dreams
 - Swami Vivekananda – Chicago Speech (1893)
 - Nelson Mandela – Speech on freedom and equality
-

Rules:

1. Time limit: 3–5 minutes.
2. Speech must be originally delivered by a famous personality.
3. Reading from paper/mobile is not allowed.
4. Participants will be judged on content, confidence, voice modulation, pronunciation, and overall presentation.
5. Participants must report 15 minutes before the event.
6. Judges' decision will be final.

- Contact: 7837122211
- Registration Deadline: 16.04.2026
- Date of Event: 17.03.2026
- Venue: Sri Sukhmani Institute of Engineering & Technology(Lecture Hall as per availability)



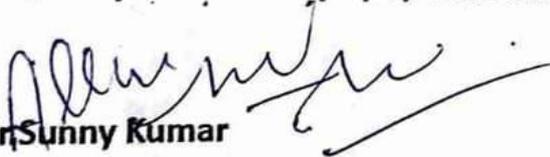
SRI SUKHMANI INSTITUTE OF ENGINEERING AND TECHNOLOGY DERABASSI

LAMHE 2026

RULES AND REGULATIONS for TECHNICAL EVENT

AUTOCAD

- Student must carry a valid college ID card.
- Participant should not use any electronic accessories inside a venue hall.
- 30MINUTES will be allotted for the selected candidate in order to complete their designs.
- ♣ **Activity:** Design a given 2D mode/ 3D model by using AUTOCAD.
 1. Maximum 2 participants per team.
 2. Model Drawing will be given at the time of competition.
 3. The final result will be judged on the basis of completeness and optimum time.
 4. Top 3 team will be awarded with handsome prize and merit certificate.
 5. For any clarification or further details, the interested candidate can conduct the event organizer.
 6. Every team must carry Laptop within built software


Er Sunny Kumar

Contact No: 9878176184

SRI SUKHMANI GROUP OF INSTITUTIONS
LAMHE- 2026 SLOGAN WRITING COMPETITION

Venue : SSIET Derabassi

Rules & Regulations:

TAGLINE TALENT – SLOGAN WRITING

1. **Eligibility:** The competition is open to all registered students/participants.
2. **Original Work:** The slogan must be **original and written by the participant**. Plagiarism is strictly prohibited.
3. **Theme Based:** The slogan should be **relevant to the given theme or topic**.
4. **Word Limit:** The slogan should be **short and concise** (generally 5–15 words).
5. **Language:** Participants must write the slogan in the **specified language** (as decided by the organizers).
6. **Number of Entries:** **Only one entry per participant** is allowed unless stated otherwise.
7. **Time Limit:** Participants must **submit their slogans within the given time limit**.
8. **Clarity:** The slogan should be **clear, meaningful, and easy to understand**.
9. **Judging Criteria:** Entries will be judged based on **creativity, originality, relevance to theme, and impact**.
10. **Final Decision:** The **judges' decision will be final and binding**.

Prof. Parminder Singh

9872133171

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE – 2026

Rules for Graffiti Competition

- 1.Participation is open for all the interested candidates (after registration).
- 2.A maximum of 4 participants per team will be allowed.
3. There will be only 1 round.
- 4.No assistants to the competitor are allowed during the competition.
- 5.The maximum time allotted to each team will be 1 hour.
- 6.Teams will be responsible for arranging the material required for the competition.
- 7.Each individual or team is limited to submitting one graffiti artwork.
- 8.Graffiti should be created only on the given wall in the campus.
- 9.The art should be original and meaningful.
- 10.The decision of the jury shall remain final, and no correspondence will be entertained.
- 11.The winner will be awarded.

Concerned Coordinator

Mr. Parminder Singh
Associate Professor, SSP
Contact no.: 9872133171

IDEATING & TINKERING

Rules & Regulations: -

- Participant should not use any electronic accessories inside a venue hall.
- The winner will be awarded with the certificate & cash prize by the college.

Competition Overview

- The competition is aimed at fostering creativity and problem-solving skills. Participants will ideate and develop a prototype or concept based on a given theme within a maximum of 1 hour.

Eligibility

- Open to individuals or teams (up to 3 members per team).
- Participants must register before the competition begins.

Theme/Challenge

- A theme or problem statement will be given at the start of the competition. All participants must base their ideas or prototypes on this theme.
- Themes will be broad and open to interpretation to encourage innovative thinking.

Resources & Materials

- Participants may bring their own materials, tools, or electronics.
- All materials and tools must be used within the allotted time frame.

Time Limit

- The competition will last for 1 hour from the start of the event.
- Participants must submit their work within the given 1-hour time frame.
- No extensions will be granted for submission.

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE-2026

RULES FOR REEL MAKING COMPETITION

Theme: Life in SSGI Campus

Rules and Regulations:

- The reel must be an original creation.
- Any offensive, name-calling, derogatory remarks, and/or regional slang towards any person or community should not be used.
- The video should not exceed 60 Seconds.
- Individual, as well as group entries (not more than 5 students), are allowed.
- Please use one medium of language for the reels. The submissions can be in either English or Hindi.
- Each Participant will accept only one entry, and a second entry will lead to disqualification.
- Marking will be given out of 10 based on content, creativity, picturization, presentation and efforts.
- Decision of judges will be final
- Winner will be given cash prize and trophy.

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE – 2026

GROUP DISCUSSION RULES AND REGULATIONS

1. Each group shall consist of 5-8 participants.
2. Duration: 10-15 minutes for discussion and 2 minutes for conclusion
3. Use formal Language: English or Hindi
4. Keep the discussion focused on the topic at hand. Avoid going off on tangents or discussing unrelated issues.
5. Demonstrate awareness of current legal and policy developments relevant to the topic.
6. Respect the opinions, ideas, and viewpoints of others. Avoid interrupting or speaking over others.
7. Listen to what others are saying and give them your full attention. Avoid thinking about your response while others are speaking.
8. Encourage everyone in the group to participate. If someone is quiet, try to draw them into the discussion.
9. Be mindful of the time allotted for the discussion. Keep your comments concise to allow others a chance to speak.
10. Speak clearly, confidently and maintain eye contact with group members.
11. If conflicts arise, try to resolve them calmly and respectfully. Focus on finding a solution that is acceptable to all parties involved.
12. Winner will be decided by the Respectable committees. The decision made by the committee cannot be challenged in any manner and fully irrevocable.

Evaluation Criteria:

1. Content and conceptual understanding
2. Analytical reasoning and structure of arguments
3. Teamwork and listening ability
4. Confidence and professional conduct

SRI SUKHMANI GROUP OF INSTITUTIONS
LAMHE – 2026
EXTEMPORE COMPETITION RULES

1. Topic Selection

* The Draw: Each participant will draw a topic from a bowl or digital randomizer.

* Preparation Time: Once the topic is picked, the participant has 2 minutes to prepare their thoughts.

* No Outsourcing: No mobile phones, laptops, or consultation with others is allowed during the speech time. A pen and a small cue card may be provided.

2. Speech Duration

* Time Limit: Each speaker is allotted 3 minutes to deliver their speech.

* The Warning: A bell will ring at the 2-minute mark (Warning Bell) and again at 3 minutes (Final Bell).

* Grace Period: A 15-second grace period is usually allowed, after which points may be deducted for over-running.

3. Conduct & Content

* Language: The medium of communication must be [English/Hindi/Punjabi] as specified.

* Code of Conduct: Participants must avoid any derogatory remarks regarding religion, politics, gender, or race. Any use of foul language will lead to immediate disqualification.

⚖ Judging Criteria

To keep things transparent, judges usually score based on a rubric (often out of 50 points).

| Criteria | Description | Weightage

| Content | Relevance to the topic, depth of thought, and logical flow. | 15 pts |

| Diction | Command over the language, grammar, and vocabulary. | 10 pts |

| Delivery | Confidence, voice modulation, and body language. | 10 pts |

| Impact | Ability to engage the audience and conclude effectively. | 10 pts |

| Time Adherence | Staying within the allotted window. | 5 pts |

Organizing Tips

* Topic Variety: Mix it up with , "Social , legal and Current Affairs.

SRI SUKHMANI GROUP OF INSTITUTIONS
LAMHE – 2026
DEBATE COMPETITION RULES

Date: 17.03.2026

Language: English / Hindi / Punjabi

DEBATE TOPICS

Participants must choose to debate one of the following:

- * Topic 1: Should criminals have the same human rights as the victims?
- * Topic 2: Whether we are losing our real identity to social media.

TEAM ALLOCATION

- * Team A (Affirmative): For the motion.
- * Team B (Opposition): Against the motion.

COMPETITION STRUCTURE & RULES

| Round | Duration | Description |

| A. Opening Appeal (For) | 5 Minutes | One speaker from Team A presents arguments in support of the resolution. |

| B. Opening Appeal (Against) | 5 Minutes | One speaker from Team B presents arguments opposing the resolution. |

| C. Rebuttal Round | 8 Minutes | Team A (4 min) then Team B (4 min). Teams may ask/answer questions (max 2 min per Q&A). |

| D. Closing Speech | 6 Minutes | Each team (3 min) summarizes, analyzes, and concludes their arguments. |

| E. Question/Answer | 5 Minutes | Judges may pose questions to the teams during this round. |

EVALUATION CRITERIA

The judges will evaluate teams based on the following four parameters:

- * Organization and Clarity: Logical flow and structure.
- * Presentation Style: Confidence, tone, and body language.
- * Knowledge of Subject: Depth of research and factual accuracy.
- * Critical Thinking: Ability to handle rebuttals concisely and effectively.

If you have any queries, feel free to contact:

Meenakshi Bansal

Phone: +91 94173-90083

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE-2026

Rules for Project Presentation

Date: 17.03.2026

Venue: SSIET, DERABASSI

Rules and Regulations:

01) Time Limit

Each group/student must present within the given time (10–15 minutes).
Extra time may lead to marks deduction.

02) Dress Code

Students should wear formal dress.
Maintain a professional appearance.

03) Team Participation

All members should participate in presenting.
Each member should explain their part.

04) Speaking Skills

Speak clearly and confidently.
Maintain eye contact with the audience.

05) Project Functionality

The project should be working during the presentation.

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE-2026

DATE: 17 MARCH 2026

VENUE: SSIET DERABASSI

FLOOR ART -RANGOLI

RULE AND REGULATIONS:

1. Group of 2 participants are allowed in a team.
2. Pre-drawn Sketches are prohibited.
3. Participants must bring their own Rangoli Colours.
4. Time Limits: - 1.30 hr

Theme

1. Punjab Culture
2. Holi
3. Women Empowerment
4. Viksit Bharat

Point of Contact for any Query: -

Md. Kushal: - 97790 28812

Manjot: - 7340973028

Ms. Anju :- 8283813679

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE-2026

DATE: 17 MARCH 2026

VENUE: SSIET DERABASSI

WEB PAGE DESIGNING

Rule and Regulations:-

Time limit – 1:30 hour

Event rules:

All web designs must be original and not copied from any existing websites or templates. Plagiarism will result in disqualification.

Webpage must be innovatively designed.

1. Maximum 2 members per group.
2. Only HTML and CSS to be used.
3. Participants need to design a 3+ pages website based on the competition topic and present to judges.
4. Decision of the judges will be final.
5. First page must be your Homepage containing login (Containing LOGO/picture depicting the topic and the website name).
6. Second page must be dedicated to your discussion suitable for the website.
7. The last page must be Information Hub that provides details about.
8. Use of USB drive is strictly prohibited.

Point of Contact for any Query :-

Md. Kushal: - 97790 28812

Manjot: - 7340973028

Ms. Anju :- 8283813679

SRI SUKHMANI GROUP OF INSTITUTIONS

LAMHE-2026

VENUE: SSIET DERABASSI

DATE: 17 MARCH 2026

ON THE SPOT PAINTING

Rule and Regulations

- The **topic is announced on the spot** just before the competition starts.
- Participants must paint according to the given theme.
- Time Limits – 1:30 Hr.
- The painting must be original and created only during the competition time.
- Copying from books, phones, or other images is not allowed.
- Participants must write their name, class, or roll number on the back of the sheet (not on the front).
- Participants to bring their own materials (Sheets, colors, brushes, pencils, etc.).

Point of Contact for any Query :-

Md. Kushal: - 97790 28812

Manjot: - 7340973028

Ms. Anju :- 8283813679