



EVENT PROPOSAL

MUSCLE MANIA

BY PENTAOMNIA

19TH TO 25TH
FEBRUARY 2024

Student Organization PentaOmnia Under the Aegis
Division of Youth Affairs Student Welfare Wing, LPU

LOVELY PROFESSIONAL UNIVERSITY, PUNJAB

ABOUT LPU

Lovely Professional University (LPU) is a multi-faculty research-oriented institution with a hi-tech campus offering more than 150 professional programmes stretching from undergraduate to Doctorate to D.Litt. LPU campus is a complete world in itself having students from all states of India and more than 50 countries of the world. LPU is a world class institution with internationally benchmarked curricula, innovative pedagogy focused on experiential learning, cutting edge research, 300+ foreign tie- ups, well qualified faculty with industry exposure, outstanding sports & cultural facilities, excellent residential facilities, In-campus shopping mall, hospital, banks, postal services etc. LPU is accredited with Grade A++ by NAAC (National Assessment & Accreditation Council), an autonomous Institution of the University Grants Commission (UGC), Ministry of Education, Govt. of India. Times Higher Education Impact Ranking 2023 has ranked LPU 2nd in India. The Times Higher Education World University Rankings 2023 has ranked LPU 23rd amongst Top Universities of India (both Govt. & Private). The University has also been ranked 38th in NIRF Rankings 2023 by the Ministry of Education, Govt. of India amongst all government and private universities in India. LPU also has the distinction of being the first private university in India to get ICAR accreditation from the Ministry of Agriculture, Govt. of India for its Agriculture programmes.



ABOUT PENTAOMNIA

PENTAOMNIA PRIVATE LIMITED



PentaOmnia is your go-to for Digital Marketing, Brand Promotion, Product Promotion through Event Management, including Corporate Events, and Street Talent nurturing through The PentaOmnia Studio. We specialize in Events and 360 Marketing solutions along with Comedy Shows, Live Concerts, Technical Workshops, and many more, Join us for creative, unforgettable experiences that set trends and leave a lasting impact as a client, growth partners and team members.

EXCLUSIVE SUMMARY

PENTAOMNIA, THE DYNAMIC STUDENT ORGANIZATION & EVENT MANAGEMENT COMPANY AT LOVELY PROFESSIONAL UNIVERSITY (LPU)-MAIN BRANCH, WELCOMES YOU TO THE GRAND EXTRAVAGANZA - "MUSCLE MANIA". THIS SEVEN DAY EVENT PROMISES TO BE AN IMMERSIVE EXPERIENCE FOR VARIOUS BRANDS, VENTURE AND INVESTORS, STUDENTS, FACULTY, NON-TEACHING STAFF, AND OUTSIDERS ALIKE.



Grand Opening & Welcome of our Guests

We kick off the event with a bang, quite literally! The opening day will feature heartpounding bike stunts that will leave everyone in awe. Furtherly we will move towards the ribbon cutting which implies the start of our event. This will engage the competitive spirit of LPU students, setting the tone for the rest of the festival.



01

OPENING DAY

Dead lift

A deadlift is a compound weightlifting exercise in which a loaded barbell or bar is lifted off the ground to the level of the hips, then lowered back to the ground.

Pull ups

Pull ups are upper body strength training exercise that primarily targets the muscles of the back particularly the latissimus dorsi, along with other muscles in the arms and shoulders.

02

START OF FUN

Tug of war

The aim of pulling opposite team across a designated line or marker

Relay race

A kind of track race

Lemon race

A lemon spoon challenge which mainly focus on concentration

Rules and regulations

You can't touch the lemon with hands
Pass of the rod is important during the relay race



03

PHYSICAL STRENGTH

Bench press

Exercise that mainly focus on muscles of chest, shoulders and triceps.

Arc training

A training approach to develop aerobic endurance

Battle rope

It increase full body strength

04

ARM STRENGTH

Flip the tiers

To lift the weight of the tier to strengthen the arm muscles

Stairs up and down

This activity is to strengthen your calf muscles

Arm wrestling

In this the two participants sit or stand across each other and place one elbow on a surface, with their hands gripping each other.

Rules and regulations

Maintain proper body positioning

Foul includes like lifting of elbow, using the shoulder to gain an advantage or intentionally slipping out of the grip.



05

PHYSICAL POTENCY

Pullups

The exercise that mainly focus on the dorsal part of the body. It helps I strengthening the upper part of the body.

Planks

An isometric exercise that involves holding a static position without movement.

Monkey crawling

Moving in a way to mimics the walk of a monkey.

Rules and regulations

Position is most important in these exercises
Proper position should be taken.



06

CALIS THENICS

Skipping

Jumping the rope which enhance the stamina of a person

Dips

The exercise that focus mostly on the chest, shoulders and triceps

chin-ups

lifting the body towards upside with the help of palms facing towards the body.

Burpees

A full body exercise that combines the strength training and aerobic conditioning.

Rules and regulations

Proper way must be used to do all these workouts.
Breathing must be main thing to look during these exercise

07

CLOSING DAY

Pose off battle

A friendly posing competition where participants can showcase their favorite poses



Healthy cooking

A cooking competition where participants prepare and present healthy, muscle building meals

Flex off booth

A photo booth to see yourself in muscles

EVENT COORDINATORS

It is with the immense pride and gratitude that we gathered here today to acknowledge the exceptional contribution of our facilities and deans. Their unwavering dedication, tireless efforts, innovative thinking, and creative approach has truly changed our academic institution. They not only impacted on the lives of our students but also left an indelible mark on the very fabric of our educational community.



Dr. Nithin Bhardwaj
Professor and Deputy Dean, Head
Division of Youth Affairs Student
Welfare Wing, LPU



Aanchal Kumari

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Teacher Trainee at Cambridge International School Phagwara



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PENTAOMNIA AT A GLANCE



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