

No.18/1/2014-15-CCSCSB
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training
CENTRAL CIVIL SERVICES CULTURAL AND SPORTS BOARD

Room No.361, 'B' Wing, 3rd Floor,
Lok Nayak Bhavan, New Delhi-3

14th October, 2014

CIRCULAR

Sub: Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship, 2014-15.


Central Civil Services Cultural and Sports Board is organizing Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship 2014-15 from 28th October, 2014 to 31st October, 2014 at Grih Kalyan Kendra, B. C. Park, Sarojini Nagar, New Delhi. The Ministry/Department desirous to participate in the Tournament may send their entries in the prescribed performa (already circulated) along with the entry fee. The entry fee for the events is Rs.50/- per individual per event. The entries may be deposited in the Central Civil Services Cultural & Sports Board by 24th October, 2014.

2. The Championship will be held in following weight categories

<u>Power Lifting & Bench Press</u>	<u>Weight lifting</u>	<u>Best Physique</u>
55 Kg	56 Kg	55 Kg
56 Kg	62 Kg	60 Kg
60 Kg	69 Kg	65 Kg
67 Kg	77 Kg	70 Kg
75 Kg	85 Kg	75 Kg
82.5 Kg	94 Kg	80 Kg
90 Kg	105 Kg	85 Kg
100 Kg	105+ Kg	90 + Kg
110 Kg		
125 Kg		
125+ Kg		

3. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed form duly signed by the Welfare Officer concerned and should reach on or before the last date mentioned above. The rules and regulations governing the eligibility conditions for participation, etc. in the Inter-Ministry Tournament is available on the website of the Department of Personnel & Training (Persmin.nic.in/DOPT/Welfare/Sports/About Sports Board).

4. The detailed programme along with relevant details, rules and regulation will be provided to the team/players at the venue of the Tournament.


(Abhay Jain)
Secretary (CCSCSB)

All the Welfare Officers of Ministries/Deptts.
Notice Boards
Shri Santosh Pathak, Convener (Power lifting & Weight lifting) (9868148206)