

No.18/1/2021-22-CCSCSB
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training
CENTRAL CIVIL SERVICES CULTURAL & SPORTS BOARD



Room No.361, 'B' Wing, 3rd Floor
Lok Nayak Bhawan, New Delhi-3
Dated the 28th November, 2022

CIRCULAR

Sub : Inter-Ministry Power Lifting (Men and Women), Bench Press, Weightlifting (Men and Women) & Best Physique Championship 2022-23

On the occasion of 75 years of independence of India, Government of India is celebrating Azadi ka Amrit Mahotsav. The objective of the Mahotsav is to enhance interaction and promote mutual understanding between people of different States and Union Territories by conducting activities in the field of language and culture.

2. To commemorate the glorious history of Indian people and culture, Central Civil Services Cultural and Sports Board (CCSCSB) is organizing **Inter-Ministry Power Lifting (Men and Women), Bench Press, Weightlifting (Men and Women) & Best Physique Championship 2022-23** on 16th to 20th December, 2022 at Netaji Gym, Netaji Nagar, New Delhi. The Ministry/ Department desirous to participate in the tournament may send their entries in the prescribed proforma (Annexure-I) along with the entry fee and photocopy of Identity Card of all the players. The entry fee for Individual Event (Men/Women) is Rs.75/- and for Team Championship is Rs.75/-. Last date for submission of entries in the Central Civil Services Cultural & Sports Board office, Room No 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi - 110003 is **15th December, 2022**

The Championship will be held in the following weight categories:

Men (Bench Press) Power lifting	Women (Bench Press) (Power lifting)	Weight Lifting (Men)	Weight Lifting (Women)	Best Physique
59kg	47kg	55kg	45kg	55kg
66kg	52kg	61kg	49kg	60kg
74kg	57kg	67kg	55kg	65kg
83kg	63kg	73kg	59kg	70kg

93kg	69kg	81kg	64kg	75kg
105kg	76kg	89kg	71kg	80kg
120kg	84kg	96kg	76kg	85kg
+120kg	+84kg	102kg	81kg	90kg
		109kg	87kg	100kg
		+109kg	87+kg	+100 Kg
				Open Master Category (Age) 40+ and (Age) 50+

Note: - Best Physique Tournament will be held on 16th December, 2022 and Powerlifting, Weightlifting and Bench Press will be organised from 17th to 20th December, 2022.

3. Kindly note that there will be only one team from each Ministry. The Ministry may include in their team persons working in the attached and subordinate offices located at Delhi/ New Delhi. All teams/ Individuals would be represented as a part of Ministry's Team only. Central government autonomous organization like UPSC, Election Commission, C&AG's Office, Lok Sabha Secretariat, Rajya Sabha Secretariat, Cabinet Secretariat, PMO etc. can sent independent teams. The entries are to be sent through the Welfare Offices of the Ministry concerned.

4. The following categories of employees are not eligible for participation in this competition:-

- (a) Uniformed personnel in Defence Services/Para Military Organisations/ Central Police Organisation/Police/RPF/CISF/BSF/ITBP/NSG etc.
- (b) Employees of Autonomous bodies/Undertakings/Public Sector Banks/Corporations even though administratively controlled by the Central Ministries.
- (c) Casual/Daily wages workers.
- (d) Employees attached to offices on temporary duty.

In case, at any time, it is found that a player included in the team is not eligible, the team would stand automatically disqualified from the tournament.

5. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed proforma (**Annexure I**) duly signed by the Welfare Officer concerned and should reach on or before the last date i.e. **15th December, 2022**. The entry fee should be deposited in CCSCSB account as per details given below:-

The entry fee should be online deposited in the CCSCSB account after entering the following details:-

Account Holder Name - Secretary CCSCSB,
Bank - Canara Bank
Account No. 90432010052140,
Branch - Khan Market, New Delhi,
IFSC Code - CNRB 0019043.

Note: - No other payment mode will be accepted except above.

6. Winners and runners-up of team championship will also be awarded cash prize of ₹10,000/- and ₹7000/- respectively.

7. The rules and regulations governing the eligibility conditions for participation, etc. in the Inter-Ministry Tournament are available on the website of the Department of Personnel & Training (<https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisions>).

8. The general instructions as per SOP/ Guidelines of COVID-19 issued by Central/State Govt., are to be strictly followed by all players and supporting staff during the competition. If it is found that the general instructions are not followed by any player/ official in the tournament he/she shall be liable to be debarred from the tournament.

(Kulbhushan Malhotra)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Devender kumar, Convenor - Best Physique (Mobile - 9810871346).
3. Shri Mahesh parsad, Convenor - Powerlifting, Weightlifting (Mobile - 9810987370).
4. Ms Malika Taneja, Convener Women - Powerlifting (9654870130)

Central Civil Services Cultural & Sports Board
(Department of Personnel & Training)

APPLICATION FORM FOR INTER MINISTRY TOURNAMENT

1. Name of the Cultural/Sports Event: **Power Lifting (Men and Women), Bench Press, Weightlifting (Men and Women)& Best Physique Tournament -2022-23**
2. Name of the Ministry/Deptt with:
Complete Address
3. Details of the participants:
 - (a) Team Event:

S.No	Name	Age	Mobile No.	Identity Card No. (also enclose a photocopy)	Weight Category
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

4. Details of Manager & Captain

- (a) Name of the Captain with Tele No. :
- (b) Name of the Manager with Tele No. :
- (c) Address for correspondence :

Signature (Welfare Officer)
(Rubber Stamp)

Name

Tele. No (O)

e-mail if any

VERIFICATION CERTIFICATE

This Ministry intends to enter a team for the Inter-Ministry Tournaments/Competition. Accordingly, the entry form duly filled up is sent herewith. I hereby undertake on behalf of the Ministry to abide by the rules and instruction of the Tournament/Competition.

2. I certify that the participants mentioned in this form are employees of this Ministry/ Department. No member of the team is a casual / daily wage employee. All the players are eligible to participate in the tournament/competition as per eligibility criteria laid down by the Board. In case if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the tournament/competition without any notice to this ministry/ department.

3. I also undertake the responsibility to ensure that this Ministry's team after being entered in the Tournament/Competition will participate in the Tournament/Competition and at any stage would not refuse to participate or withdraw from the Tournament/Competition without prior approval of the Board.

Signature (Welfare Officer)
(Rubber Stamp)

Name

Tele. No (O)

e-mail if any

Full Correspondence address.....

