

No.18/1/2015-16-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

11th January, 2016

CIRCULAR

Sub: Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship, 2015-16.


Central Civil Services Cultural and Sports Board is organizing Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship 2015-16 from 8th to 11th February, 2016 at Grih Kalyan Kendra, Netaji 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 5th February, 2016.

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](http://Persmin.nic.in/DOPT/Welfare/Sports/About%20Sports%20Board)).

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


Raju Bagga
Assistant Secretary (CCSCSB)

All the Welfare Officers of Ministries/Depts.
Notice Boards
Shri Mahesh Prasad, Convener (Power lifting & Weight lifting) (9810987370)