

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, 3<sup>rd</sup> Floor,  
Lok Nayak Bhawan  
Dated: 06.12.2019

**CIRCULAR**

**Sub: Inter-Ministry Power lifting (Men and Women) & Bench Press and Weightlifting & Best Physique Championship, 2019-20.**

Central Civil Services Cultural and Sports Board proposes to organise Inter-Ministry Power Lifting (Men and Women) & Bench Press and Weightlifting & Best Physique Championship 2019-20 from 7<sup>th</sup> to 10<sup>th</sup> January, 2020 at Raja Bazar, Community New Delhi. The Championship will be held in the following weight categories:

<b>Power Lifting and Bench Press (Men)</b>	<b>Power Lifting and Bench Press (Women)</b>	<b>Weight lifting</b>	<b>Best Physique</b>
59 Kg	47 Kg	55 Kg	55 Kg
66 Kg	52 Kg	61 Kg	60 Kg
74 Kg	57 Kg	67 Kg	65 Kg
83 Kg	63 Kg	73 Kg	70 Kg
93 Kg	72 kg	81 kg	75 Kg
105 Kg	84 Kg	89 Kg	80 Kg
120 Kg	+84 Kg	96 Kg	85 Kg
+120 Kg	–	102 Kg	90 Kg
–	–	109Kg	100 Kg
–	–	+109Kg	+100 Kg

2. The Ministry/Department desirous to participate in the Tournament may send their entries in the prescribed Proforma along with the entry fee latest by **04<sup>th</sup> January, 2020**. The entry fee of Rs. 75/- per head per event may be deposited in Board's account as per details. No entry will be accepted unless accompanied with fee. The entry fee should be deposited only through online mode in the Boards account.

Name: Secretary CCSCSB, A/c No: 90432010052140, IFSC Code: SYNB0009043, Bank: Syndicate Bank, Khan Market, New Delhi.

3. Payment can also be made by scanning the following QR Code:



9717990948@upi

4. Winners of Team Championship will be awarded cash price of Rs.10000/-and Runners Up with Rs.7000/-

5. The entry should be sent in the prescribed form duly signed by the Welfare Officer concerned 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 (<https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisions>).

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

7. Persons working in corporation, Public Sector, Autonomous bodies/Public Sector Banks/Undertaking (like FCA, DTC, LIC, ESIC, CBSE etc.) will not be eligible to participate in the Inter-Ministry/ AICS Tournaments even though administratively controlled by the Central Ministries.

A handwritten signature in blue ink, appearing to read 'Kulbhushan Malhotra'.

(Kulbhushan Malhotra)  
Secretary (CCSCSB)

All the Welfare Officers of Ministries/Departments  
Notice Boards

Shri Mahesh Prasad, Convener (Power lifting & Weight lifting) (9810987370)

31(b)

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

APPLICATION FORM FOR INTER MINISTRY TOURNAMENT  
YEAR 2019-20

1. Name of the Cultural/Sports Event:
2. Name of the Ministry/Deptt. With Complete address:
3. Details of the participants with office Identity Card No. (enclose ID photocopy)

S.No.	Name & Designation	DOB	Date of Joining	I Card No.	Office/Section
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

4. Details of Manager & Captain:

Details	Manager	Captain
Name & Designation		
Office Address		
Contact No.		

(Note:- As far as general safety is concerned, all the participants will take care of themselves during the game/event. The Central Civil Services Cultural and Sports Board shall not be responsible for any injury/accident/mishap during the game/event.)

Signature of Welfare Officer/US(Admn.) .....

(Rubber Stamp)

VERIFICATION CERTIFICATE

The Ministry intends to enter a team for the Inter Ministry Tournament/Competition. Consequently, I submit the entry form duly completed. I hereby undertake on behalf of the Ministry to abide by the rules and regulations of the Tournament/Competition.

I certify that the players mentioned in this form who will play in the Inter Ministry Tournament/Competition are employees of the Ministry. No member of the team is a casual/daily wage employees. 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 of the Ministry.

I 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) .....  
(R) .....

Email, if any .....

Ministry's Full address .....

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