

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: 12.11.2018

**CIRCULAR**

**Sub: Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship, 2018-19.**

Central Civil Services Cultural and Sports Board proposes to organise Inter-Ministry Power Lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship 2018-19 from 11<sup>th</sup> to 14<sup>th</sup> December, 2018 at Netaji Gym, Netaji Nagar, New Delhi. The Championship will be held in the following weight categories:

Power Lifting & Bench Press	Weight lifting	Best Physique
59 Kg	56 Kg	55 Kg
66 Kg	62 Kg	60 Kg
74 Kg	69 Kg	65 Kg
83 Kg	77 Kg	70 Kg
93 Kg	85 Kg	75 Kg
105 Kg	94 Kg	80 Kg
120 Kg	105 Kg	85 Kg
+120 Kg	+105 Kg	90 Kg
		100 Kg
		+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 07<sup>th</sup> December, 2018. 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. 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 at <https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisions>.

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

  
(Kulbhushan Malhotra)  
Secretary (CCSCSB)

All the Welfare Officers of Ministries/Departments.

Notice Boards

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

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

**APPLICATION FORM FOR INTER MINISTRY TOURNAMENT**

Year .....

1. Name of the Cultural/Sports Event .....
2. Name of the Ministry / Deptt. with complete address .....
3. Details of the participants;

(Mark '✓' as applicable)

S.No.	Name	DoB	I.C. No.	Single	Double	Team
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						

4. Details of Manager & Capitan

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 injuries / accidents / mishappening during the game / events.)

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

(Rubber Stamp)

**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 of Welfare Officer/ US (Admn.) .....  
(Rubber Stamp)

Name .....  
Tele. No (O) ..... (Mobile) .....  
e-mail if any.....  
Full Correspondence address .....  
.....  
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