

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 Bhavan, 05.09.2017

**CIRCULAR**

**Sub: Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship, 2017-18.**

Central Civil Services Cultural and Sports Board proposes to organise Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship 2017-18 from 26<sup>th</sup> to 29<sup>th</sup> September, 2017 at Netaji Gym, Netaji Nagar. The Championship will be held in the following weight categories


<b><u>Power Lifting &amp; Bench Press</u></b>	<b><u>Weight lifting</u></b>	<b><u>Best Physique</u></b>
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 25<sup>th</sup> September, 2017. The entry fee for the events is Rs. 75/- per individual event which may be deposited in Board's account]. The fee can be submitted by online mode to CCSCSB bank account, NEFT or Debit/Credit Card. The applicant has to submit the proof of payment/Ref.No/Transfer ID etc.

CCSCSB account details: Account Holder Name- Secretary CCSCSB, Bank- Syndicate Bank, Account No. 90432010052140, Branch- Khan Market, IFSC Code-SYNB0009043.

3. The entry should be sent in the prescribed form duly signed by the Welfare Officer concerned and should reach on or before 25<sup>th</sup> September, 2017. 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.

  
(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)