

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, New Delhi-3

09<sup>th</sup> January, 2017

**CIRCULAR**

**Sub: Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship, 2016-17.**

Central Civil Services Cultural and Sports Board is organizing Inter-Ministry Power lifting & Bench Press and Inter-Ministry Weightlifting & Best Physique Championship 2016-17 from 13<sup>th</sup> to 16<sup>th</sup> February, 2017 at Netaji Gym, Netaji Nagar. 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. 75/- per individual per event which may be deposited in Board's account as per details

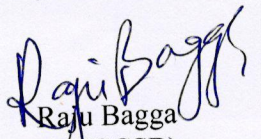
**Account Holder Name- Secretary CCSCSB, Bank- Syndicate Bank, Account No. 90432010052140, Branch- Khan Market, IFSC Code-SYNB0009043 latest by 10<sup>th</sup> February, 2017.**

2. The Championship will be held in following weight categories

<u>Power Lifting &amp; Bench Press</u>	<u>Weight lifting</u>	<u>Best Physique</u>
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

3. 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).

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/Departments.  
Notice Boards  
Shri Mahesh Prasad, Convener (Power lifting & Weight lifting) (9810987370)