

No.6/1/2015-16-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 Bhawan, New Delhi-3
Dated the 2nd February, 2021

CIRCULAR

Sub: Inter-Ministry Power-lifting (Men and Women), Bench Press, Weightlifting & Best-Physique Championship, 2020-21.

Central Civil Services Cultural and Sports Board is organizing Inter-Ministry Power-Lifting (Men and Women), Bench Press, Weightlifting & Best Physique Championship 2020-21 from 2nd to 5th March 2021 at Netaji Gym, Netaji Nagar, New Delhi.

The Championship will be held in the following weight categories:

Power Lifting (Men)	Bench Press (Men)& (Women)	Power Lifting (Women)	Weight lifting	Best Physique
59 Kg	59 Kg	47 Kg	55 Kg	55 Kg
66 Kg	66 Kg	52 Kg	61 Kg	60 Kg
74 Kg	74 Kg	57 Kg	67 Kg	65 Kg
83 Kg	83 Kg	63 Kg	73 Kg	70 Kg
93 Kg	93 Kg	72 kg	81 kg	75 Kg
105 Kg	105 Kg	84 Kg	89 Kg	80 Kg
120 Kg	120 Kg	+84 Kg	96 Kg	85 Kg
+120 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 (**Annexure I**) along with the entry fee. The entry fee for the events is Rs. 75/- for Individual Men/Women and Rs. 75 for Team Championship. Last date for submission of entries in the Central Civil Services Cultural & Sports Board office Room No. 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi – 110003 is 25th February, 2021.

3. It may please be noted that there will be only one team from each Ministry. The Ministry may include in their team persons working in the attached and subordinate offices located at Delhi/New Delhi. All teams/Individuals would be represented as a part of Ministry's Team only. Central government autonomous organization like UPSC, Election Commission, C&AG's Office, Lok Sabha Secretariat, Rajya Sabha Secretariat, Cabinet Secretariat, PMO etc. can send respective independent team. The entries are to be sent through the Welfare Offices of the Ministry concerned.

4. The following categories of employees are not eligible for participation in this competition:-

- (a) Uniformed personnel in Defence Services/Para Military Organisations/ Central Police Organisation/Police/RPF/CISF/BSF/ITBP/NSG etc.
- (b) Employees of Autonomous bodies/Undertakings/Public Sector Banks/ Corporations even though administratively controlled by the Central Ministries.
- (c) Casual/Daily wages workers.
- (d) Employees attached to offices on temporary duty.

5. 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 entry fee may be deposited in Board's Bank account as per details mentioned below:-

Account Holder Name – Secretary CCSCSB, Bank – Syndicate Bank
Account No. 90432010052140, Branch – Khan Market, IFSC Code – SYNB0009043.

Payment can also be made by scanning the following QR Code



6. The competition will be held in the following events as per schedule at **Annexure IV** :

- i) Individual Men Championship.
- ii) Individual Women Championship
- iii) Team Championship. *Winners and Runners-up of team championship will also be awarded cash prize of Rs. 10,000/- and Rs. 7,000/- respectively.*

7. The rules and regulations governing the eligibility conditions for participation, etc. in the Inter-Ministry Tournament are available on the website of the Department of Personnel & Training and can be accessed at (<https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisions>).

8. Captains/Managers should report to **Shri Devender Kumar, Convenor-Best Physique and Shri Mahesh Prasad, Convenor-Power Lifting & Weight Lifting** at 9 a.m. on 02nd March, 2021 at the venue. The detailed programme along with relevant details, rules and regulation will be supplied to them at the venue of the Tournament.

9. The general instructions as per SOP/Guidelines of COVID-19 issued by Central/State Govt. (**Annexure-II**) are strictly followed by all players and supporting staff during the competition. If it is found that the general instructions are not followed by any player/official in the tournament, he/she shall be liable to be debarred from the tournament.

10. A Screening Check List for COVID-19 (**Annexure III**) is mandatory to be filled up daily at venue during the entire period of tournament.


(Kulbhushan Malhotra)
Secretary (CCSCSB)

To,

All Welfare Officers in the Ministries/Departments.
Notice Board.

Shri Devender Kumar, Convenor Best Physique Mb.9810871346

Shri Mahesh Parsad, Convenor Power lifting & weight lifting Mb.9810987370

Central Civil Services Cultural & Sports Board
(Department of Personnel & Training)
APPLICATION FORM FOR INTER MINISTRY TOURNAMENT

Year – 2020-21

1. Name of the Cultural/Sports Event : **Power-lifting (Men and Women), Bench Press, Weightlifting & Best-Physique Championship, 2020-21.**
2. Name of the Ministry/Deptt. with :
Complete address
3. Details of the participants : (Mark '✓' as applicable)

S.No	Name	Mobile No.	Id .Card No.	Weight Cat.
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

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

Signature of Welfare Officer
(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 (Welfare Officer)

(Rubber Stamp)

Name

Tele. No (O)

e-mail if any

Full Correspondence address.....

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GENERAL INSTRUCTIONS FOR PLAYERS AND SUPPORTING STAFF

To avoid mass gathering and to follow SOP guidelines of COVID-19 issued by Central/State Govt., the following instructions will be strictly followed by all participants/officials for smooth conduct of I Inter-Ministry Power-Lifting (Men and Women), Bench Press, Weightlifting & Best Physique Championship 2020-21 from 2nd to 5th, March 2021 at Netaji Gym, Netaji Nagar New Delhi.

1. No extra person other than player and designated officials will be allowed inside the playing hall.
2. A Screening Check List for COVID-19 (**Annexure III**) is mandatory to fill up daily at venue during the entire period of tournament.
3. Thermal screening of all players/officials shall be checked by a non-contact thermometer (wrist/forehead).
4. **All players and supporting staff to show and carry a copy of their COVID-19 negative test report conducted 72 hours prior to their date of competition.**
5. Physical distancing of at least 6 feet to be strictly followed.
6. Personal equipment such as gloves, face masks, mouth guard, helmet, shin guards, wrist band, head band, shoes etc. shall be used without sharing.
7. Equipment which is bound to be shared and utilised continuously during a training such as **iron rod** must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
8. Wearing of Face masks will be mandatory at all times **except during performance**. All participants and officials must carry their own Face mask, hand sanitizer and water bottle all the times during the competition.
9. While not in playing hall, wash your hands with soap even when hands are not visibly dirty. Use of alcohol based hand sanitizers can be made wherever feasible.
10. Strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.
11. If any player/official or his/her family member/relative is suspected/tested positive for COVID-19 to whom the player/official has been sharing common living space or has been in contact, then it is expected from the concerned Player/Official to inform the Convener/Covid Task Force/Office immediately and refrain from attending the tournament/office to prevent risk of exposing others in the tournament/ office as has been specified in the Standard Operating Procedure (SOP) issued by M/o H&FW on 04.06.2020.
12. At venue all the players/Officials may ensure and implement the instructions strictly as issued by the MHA from time to time Vide O.M/Orders Nos. 40-3/2020-DM-I(A), dated 15.04.2020, 01.05.2020, 17.05.2020, 29.06.2020, 30.09.2020, 25.11.2020, 28.12.2020 and DoPT O.M. No. 11013/9/2014-Estt.A.III, dated 18.05.2020 respectively i.e., Social distancing, wearing mask, time to time hand sanitization, strict ban of gutka/Tobacco etc. and spitting should be strictly prohibited etc.
13. Only those players are permissible in the playing hall whose events are in progress. The next lot of players and officials should wait outside the venue and shall enter the Playing hall once the players from previous event will leave the playing hall.
14. Use covered dustbins to manage used masks and waste materials.
15. Aarogya Setu App must be installed in the phones of all participants/officials. Entry will be allowed in the venue only if the status is found to be "Safe".
16. The following persons will be member of COVID Task Force:-
 - a) Dr Prashant SJH
 - b) Dr Sikha SJH
 - c) Ratan Rana Health educator SJH
 - d) Anand Mandia Technical officer AIIMS
 - e) Gaurav pharmacist
17. All players are requested to support the Task Force to ensure the Covid norms are followed strictly.

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CENTRAL CIVIL SERVICES CULTURAL & SPORTS BOARD

**INTER-MINISTRY MEN/WOMEN Power-Lifting, Weight-Lifting & Best-Physique
TOURNAMENT 2020-21**

SCREEING CHECK LIST FOR COVID-19

Name of Player/Official (in block Letter): _____

Name of Ministry/Department : _____

Designation : _____

Mobile Number : _____

S. No.	Clinical Symptoms	Please Tick if Present
1.	Fever in last 02 weeks	
2.	Cough or sore throat in last 02 weeks	
3.	Running nose or recurrent sneezing in last 02 weeks	
4.	Difficulty in breathing	
5.	Loss of Taste/ Smell	
6.	Diarrhoea	
7.	Weakness/Fatigue/Body Aches	
8.	Redness of eye or any skin lesions	
9.	Any close contact with person with above symptoms	
10.	History of travel abroad since 1 st March 2020	
11.	History of travel abroad of any family member or close contact	

***If any of the above symptoms answer is yes(or tick), then the respective player cannot be allowed to participate until he/she has undergone a complete check-up by medical doctor, which should have to be documented by the doctor and present the same to Chief Arbiter/Convenor of the tournament.**

PLAYERS/OFFICIALS DECLARATION

During the current Corona Pandemic I am participating in the tournament of my own accord. I will not hold tournament organisers or Convenor/Arbiters/Officials accountable for any infection happens to me. I assure you the information given by me above is correct. I will follow all mandatory protocol/precaution/guidelines during the tournament.

Date : _____ March, 2021

Signature of Player/Official

TENTATIVE TOURNAMENT SCHEDULE

Meeting & Opening ceremony - 02.03.2021 09:00 hrs
Weightlifting on 2/03/2021

Sr. No.	Body weight	9:30 am
1	Weight category 55,61, 67 kg class	10:00 am to 11:15 am
	Award ceremony	11:15 am
	Body weight	11:30 am
2	Weight category 73,81,89 kg class	11.15 am to 1.15 pm
	Award ceremony	
	Body weight	1:30 pm
3	Weight category 96,102,109 & 109+kg Class	1:30 pm to 3:30 Pm
	Award ceremony	4:00 pm

Power-lifting Women on 03/03/2021

Sr. No.	Body weight	9:30 am
1	Weight category 42,52,57,63 kg class	10:00 am to 11:30 am
	Award ceremony	
	Body weight	11:30 am
2	Weight category 72,84,84+ kg class	11.45 am to 1.15 pm
	Award ceremony	1:30 pm

Power-lifting Men on 03/03/2021

Sr. No.	Body weight	1:30 pm
1	Weight category 59,66,74kg Class	1:50 pm to 3:50 pm
	Award ceremony & closing	4:00 pm

Power-lifting Men on 04/03/2021

Sr. No.	Body weight	9:30 pm
1	Weight category 83,93+kg Class	10:00 pm to 12:00 pm
	Award ceremony	
2	Weight category 105,120 & 120+kg Class	12:30 pm to 3:00 pm
2	Award ceremony Team Championship & closing	4:00 pm

Best Physique on 5/03/2021

1	Weight category 55 to 65	10 am to 11 am
	Award ceremony	
2	Weight category 70 to 75	11.15 am to 12.15 pm
	Award ceremony	
3	Weight category 80 to 100 +	1:30 pm to 2:30 pm
	Award ceremony	
4	Overall Title	2:40 pm
	Award ceremony Team Championship & closing	3:15 pm

Prize Distribution & Closing Ceremony - 05/03/2020 1515 hrs

Note – Participation certificate will be given after closing Ceremony. All participants must attend closing ceremony to get the certificates.

