



केन्द्रीय सिविल सेवा साँस्कृतिक एवं क्रीड़ा बोर्ड
Central Civil Services Cultural & Sports Board

(Registration No. 2621)

Department of Personnel & Training
Ministry of Personnel, Public Grievances and Pensions
Government of India

सत्यमव जयते

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor
Lok Nayak Bhawan
New Delhi - 110 003

No.18/01/2025-26/CCSCSB

Date: 30.07.2025

CIRCULAR

Sub : Inter-Ministry Power Lifting, Weightlifting, Bench Press (Men and Women) Championship 2025-26

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Power Lifting (Men and Women), Bench Press, Weightlifting (Men and Women) 2025-26 Grah Kalyan Kendra CGO Complex, Lodi Road, New Delhi from **01.12.2025 to 04.12.2025**. The Ministry/ Department desirous to participate in the tournament may send their entries in the prescribed proforma (Annexure-I) along with the entry fee and photocopy of Identity Card of all the players. The entry fee for Individual Event (Men/Women) is **Rs. 200/-**. 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 27.11.2025**

The Championship will be held in the following weight categories:

Men (Bench Press) Power lifting	Women (Bench Press) (Power lifting)	Weight Lifting (Men)	Weight Lifting (Women)
59kg	47kg	55kg	45kg
66kg	52kg	61kg	49kg
74kg	57kg	67kg	55kg
83kg	63kg	73kg	59kg
93kg	69kg	81kg	64kg
105kg	76kg	89kg	71kg
120kg	84kg	96kg	76kg
+120kg	+84kg	102kg	81kg
		109kg	87kg
		+109kg	87+kg

2. Minimum Four entries are required to conduct competition in one Weight Category. In case less than four entries will receive for a Weight Category, the competition will be conducted as Trials for selection in CCSCSB Team for participation in AICS Tournament. Further, NO Medal and Certificates will be awarded to the winners of the Trial weight category.

3. 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 independent teams. 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.

(e) Only those employees who are regular Government employees either permanent or temporary and who have been employed for six months continuously will be eligible.

In case, at any time, it is found that a player included in the team is not eligible, the team would stand automatically disqualified from the tournament.

5. Referees'/Umpires' decision shall be final and binding on the competing teams.

6. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed proforma (Annexure I) duly signed by the Welfare Officer concerned and should reach on or before the last date i.e. 27th November, 2025.

7. The entry fee shall be deposited in CCSCSB account as per details given below:-

Account Holder Name – Secretary CCSCSB,
Bank – Canara Bank
Account No. - 90432010052140,
Branch – Khan Market, New Delhi,
IFSC Code – CNRB0019043.



Note: - No other payment mode will be accepted except above. The "name of player/ministry and game" may be mentioned in Remarks column while making the payment.

8. 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 (<https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisons>).

9. The participant must ensure that he/she is physically fit to engage in the specified sports activities. In the event of any unfortunate accidents or incidents occurring during the course of the events, the CCSCSB will not be held responsible or liable in any manner.

Satya Singh
(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Rattan Singh Rana, Convenor -CCSCSB (Mobile –9990432414)

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

APPLICATION FORM FOR INTER MINISTRY TOURNAMENT

1. Name of the Cultural/Sports Event: **Power Lifting (Men and Women), Bench Press, Weightlifting (Men and Women) Tournament -2025-26**
2. Name of the Ministry/Dept with:
Complete Address
3. Details of the participants:

(a) Team Event:

S.No	Name	Age	Mobile No.	Identity Card No. (also enclose a photocopy)	Weight Category
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

4. Details of Manager & Captain

(a) Name of the Captain with Tele No. :
 (b) Name of the Manager with Tele No. :
 (c) Address for correspondence :

Signature (Welfare Officer)

.....
 (Rubber Stamp)

Name

Tele. No (O)

e-mail if any

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