

A-50013/232/2025-ADMINISTRATION-MOWR
Government of India Ministry of Jal Shakti
Department of Water Resources, River Development and Ganga Rejuvenation

Shram Shakti Bhavan, Rafi Marg,
New Delhi, Dated: 4.09.2025

Circular

Sub.: Inter Ministry Sports/Events 2025-26- reg.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Tournaments for the following sports/events:

Sl. No.	Sports/Events	Schedule
1	Lawn Tennis (Men & Women)	1 st Nov' 2025 to 9 th Nov' 2025 15 th and 16 th Nov 2025 for wheelchair Tennis Tournament
2	Carrom (Men & Women)	6 th October to 14 th October 2025
3	Volley Ball (Men & Women)	17 th Sep 2025 to 19 th Sep' 2025
4	Kho-Kho (Men & Women)	12 th to 14 th Nov' 2025
5	Weightlifting (Men & Women)	8 th Dec' 2025 to 12 th Dec' 2025
6	Yogasan ((Men & Women)	11 th & 12 th Sep 2025
7	Kabaddi ((Men & Women)	15 th Oct & 16 th Oct 2025
8	Football ((Men & Women)	29 th Sep 2025 to 16 th Oct 2025
9	Wrestling ((Men & Women)	27 th & 28 th Nov' 2025

2. In view of the above, selection trials will be held for a Team Selection for this Ministry. Therefore, nominations are invited from all the interested officers/officials of Ministry of Jal Shakti viz. Department of Water Resources, RD & GR, Department of Drinking Water & Sanitation, Central Water Commission, Central Groundwater Board and National Water Development Agency, working in the offices located at Delhi.

3. Nominations may be submitted to Section Officer (General Admin) by 12th Sep' 2025. The details are as follows:

Shri Arpan,
Section Officer (General Admin)
Tele. No. 011-23719816, Mob. No. 9711435354
Email id: general-mowr@nic.in

4. Further details regarding the date and venue of the selection trials will be communicated in due course.

Encl.: As above.



(Arvind Joseph Soreng)
Under Secretary to the Government of India
Telephone No. 23766369

To,

1. Sr. PPS to the Secretary, DoWR, RD & GR.
2. PPS to Secretary, Department of Drinking Water & Sanitation, C Wing, 4th Floor, Pandit Deendayal Antyodaya Bhawan, CGO Complex Lodhi Road, New Delhi
3. Director (Training), Central Water Commission, Sewa Bhawan, New Delhi.
4. RD, Central Groundwater Board, Bhujal Bhawan, New Delhi.
5. Deputy Director, National Water Development Agency, Saket, New Delhi.
6. All Wing Heads/Division Heads/Branch Heads/Sections of DoWR, RD&GR.
7. Intra-MoWR



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

F.No.12/1/2025-26/CCSCSB

Date: 20.08.2025

CIRCULAR

Sub: Inter-Ministry Lawn Tennis (Men and Women) Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Lawn Tennis (Men and Women) Tournament 2025-26 from **1st November 2025 to 9th November (8 days including Saturday & Sunday)** at CCSCSB Tennis Courts Brassey Avenue, Rashtrayapati Bhawan, New Delhi and **Wheelchair Lawn Tennis on 15th and 16th November 2025 (2 days) at CCSCSB Tennis Court, R.K. Puram** 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 Team Championship is Rs.1200/- and for Singles and Doubles event is Rs.200/- and Rs.600/- respectively.** Last date for submission of entries in the office of Central Civil Services Cultural & Sports Board office, Room No 361, 'B' Wing, Lok Nayak Bhawan, Khan Market, New Delhi – 110003 **is 28th October, 2025.**

2. 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 Officers of the Ministry concerned.

3. 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.

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.

4. 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.

5. The competition will be held in the following events:-

S.No	Event Name	Category
i	Team Championship	Men (6 Players + 1 Manager)
ii	Open Singles	Men (for Wheelchair Tennis also)
iii	Open Doubles	Men (for Wheelchair Tennis also)
iv	Veteran Singles	Men (Veteran)
v	Veteran Doubles	Men (Veteran)
vi	Open Singles	Women (for Wheelchair Tennis also)
vii	Open Doubles	Women (for Wheelchair Tennis also)
viii	Veteran Singles	Women (Veteran)
ix	Mixed Doubles	Mixed

6. Referees’/Umpires’ decision shall be final and binding on the competing teams. All the participants are requested to maintain discipline and decorum and report on time for their performance during the Competition. Any act of indiscipline will be taken seriously by the Board Team Members and the team may be debarred from participating in future competitions.

7. Any information regarding change in dates/venue/cancellation etc. about the Tournament will be available on our website i.e. www.dopt.gov.in. All participating teams are, therefore, requested to check the details of the tournament about any possible change.

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-divisions>).

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.


(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Rahul Yadav, Convener-Lawn Tennis (Mob.7056354706)

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

APPLICATION FORM FOR INTER MINISTRY TOURNAMENT

1. Name of the Cultural/Sports Event: **Inter Ministry Lawn Tennis (Men and Women) Tournament 2025-26**
2. Name of the Ministry/Deptt with Complete Address
3. Details of the participants:

(a) Team Championship (Men/Women)

S.No	Name	Age	Mobile No.	I.D. No.
1.				
2.				
3.				
4.				
5.				
6.				

(b) Single/ Doubles

S.No	Name	Age	Mobile No.	I.C. No.	Singles	Doubles
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



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

F.No.5/4/2025-26/CCSCSB

Date: 18.08.2025

CIRCULAR

Sub : Inter-Ministry Carrom (Men and Women) Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Carrom (Men & Women) Tournament 2025-26 from **06th October, 2025 to 14th October, 2025** (except Sunday i.e. 12th October, 2025) at Grih Kalyan Kendra, Raja Bazar Community Centre, Gole Market, New Delhi. The Ministry/ Department desirous to participate in the tournament may send their entries in the prescribed proforma along with the entry fee. **The entry fee for the events is Rs.200/- for Individual and Rs.500/- for Doubles and Rs. 1000/- Team Championship.** Last date for submission of entries in Central Civil Services Cultural & Sports Board, Room No 361, 'B' Wing, 3rd Floor, Lok Nayak Bhavan, Khan Market, New Delhi – 110003 is **26th September, 2025.**

2. 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 Officer of the Ministry concerned.

3. 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.

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.

4. 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.

The entry fee can also be paid using the following QR code:



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.

5. The competition will be held in the following events:-

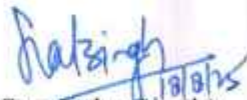
- (i) Men's Team Championship (06 players + 01 Manager).
- (ii) Men's Singles
- (iii) Men's Doubles
- (iv) Women's Singles
- (v) Women's Doubles
- (vi) Men's Veteran Singles

6. The draw will be held at **11 AM on 03rd October 2025** at Grih Kalyan Kendra, Raja Bazar Community Centre, Gole Market, New Delhi. The detailed programme along with copy of Draw/ time Schedule will be given to the Managers/ Captains of the teams at the venue of the Tournament.

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

8. Referees'/Umpires' decision shall be final and binding on the competing teams. All the participants are requested to maintain discipline and decorum and report on time for their performance during the Competition. Any act of indiscipline will be taken seriously by the Board and the team may be debarred from participating in future competitions.

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.


(Satyender Singh)
Secretary (CCSCSB)

To,

- 1. All Welfare Officers in the Ministries/Departments.
- 2. Shri Vijayendra Kumar Singh, Convener (Carrom) (Mobile – 935035464)



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

F.NO.17/1/2025-26/CCSCSB

Dated 11.08.2025

CIRCULAR

Sub : Inter-Ministry Volleyball (Men and Women) Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Volleyball Tournament 2025-26 from **17th September, 2025 to 19th September, 2025** at Vinay Marg Sports Complex, Chankya Puri, New Delhi. 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 the Tournament is **Rs.1,200/-**. Last date for submission of entries in Central Civil Services Cultural & Sports Board office, Room No 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi - 110003 is **11th September, 2025**.

2. 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 considered to be represented as a part of Ministry's Team only. Central Government organizations like UPSC, Election Commission, C&AG's Office, Lok Sabha Secretariat, Rajya Sabha Secretariat, Cabinet Secretariat, PMO etc. can sent independent teams. The entries are to be sent through the Welfare Offices of the Ministry concerned.

3. No player (filled in entry form/proforma) will be changed without the approval of concerned Ministry/Departments Welfare Officer or Secretary, CCSCSB.

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

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

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. 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. **11th September, 2025.**

The entry fee should be online deposited in the CCSCSB account after entering the following details or at the given QR code: -

Account Holder Name - Secretary CCSCSB,

Bank - Canara Bank

Account No. 90432010052140, Branch - Khan Market, New Delhi, IFSC Code - CNRB 0019043.



Note: - No other payment mode will be accepted except above.

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

7. Any information regarding change in dates/venue/cancellation etc. about the Tournament will be available on our website i.e. www.dopt.gov.in. All participants teams are, therefore, requested to check the details of the tournament about any possible change.

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-divisions>).

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.

(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/departments.
2. Shri Deepak Kumar, Convener-Volleyball (Mob.9899218560)

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

APPLICATION FORM FOR INTER MINISTRY TOURNAMENT

1. Name of the Cultural/Sports Event: Inter Ministry **Volleyball (Men and Women) -2025-26**
2. Name of the Ministry/Deptt with:
Complete Address:
3. Details of the participants:

S. No	Name	Date of Birth	Date of Joining	Identity Card No. (also enclose a photocopy)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

4. Details of Manager & Captain

Details	Manager	Captain
Name and Designation		
Office Address		
Contact No.		

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

Full Correspondence address.....

.....



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

F.No.17/1/2025-26/CCSCSB

Dated:- 06.08.2025

CIRCULAR

Sub : Inter-Ministry Kho Kho (Men & Women) Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is **organizing Inter-Ministry Kho Kho (Men and Women) Tournament 2025-26 from 12th to 14th November, 2025 at Vinay Marg Sports Complex, Chankya Puri, New Delhi.** The Ministry/department desirous to participate in the tournament may send their entries in the prescribed proforma enclosed at **Annexure –II** along with the entry fee of Rs. 1,000/-. Last date for submission of entries in the Central Civil Services Cultural & Sports Board office Room No 361, 'B' Wing, Lok Nayak Bhawan, Khan Market, New Delhi - 110003 **is 5th November, 2025.**

2. The guidelines for organization Inter-Ministry Kho-Kho Tournament is attached at **Annexure-I.** Minimum 04 entries of Men and 04 entries of Women Teams are required to conduct the tournament. However, in case, less than four entries are received, the tournament will be conducted in trial mode and no Trophies/Medals and Certificates will be awarded to the winners/runners up.

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 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 forwarded through the Welfare Officer 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 Organisations/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.

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. 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.

The entry fee can also be paid using the following QR code:



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.

6. Referees’/Umpires’/Officials’ decision shall be final and binding on all participants/teams.
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 (<https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisions>).
8. 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.

Satyendra Singh
06/08/25

(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Raj Kumar – Convener: Kho-Kho (CCSCSB) Mb. No.9205031558.

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

Guidelines for conducting Inter-Ministry Kho Kho Tournament

1. Inter-Ministry Kho Kho Tournament is conducted as per rules and regulations of Kho Kho Federation of India.
2. Duration of the Tournament will be 03 days. Team composition will be as follows:-
Men - 13 (12 players & 01 Coach)
Women - 13 (12 players & 01 Coach)
3. Each match will consist of ONE innings up to semifinal which shall be of Nine (09) minutes for Men and Seven (07) Minutes for Women. Final match will consist of TWO innings which shall be of Nine (09) minutes for Men and Seven (07) for Women. There shall be an interval of Five (05) minutes for Men and Three (03) Minutes for Women, after an innings. The game is won by a team that scores more points (one point is awarded for every Defender, who is out). CCSCSB has the discretion to change the Rules and regulations.
4. From chaser side team, 9 players will take the field in the beginning of the match and from defender side team 3 Runners will enter in the Court in a batch of three for their Defence. Subsequently next 3 Runners will enter the Court through their Entry Zone only. When third/last Defender of a batch is declared out, next 3 Runners shall be inside the Court before two KHOS are given. Those Runner's who fail to enter within the time lapse of two KHOS, shall be declared out for having entered late (Late Entry.)
5. Any number of substitutions can be allowed by the Referee on request of team's coach of Chasing side at any time during the match. For Runners, substitution is allowed only before they enter the Field for their Defense. Substitution will be made through Substitution Zone only, which is at the right side of the Scoring Table.
6. In the League system, the winner will get 3 Points and the Looser get Zero Point. In case of a tie, both the side will get 1 Point each.
7. **Penalties:-** For a minor offence, such an argument/shouting etc. with the opponents or officials - a verbal warning shall be given by the Referee. In case of repetition of the offence, a warning shall be given by showing a Yellow Card. For a serious offence, the Referee may disqualify the concerned players/manager/coach for rest of the match by showing a Red Card. If a layer is shown Yellow Card twice in a match, the player will be forbidden from the participation of rest of the match and for the next match also of that particular tournament. If the player is shown Yellow Card in 2 different matches in a particular tournament, the player will be forbidden from the particular for the next match to that particular tournament. If a player is shown Red Card in match, he/she shall be forbidden from participation for the rest of the match and for the next match also of that particular tournament.
8. During the game, only captain of the team may address to the Referee and shall be the spokesman for his/her players.

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

APPLICATION FORM
INTER MINISTRY (MEN & WOMEN) KHO KHO TOURNAMENT 2025-26

1. Name of the Ministry/Deptt : _____
2. Details of the participants are as under :

S. No.	Name	Date of Birth	Date of Joining	ID Card No. (Enclose copy of ID Card)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				

3. Details of Coach & Captain

Details	Captain	Coach
Name and 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.....



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

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

Satyendra Singh
(Satyendra Singh)
Secretary (CCSCSB)

To,

- All Welfare Officers in the Ministries/Departments.
- 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/Deptt 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



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

No.1/4/2025-26/CCSCSB

Date:- 30.07.2025

CIRCULAR

Sub : Inter-Ministry (Men & Women) Yogasana Competition 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is **organizing Inter-Ministry (Men and Women) Yogasana Competition 2025-26 on 11th & 12th September, 2025 at Central Services Officers Institute (CSOI) Auditorium, Chankya Puri, New Delhi.** The objective of the Competition is to encourage the practice of Yogasana and help to promote physical and mental well being of Central Government employees.

2. It is informed that the syllabus of Yoga Competition for Men & Women is revised. Competition will be organised for male and female participants separately in all events i.e. individual/pair events. Further 03 age groups/categories are also introduced for both Men and Women participants i.e. "Age under 40 years", "Age 40-50 and "Age above 50 years". Revised syllabus of Rules, Regulations, Markings system etc. is enclosed.

3. **Minimum 4 entries** in Men and Women categories are required to conduct the tournament. **One individual can participate maximum in only 2 events (1 solo event & 1 Pair event) of the total four events.**

4. The participants desirous to participate in the Competition may send their entries in the prescribed proforma along with the **entry fee of Rs. 200/- for Individual event and Rs.300/- for pair/double event.** 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 **08.09.2025.**

5. 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. **08.09.2025.** **The entry fee should be deposited online in the CCSCSB account after entering the following details or at the given QR code: -**

Account Holder Name – Secretary CCSCSB,
Bank – Canara Bank
Account No. 90432010052140,
Branch – Khan Market, New Delhi,
IFSC Code – CNRB 0019043.

CENTRAL CIVIL SERVICES CULTURAL AND SPORTS BOARD



https://www.bhimupii.com

BHIM UPI

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.

6. The guidelines for organization of Inter-Ministry Yogasana Competition is attached at **Annexure-II**.

7. Central government autonomous organization like UPSC, Election Commission, C&AG's Office, Lok Sabha Secretariat, Rajya Sabha Secretariat, Cabinet Secretariat, PMO etc. may send independent entries. The entries are to be sent through the Welfare Officers of the Ministry concerned.

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

- (a) Uniformed personnel in Defence Services/Para Military organisations/ Central Police organisations/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.

In case, at any time, it is found that a player is not eligible, he/she will be stand automatically disqualified from the Competition.


9. Referees'/Umpires'/Officials' decision shall be final and binding on the competing players.

10. The participants are required to reports at the venue and participate in the Tournament as scheduled. They shall maintain strict discipline on and off the venue of the Tournament.

11. As per the Department of Personnel and Training's O.M. No.6/1/85-Estt. (Pay-I), dated 16th July, 1985, participants are eligible for Special Casual Leave for participating in above tournament.

12. 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-divisions>).

13. 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.


30/7/25
(Satyendra Singh)
Secretary (CCSCSB)

To,

- 1. All Welfare Officers in the Ministries/Departments.
- 2. Ms. Neeva Singh, Convenor – Yoga, Mb. No.9971928594

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

APPLICATION FORM FOR
INTER MINISTRY (MEN & WOMEN) YOGASANA COMPETITION 2025-26

1. Name of the Ministry/Deptt :
 2. Details of the participants are as under:

S. No.	Name	M/ F	Date of Birth	Date of Joining	ID Card No. (Enclose copy of ID Card)	Age Group (i) Under 40 (ii) 40-50 (iii) Above 50	Events:- i. Traditional Solo ii. Artistic (Solo) iii. Artistic Pair iv. Rhythmic (Pair)
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							

Signature of Welfare Officer.....
 (Rubber Stamp)

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

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.....
.....

RULES AND REGULATIONS OF THE
INTERMINISTRY YOGASANA SPORTS CHAMPIONSHIP 2025-26

The Yogasana Sports Competition will be held in following four Categories:-

1. Traditional Solo Yogasana Sports Competition
2. Artistic Solo Yogasana Sports Competition
3. Artistic Pair Yogasana Sports Competition
4. Rhythmic Pair Yogasana Sports Competition

I. TRADITIONAL SOLO YOGASANA SPORTS COMPETITION

Separate Yogasana Competitions for male and female competitors will be held in the following two age groups:-

UNDER- 40 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
GARUDASANA DHANURASANA PARIVRITTA PARSHAVKONASANA	EK PADA CHAKRASANA PADAM BAKASANA KARNAPIDASANA PURNA USHTRASANA

UNDER- 40 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VATAYANASANA PADAM MAYURASANA EK PADA CHAKRASANA	PARIVRITTA HANUMANASANA NATRAJASANA KOUNDINYASANA PURNA BHUJANGASANA

AGE 40-50 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VEERBHADRASANA-3 UTTHITA PADMASANA SETUBANDHCHAKRASANA	BAKASANA ARDHA MATSYENDRASANA EK PADA RAJKAPOTASANA URDHVA PADAM SARVANGASANA

AGE 40-50 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARIVRITTA TRIKONASANA HANUMANASANA KURMASANA	MARICHYASANA-1 NAUKASANA SETU BANDHASANA PURNA DHANURASANA

ABOVE 50 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VRIKSHASANA HALASANA USHTRASANA	PADAHASTASANA ARDHA MATSYENDRASANA PURNA MATSYASANA HANUMANASANA

ABOVE-50 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARIVRITTA UTKATSANA	EK PADA SHVANASANA
JANUSHIRASANA	MALASANA
SARAL VYGHRASANA	SUPTABADHHAKONASANA
	ARDHA DHANURASANA

1. TRADITIONAL SOLO YOGASANA SPORTS COMPETITION

- Separate competition will be held for male and female competitors
- Individual Participants have to perform asanas from the prescribed syllabus.
- There will be two rounds: First Round and Final round. Top scorers decided by judges as per participation will go for final round. Only First round will be conducted if participation is less than 15 in each category.
- 03 Compulsory Asanas are mandatory to perform and 02 Optional Asanas of individual choice from syllabus given to be performed by the participants.
- There should be perfect synchronization of body movements.
- Time duration for each compulsory asana is 45 seconds and Optional Asana is 30 seconds.**

2. ARTISTIC SOLO YOGASANA SPORTS COMPETITION

- Separate competition will be held for male and female competitors.
- Artistic (Solo) Yogasana competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- It is synchronization of body movement with music (without break).
- Number of postures performed should be 8-10 of competitor's choice.
- Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- The competitor will maintain each posture for atleast 5 seconds during the performance.**
- The transition from one posture to another posture should be slow & Artistic.

3. ARTISTIC PAIR YOGASANA SPORTS COMPETITION

- Artistic Pair Yogasana Competition will be held for male and female separately.
- Artistic Pair Yogasana consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, performed with music.
- Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- Body touch is allowed in the competition as per the discretion of the competitors.
- Making of pyramid will be given preference.
- Synchronization of body movements with music will be given top preference.
- Number of postures performed should be 8-10 of competitor's choice.
- Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- The competitor will maintain each posture for atleast 5 seconds during the performance.**
- The transition from one posture to another posture should be slow, Artistic and Synchronized.

5. RHYTHMIC PAIR YOGASANA SPORTS COMPETITION

- i. Rhythmic Yogasana Competition will be held for male and female separately.
- ii. Rhythmic Yogasana is also known as pair Yogasana. Rhythmic Yogasana Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- iii. The same posture to be performed by the pair together.
- iv. There should not be any body touch between the two competitors.
- v. There should be perfect synchronization of body movements with the music.
- vi. Number of postures performed should be 8-10 of competitor's choice.
- vii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- viii. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ix. The transition from one posture to another should be Slow, Rhythmic and Synchronized.

SPECIAL INSTRUCTIONS:

1. A competitor can participate maximum only in 2 events i.e. One Solo (either Traditional Solo or Artistic (Solo)) , & one pair (either Artistic Pair or Rhythmic Pair) Yogasana competitions.
2. Time: For starting performer should wait in standing pose/sitting pose but not in posture. Music will start then performer will start movement or posture. Counting of timing will starts when the music starts. For ending- counting of time will stop when the performer first join palms together for namaskar or bend down for namaskar. Returning should not be counted because some time after returning performer makes some additional movements that can create confusion.
3. Music should be melodious, devotional and classical music.
4. Competitor will perform within the marked arena. 5 mark will be deducted every time (from the marks of performance) if the competitor/s cross or touch the arena line during their performance.
5. **The competitor/(s) have to stay atleast for 5 Seconds in each Posture / Pyramid / Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture / Pyramid / Formation, in that case that Posture / Pyramid / Formation will deemed to be cancelled and accordingly the number of postures will be counted by the panel of Judges.**
6. No Prop will be allowed during the performance of Artistic solo Yogasana Sports Competition, Artistic Pair Yogasana Sports Competition and Rhythmic Pair Yogasana Sports Competition.

B. POSITIONS

- i. The aggregate of minimum and maximum marks given by the referees to each competitor/pair will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
- ii. First three positions will be declared in each age group/event in Traditional Solo, Artistic Solo Yogasana, Artistic pair Yogasana, Rhythmic Pair Yogasana on the basis of merit of the scores secured by the competitors.
- iii. The judges will award the marks out of 10 to each competitor for each Yogasana separately. The judges will be free to move about in order to see the aspect of pose from different angles during the retention period.

- iv. The efficiency of the yogasana will be judged on the basis of execution, perfection of posture, stresslessness, stability, movement, holding time, Grace and presentation.
- v. In case of tie in Traditional Yogasana Competition it will be decided as follows:-
 - b. Aggregate of Marks in Optional Asana
 - c. Aggregate of Marks in Compulsory Asana
- vi. Judge's decision will be final.

N.B.: In case any competitor is disqualified due to doping/underage/overage or any other factor then the rank/medal given to that competitor will be awarded to the next competitor as per merit.

C. ROUNDS EVENTWISE

S No	Event	Round 1 Semi Final	Round 2 Finals
1	Traditional Solo	✓	✓
2	Artistic Solo	✓	X
3	Artistic Pair	✓	X
4	Rhythmic Pair	✓	X

D. MEDAL TALLY

S No	Event	MEDALS FOR MALES			MEDALS FOR FEMALES		
		Gold	Silver	Bronze	Gold	Silver	Bronze
1	Traditional Solo	1	1	1	1	1	1
2	Artistic Solo	1	1	1	1	1	1
3	Artistic Pair	2	2	2	2	2	2
4	Rhythmic Pair	2	2	2	2	2	2
	Total	06	06	06	06	06	06
	Grand Total	36 X 3 AGE CATEGORIES = 108 Medals					

E. OVERALL CHAMPIONSHIP

Winner	1 st Runner Up	2 nd Runner Up
3	2	1

On the basis of above points 3 Overall Champions will be awarded with Trophy (1ST / 2ND / 3RD position) in both Male and Female category

- 2 Trophy Winner – 01 Male & 01 Female
 2 Trophy 1ST Runner Up – 01 Male & 01 Female
 2 Trophy 2nd Runner Up – 01 Male & 01 Female

F. MARKING SYSTEM FOR TRADITIONAL SOLO

1	Execution	Marks
	Time consumed and process followed to reach the final position of yogasana.	1
	Time consumed and process followed to reach back to normal position	1
	Point of Marking	
	A. Time / Speed 0.25	
	B. Process / Flow (Not showing other Aasanas in between) 0.25	
	C. Stages followed 0.25	
	D. Sthiti (Starting and Ending posture) 0.25	
2	Perfection of Posture	
	Accuracy of Posture (Final Pose)	2
	A. Stretch / Bend / Curve / Twist 1.00	
	B. Palms / Toes / Fingers perfection 0.25	
	C. Alignment / Distance between hands / Legs 0.25	
	D. Balance / Symmetry / Tiltlessness 0.25	
	E. Face Direction 0.25	
3	Stresslessness (Face)	1
	A. Smile 0.25	
	B. Eye Position 0.25	
	C. Closed Mouth 0.25	
	D. Calmness 0.25	
4	Stability / Tremblinglessness	1
	A. Hands / Legs muscle stability 0.25	
	B. Abdominal muscles stability 0.25	
	C. Face stability 0.25	
	D. Normal Breathing 0.25	
5	Smooth Movements (No jerks)	1
	A. Smooth movement 0.25	
	B. No Jerks 0.25	
	C. No excess stretching 0.25	
	D. No supported movements 0.25	
6	Holding Time	2
	UNDER -40/ 40 to 50 / Above -50 (First & Final Round)	
	Compulsory Asanas - 45 Sec	
	Optional Asanas – 30 Sec	
	A. 100% Time 2.00	
	B. 75% to 99% + Time 1.50	
	C. 50% to 74% + Time 1.00	
	D. 25% to 49% + Time 0.50	
	(For second attempt 1 mark will be deducted)	
7	Grace and Presentation	1
	A. Expressions 0.25	
	B. Decent Makeup / Costume 0.25	
	C. Walking / Standing / Greeting 0.25	
	D. Confidence 0.25	
	Total	10

G. MARKING SYSTEM FOR ARTISTIC SOLO/ ARTISTIC PAIR/RHYTHMIC PAIR

Sr.	Particulars	Marks	Marks
1	Perfection of Posture Accuracy of Posture <ol style="list-style-type: none"> 1. Stretch, Bend, Curve, Twist 2. Palm, Toes, Fingers perfection 3. Alignment, symmetry, Tiltiness 4. Face Direction 	4 Marks	7 Marks
	Mounting – Dismounting/Stage Presence <ol style="list-style-type: none"> 1. Mounting of Asana 2. Dismounting of Asana (Smooth movements, no jerks, no extra stretching and no supported movements) <ol style="list-style-type: none"> 3. Holding of Asana & Covering complete Arena during performance 	3 Marks	
2	Stability/ Tremblinglessness <ol style="list-style-type: none"> 1. Hand/ leg muscles stability 2. Abdominal muscles stability 3. Face stability 4. Normal Breathing 	2 Marks	3 Marks
	Stresslessness, Grace & Presentation <ol style="list-style-type: none"> 1. Expression (Smile, Eye Position, Closed Mouth) 2. Decent Makeup/ Costume 3. Walking/ Standing/ Greeting 4. Confidence, Calmness 	1 Marks	
		TOTAL	10 Marks

Syllabus of Yogasana is attached at attachment

SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2025-26

UNDER- 40 (MEN & WOMEN)

FIRST ROUND

COMPULSORY ASANAS

GARUDASANA



DHANUSRASANA



PARIVRITTA PARSHAVKONASANA



OPTIONAL ASANAS (ANY TWO)

EK PADA CHAKRASANA



PADMA BAKASANA



KARNA PIDASANA



PURNA USHTRASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2025-26

UNDER- 40 (MEN & WOMEN)

FINAL ROUND

COMPULSORY ASANAS

VATAYANASANA



PADAM MAYURASANA



EK PADA CHAKRASANA



OPTIONAL ASANAS (ANY TWO)

PARIVRITTA HANUMANASANA



NATRAJASANA



KOUNDINYASANA



PURNA BHUJANGASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2025-26

AGE 40 – 50 (MEN & WOMEN)

FIRST ROUND

COMPULSORY ASANAS

VEERBHADRASANA



UTHITA PADMASANA



SETUBANDH CHAKRASANA



OPTIONAL ASANAS (ANY TWO)

BAKASANA



ARDHA MATSYENDRASANA



EK PADA RAJKAPOTASANA



URDHVA PADAMSARVANGASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2025-26

AGE 40 – 50 (MEN & WOMEN)

FINAL ROUND

COMPULSORY ASANAS

PARIVRITTA TRIKONASANA



HANUMANASANA



KURMASANA



OPTIONAL ASANAS (ANY TWO)

MARICHYASANA



NAUKASANA



SETU BANDHASANA



PURNA DHANURASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2025-26

ABOVE - 50 (MEN & WOMEN)

FIRST ROUND

COMPULSORY ASANAS

VRIKHASANA



HALASANA



USHTRASANA



OPTIONAL ASANAS (ANY TWO)

PADA HASTASANA



ARDHA MATSENDRASANA



PURNA MATSYASANA



HANUMANASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2025-26

ABOVE - 50 (MEN & WOMEN)

FINAL ROUND

COMPULSORY ASANAS

PARIVRITTA UTKATASANA



JANUSIRASANA



SARAL VYAGHRASANA



OPTIONAL ASANAS (ANY TWO)

EK PADA SHVANASANA



MALASANA



SUPTA BADH KONASANA



ARDHA DHANURASANA





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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

File No.: 13/1/2025-26/CCSCSB

Dated: 30.07.2025

CIRCULAR

Sub : Inter-Ministry Kabaddi (Men and Women) Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Kabaddi Tournament 2025-26 **from 15th October, 2025 & 16th October, 2025 (2 days)** at Vinay Marg Sports Complex, Chankya Puri, New Delhi. 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 the Tournament is **Rs.1, 000/-**. Last date for submission of entries in the office of Central Civil Services Cultural & Sports Board office, Room No 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi - 110003 is **08.10.2025**.

2. 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 sent independent teams. The entries are to be sent through the Welfare Offices of the Ministry concerned.

3. No player (filled in entry form/proforma) will be changed without the approval of concerned Ministry/Departments Welfare Officer or Secretary, CCSCSB.

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.

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. 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. **08.10.2025**.

6. The entry fee should be online deposited in the CCSCSB account after entering the following details or at the given QR code: -

Account Holder Name - Secretary CCSCSB,
Bank - Canara Bank
Account No. 90432010052140, Branch - Khan Market, New
Delhi, IFSC Code - CNRB 0019043. 0



BHIM UPI

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.

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

8. Any information regarding change in dates/venue/cancellation etc. about the Tournament will be available on our website i.e. www.dopt.gov.in. All participants teams are, therefore, requested to check the details of the tournament about any possible change.

9. 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-divisions>).

10. 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.

Satyendra Singh
30/7/25

(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Deepak Dahiya, Convenor – Kabaddi -9812195477

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

1. Name of the Cultural/Sports Event: **Inter Ministry Kabaddi (Men and Women) -2025-26**
2. Name of the Ministry/Deptt with:
Complete Address
3. Details of the participants:

(a) Team Event:

S.No	Name	Date of Birth	Mobile No.	Identity Card No. (also enclose a photocopy)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				

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

Full Correspondence address.....



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

F.No.09/01/2025-26/CCSCSB

Dated :- 29.07.2025

CIRCULAR

Sub : Inter-Ministry Men and Women Football Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Men & Women Football Tournament 2025-26 from **29.09.2025 to 16.10.2025** at **Vinay Marg Sports Complex, Chankya Puri, New Delhi**. The Ministry/ Department desirous to participate in the tournament may send their entries in the prescribed proforma (**Annexure-I/II**) along with the entry fee and photocopy of Identity Card of all the players. The entry fee for the Tournament is **Rs. 2,000/-**. Last date for submission of entries in Central Civil Services Cultural & Sports Board office, Room No 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi - 110003 **is 24th September, 2025.**

2. 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 sent independent teams. The entries are to be sent through the Welfare Offices of the Ministry concerned.

3. 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.

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.

4. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed proforma (**Annexure I/II**) duly signed by the Welfare Officer concerned and should reach on or before the last date i.e. **24th September, 2025.**

5. The entry fee should be online deposited in the CCSCSB account after entering the following details or at the given QR code: -

Account Holder Name - Secretary CCSCSB,
Bank - Canara Bank
Account No. 90432010052140, Branch - Khan Market, New
Delhi, IFSC Code - CNRB 0019043. 0



BHIM UPI

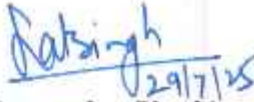
Note: - No other payment mode will be accepted except above. The "name of player/ministry and game" may be mentioned in Remarks column while making the payment.

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

7. Any information regarding change in dates/venue/cancellation etc. about the Tournament will be available on our website i.e. www.dopt.gov.in. All participants teams are, therefore, requested to check the details of the tournament about any possible change.

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-divisions>).

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.


(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Sanjay Negi, Convenor - CCSCSB, Football (9968035886)

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

**APPLICATION FORM FOR INTER MINISTRY MEN FOOTBALL TOURNAMENT
2025-26**

1. Name of the Cultural/Sports Event: **Inter Ministry Men Football 2025-26**
2. Name-of the Ministry/Deptt with:
Complete Address
3. Details of the participants:

S.No	Name of Players	Date of Birth	Date of Joining	Office	Identity Card No. & copy
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					

4. Details of Manager & Manager:-

Details	COACH	MANAGER
Name and Designation		
Office Address		
Contact No.		

Signature (Welfare Officer)

.....
(Rubber Stamp)

Name

Tele. No (O)

e-mail if any

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

APPLICATION FORM FOR INTER MINISTRY WOMEN FOOTBALL
TOURNAMENT 2025-26

1. Name of the Cultural/Sports Event: **Inter Ministry Women Football 2025-26**
2. Name of the Ministry/Deptt with:
Complete Address
3. Details of the participants:

S.No	Name of Players	Date of Birth	Date of Joining	Office	Identity Card No. (also enclose a photocopy)
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					

4. Details of Manager & Manager:-

Details	COACH	MANAGER
Name and Designation		
Office Address		
Contact No.		

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

Full Correspondence address.....

.....



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

Phone: 011-24624204

Fax: 011-24646961

361, B-Wing, 3rd Floor

Lok Nayak Bhawan

New Delhi - 110 003

File No.: 19/1/2025-26/CCSCSB

Date: 28.07.2025

CIRCULAR

Sub: Inter-Ministry Wrestling Freestyle (Men and Women) and Greco Roman (Men) Tournament 2025-26.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry Wrestling Freestyle (Men and Women) Greco Roman (Men) Tournament 2025-26 on **27.11.2025 & 28.11.2025** at Vinay Marg Sports Complex, Chankya Puri, New Delhi. 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 the event is Rs.200/-. Last date for submission of entries in the office of Central Civil Services Cultural & Sports Board office, Room No 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi – 110003 **is 24.11.2025.**

2. The Tournament will be organised in the following weight categories:-

Free Style (Men)	Greek Roman (Men)	Free Style (Women)
57 Kg	55 Kg	50 Kg
61 Kg	60 Kg	53 Kg
65 Kg	63 Kg	55 Kg
70 Kg	67 Kg	57 Kg
74 Kg	72 Kg	59 kg
79 Kg	77 Kg	62 Kg
86 Kg	82 Kg	65 Kg
92 Kg	87 Kg	68 Kg
97 Kg	97 Kg	72 Kg
+97-125 Kg	+97-130 Kg	76 Kg

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 sent 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.

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. 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. **24th November, 2025**.

6. The entry fee should be online deposited in the CCSCSB account after entering the following details or at the given QR code: -

Account Holder Name - Secretary CCSCSB,

Bank - Canara Bank

Account No. 90432010052140, Branch - Khan Market, New Delhi, IFSC Code - CNRB 0019043. 0



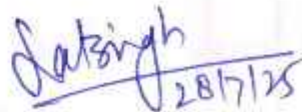
Note: - No other payment mode will be accepted except above. The “name of player/ministry and game” may be mentioned in Remarks column while making the payment.

7. Referees’/Umpires’ decision shall be final and binding on the competing teams.

8. Any information regarding change in dates/venue/cancellation etc. about the Tournament will be available on our website i.e. www.dopt.gov.in. All participants teams are, therefore, requested to check the details of the tournament about any possible change.

9. 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-divisions>).

10. 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.


(Satyendra Singh)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Shri Ajay Kumar, Convenor – Wrestling - 9211440000

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

APPLICATION FORM FOR INTER MINISTRY TOURNAMENT

1. Name of the Cultural/Sports Event: **Inter Ministry Wrestling (Men & Women) and Greco Roman (Men) Tournament 2025-26**
2. Name of the Ministry/Deptt with:
Complete Address
3. Details of the participants:
 - (a) Team Event:

S.No	Name	Date of Birth	Mobile No.	Identity Card No. (also enclose a photocopy)
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

Full Correspondence address.....