

Dated the, 17 March, 2023

CIRCULAR

Sub.: 1st Inter- Ministry (Men & Women) Yogasana Competition 2022-23.

To commemorate the glorious history of Indian people and culture, Central Civil Services Cultural and Sports Board (CCSCS8) is organizing 1st Inter-Ministry (Men & Women) Yogasana Competition 2022-23 on 29.3.2023 at CSOI Auditorium, Chanakya Puri, New Delhi from 10 AM onwards. 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. Delhi.

In view of the above all the officers/officials of Ministry of Jal Shakti DOWR/CWC, including YBO, offices working in the offices located at Delhi who desire to participate in the above Competition may submit their name as per the details below:

Name of sports	Contact Persons with Intercom Number	Last Date of submitting the names
1 st Inter- Ministry (Men & Women) Yogasana Competition 2022-23	1. Sh. Satish Kumar, DD, Monitoring (Central) Dte. (PABX- 3401) 2. Sh. Parvesh Tenuriya, Section Officer, Estt.-III, CWC (PABX- 3436)	23.03.2023 (Thursday)

For detail of Asanas to be performed in the competition please see the DoPT circular attached with this circular.

All the employees who desires to participate in above mentioned competition have to follow the instructions as per CWC Office Memorandum No. B-13012/1/2022-ESyr-IX dated 30.06.2022 (copy attached) and submit NOC in the prescribed format.


(SATISH KUMAR)

Sports Secretary
PABX No.3405
Mobile: 8076681379

To:

1. Sr. PPS/PPS to Chairman, CWC;
2. Sr. PPS/PPS to all Members, CWC;
3. Chief Engineer, YBO, CWC;
4. Chief Engineer (HRM), CWC;
5. Welfare Officer, CWC;
6. Secretary, CWC;
7. Director (Admn.), CWC;
8. Under Secretary (Coord.), MoJS (DoWR, RD & GR) with the request to kindly circulate the above circular;
9. Director, SM Dte., CWC, New Delhi with the request to kindly upload the above circular on CWC website;
10. All Office Bearers and Executive Members & Members, CWC Recreation Club;
11. Secretary, CCSC&SB, Room No. 361-B, 3rd Floor, Lok Nayak Bhawan, Khan Mkt., New Delhi;
12. General Secretary, CWC Recreation Club;
13. All Notice Boards at each floor of Sewa Bhawan & W.BI & II/MoWR, RD & GR offices.

I/99068/2022

B-13012/1/2022-ESTT-IX
Government of India
Central Water Commission
Estt-IX Section

3rd Floor, Sewa Bhawan,
R.K.Puram, New Delhi - 110066.
Dated : 30-6-2022.

OFFICE MEMORANDUM

Subject : Procedure to be followed by employees of Central Water Commission while participating in various sports activities conducted by Central Civil Services Cultural & Sports Board (CCSCSB) under DOP&T.

In the recent past, it has come to notice that an employee of Central Water Commission, who had already been deployed for Election Duty had applied for Special Casual Leave for participating in sports activities during that period, which has resulted in an embarrassing situation. To avoid any such untoward eventuality and that the important duties such as Election Duty, CBI duty or any other important items of work allotted by Controlling officer are not adversely affected, the following procedure is to be adhered to while the concerned employee, who has been nominated by CCSCSB or any other body under DOP&T or otherwise to participate in any sports activity, cultural activity etc :-

- i. "No Objection Certificate" from his controlling officer in which he is performing his duty. In that No Objection, it should be clearly indicated by the controlling officer that he has not been nominated for any mandatory duties like Election Duty, CBI duty or otherwise and the work of that concerned section/directorate is not being hampered if the said employee remains absent during the period in which he is participating in any sports related activities;
- ii. After the concerned controlling officer forwards the application, it will be routed to Sports Secretary, CWC who will ensure that the concerned official/officers (players) will maintain the discipline and punctuality of players by taking regular attendance from the Coach/Training/Practice Camp. Erring employees will be debarred from representing Central Water Commission, if it is found that the player remains absent from training/office without intimating Central Water Commission or giving valid reason to in-charge/Manager/Captain/Sports Secretary, his practice orders will be cancelled immediately and appropriate disciplinary action will be taken against him. Therefore, Sports Secretary, CWC should give an Undertaking in this regard to CWC before the concerned player/official proceeds for participating in any sports activity.
- (iii) Further reasonable time should be given to Estt-IX Section of CWC for issuing office order etc. after adhering to the procedure as indicated in

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points (i) and (ii) above.

This issues with the approval of Competent Authority.

(S.K.Nanda)
Director (E-I) & Welfare Officer
Central Water Commission

To

1. Sports Secretary, CWC Recreation Club, New Delhi.
2. All Sports persons of CWC.
3. All the Controlling Officers under which such players are working in CWC.

Copy for kind information to :

1. Secretary, Central Civil Services Cultural & Sports Board (CCSCSB), Room No. 361, B-Wing, 3rd Floor, Lok Nayak Bhawan, New Delhi – 110003.

NO OBJECTION CERTIFICATE

I _____
WISH TO PARTICIPATE IN THE INTER MINISTRY _____
TOURNAMENT 2022-23 BEING CONDUCTED BY CCSCSB, DoPT FROM _____ TO
_____.

2. IT IS, THEREFORE REQUESTED THAT I MAY PLEASE BE ALLOWED TO PARTICIPATE IN THE
ABOVE SAID TOURNAMENT AND TO ATTEND THE COACHING/ PRACTICE FOR THE
TOURNAMENT.

DATE: _____

SIGNATURE OF THE CANDIDATE

SIGNATURE OF THE CONTROLLING OFFICER

Name/ Seal of Controlling Officer

SIGNATURE OF THE SPORTS SECRETARY

(Satish Kumar)

No.1/3/2022-23/CCSCSB
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training
CENTRAL CIVIL SERVICES CULTURAL & SPORTS BOARD



Room No.361, 'B' Wing, 3rd Floor
Lok Nayak Bhawan, New Delhi-3
Dated the 7th March, 2023

CIRCULAR

Sub : 1st Inter-Ministry (Men & Women) Yogasana Competition 2022-23.

On the occasion of 75 years of independence of India, Government of India is celebrating Azadi Ka Amrit Mahotsav. The objective of the Mahotsav is to enhance interaction and promote mutual understanding between people of different States and Union Territories by conducting activities in the field of language and culture.

2. To commemorate the glorious history of Indian people and culture, Central Civil Services Cultural and Sports Board (CCSCSB) is organizing **1st Inter-Ministry (Men and Women) Yogasana Competition 2022-23 on 29.3.2023 at CSOI Auditorium, Chankya Puri, New Delhi from 10 AM onwards.** 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. As the Competition is being held for the first time, no age category is specified and only traditional and simple Asanas are included which are easy to perform.

3. Minimum 10 entries in Men and Women categories are required to conduct the tournament.

4. The participants desirous to participate in the Competition may send their entries in the prescribed proforma along with the entry fee of Rs. 100/-. 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 28.3.2023.

5. The guidelines for organization of 1st Inter-Ministry Yogasana Competition is attached at **Annexure-I**

6. Central government autonomous organizations 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 Officer of the Ministry concerned.

7. 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 stand automatically disqualified from the Competition.

8. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed proforma (Annexure II) duly signed by the Welfare Officer concerned and should reach on or before the last date 28.3.2023, The entry fee should be deposited in CCSCSB account as per details given below:-

The entry fee should be online deposited in CCSCSB account after entering the following details:-


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. Kindly mention "name of player/ministry and game" in Remarks column while making the payment.

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

10. 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>).

11. For any further queries relating to the rules and regulations of the Inter Ministry Yogasana Competition 2022-23, Ms Neeva Singh - Mb. 9971928594 may be contacted.


(Kulbhushan Malhotra)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Ms. Neeva Singh (Mb. 9971928594) Coordinator of Inter Ministry Yogasana Competition.

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

Guidelines for conducting 1st Inter-Ministry Yogasana Competition

SYLLABUS FOR MEN & WOMEN

FIRST ROUND

COMPULSORY ASANA	OPTIONAL ASANA (Any 02)
Paschimottanasana	Trikonasana
Dhanurasana	Akarna Dhanurasan
Garudasana	Chakrasana
	Sasangasana

NOTE :-

All Compulsory Asanas are mandatory to be performed

Any 02 Optional Asanas to be performed

Compulsory Asana holding time- 45 Second

Optional Asana holding Time- 15 Seconds

Each asana carries 10 marks

All participants to be in proper costume/Stretchable. No loose clothing.

Those qualifying in First Round will go for Final Round

FINAL ROUND SYLLABUS

COMPULSORY ASANA	OPTIONAL ASANA (Any 02)
Vrkshasana	Virbhadrasana-I
Matsyasana	Setu Bandhasana
Ushtrasana	Baddha Padamasana
	Ardha matsendrasana

NOTE :-

All Compulsory Asanas are mandatory to be performed

Any 02 Optional Asanas to be performed

Compulsory Asana holding time- 45 Second

Optional Asana holding Time- 15 Seconds

Each asanas carries 10 marks

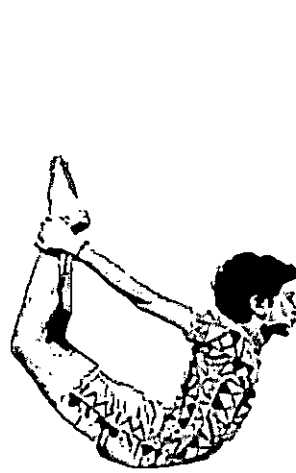
All participants to be in proper costume/Stretchable. No loosing clothing.

SYLLABUS FOR MEN & WOMEN

FIRST ROUND COMPULSORY ASANA



Paschimottanasana



Dhanurasana

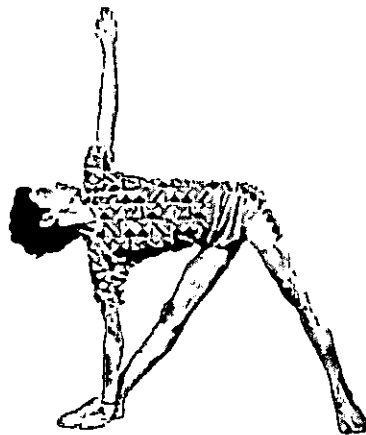


Garudasana

OPTIONAL ASANA(Any 02)



Chakrasana



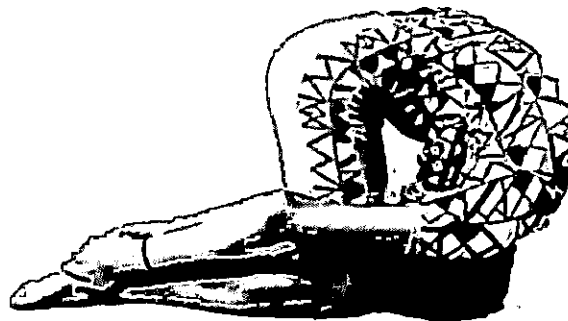
Trikonasana



Akarna



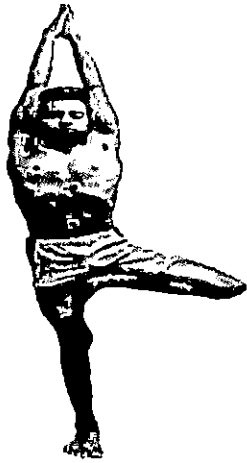
Dhanurasan



Sasangasana

FINAL ROUND

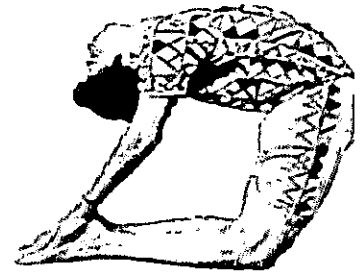
COMPULSORY ASANA



Vrikshasan



Matsyasana

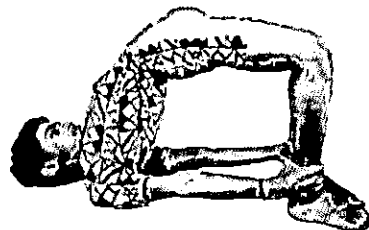


Ushtrasana

OPTIONAL ASANA (Any 02)



Virbhadrasana-I



Setu Bandhasana



Baddha Padamasana



Ardha matsendrasana

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

APPLICATION FORM FOR
INTER MINISTRY (MEN & WOMEN) YOGASANA COMPETITION 2022-23

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)	Events
1.					
2.					
3.					
4.					
5.					
6.					

(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)

Name

Tele. No (O)

e-mail if any

Full Correspondence address.....

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