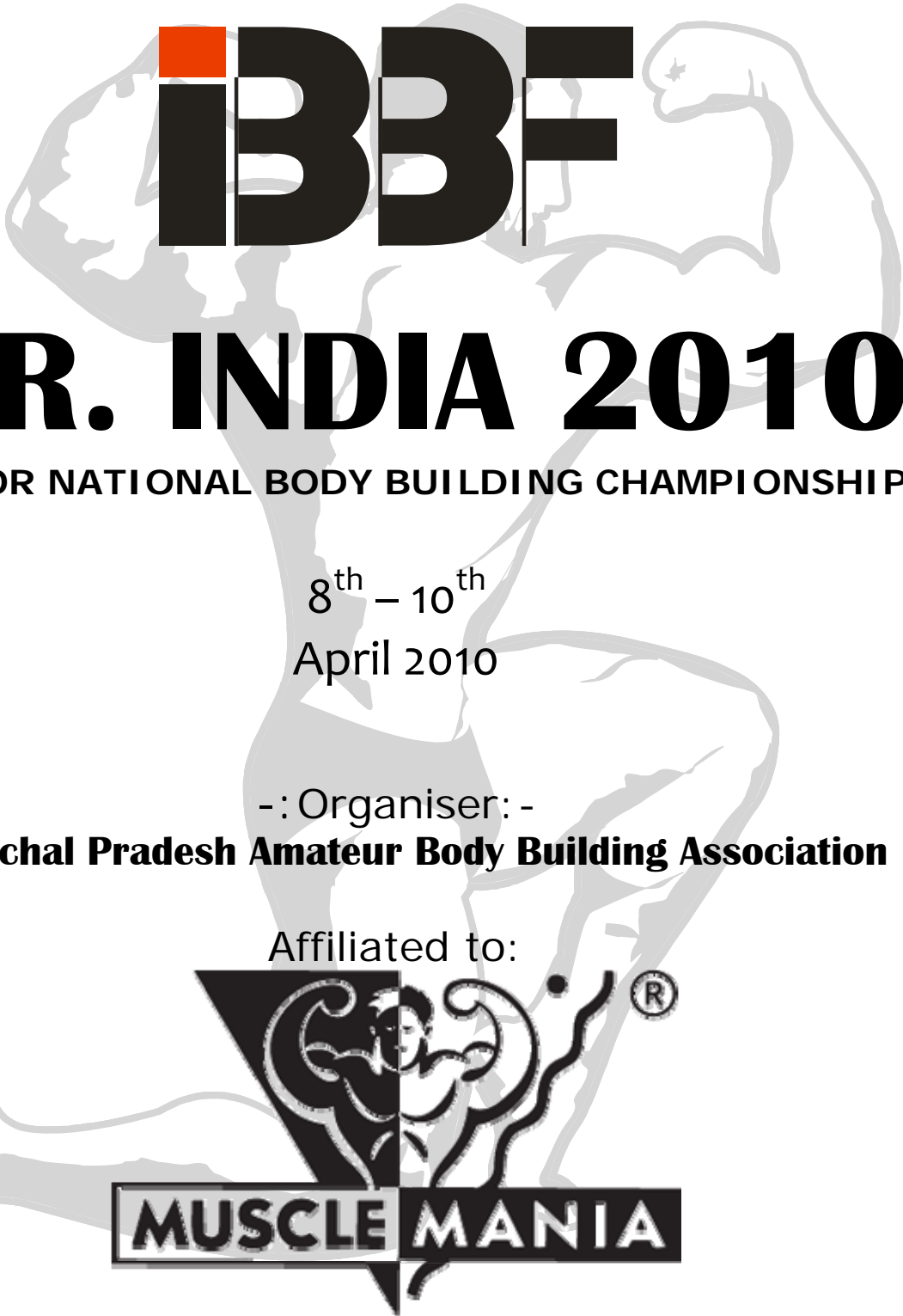


# Indian Body Builders Federation



**IBBF**

## MR. INDIA 2010

SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP

8<sup>th</sup> – 10<sup>th</sup>  
April 2010

-: Organiser: -

**Himachal Pradesh Amateur Body Building Association**

Affiliated to:





Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road,  
Mahim, Mumbai-400 016. Maharashtra.

Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972

Telefax:022-24466805 Email: ibbf\_mumbai@yahoo.in

**Date: March 8, 2010**

To,  
**The Executive Committee Members / Secretaries / Life Members  
State Body Building Associations  
Affiliated to Indian Body Builders Federation.**

**Sub.: Senior National Body Building Championship 2010.**

Dear Sir,

We are pleased to announce that **Himachal Pradesh Amateur Body Building Association** has taken the initiative to organize the most prestigious Body Building Championship of the year **Senior National Body Building Championship 2010**, popularly known as a “**Mr. India 2010**” in Hamirpur, Himachal Pradesh on & from 8<sup>th</sup> to 10<sup>th</sup> April 2010.

We are sure that all the affiliated state units of Indian Body Builders Federation will participate with best of their body builders to make this championship a grand success.

Thanking you.

Yours sincerely

*Prem Chand*

**Premchand Degra**  
Hon. Gen. Secretary

# Mr. India 2010

## Senior National Body Building Championship 2010 PARTICULARS

Contest	:	Mr. India 2010 Senior National Body Building Championship
Date	:	Thursday 8 <sup>th</sup> to Saturday 10 <sup>th</sup> April 2010
Organiser	:	Himachal Pradesh Amateur Body Building Association
Venue	:	<b>Weighing-in</b> (Thursday 8 <sup>th</sup> April 2010 at 06.00 pm) Govt. Senior Secondary School, Hamirpur.  <b>Pre-judging</b> (Friday 9 <sup>th</sup> April 2010 at 10.00 am) Town Hall, Main Market, Hamirpur  <b>Finals</b> (Saturday 10 <sup>th</sup> April 2010 at 06.00 pm) National Institute of Technology (Deemed University), Hamirpur
Weight Group	:	Total nine weight groups Up to & inclusive 55 kgs Up to & inclusive 60 kgs Up to & inclusive 65 kgs Up to & inclusive 70 kgs Up to & inclusive 75 kgs Up to & inclusive 80 kgs Up to & inclusive 85 kgs Up to & inclusive 90 kgs Above 90 kgs
Eligibility	:	Twelve Body Builders from each State.
Annual Fees	:	All the affiliated state associations are requested to pay their Annual Membership Fees of Indian Body Builders Federation of Rs.2,000/- on or before 8 <sup>th</sup> April 2010.
Entry Fee	:	Rs.200/- per competitor. Rs.100/- per competitor for Best Poser Contest.
Last Date for Entry	:	31 <sup>st</sup> March 2010.

- Submission of entries : Entries will be accepted in prescribed format  
Entries may be sent to
1. Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Pathare Gymco  
280/A, Jawalkar Mansion,  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.
  2. Telefax:- 022-2446 6805
  3. SMS:- 9967971970 / 9820309972
  4. Email:- **ibbf\_mumbai@yahoo.in**
- Prizes & Awards :
1. First three places in each category will receive Gold, Silver & Bronze medals.
  2. First Five places in each category will receive cash prizes of Rs.10000/-, Rs.9000/-, Rs.8000/-, Rs.7000/-, Rs.5000/- along with Merit Certificates.
  3. Overall Champion will receive Rs.1,00,000/- sponsored by Talwalkars, largest chain of health clubs in India. along with Trophy & Merit Certificate.
  4. Best Poser will receive cash prize of Rs.10000/- along with Trophy & Merit Certificate.
  5. All the participants will receive participation certificates.
- Reception : Main Bus Stand, Hamirpur, Himachal Pradesh  
**Please inform your itinerary well in advance for smooth local transportation and accommodation.**
- Contact : Vipul Sharma: 09418147160  
Saurav Sood : 09418306771  
Ravindar kr : 09418042136  
kapil Parmar: 09418666402  
Anoop Shar : 09817486646
- IBBF Secretariat : Mr. Premchand Degra - Hon. Gen. Secretary  
Mobile: 094170 13405  
Mr. Chetan Pathare – Associate Secretary  
Mobile: 099679 71970 / 09820309972
- Judges Examination : Only State unit will be eligible to nominate & submit the entries on 8<sup>th</sup> April 2010 of those who wish to participate in Judges Examination along with the Fees of Rs.2000/-.  
These candidates will have to bear their own lodging & boarding expenses.

- Rules for the Contest :
1. Each unit can send a maximum of two competitors in each weight category but not more than Twelve competitors.
  2. Team Managers to note that competitors who fail for weighing-in within the time limit will be eliminated from the championship.
  3. All officials & competitors must arrive prior to the schedule.
  4. Organisers will provide free lodging & boarding to all 12 competitors, coach, manager & two judges along with Executive Committee Members of Indian Body Builders Federation for three days. Other than the above mentioned officials, extra officials & supporters must pay Rs.4000/- each to the organizer for three days stay and food expenses. We require state units co-operation for the same.
  5. Team Manager note - Bodybuilders using tanning products/oil will be responsible for payment in full for bed sheets & pillow covers wall paint stained by the same.
  6. All the Officials, managers, coaches are requested to come with their proper uniform.
  7. Participants and officials who arrive before 8<sup>th</sup> April 2010 will have to bear for their lodging & boarding.
  8. Golden, Silver and Bronze colour tanning cream is not allowed.
  9. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs and actions will not be tolerated and the said participant will be banned from the Best Poser contest.

Please note : Indian Body Builder's Federation, Himachal Pradesh Amateur Body Building Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

# Mr. India 2010

## Senior National Body Building Championship 2010

### SCHEDULE

Thursday 8<sup>th</sup> April 2010

11.00 AM : Arrival of all competitors, officials & judges.  
05.00 PM : Team Managers & Judges Meeting  
06.00 PM : Weighing-in  
09.30 PM : Welcome Dinner

Friday 9<sup>th</sup> April 2010

10.00 AM : Pre Judging

Saturday 10<sup>th</sup> April 2010

10.00 AM : Executive Committee Meeting  
11.00 AM : Annual General Body Meeting  
06.00 PM : Finals & Prize distribution  
10.00 PM : Farewell Dinner

Sunday 11<sup>th</sup> April 2010

11.00 AM : Departure of all competitors, officials & judges

Please send your entries/confirmation on or before 31<sup>st</sup> March 2010 to:

Mr. Premchand Degra

Hon. Gen. Secretary

C/o. Associate Secretary

Indian Body Builder's Association

Pathare Gymco

280/A, Jawalkar Mansion,

Dr. B. Ambedkar Road,

Parel, Mumbai-400 012.

Maharashtra.

Telefax:- 022-2446 6805

Mobile: 09967971970 / 09820309972

**Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)**

# Mr. India 2010

## Senior National Body Building Championship 2010

### OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 31<sup>st</sup> March 2010

Please complete with name of competitors, team manager, coach & judges.

SR.	NAME	DATE OF BIRTH	WEIGHT
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

TEAM MANAGER: \_\_\_\_\_

COACH: \_\_\_\_\_

JUDGE: \_\_\_\_\_

JUDGE: \_\_\_\_\_

UNIT NAME: \_\_\_\_\_

TRAIN No. & ARRIVAL TIME: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road,  
Mahim, Mumbai-400 016. Maharashtra.  
Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972  
Telefax:022-24466805 Email: ibbf\_mumbai@yahoo.in

Date: 8<sup>th</sup> March 2010

To,  
**The Executive Committee Members**  
Indian Body Builders Federation

## **EXECUTIVE COMMITTEE MEETING**

### **NOTICE**

Notice is hereby given to all the members of the Executive Committee of the Indian Body Builders federation, that a Meeting of the Executive Committee will be held on Saturday 10<sup>th</sup> April 2010 at 10.00 AM, at Hamirpur, Himachal Pradesh; during Senior National Body Building Championship 2010 (Mr. India 2010), to discuss the following Agenda.

All the Executive Members are requested to attend the same in proper uniform.

### **AGENDA**

1. To confirm the minutes of the last Executive Committee Meeting held in Asansol, West Bengal on 27<sup>th</sup> March 2009.
2. To discuss the matter to raise funds for the team participating in Musclemania Mr. Universe on & from 18<sup>th</sup> – 19<sup>th</sup> June 2010.
3. To adopt new Executive Committee Members of the new affiliated state units.
4. To discuss and confirm the forthcoming championships for the year 2010-2011.
5. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

*Prem Chand*

**Premchand Degra**  
Hon. Gen. Secretary





Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road,  
Mahim, Mumbai-400 016. Maharashtra.  
Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972  
Telefax:022-24466805 Email: ibbf\_mumbai@yahoo.in

Date: 8<sup>th</sup> March 2010

To,  
**The Executive Committee Members / Affiliated State Associations**  
Of Indian Body Builders Federation

## **ANNUAL GENERAL BODY MEETING**

### **NOTICE**

Notice is hereby given to all the members of the Executive Committee & the representatives of the affiliated state associations of the Indian Body Builders federation, that Annual General Body Meeting will be held on Saturday 10<sup>th</sup> April 2010 at 11.00 AM, at Hamirpur, Himachal Pradesh; during Senior National Body Building Championship 2010 (Mr. India 2010), to discuss the following Agenda.

All the Executive Members & Representatives are requested to attend the same in proper uniform.

### **AGENDA**

1. To confirm the minutes of the Executive Committee Meeting held during the year 2009-2010.
2. To discuss & adopt new rules, regulations or amendments if any.
3. To discuss the matter of Govt. of India recognition.
4. To discuss the matter of International Body building Federations.
5. To discuss the matter of financial support required for the Federation.
6. To adopt new Executive Committee Members.
7. To discuss and confirm the forthcoming championships for the year 2010-2011.
8. Any other matter with the permission of chair.

**For Indian Body Builders Federation**

*Prem Chand*

**Premchand Degra**  
Hon. Gen. Secretary