



# Sr. Mr. India 2013 & Miss India 2013

6th SENIOR NATIONAL BODY BUILDING CHAMPIONSHIP &  
2nd Miss India Fitness Physique Championship



22nd - 24th March 2013  
Kochi (Cochin), Kerala

-: Organiser: -

**BODY BUILDING ASSOCIATION OF KERALA**

Affiliated to:



Recognised By:



**Ministry of Youth Affairs & Sports**  
Government of India



Recognized by: Government of India, Ministry of Youth Affairs & Sports, New Delhi

Affiliated to:- Asian Body Building and Physique Sports Federation, Singapore

World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by: Olympic Council of Asia, Kuwait

The Association for International Sports for All (TAFISA), Frankfurt, Germany

Pacific Games Council (PGC), Australia

Date: 1st January 2013

To,  
**Executive Committee Members / Life Members / The President / Secretary**  
**State Body Building Associations / Sports Boards**  
Affiliated to Indian Body Builders Federation  
Mumbai.

Sub.: **6<sup>th</sup> Senior National Body Building Championship 2013 &**  
**2nd Miss India Fitness Physique Championship 2013.**

Dear Sir / Madam,

We are pleased to announce that **Body Building Association of Kerala** has taken the initiative under the leadership and guidance of **Mr. Leslie John Peter, Mr. M. V. Pramod, Mr. T. V. Pauly (Arjun Awardee), & V. M. Basheer** to organize the most prestigious Body Building Championship of the year **6<sup>th</sup> Senior National Body Building Championship 2013 and 2<sup>nd</sup> Miss India Fitness Physique Championship 2013**, at Bolghatty Palace, Kochi, Kerala on & from 22nd to 24th March 2013.

We feel proud to inform you that this championship will create another history as it the first Senior National Championship which is conducted after the grant of recognition from Government of India, Ministry of Youth Affairs and Sports, New Delhi..

We are confident that all the affiliated State Units and Sports board of Indian Body Builders Federation will participate with best of their body builders to make this championship a grand success.

Thanking you.

For **Indian Body Builders Federation**

**Mr. Pradeep (Baba) Madhok**  
President

**Mr. Chetan M. Pathare**  
General Secretary

Registered Address:

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

Correspondence Address:

Pathare Gymco, 280/A, Javalkar Mansion, Dr. B. A. Road, Parel, Mumbai-400 012. Maharashtra.

Mobile:+91-9967971970 / +91-9820309972. Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in) Website: [www.ibbf.in](http://www.ibbf.in)

## Kochi (Cochin), Kerala



Formerly known as Cochin, this is one of the major port cities located on the West Indian coastal areas. This city of the Ernakulum district of the state of Kerala is situated by the side of the Arabian Sea. Thus, this city is often referred as Ernakulum as well. This 2nd biggest city of Kerala is considered to be the first ranked city in the state for attracting national as well as international tourists. This vibrant city is known for

providing breathtakingly scenic view of the Kerala state. Apart from that, this city is the industrial and commercial capital of this state of south India.

Being the best starting point to explore the beauty as well as the unfathomable diversity of the Kerala state, this city of south India is, informally, regarded as the "Gateway to Kerala". The number of places of visit, which are located there, just adds on to the fame of this tourist destination. Following are some of those tourist spots in Kochi:

**Bolghatty Island:** Located within a short distance of boat ride from the city's mainland, this island houses the Dutch Palace, which has now been turned to a hotel of K. T. D. C. (Kerala Tourism Development Corporation) and a small golf course. This famous picnic spot offers a panoramic view of the harbor and the port.

**Cherai Beach:** Positioned towards the northern end of the Vypeen Island, this lovely sea beach is bordered by paddy fields and coconut groves. Swimming is one of the common enjoyable activities in this beach of Kochin.

**Fort Kochi Beach:** This sea beach along the Kochi Fort is one of the best places to provide a mesmerizing view of sunset in the city. The small beach stalls serving mouth watering preparations of locally caught fresh fish are worth exploring.

**Hill Palace:** This 19th Century palace of Kochi's king has been transformed to a museum that exhibits the crown, the throne and the different articles used by the kings.

**Jewish Synagogue:** Built in the year 1568, this magnificent synagogue is decorated with Belgian chandeliers and Chinese tiles.

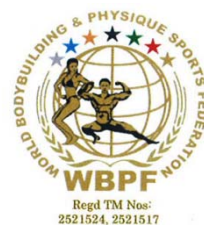
**Mangalavanam Bird Sanctuary:** Situated beside the Kerala High Court, this bird sanctuary is home to many rare and exotic species of resident and migratory birds.

**Mattancherry Palace:** Even called Dutch Palace, this age old palace displays some mural paintings that depict scenes from the Ramayana as well as the Mahabharata, the two great Hindu epics.

**Santa Cruz Basilica:** Initially constructed in the year 1505, this Portuguese church was re-structured in 1905 and was recognized as a basilica in 1984 by Pope John Paul II.

**St. Francis Church:** Built by the Europeans, this is the oldest church in India and is known for clearly marking out the burial spot of Vasco da Gama.





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## 6th Senior National Body Building Championship 2013 & 2nd Miss India Fitness Physique Championship 2013 PARTICULARS

Contest	:	6 <sup>th</sup> Senior National Body Building Championship & 2nd Miss India Fitness Physique Championship
Date	:	Friday 22 <sup>nd</sup> to Sunday 24 <sup>th</sup> March 2013
Organiser	:	Body Building Association of Kerala
Venue for Pre-judging	:	Indoor Stadium, Kochi, Kerala
Venue for Finals	:	Bolghatty Palace, Kochi, Kerala
Nearest Railway Station	:	Ernakulum Junction (Code - ERS) and Ernakulum Town (Code- ERN) Railway Station
Nearest Airport	:	Nedumbassery Airport, Kochi
Weight Group for Senior National	:	Total ten 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 & below 100 kgs Above 100 kgs
Weight Group for Miss Fitness	:	One open weight category

- Eligibility : Twelve Body Builders from each State for Senior National Body Building Championship. Not more than only two body builders in each group will be allowed.  
For Miss India Fitness Physique there is no restriction of entries.
- Annual Fees : All the affiliated state associations are requested to pay their Annual Membership Fees of Rs.3,000/- and Sports Board are requested to pay Fees of Rs.5000/- on or before 22nd March 2013.
- Entry Fee : Rs.300/- per competitor.
- Last Date for Entry : 18<sup>th</sup> March 2013.
- Submission of entries : Entries will be accepted in prescribed format  
Entries may be sent to
1. General Secretary  
Indian Body Builders Association  
C/o. Pathare Gymco  
280/A, Jawalkar Mansion,  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.
  2. SMS:- 9967971970
  3. Email:- **ibbf\_mumbai@yahoo.in**
- Doping : Dope test will be conducted at random by the National Anti Doping Agency (NADA).
- Prizes & Awards for Senior Nationals :
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.50000/-, Rs.20000/-, Rs.15000/-, Rs.10000/-, Rs.5000/- along with Merit Certificates.
  3. Overall Champion will receive cash prize Rs.3,00000/- along with Trophy & Merit Certificate.
  4. Runner up will receive cash prize Rs.1,00000/- along with Trophy & Merit Certificate.
  5. Best Poser will receive cash prize of Rs.25000/- along with Trophy & Merit Certificate.
  6. Most Improved Body Builder will receive cash prize Rs.25000/- along with Trophy & Merit Certificate.
  7. All the participants will receive participation certificates.
- Prizes & Awards for Miss Fitness :
1. First three places in each category will receive Gold, Silver & Bronze medals.
  2. First Ten places in each category will receive cash prizes of Rs.1,00000/-, Rs.30000/-, Rs.20000/-, Rs.10000/-, Rs.9000/-, Rs.8000/-, Rs.7000/-, Rs.5000/-, Rs.5000/-, Rs.5000/-, along with Merit Certificates.

- Contact : M. V. Pramod – 09744962226 / TV Pauly - 09961352725  
V. M. Basheer - 09846043898
- IBBF Secretariat : Mr. Chetan Pathare –General Secretary  
Mobile: 099679 71970 / 09820309972
- Judges Examination : Only affiliated State units / Sports Boards will be eligible to nominate & submit the Entries on 22<sup>nd</sup> March 2013 of those who wish to participate in Judges Examination along with the Fees of Rs.5000/-.  
These candidates will have to bear their own lodging & boarding expenses.
- Rules for the Contest :
  1. Team Managers to note that competitors who fail for weighing-in within the time limit will be eliminated from the championship.
  2. All officials & competitors must arrive prior to the schedule.
  3. Organisers will provide free lodging & boarding to all 12 Competitors, coach, manager 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.5000/- each to the organizer for three days stay and food expenses. We require state units co-operation for the same.
  4. 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.
  5. All the Officials, managers, coaches are requested to come with their proper uniform.
  6. Participants and officials who arrive before 22<sup>nd</sup> March 2013 and wish to stay after 24<sup>th</sup> March 2013 will have to bear for their lodging & boarding.
  7. Golden, Silver and Bronze colour tanning cream is not allowed.
  8. 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, Body Building Association of Kerala or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.



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## 6th Senior National Body Building Championship 2013 & 2nd Miss India Fitness Physique Championship 2013

### SCHEDULE

Friday 22<sup>nd</sup> March 2013

- 11.00 AM : Arrival of all competitors, officials & judges.
- 04.00 PM : Team Managers & Judges Meeting
- 06.00 PM : Weighing-in / Registration
- 09.00 PM : Welcome Dinner

Saturday 23<sup>rd</sup> March 2013

- 10.00 AM : Pre Judging
- 06.00 PM : Executive Committee Meeting
- 07.30 PM : Annual General Body Meeting

Sunday 24<sup>th</sup> March 2013

- 06.00 PM : Finals & Prize distribution
- 10.00 PM : Farewell Dinner

Monday 25<sup>th</sup> March 2013

- 11.00 AM : Departure of all competitors, officials & judges



# 6th Senior National Body Building Championship 2013 & 2nd Miss India Fitness Physique Championship 2013

## OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 18<sup>th</sup> March 2013

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

SR.	NAME	DATE OF BIRTH	CATEGORY	WEIGHT
1.			SENIOR	
2.			SENIOR	
3.			SENIOR	
4.			SENIOR	
5.			SENIOR	
6.			SENIOR	
7.			SENIOR	
8.			SENIOR	
9.			SENIOR	
10.			SENIOR	
11.			SENIOR	
12.			SENIOR	
13.			MISS FITNESS	
14.			MISS FITNESS	
15.			MISS FITNESS	
16.			MISS FITNESS	
17.			MISS FITNESS	
18.			MISS FITNESS	
19.			MISS FITNESS	
20.			MISS FITNESS	

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

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

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

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

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

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

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

SEAL

SIGNATURE OF PRESIDENT/SECRETARY





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The Association for International Sports for All (TAFISA), Frankfurt, Germany

Pacific Games Council (PGC), Australia

Date: January 1, 2013

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

## **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 23<sup>rd</sup> March 2013 at 06.00 PM, at Kochi, Kerala during 6<sup>th</sup> Senior National Body Building Championship 2013, 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 Khammam, Andhra Pradesh on 23<sup>rd</sup> February 2013.
2. To discuss and confirm the forthcoming championships for the year 2013-2014.
3. To resolve the state associations merger issues if any.
5. To adopt new amendments if any and put forward in General Body Meeting.
6. To appoint the internal auditor and Chartered Accountant for the year 2013-2014.
7. To discuss about the letters if any received from Executive Committee Members or State Associations before 18th March 2013.
8. Any other matter with the permission of chair.

For Indian Body Builders Federation

**Mr. Pradeep (Baba) Madhok**  
President

**Mr. Chetan M. Pathare**  
General Secretary

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Pacific Games Council (PGC), Australia

Date: January 1, 2013

To,  
The Executive Committee Members / Representatives  
Of Affiliated State Associations / Sports Boards  
Of Indian Body Builders Federation  
Mumbai.

## 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 23<sup>rd</sup> March 2013 at 07.30 PM, at Kochi, Kerala during 6<sup>th</sup> Senior National Body Building Championship 2013, 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 last Special General Body Meeting held in Indore, Madhya Pradesh on 11<sup>th</sup> August 2012.
2. To discuss and confirm the forthcoming championships for the year 2012-2013.
3. To discuss & adopt new rules, regulations or amendments if any proposed by the Executive Committee.
4. To discuss the matter of financial support required for the Federation.
5. To discuss and solve the issues of State Association mergers.
6. To appoint the internal auditor and Chartered Accountant for the year 2012-2013.
7. To discuss about the letters if any received from Executive Committee Members or State Associations before 18th March 2013.
8. Any other matter with the permission of chair.

For Indian Body Builders Federation

**Mr. Pradeep (Baba) Madhok**  
President

**Mr. Chetan M. Pathare**  
General Secretary

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