



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

Date: 27 January 2014

To,

The Secretaries / Executive Committee Members / Life Members

State Body Building Associations / Union Territories / Sports Boards

Affiliated to Indian Body Builders Federation

Mumbai.

Ref. No.:IBBF/SN/CR-07-14

Sub.: **"7th Senior Men's National Body Building Championship 2014"**
& "1st Men's Sports Physique National Championship 2014"

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to extend its Invitation for all its affiliated State Units/ Union Territories and Sports Boards to participate in the most prestigious Championship of the year; **"7th Senior National Body Building Championship" & "1st Men's Sports Physique National Championship"**; organized under the leadership of **Mrs. Kavitha Kalvakuntla** the founder President of 'Telangana Jagruthi, a proactive NGO working for uplifting the poor and the underprivileged in the Telangana region and **Telangana Body Builder's Association**. The said competition is organized on and from 21st March to 23rd March 2014 at Hyderabad, Andhra Pradesh.

We are delighted to inform you that the Indian Body Builders Federation is introducing new category, Men's Sports Physique Championship for the first time in India as per the guidelines of the World Body Building and Physique Sports Federation during this Senior Nationals.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories / Sports Boards to participate with best of their athletes 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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia



Kavita Kalvakuntla
President - Telangana Jagruthi

Kavitha Kalvakuntla is an engineer by profession and a social activist by choice. Kavitha, who holds a master's in engineering from the University of South Mississippi, USA, is the founder- president of 'Telangana Jagruthi, a proactive NGO working for uplifting the poor and the underprivileged in the Telangana region, and is passionate about expanding it to a larger national canvas to empower women and youth from rural & less privileged backgrounds. She is also the founder -convener of the respected intellectual body - Forum for Democratic & Constitutional Rights of Telangana [FDCRT] and head of the Indian Chapter of the International Delphic Council. Keen on making a difference in cultural, sports and youth affairs, she has been working in that direction, helping nurture budding sportsmen and women in the last few years. Her focus though is centered on women's empowerment and girl child education and health particularly in rural areas. She envisions a huge network of young volunteers to work for the cause for which Telangana Jagruthi has been founded. She also writes for national & international journals and blogs and is planning a Foundation to help a larger number of the underprivileged from her personal wealth. Kavitha lives in Hyderabad. She is happily married to Anil & has two children Aaditya & Arya. Her father K Chandra Sekhar Rao [KCR] is a revolutionary leader of Telangana and President of the Telangana Rashtra Samithi, a party fighting for separate statehood for Telangana in Andhra Pradesh.

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

7th Senior National Body Building Championship 2014 & 1st Men's Sports Physique Championship 2014

PARTICULARS

Contest	:	7 th Senior National Body Building Championship & 1st Men's Sports Physique Championship
Date	:	Friday 21 st to Sunday 23 rd March 2014
Organiser	:	Telangana Body Builders Association
Venue for Pre-judging	:	Will be informed later
Venue for Finals	:	Will be informed later
Nearest Railway Station	:	Secunderabad / Namapally / Kachiguda Railway Station
Nearest Airport	:	Shamshabad Airport (Rajiv Gandhi International Airport)
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 Men's Sports Physique	:	One open weight category
Eligibility	:	Twelve Body Builders from each State / Union Territories / Sports Boards affiliated to the Indian Body Builders Federation will be

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

allowed for Senior National Body Building Championship. Not more than only two body builders in each group will be allowed.

For Men's Sports Physique from each State / Union Territories / Sports Boards affiliated to the Indian Body Builders Federation only three athletes will be allowed.

- Annual Fees :** All the affiliated State Associations / Union Territories 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 21st March 2014.
- Entry Fee :** Rs.300/- per competitor.
- Last Date for Entry :** 18th March 2014.
- Submission of entries :** Entries will be accepted in prescribed format
Entries may be sent to
1. General Secretary
Indian Body Builders Federation
C/o. Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.
 2. Email:- ibbf_mumbai@yahoo.in
- Doping :** Dope test will be conducted at random by the National Anti Doping Agency (NADA).
Each athlete at the time of registration will have to fill up the Dope Testing form and will have to follow the NADA Code.
- 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.30000/-, Rs.20000/-, Rs.10000/-, Rs.5000/- along with Merit Certificates.
 3. Overall Champion will receive cash prize Rs.4,00,000/- along with Trophy & Merit Certificate.

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

Correspondence Address : Pathare Gymco, 280/A, Jawalkar Mansion, Dr. B. A. Road, Parel, Mumbai - 400 012 Maharashtra.
Mobile : +91-9967971970 / +91-9820309972. Email : ibbf_mumbai@yahoo.in Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

4. Runner up will receive cash prize Rs.2,00000/- along with Trophy & Merit Certificate.
5. Best Poser will receive cash prize of Rs.50000/- along with Trophy & Merit Certificate.
6. Most Improved Body Builder will receive cash prize Rs.50000/- along with Trophy & Merit Certificate.
7. Team Championship to State Association / Union Territories / Sports Board will receive cash prize Rs.25000/- along with Trophy & Merit Certificate.
8. Team Championship Runner Up and 1st Runner up will receive Trophy & Merit Certificate.
9. All the participants will receive participation certificates.

Prizes & Awards for Men's Sports Physique :

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.30000/-, Rs.20000/-, Rs.10000/-, Rs.5000/- along with Merit Certificates.
3. All the participants will receive participation certificates.

Contact : S. Mohan Rao - 09493970002/ 09849869860
G. Naga Raju - 09440049063/ 09701810893
Yessappa - 09948167453
Hari Singh - 09394827306

IBBF Secretariat : Mr. Chetan Pathare –General Secretary
Mobile: 099679 71970 / 07506267970

Judges Examination : Only affiliated State units / Union Territories / Sports Boards will be eligible to nominate & submit the Entries on 22nd 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.

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

3. Organisers will provide free lodging & boarding to all 12 Competitors, Coach, Manager and maximum 2 Judges of each unit along with Executive Committee Members of Indian Body Builders Federation for three nights. 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 IBBF prescribed uniform. Those who does not have IBBF prescribed uniform will not be allowed to do any official activities or would not be allowed to sit as Judge.
6. Participants and officials who arrive before 21st March 2014 and wish to stay after 23th March 2014 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 : The Indian Body Builders Federation, Telangana Body Builder's Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

7th Senior National Body Building Championship 2014 & 1st Men's Sports Physique Championship 2014

SCHEDULE

Friday 21st March 2014

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 22nd March 2014

10.00 AM : Pre Judging
06.00 PM : Executive Committee Meeting

Sunday 23th March 2014

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

Monday 24th March 2014

11.00 AM : Departure of all competitors, officials & judges

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

7th Senior National Body Building Championship 2014 & 1st Men's Sports Physique Championship 2014

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 18th March 2014

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.			Men's Sports Phy.	
14.			Men's Sports Phy.	
15.			Men's Sports Phy.	

TEAM MANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

Date: 27 January 2014

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 22nd March 2014 at 06.00 PM, at Hyderabad, Andhra Pradesh during 7th Senior National Body Building Championship 2014, 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 Ludhiana, Punjab on 4th March 2014.
2. To discuss and confirm the forthcoming championships for the year 2014-2015.
3. To resolve the state associations merger issues if any.
4. To Discuss about the 6th WBPF World Championship which is to be held in Mumbai, Maharashtra.
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 2014-2015.
7. To discuss about the letters if any received from Executive Committee Members or State Associations before 18th March 2014.
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

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

Date: 27 January 2014

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 Sunday 23rd March 2014 at 10.00 PM, at Hyderabad, Andhra Pradesh during 7th Senior National Body Building Championship 2014, 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 Annual General Body Meeting held in Kochi, Kerala on 24th March 2013.
2. To discuss and confirm the forthcoming championships for the year 2014-2015.
3. To discuss & adopt new rules, regulations or amendments if any proposed by the Executive Committee.
4. To discuss the 6th WBPF World Championship which is to be held in Mumbai, Maharashtra..
5. To discuss and solve the issues of State Association mergers.
6. To appoint the internal auditor and Chartered Accountant for the year 2014-2015.
7. To discuss about the letters if any received from Executive Committee Members or State Associations before 18th March 2014.
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

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 Website : www.ibbf.in



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

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

Ref. No.:IBBF/SN/CR-07-14

Date: 27 January 2013

RAIL TRAVEL CONCESSION

No. TCII/2035/06/Body Building
(Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II))

This is to Certify that Body Builders/Officials of _____

_____ is/are taking part in the **7th Senior National Body Building Championship (Senior Mr. India) & 1st Men's Sports Physique Championship 2014**, being organized by **Telangana Body Builder's Association**; under the authority of **Indian Body Builders Federation**. From 21st to 23rd March 2014 at Hyderabad, Andhra Pradesh. This/These participant(s) is/are entitled to rail concession under S.No. 1 & 2 of annexure to Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II). Concession Order for both journeys on paying 25% each journey from _____ to _____ and back.

For Indian Body Builders Federation

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 Website : www.ibbf.in