

**STANDARDISED FORMAT FOR SUBMISSION OF ANNUAL CALENDAR FOR TRAINING AND COMPETITIONS (ACTC)FOR
THE YEAR 2023- 2024**

1.0 Name of Sport: ----- Weightlifting

2.0 Details of the President and Secretary General of the State Sports Association

| S. No. | Name | Designation | Contact Detail Office tel. phone no./mob. No. /email id |
|--------|---------------------|-------------------------|--|
| 1. | Arun Kumar Kesri | President | "Shanti Sadan", New Professor's Colony, Gobarsahi Chowk, Muzaffarpur – 842001 Mob:- 9939478785 Email:- kakumar1954@yahoo.co.in |
| 2. | Suresh Prasad Singh | Hony. General Secretary | Postal Colony No.-1, Ram Raj Chowk, Dahiyawan, Chhapra – 841301 Mob:- 9431439451 Email:- sureshsingh.rotary@gmail.com |

3.0 Brief Introduction of the Sport:

3.1 Whether Olympic Games (OG) sports or not? If yes, since when introduced? - Olympics Game. Introduced in Olympic Games in 1896.

3.2 Whether Asian Games (AG) sports or not? If yes, since when introduced?—Yes. Weightlifting was introduced in Asian Games in 1951.

3.3 Other level of Championships where sport is played.---- 1. World Senior Championships

2. World Junior Championships

3. World Youth Championships

4. Youth Olympic Games
5. Asian Senior Championships.
6. Asian Junior Championships.
7. Asian Youth Championships.
8. Asian Games
9. Asian Youth Games.
10. Commonwealth Games.
11. Commonwealth Senior Championships.
12. Commonwealth Junior Championships.
13. Commonwealth Youth Championships.
14. Commonwealth Youth Games.
15. South Asian Games

3.4 Total no. of events at stake in Men and Women category in OG and AG.--- 10 in Olympic Games (Paris- 2024).

14 in Asian Games -2022

4.0 Performance detail of the sport at National level:

4.1 Performance of the State team / sports persons at National level for last two years (2020-21 to 2021-22) in the given format.

| S. No. | Name of Athlete | Name of Competition | Date & Venue of the Competition | Performance medal won by individual / team |
|--------|-----------------|---|--|--|
| 1. | Gulshan Kumar | Junior National Weightliffing Championships | 27.12.2022 to 07.01 2023 Nagercoil (Tamilnadu) | Gold Medal 67 Kg.Junior |

| | | | | | |
|-----|---------------------|-------------------------------|---------------|---|---|
| 2. | Khushi Kumari | Youth National Championships | Weightlifting | 27.12.2022 to 07.01 2023 Nagercoil (Tamilnadu) | Gold Medal 55 kg. Youth |
| 3. | Bhola Singh | Junior National Championships | Weightlifting | 27.12.2022 to 07.01 2023 Nagercoil (Tamilnadu) | Bronze Medal in 109 kg. Junior New National Record in Snatch. |
| 4. | Gautam Kumar | Youth National Championships | Weightlifting | 27.12.2022 to 07.01 2023 Nagercoil (Tamilnadu) | Bronze Medal in 49 kg. Youth |
| 5. | Khushi Kumari | Khelo India Youth Games | | 06.02.2023 to 12.02.2023 Indore | Bronze Medal in 55 kg. Youth |
| 6. | Gautam Kumar | Khelo India Youth Games | | 06.02.2023 to 12.02.2023 Indore | Bronze Medal in 49 kg. Youth |
| 7. | Bhola Singh | National Youth Championships | Weightlifting | 19 th – 30 th March, 2022 Bhubneshwar, Odisha. | Gold Medal with New National Record in Snatch and Clean & Jerk both |
| 8. | Kanhaiya Kumar | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | Bronze Medal |
| 9. | Sapna Kumari | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | 4 th Position |
| 10. | Bhola Singh | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | 5 th Position |
| 11. | Ujjwal Kumar | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | 5 th Position |
| 12. | Vishwjeet Kumar | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | 7 th Position |
| 13. | Khushi Kumari | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | 7 th Position |
| 14. | Priyanshu Raj | National Youth Championships | Weightlifting | 10 th -12 th August, 2021, NS NIS,Patiyala | 8 th Position |
| 15. | Saurya Pratap Singh | National Youth Championships | Weightlifting | 19 th – 30 th March, 2022 Bhubneshwar, Odisha | 5 th Position |

| | | | | |
|-----|---------------|--|--|--------------------------|
| 16. | Sonu Kumar | National Youth Weightlifting Championships | 19 th – 30 th March, 2022 Bhubneshwar, Odisha | 6 th Position |
| 17. | Ujjwal Kumar | National Youth Weightlifting Championships | 19 th – 30 th March, 2022 Bhubneshwar, Odisha | 6 th Position |
| 18. | Sagar Kumar | National Youth Weightlifting Championships | 19 th – 30 th March, 2022 Bhubneshwar, Odisha | 9 th position |
| 19. | Priyanshu Raj | National Youth Weightlifting Championships | 19 th – 30 th March, 2022 Bhubneshwar, Odisha | 9 th Position |

4.2 Ranking of the Team/important sports persons at the International/ National level (if no medals are won). –N.A.

5.0 Brief details of the sport at State Level:

5.1 Details of State Championships organised in all age group in last two years in following format:

| Name of Championship | Duration | Venue | Best 5 performing districts |
|---|--|-----------|--|
| 7 th Chandragupta Memorial State Youth Weightlifting Championships | 2 nd -4 th September, 2022 | Chhapra | Patna, Eklavya, Jehanabad, Begusarai, Saran |
| 8 th Junior State Weightlifting Championships | 2 nd – 4 th Sepember, 2022 | Chhapra | Patna, Saran, Eklavya, Jehanabad, Begusarai |
| 53 rd Kumar Taranand Memorial Senior State Weightlifting Championships | 4 th -6 th November, 2022 | Saharsa | Patna, Eklavya, Saran, Begusarai, Jehanabad. |
| 6 th Chandragupta Memorial State Youth Weightlifting Championships | 10 th – 12 th December, 2021 | Sitamarhi | Patna, Saran, Eklavya Centre, Jehanabad, Sitamarhi |
| 7 th Junior State Weightlifting Championships | 10 th – 12 th December, 2021 | Sitamarhi | Eklavya Centre, Saran, Jehanabad, Begusarai |
| 52 nd Kumar Taranand Memorial Senior State Weightlifting Championships | 10 th – 12 th December, 2021 | Sitamarhi | Eklavya Centre, Patna, Jehanabad, Saran, Begusarai |
| 5 th Chandragupta Memorial State Youth Weightlifting Championships. | | Chhapra | Eklavya Centre, Patna, Saran, Begusarai, Jehanabad |

6.0 Annual Calendar for Training & Competition (ACTC) for Seniors, Juniors and Sub-Juniors (Male and Female) in the given format:

6.1 State Coaching Camps:

| S. No | Purpose of the coaching camp | Composition of the campers | Period from- to | Total days | Venue | Estimated Expenditure to be incurred as per norms |
|-------|---|----------------------------|--|------------|--|---|
| 1. | Off season preparatory camp for Youth | 30+5 | 12 th Nov.- 11 th Dec. 2023 | 30 | Patna | Rs.6,75,250/- |
| 2. | Off Season Preparatory Camp for Juniors | 30+5 | 12 th Nov. – 11 th Dec. 2023 | 30 | Patna | Rs.6,75,250/- |
| 3. | Pre Competition Camp for Youth | 20+3 | 26 th Dec. 2023 – 25 th Jan. 2024. | 30 | Patna | Rs.5,56,000/- |
| 4. | Pre Competition Camp for Juniors | 20+3 | 26 th Dec. 2023 – 25 th Jan. 2024 | 30 | Patna | Rs.5,56,000/- |
| 5. | Camp for beginners (Fresh Talent Spotted through Trials) | 300 | TBD | 15 | 1.Nawada 2.Gopalganj 3.Siwan 4.Purnea 5.Sheikhpura 6.Lakhisarai 7.Muzaffarpur 8.Bhojpur 9.Madhepura 10.Banka 11.West Champaran 12. Sheohar 13.Supaul 14.Rohtas 15.Samastipur (30 athletes in each Centre) | Rs. 9,00,000/- |
| 8. | Consolidated D.P.Vacation camp for athletes selected from Sl. No.-7 | 100+ 12 | Patna | 24 | Patna | Rs. 9,90,000/- |

6.2 National Competition where team will participate in India:

| S. No. | Name of competition | Number of States expected to participate | Period From - To | | Total days | Venue | Estimated Expenditure to be incurred as per norms |
|----------------|---|--|------------------|-----|------------|------------|---|
| 1. 2. 3. | Youth National Weightlifting Championships Junior National Weightlifting Champion Senior National Weightlifting Championships | 30 | TBD | TBD | 12 days | Trivendrum | Rs.6,36,000/- |

6.3 Organisation of different State Championships –

| Sl. No. | Championship | Venue | Date | Expenditure | | | |
|---------|---|----------|--|---------------|--|--|--|
| 1. | 8 th Chandragupta Memorial Youth State Weightlifting Championships | Nawada | 14 th – 17 th December, 2023 | Rs.4,75,000/- | | | |
| 2. | 9 th Mukundeo Memorial Junior State Weightlifting Championships | Nawada | 14 th – 17 th December, 2023 | Rs.4,80,000/- | | | |
| 3. | 54 th Kumar Taranand Memorial Senior State Weightlifting Championships | Nawada | 14 th – 17 th December, 2023 | Rs.4,30,000/- | | | |
| 4. | 1 st Cadet State Weightlifting Championship | Motihari | 26 th - 29 th October, 2023 | Rs.5,81,000/- | | | |

7.0 Coaches and Support Staff proposed for providing training at State Camps for Seniors/Juniors /Sub-Juniors (Male & Female separately).

- 7.1 Coaches (Provide number and approximate cost). – Total 70 coaches for all the Camps - Rs. 6,45,000/-
- 7.2 National Coaches (Give detail with Cost). - Total 10 coaches for all the camps - Rs. 2,50,000/
- 7.3 Support staff for Training. (Give detail with Cost). - Total 3 for Pre Competition Camp - Rs. 75,000/-

8.0 Sports Equipment (Consumable and portable) required and to be procured for use in preparation of teams/campers.

| | | |
|--|--------------------|-----------------|
| Technique Barbell sets @Rs.30,000/- each | Total 17 in number | - Rs.5,10,000/- |
| Other consumable items | | - Rs.4,50,000/- |

9.0 Annual Calendar of State Championship for all three age categories separately with date and venue.

| Name of Championship | Venue | Date |
|--|-------------------------|--|
| Senior State Weightlifting Championships | Nawada | 14 th – 17 th December, 2023 |
| Junior State Weightlifting Championships | Nawada | 14 th - 17 th December, 2023 |
| Youth State Weightlifting Championships | Nawada | 14 th – 17 th December, 2023 |
| Cadet State Weightlifting Championships | Sugauli (East Chmparan) | 26 th – 29 th October, 2023 |

10.0 Synopsis of the Budget:

| S.No | Item | Budget |
|------|---|----------------------|
| 1 | State Coaching Camp(Para 6.1) | Rs. 43,53,000/- |
| 2 | National competition (Para 6.2) | Rs. 6,36,000/- |
| 3 | Organisation of 4 State Championships (Para 6.3) | Rs. 19,66,000/- |
| 3 | Remuneration for coach/Support Staff (Para 7.1, 7.2, 7.3) | Rs. 9,70,000/- |
| 4 | Equipment consumable/Equipment portable(Para 8.0) | Rs. 9,60,000/- |
| 5. | Total | Rs.88,85,00/- |

10.0 Main target of training and achievement expected.—Target Olympic Podium

- 11.0 **11.1 Main targets in 4 year cycle (specifically in National/International Championships-** TO win Medals and create New Records in National Championships and compete in Inter- National Championships.
- 11.2 **Intermediate targets to be attained in between to achieve the main target/targets.-** Create awareness and interest in Weightlifting to win Medals in State and National Championships.
12. **Any other important information being provided by you. ----** An ambitious Program of Talent Search was conducted in 10 districts in the year 2022 and this year(2023) the program will be launched in 15 new districts and continue it next Years in to complete the Cycle for 38 districts..

President

Secretary