

**STANDARDISED FORMAT FOR SUBMISSION OF ANNUAL CALENDAR FOR TRAINING AND COMPETITIONS (ACTC)FOR
THE YEAR 2022- 2023**

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.	Bhola Singh	National Youth Weightlifting Championships	19 th – 30 th March, 2022 Bhubneshwar, Odisha.	Gold Medal with New National Record in Snatch and Clean & Jerk both
2.	Kanhaiya Kumar	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	Bronze Medal

3.	Sapna Kumari	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	4 th Position
4.	Bhola Singh	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	5 th Position
5.	Ujjwal Kumar	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	5 th Position
6.	Vishwjeet Kumar	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	7 th Position
7.	Khushi Kumari	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	7 th Position
8.	Priyanshu Raj	National Youth Weightlifting Championships	10 th -12 th August, 2021, NS NIS,Patiyala	8 th Position
9.	Saurya Pratap Singh	National Youth Weightlifting Championships	19 th – 30 th March, 2022 Bhubneshwar, Odisha	5 th Position
10.	Sonu Kumar	National Youth Weightlifting Championships	19 th – 30 th March, 2022 Bhubneshwar, Odisha	6 th Position
11.	Ujjwal Kumar	National Youth Weightlifting Championships	19 th – 30 th March, 2022 Bhubneshwar, Odisha	6 th Position
12.	Sagar Kumar	National Youth Weightlifting Championships	19 th – 30 th March, 2022 Bhubneshwar, Odisha	9 th position
13.	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).

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
6 th Chandragupta Memorial State Youth Weightlifting Championships	10 th -12 th Dec.2021	Sitamarhi	Patna, Saran, Eklavya Centre, Jehanabad, Sitamarhi
7 th Junior State Weightlifting Championships	10 th – 12 th Dec.2021	Sitamarhi	Eklavya Centre, Patna, Saran, Jehanabad, Begusarai
52 nd Kumar Taranand Memorial Senior State Weightlifting Championships	10 th - 12 th Dec.,2021	Sitamarhi	Eklavya Centre, Patna, Jehanabad,Saran,Begusarai
5 th Chandragupta Memorial State Youth Weightlifting Championships.		Chhapra	Eklavya Centre, Patna, Saran,Begusarai, Jehanabad
In the Year 2021 Championships were Only Selection trials were conducted for all three age age groups	not organised due to on 23 rd -24 th July, 2021	Covid Protocol Chhapra	
6 th Junior State Weightlifting Championships.		Chhapra	Eklavya Centre, Patna, Saran, Jehanabad, Begusarai
51 th Kumar Taranand Memorial Senior State Weightlifting Championships		Katihar	Eklavya Centre, Patna, Begusarai, Katihar, Saran

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	TBD	21	Patna	Rs. 4,50,000/-
2.	Off Season Preparatory Camp for Juniors	30+5	TBD	21	Patna	Rs.4,50,000/-
3.	Off Season Preparatory Camp for Seniors	20+5	TBD	21	Patna	Rs.3,01,000/-
4.	Pre Competition Camp for Youth	20+3	TBD	15	Patna	Rs.2,19,000/-
5	Pre Competition Camp for Juniors	20+3	TBD	15	Patna	Rs.2,19,000/-
6 .	Pre Competition Camp for Seniors	15+3	TBD	15	Patna	Rs.1,78,000/-
7.	Camp for beginners (Fresh Talent Spotted through Trials)	300	TBD	15	1.Bhagalpur 2. Katihar 3.Saharsa 4.Begusarai 5.Sitamarhi 6. Sugauli 7. Chhapra 8. Hajipur 9. Patna 10. Jehanabad (30 athletes in each Centre)	Rs. 10,25,000/-
8.	Consolidated D.P.Vacation camp for athletes selected from Sl. No.- 7	45+5	TBD	21	Patna	Rs.5,23,750

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	10 days	TBD	Rs.2,50,700/-

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 39 coaches for all the Camps - Rs. 3,90,000/-

7.2 National Coaches (Give detail with Cost). - Total 8 coaches for all the camps - Rs. 1,60,000/-

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.45,000/- each Total 10 in number - 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	Saharsa	TBD
Junior State Weightlifting Championships	Vaishali	TBD
Youth State Weightlifting Championships	Saran(Chhapra)	TBD

10.0 Synopsis of the Budget:

S.No	Item	Budget
1	State Coaching Camp(Para 6.1)	Rs. 33,65,000/-
2	National competition (Para 6.2)	Rs. 2,50,700/-
3	Remuneration for coach/Support Staff (Para 7.1, 7.2, 7.3)	Rs. 6,25,000/-
4	Equipment consumable/Equipment portable(Para 8.0)	Rs. 4,50,000/-
5.	Total	Rs. 42,85,700/-

10.0 Main target of training and achievement expected.--To produce Olympians

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 in 10 districts this year and continue it for next 4 Years in Cycle for 38 districts..

President

Secretary