



ONLINE DHUBRI DIST BODYBUILDING COMPETITION (MR. DHUBRI)



ORGANISED BY: SPORTS AND CULTURAL COMMITTEE AND
BNC GYMNASIUM, B.N. COLLEGE, DHUBRI, ASSAM

Open Category: Students/Youths/Other People
from Dhubri Dist can participate

DATE- JULY 8TH TO JULY 10TH, 2020

CONTACT

1ST: Rs 5000
2ND: Rs 3000
3RD: Rs 2000

Convenor
Dr. Dipankar Mallick
(9435259340)
Gym Instructor
Mr Bidyut Bharali
(7002416388)
Gym Instructor
Lutfor Rahman
(9954251863)

Guidelines

- 1) Video (1 minute max) is to be sent to the below mobile numbers.
- 2) 6 best poses (still pictures) Front-2 , Back- 2 and Side-2 are to be sent along with video.
- 3) Name and address should be mentioned while sending the video.
- 4) Participants must send video and still pictures with proper bodybuilding costume.
- 5) No shorts or other costumes will be allowed.
- 6) Participants can apply either body oil or body colour.
- 7) Results will be declared on 15th July, 2020.
- 8) Judges'decision will be the final decision.
- 9) Judges will be from out of Dhubri District.
- 10) For more details, contact the below

mobile numbers:

a) Dr. Dipankar Mallick (Convenor)

No- 9435259340

b) Mr. Bidyut Bharali (Gym Instructor)

No- 7002416388

c) Lutfor Rahman (Gym Instructor)

No- 9954251863