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भारत सरकार /GOVERNMENT OF INDIA
वित्त मंत्रालय /MINISTRY OF FINANCE, राजस्व विभाग /DEPARTMENT OF REVENUE
केन्द्रीय उत्पाद शुल्क सीमा शुल्क एवं सेवा कर आयुक्त का कार्यालय
OFFICE OF THE COMMISSIONER OF CENTRAL EXCISE, CUSTOMS & SERVICE TAX
केन्द्रीय राजस्व भवन :आई.एस.प्रेस रोड कोचिन -682018
CENTRAL REVENUE BUILDING: I.S.PRESS ROAD: COCHIN-682 018

C.No. II/39/16/2013 Sports

दिनांक / Date: 19.10.2015

NO PAIN NO GAIN
YOUR BODY CAN STAND ALMOST ANYTHING.
IT'S YOUR MIND THAT YOU HAVE TO CONVINCE

As you all are aware, THE FITNESS CENTRE at the C.R. Building was inaugurated on 06.05.2014. It has been noticed that the officers are not making full utilization of this facility available. In order that the officers of this department stay fit and healthy, it is felt that maximum use of the fitness centre should be made. All officers are requested to take some time out and utilize the facility available as it is for their well being.

Officers interested in utilizing the facilities of the FITNES5 CENTRE are requested to contact the following officers based in this office –

1. Shri S. A. Madhu, Superintendent
   Sports Officer,
   Cochin Range.
   Mobile No. 9961492841
2. Smt. Belinda Rebello, Superintendent
   Chief Commissioner's Office, 1st floor,
   C.R. Building
   Mobile No. 9447052535
3. Shri Sanave Thomas, Inspector
   Asstt. Sports Officer,
   Training Section, 4th floor,
   C.R. Building.
   Mobile No. 9809888007

THE PAIN OF TODAY IS THE VICTORY OF TOMORROW. UTILISE THIS OPPORTUNITY AND STAY HEALTHY

(BIJU THOMAS)
DEPUTY COMMISSIONER (Prev)

Copy to:
1. All Section Heads, C.R. Building, I.S. Press Road, Cochin – 18.
2. The Superintendent (Computer), for uploading in the Comm'te website
3. The Notice Board