

Report of the One Day National Workshop on Anti-doping Awareness in Sports.

A One Day National Workshop on Anti-doping awareness in sports is conducted on 10-10 2023 at University of Ladakh. The programme was conducted by the Department of Physical Education & Sports, University of Ladakh, Leh Campus in collaboration with National Anti-doping Agency, Ministry of Youth Affairs & Sports, Government of India, and Department of Youth Services and Sports, Union Territory of Ladakh. The Workshop is attend by Physical Educations teachers of the Department of Youth Services and Sports of Leh and Kargil, Colleges Directors of Physical Education and Sports from the GDC Kargil, GDC Zaskar, GDC Nubra, GDC Khaltse, GDC Drass, EJM College, Leh, representatives from the Sports Federations and association of Ladakh and students and faculty members of the University of Ladakh. The objective of the workshop was to educate the participants about the importance of fair play, the risks associated with doping, and the need to uphold the spirit of sportsmanship.

Madam Padma Angmo, Commissioner Secretary, Higher Education Department UT of Ladakh was the Chief Guest for the inaugural Pogramme. In her address she compared doping in sports with the cheating in examination, which kills the very principles of the spirit of sportsmanship and fair play in sports.

Hon'ble Vice Chancellor, Prof. S. K. Mehta presented welcome address during the inauguration programmer and highlighted the importance of conducting such workshop in the University. Dr. Jigmat Dachen Dean Students Welfare, University of Ladakh and Convener of the workshop presented the overview of the workshop.

During the Inauguration Programme, Madam Padma Angmo (Commissioner Secretary, Higher Education Department, UT of Ladakh and Mr Tsering Tashi, District Youth Services and Sports, Leh formally handed over the Sports Equipment worth 40 Lacs under Special Development Package to the University of Ladakh. The equipment consists of Ice Hockey, Archery, MTB, Yoga Mats, Tracksuits and Boxing etc.

The resource person for the workshop was Mr. Yogesh Sharma, Dope Control Officer, National Anti-doping Agency, Ministry of Youth Affairs & Sports, and Government of India.

Mr. Yogesh Sharma, Dope Control Officer conducted several informative sessions throughout the day, covering wide ranges of topics such as: 1) Doping control procedures and testing protocols, 2) The World Anti-Doping Agency (WADA) regulations and the Prohibited List, 3) Consequences of doping violations, including sanctions and bans.

Special Practical demonstrations of the doping control process were conducted to familiarize participants with the procedures involved. Participants actively engaged in discussions and asked questions, demonstrating their eagerness to learn and comply with anti-doping regulations.

The one day national workshop on anti-doping awareness in sports concluded with the valedictory program at the evening. Shree Moses Kunzang (JKAS) Joint Director Youth Services & Sports Department, Union Territory of Ladakh was the chief guest for the valedictory session. Shree Moses Kunzang distributed the certificates among the participants and applauded the Department of Physical Education & Sports, University of Ladakh for conducting the workshop that serves to enhance the knowledge about the doping in sports and to promote integrity and fair play among the athletes and coaches. At the end Mr. Sonam Gytso, Assistant Professor, Physical Education, and Organizing Secretary of the Workshop presented the vote of thanks.

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Convener of the Workshop

