

सत्यमेव जयते
Government of India

NATIONAL ANTI DOPING AGENCY INDIA

निष्पक्ष खेल
Play fair

NADA

INDIA'S FAIR PLAY GUIDE

Play True,
Play Fair

QR CODE FOR
LINKTREE

सुजाता चतुर्वेदी, भा.प्र.से
सचिव
Sujata Chaturvedi, IAS
Secretary

सत्यमेव जयते

भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports



Foreword

Sport is a powerful force that brings people together, transcends boundaries, and inspires individuals to strive for excellence. At its core, sport is built on the values of fairness, integrity, and respect. To preserve and promote these values, it is essential that we remain steadfast in our commitment to inclusive and sustainable sports development across all levels.

As India continues its rise as a global sporting nation, our commitment to clean sport becomes not just a regulatory necessity but a moral imperative. Doping, in all its forms, erodes the fundamental values of sport and diminishes the spirit of honest competition.

In this context, education is our most powerful tool. Preventing doping is not only about enforcement, but also about building a strong foundation of awareness, responsibility, and ethical decision-making among athletes and all members of the sporting ecosystem. The Fair Play Guide, developed by NADA India, is a commendable initiative that reflects this approach.

This guide serves as a comprehensive resource to help athletes, coaches, and support staff understand the importance of anti-doping measures, the consequences of violations, and the critical role each stakeholder plays in protecting the integrity of sport. It encourages a culture where clean competition is celebrated and where success is the result of talent, hard work, and perseverance and not shortcuts.

I commend NADA India for its unwavering dedication towards promoting clean sport. I am sure that this guide will be a valuable resource for all those who are devoted to upholding the principles of fairness, integrity, and excellence in sport.

11/4/25

(Sujata Chaturvedi)

कमरा सं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली–110001 दूरभाष : 011-23388623
Room No. 3, 'C' Wing, Shastri Bhawan, New Delhi-110001 Tel.: 23388623
फैक्स / Fax: 011-23388758, ई-मेल / E-mail : secy-sports@nic.in



Director General's Message

It gives me great pleasure to present *NADA India's Fair Play Guide*, a comprehensive and accessible resource designed to foster a culture of clean sport, ethical conduct, and informed decision-making among India's sporting community.

At NADA India, our mission goes beyond enforcement as we strive to build a culture of clean sport by fostering awareness, education, and ethical values among athletes, coaches, and support personnel. Through this publication, we seek to equip stakeholders with the knowledge required to stay compliant, avoid inadvertent violations, and become ambassadors of fair play.

It reflects our belief that true sporting excellence is achieved not just through talent and hard work, but also through integrity and respect for the rules.

I encourage all stakeholders in the sporting fraternity to utilize this guide as a valuable reference and to actively contribute to the collective mission of upholding the sanctity of sport.

Anant Kumar
Director General
National Anti Doping Agency, India

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Introduction to Anti-Doping



Anti-Doping encompasses a framework of rules, practices, and initiatives designed to prevent athletes from using banned substances or methods to gain an unfair advantage in sports. At its core, anti-doping aims to safeguard the integrity of competition while promoting fair play, athlete health, and ethical conduct.

On the global stage, the World Anti-Doping Agency (WADA) spearheads these efforts through the World Anti-Doping Code—a unified set of standards adhered to by sporting bodies and nations worldwide. In India, the National Anti-Doping Agency (NADA) serves as the principal authority for enforcing these regulations. Operating under the Ministry of Youth Affairs & Sports, Government of India, NADA functions as an autonomous body dedicated to fostering a culture of clean sport.

NADA's core responsibilities include sample collection, results management and adjudication, anti-doping education and awareness, therapeutic use exemptions, social science research, international collaboration, and intelligence & investigations. With a steadfast commitment to ethics and integrity, NADA strives to build a sporting environment free from doping, where competition is determined by talent, training, and true spirit.

Principles & Values Associated with Clean Sport

The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

1. Ethics, fair play & honesty
2. Health
3. Fun & joy
4. Excellence in performance
5. Character and education
6. Teamwork
7. Dedication and commitment
8. Respect for rules and laws
9. Respect for self and other participants
10. Courage
11. Community and solidarity

These values are the essential foundation for clean sport. They should be promoted by athlete to any athlete who they work with and any other Athlete Support Personnel (ASP) in their sporting environment.

There are three major sport values

1

RESPECT

Respect is about having dignity for self and others. This aims to promote respectful behaviors, communication skills and attitudes by demonstrating care for self and others and encouraging thought about emotions, ethical dilemmas and rules

2

EQUITY

Equity is about the opportunity for all to achieve. This value focuses on promoting opportunities where all can achieve their fullest potential and on understanding the importance of a level playing field.

3

INCLUSION

Inclusion is about participation for all. This aims to encourage the participation of everybody, by celebrating and appreciating diversity, by understanding inclusion and solutions to promote accessibility.

The Sport Values in Every Classroom Toolkit is designed to help teachers instill in children (8-12 year-old students) the values of respect, equity and inclusion through engaging activities. The Sport Values in Every Classroom (SViEC) Toolkit is available on WADA's Anti-Doping eLearning (ADeL) platform and can be accessed by anyone by registering on it.

https://www.wada-ama.org/en/sport-values-every-classroom

Link for WADA (ADeL) portal

www.adel.wada-ama.org

Athletes' and Athlete Support Personnel's (ASP's) Rights & Responsibilities

The following are the rights of athletes

The following rights are the rights that Athletes have by way of the Code and International Standards:



- Equality of opportunity
- Equitable and fair Testing programs
- Medical treatment and protection of health rights
- Right to justice
- Right to accountability
- Whistle blower rights
- Right to Education
- Right to data protection
- Rights to compensation
- Protected Persons Rights
- Rights during a Sample Collection Session
- Right to B Sample analysis
- Other rights and freedoms not affected
- Application and standing

Athlete's Rights During Sample Collection

- See the identification of the Doping Control Officer (DCO)
- Request additional information about the sample collection process, about the authority under which it will be carried out and on the type of sample collection
- Hydrate
- Be accompanied by a representative and, if available, an interpreter
- Request a delay in reporting to the doping control station for valid reasons
- Request modifications for athletes with impairments (if applicable)
- Be informed of their rights and responsibilities
- Receive a copy of the records of the process
- Have further protections for "protected persons" because of their age or lack of legal capacity

The following are the responsibilities of athletes

- Complying with the National Anti-Doping Rules in line with the World Anti-Doping Code.
- Being available for sample collection, whether in-competition or out-of-competition.
- Remaining within direct observation of the Doping Control Officer (DCO) or chaperone at all times from notification until the completion of the sample collection process.
- Providing identification upon request during the sample collection process.
- Ensuring that no prohibited substance enters their body and that no prohibited method is used on them.
- Ensuring that any treatment is not prohibited according to the Prohibited List in force and checking this with the prescribing physicians, or directly with the Anti-Doping Organization (ADO) if necessary.
- Applying to NADA if no alternative permitted treatment is possible and a Therapeutic Use Exemption (TUE) is required.
- Reporting immediately for sample collection after being notified of being selected for doping control
- Ensuring the accuracy of the information entered on the Doping Control Form (DCF)
- Cooperating with ADOs investigating Anti-Doping Rule Violations (ADRVs)
- Not working with coaches, trainers, physicians or other ASP who are ineligible on account of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping

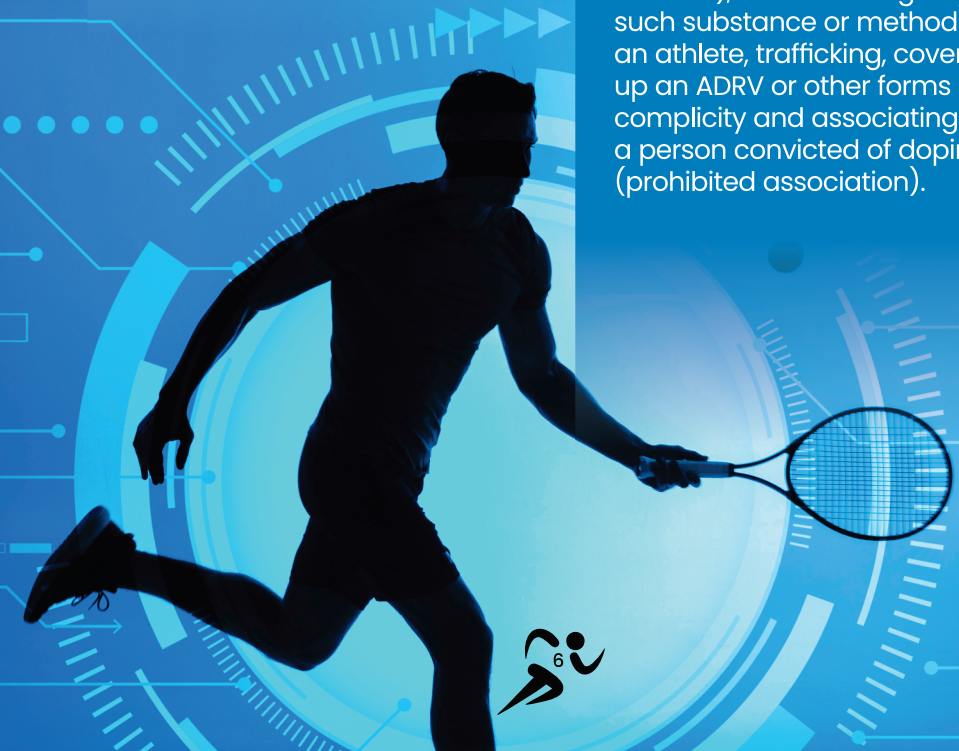
ASP's Rights & Responsibilities

ASP and other person's rights under the Code include

- Right to a fair hearing, before an independent hearing panel
- Right to appeal the hearing decision
- Rights regarding data protection, according to the International Standard for the Protection of Privacy and Personal Information (ISPPPI) and any local applicable law

ASP and other person's responsibilities under the Code include:

- Using their influence on athlete values and behaviours to foster clean sport behaviours
- Knowing and complying with all applicable anti-doping policies and rules
- Cooperating with the athlete doping control program
- Cooperating with NADA investigating ADRVs
- Informing the relevant IF and/or NADA if they have committed an ADRV in the last 10 years
- Refraining from possessing a (prohibited substance or method), administering any such substance or method to an athlete, trafficking, covering up an ADRV or other forms of complicity and associating with a person convicted of doping (prohibited association).



The Principle of
Strict Liability

Athletes are responsible for their performance during a competition. In the same way, athletes are responsible for any substance that is found in their body. Athletes are responsible for any prohibited substance they use or attempt to use, or that is found in their body, regardless of how the substance got there or whether they had an intention to cheat. So, athletes need to know which substances and methods are prohibited in sport and how to protect themselves.



Consequences of Doping

Anyone committing an ADRV knows they may face a ban from sport. But there are other consequences too.

1. Provisional Suspension: The athlete or other person is temporarily banned from participating in any competition or activity while waiting for the results management process to be complete or until the final decision is rendered.

2. Ineligibility: The athlete or other person is not allowed to compete or participate in any other activity, such as training, coaching, or even access to funding due to an ADRV. This period of ineligibility can be for up to 4 years or even life depending on the circumstances of the ADRV.

3. Disqualification of Results: The athlete's results during a particular period, competition or event are invalidated, which comes with forfeiture of any medals, points and prizes.

4. Public Disclosure: ADO informs the general public of the ADRV.

5. Fines

6. Physical Health Consequences: Medications and medical interventions have been developed to treat a particular condition or illness. Depending on the substance, the dosage and the consumption frequency, doping products may have particularly negative side effects on health.

7. Psychological Health Consequences: Some doping substances may have an impact on the athlete's mental health. Anxiety, obsessive compulsive disorders or psychosis are direct consequences from doping.



8. Social Consequences:

a) Damage to reputation and image, which can be permanent with media attention, and future clean performances can be met with scepticism.

b) Damage to future career prospects.

c) Isolation from peers and sport.

d) Damaged relationships with friends and family.

e) Effects on emotional and psychological well-being.

f) Loss of standing, fame, respect and credibility.

9. Financial Consequences:

a) Fines that an ADO may have included in their anti-doping rules including costs associated with an ADRV.

b) Loss of income/financial support, such as government funding, other forms of financial support and by not participating in the competitions.

c) Loss of financial support due to withdrawal of sponsor.

d) Requirement to reimburse sponsor, if included in the contract.

e) Reimbursement of prize money.

f) Impact of damaged reputation on future career prospects.

10. Legal Consequences:

a) Some countries have gone beyond the World Anti-Doping Code and made using a prohibited substance a criminal offence (e.g. Austria, Italy, France).

b) In some countries, ADRVs related to trafficking, possession or administering a prohibited substance or some substances on the Prohibited List are considered a criminal offence.

Anti-Doping
Rule Violations (ADRVs)

Doping is not just a positive test. It is defined as the occurrence of one or more of the following ADRVs. There are 11 types of ADRVs as per National Anti-Doping Rules, 2021.

NADR-Article No.	Type of Violations	Applicable to
2.1	The presence of a prohibited substance in an athlete's sample	Athletes only
2.2	Use or attempted use by an athlete of a prohibited substance.	Athletes only
2.3	Evading, refusing, or failing to submit to sample collection.	Athletes only
2.4	Whereabouts failures are considered as any combination of three missed tests and/or filing failures within a 12-month period by an athlete in a Registered Testing Pool (RTP).	Athletes only
2.5	Tampering or attempted tampering with any part of doping control.	Athletes, ASP and other Persons
2.6	Possession of a prohibited substance or prohibited method.	Athletes and ASP
2.7	Trafficking or attempted trafficking in any prohibited substance or prohibited method.	Athletes, ASP and other Persons



2.8	Administration or attempted administration to any athlete of any prohibited substance or prohibited method	Athletes and ASP
2.9	Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV.	Athletes, ASP and other Persons
2.10	Associating in a professional or sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation.	Athletes, ASP and other Persons
2.11	Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing), or retaliating against another for doing so.	Athletes, ASP and other Persons



Understanding Prohibited Substances and Methods in Sport

Prohibited substances and methods are included in the Prohibited List (List). The World Anti-Doping Agency (WADA) publishes the Prohibited List annually, which identifies the substances and methods that are prohibited in sport. In October of each year, WADA publishes the updated Prohibited List for the following year. This list comes into effect on January 1st of the upcoming year.

This List applies at all times. The List contains substances and methods that are

- Prohibited at all times (both in-competition and out-of-competition)
- Prohibited in-competition only
- Prohibited in specific sports (archery, golf and shooting)
- Conditional – athletes are allowed to take up to a specific dose or within a specific dosage range but outside of that dose or range it is prohibited (for example, some ingredients found in asthma inhalers). Other conditional substances are ones that are only prohibited by the way they are taken (route of administration) for example, applied as a cream, or swallowed, or inhaled.

The official list is published on the WADA website: www.wada-ama.org and NADA website: https://nadaindia.yas.gov.in/

Here are some important things you need to remember:

An athlete's medication may contain a prohibited substance. Always seek medical advice before using any medication, and check whether it contains substances prohibited by WADA.

• For athletes competing in India, the Know Your Medicine (KYM) app by NADA is a helpful tool to check the status of medicines: https://kym.nadaindia.yas.gov.in It is also available on the Google Play Store.

• For athletes participating in major games outside India, use WADA-approved international tools such as Global Drug Reference Online (Global DRO): www.globaldro.com This is used by several countries including the UK, Canada, USA, Switzerland, and others.

• Consult the anti-doping agency of the host country or event organizers for local medication guidance.

• Always carry a TUE if required, approved in advance by the relevant authority.

• It doesn't matter when a substance is taken. If a substance prohibited only in-competition is taken out-of-competition, it can still result in a positive test if it is still in the athlete's system and they are selected for an in-competition test.

• Review the relevant customs advice for any medication brought from a home country into the host country. This information is also usually provided in the Customs and Freight Guide which is distributed by the Games Organizing Committee. If you are unsure, ask your Indian Olympic Association (IOA).

• Don't forget, you should disclose any medication that you are taking to your team doctor so that they can advise you.



Risks Associated with Supplement Use

Nutritional supplements are products intended to supplement the diet, containing one or more dietary ingredients such as vitamins, minerals, amino acids, herbs, or other botanicals. They come in various forms such as capsules, tablets, powders, liquids, or soft gels, and are meant to provide additional nutrients.

There are risks associated with using supplements.

Dietary supplements are risky because they could contain prohibited substances that can become the reason for athletes to unintentionally commit ADRV and get them banned from their respective sports.

Supplements can:

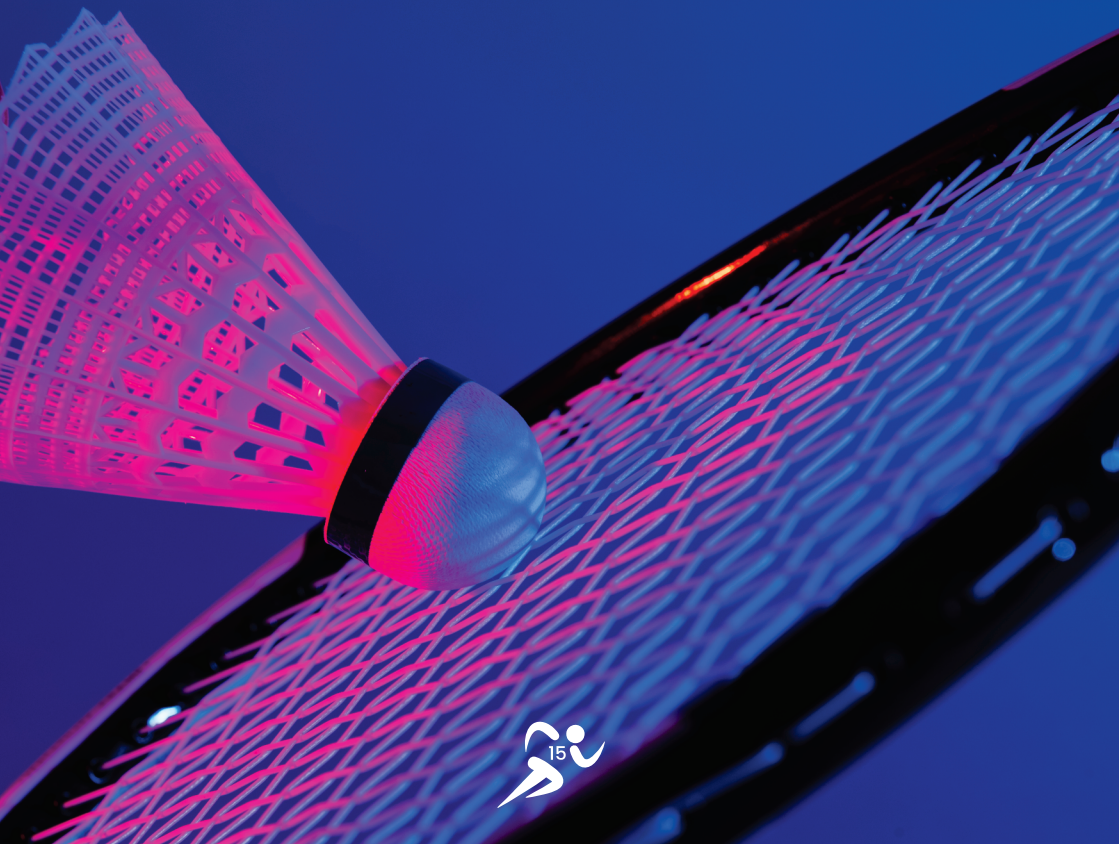
- Contain a prohibited substance
- Be contaminated with a prohibited substance during the manufacturing process
- Contain ingredients that are named differently to how they appear on the List
- Make false claims such as “approved by WADA” or “safe for athletes”
- Exclude some ingredients from their labels
- Be sold as fake products over the internet
- Athletes need to ensure that they fully understand the risks associated with supplement use and how to minimize these risks
- Supplements that are not batch-tested increase the risk of inadvertent doping
- Athletes must undertake thorough research before using a supplement



Recommendations for Athletes:

To mitigate these risks, athletes can take several precautions

- Consult Professionals: Always consult with a doctor, nutritionist, or healthcare professional before starting any supplement regimen.
- Careful Label Checking: Thoroughly read and cross-verify all listed ingredients with the current prohibited substances list provided by WADA.
- Third Party Certification: Check for Third party certification on the label
- Follow Dosage Guidelines: Stick to recommended dosages and avoid excessive intake.
- Consider Ceasing Use: If possible, consider discontinuing supplement use altogether.
- Avoid Online Purchases: Refrain from buying supplements online to reduce the risk of receiving counterfeit products.
- Watch for Suspicious Ingredients: Be cautious of supplements containing certain substances, such as those with numerical and Greek letter combinations or specific suffixes.



If you use a supplement

1. Keep a small amount - if you test positive, you at least have the option of having your leftover sample scientifically tested to see if it was contaminated
2. Keep the batch-test certificate - if you do take a supplement, lower your risk by choosing a batch-tested product
3. Keep the proof of purchase, like a receipt

Naturally-found nutritious food has no replacement. Taking the right food at the right time in the right quantity is the best policy.



Use of medications and Therapeutic Use Exemptions (TUE)

An athlete's health is important. An athlete who, for legitimate medical reasons, needs to use a medication that contains a prohibited substance or use a prohibited method may be able to do so. Athletes with an illness or condition requiring medication that has ingredients listed in the Prohibited list, need to obtain a TUE.

A TUE ensures that athletes can be treated for medical conditions even if the treatment involves using a prohibited substance or method, while avoiding the risk of being sanctioned. A TUE is granted for:

- A diagnosed medical condition
- A set period of time
- A set dose and frequency of use
- A set route of administration



Before taking any medication, as an athlete you must check the status on the List or with NADA. If the substance is prohibited, you will need to follow the process to apply for a TUE.

TUE Process



Physician

Athlete visits his/her physician and is diagnosed with a medical conditiod requiring the use of a prohibited substance or method

Athlete

Apply for a TUE

ADO TUE Manager/ Administrator

Submit completed application to ADO TuEC

TUEC

21 days to render a decision

ADO TUE Manager/ Administrator

Inform athlete of TUEC decision and record in ADAMS



Athletes should apply for a TUE as soon as possible after being prescribed the medical substance or route of administration. If the substance is prohibited in-competition only, be sure to apply at least 30 days before competition.

Doping Control Procedure

Athletes can be tested anytime, anywhere. Testing can take place in-competition, out-of-competition, at training venues or even at an athlete's home or place of current residence. Testing will be conducted with no advanced notice.

When athletes are selected for doping control (testing), they will go through the following process:

For Urine Sample Collection





- Athletes will choose a sample collection vessel – make sure that it is sealed and intact.

- A DCO who is the same gender as the athlete will witness the sample being provided.

- Athletes will choose a sample collection kit - make sure that it is sealed, intact and that the numbers (codes) are the same on both bottles.

- Athletes will divide the urine sample into "A" and "B" bottles and seal them.

- Athletes will review the information on the Doping Control Form (DCF) and add in some detail such as the name of their coach, the medications and supplements they have taken in the last 7 days - a copy will be sent to their email address.

If there are any concerns about the doping control process, athlete can write them down on the DCF or on a supplementary report form.

Samples will be sent to a WADA accredited laboratory confidentially; this means they do not know the athlete's name or nationality - just the sample number.

- The A sample is opened and analysed
- If the A sample is negative, it is the end of the process
- Samples can be stored for up to 10 years and can be further analysed
- The B sample is securely stored

If the A sample tests positive

- The athlete will be notified about the date, time and place for the opening of the B sample if requested by the athlete.
- The athlete can choose not to have the B sample analysed
- The athlete and/or their representative should have the opportunity to attend the B sample opening
- The athlete can also waive their right to be present during the opening of the B sample.

If the B sample tests positive

- If the B sample confirms the finding of the A sample, or if the athlete decides not to have the B sample analysed, the finding of the A sample is considered an alleged ADRV.

For Blood Sample Collection

Sometimes blood is collected. The process is very similar:

- Blood will be collected by a Blood Control Officer (BCO) who is trained in taking blood and has adequate qualifications.
- Athletes will choose a blood sample collection kit - make sure that it is sealed, intact and that the numbers on all vials are the same.
- Athletes need to be seated for 10 minutes (at rest) before blood can be taken.
- When an Athlete Biological Passport (ABP) blood test is collected, athletes must not have competed or trained in the two hours prior. So, an athlete may need chaperoning for an extended period of time if they have recently been active.



Athlete Biological Passport

The fundamental principle of the Athlete Biological Passport (ABP) is to monitor selected biological variables over time that indirectly reveal the effects of doping, rather than attempting to detect the doping substance or method itself. ADOs can integrate the ABP into the larger framework of a robust anti-doping program in order to:

- Identify athletes requiring further attention through intelligent and timely interpretation of Passport data. The ABP provides valuable information that can be used to direct anti-doping activities such as Target Testing or investigations more effectively; and

- Pursue possible Anti-Doping Rule Violations (ADRVs) in accordance with Article 2.2 (Use or attempted use by an athlete of a prohibited substance or a prohibited method) of the World Anti-Doping Code (Code)

- For more information on ABP, visit NADA website at https://nadaindia.yas.gov.in

Dried Blood Spot (DBS) Sample Collection

DBS is a method that collects a few drops of blood by pricking athlete's fingertip. The drops are placed into special filter paper cards to be analysed in WADA-accredited laboratories. A DCO or BCO who is trained in taking capillary blood samples and has adequate qualifications will collect the sample.

For a Dried Blood Spot (DBS) Analysis, the BCO will assess the most suitable location for the puncture that is unlikely to adversely affect the athlete or their sporting performance. The athlete will warm the sample collection site. The BCO will disinfect the blood sample site with a sterile disinfectant pad or swab. The BCO will collect the blood from the fingertips or from the upper arm. The BCO will transfer the DBS samples into a secure kit that is labelled as 'A' & 'B'.



Athlete Whereabouts

Whereabouts is information that allows athletes to be located for testing. It is information used by those who have authority to test athletes. Not providing the information or providing inaccurate or misleading information can result in consequences.

All athletes in the RTP need to provide accurate whereabouts information every quarter in advance. While on travel – planned or unplanned, Anti-Doping Administration & Management System (ADAMS) should be used, even for unplanned emergencies. Clear instructions should be provided to help in locating you easily.

RTP Athletes

NADA India is the final decision maker to place athletes in Registered Testing Pool (RTP). This selection is in accordance with the International Standard for Testing and Investigations as published by WADA. NADA India regularly reviews and updates the criteria for the RTP and revises the list in accordance with relevant criteria.

Every athlete in the Registered Testing Pool is required to:

Inform NADA India about their whereabouts on a quarterly basis, in the manner as specified by the International Standard for Testing (ISTI)
Update accurate and complete information at all times
Make themselves available for testing at those whereabouts whenever required.

Speak Up

Everyone has a duty to protect clean sport. Taking part in clean sport requires those involved in sport to speak up when they suspect doping. If athletes or coaches suspect, witness, or know of an activity that goes against clean sport, it is their responsibility to report it. There are different ways to report and share information to protect clean sport.

Speak Up – WADA's reporting platform

WADA's Speak Up platform allows the reporting of any information about an individual or organization in a strictly confidential way. You can report suspected doping - any ADRV or any act or omission that could go against clean sport through https://speakup.wada-ama.org/frontpage.

NADA's Speak Up Platform

The Speak Up platform is an essential initiative by NADA designed to empower athletes, support personnel, and the wider sporting community to confidentially report any suspected ADRVs. This platform aligns with global best practices and reinforces India's commitment to maintaining the integrity of sport.

The platform ensures confidentiality and security of the information provided, allowing whistleblowers to report in good faith without fear of retaliation. Reports can be submitted anonymously or with contact details, depending on the whistleblower's comfort. If you observe any doping related misconduct, report it immediately at speakup-nada@gov.in.

This initiative supports the broader mission of Play True by promoting a transparent, ethical, and clean sporting environment in India.



Links for SOCIAL MEDIA Platforms



Twitter (X)

https://x.com/NADAIndiaOffice

Instagram

https://www.instagram.com/nadaindiaoffice/?hl=en

Threads

https://www.threads.net/@nadaindiaoffice?xmt=AQGzvg7tK27f7focxy6LJ3bAbWdCEidXEy_-igxJrfoKCms

LinkedIn

https://www.linkedin.com/company/national-anti-doping-agency-india/

Facebook

https://www.facebook.com/NADAIndiaOfficial

QR Code to access Link Tree

https://linktr.ee/NadaIndialinks

DON'T LET ANY PROHIBITED MEDICINE RUIN YOUR SPORTING CAREER!

Athletes can safeguard themselves against inadvertent doping by easily searching the prohibited ststus of a medicine or its ingredients with NADA India's

Know Your Medicine App

Scan here to download



Note: In case of any discrepancy, the English version of this booklet may be considered final.

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NATIONAL ANTI DOPING AGENCY INDIA

Ramp No. 02, Hall No. 103-104, First Floor,
Jawaharlal Nehru Stadium Complex, Lodhi Road, New Delhi-110003
Phone: +91-11-24368274
Email: info.nada@nic.in , edu-nadaindia@gov.in

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