







राष्ट्रीय डोप रोधी एजेंसी

(युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार का स्वायत्त निकाय)

National Anti Doping Agency

(An Autonomous Body of Ministry of Youth Affairs & Sports, Govt. of India)

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Upholding to the **Principles and Values**

associated with clean sport

Respect - Having respect & dignity for self and others.

Equity - Equity is about the opportunity for all to achieve.

Inclusion - Inclusion is about participation for all.

To protect the athletes' fundamental right to participate in doping-free sport.

To promote health, fairness and equality for athletes worldwide.

To ensure harmonized, coordinated and effective anti-doping programs at the international and national level.

SAYNO
TODOPING
TODAY & EVERYDAY

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1/11 PILLARS OF NADA

JANUARY जनवरी 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13 लोहड़ी Lohri
14 मकर संक्राति Makar Sankranti	15	16	गुरू गोबिन्द सिंह जन्म दिवस Guru Govind Singh B'day	18	19	20
21	22	23	24	25 हजरत अली जन्म दिवस Hazrat Ali B'day	26 गणतंत्र दिवस Republic Day	27
28	29	30	31			

NADA India's Education Vision

"To uphold the spirit of clean sports and endeavor to promote integrity and fair play in sports."

"To emphasize the principle that an athlete's first experience with anti-doping should be through education rather than doping control."









The Principle of strict liability states that all athletes have to bear responsibility for any prohibited substance, along with its metabolites or markers, detected in their urine and/or blood samples during doping control, regardless of whether the athlete intentionally or unintentionally used a prohibited substance or method.

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2/11 PILLARS OF NADA

FEBRUARY फरवरी 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहरपतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 वसंत पंचमी Vasant Panchmi	15	16	17
18	19 शिवाजी जयंती Shivaji Jayanti	20	21	22	23	गुरू रविदास जन्म दिवस Guru Ravi Das B'day
25	26	27	28	29		

In fields of play, where spirits soar,
Fairness we cherish, forevermore.
Clean sport's grace, a guiding light,
Uniting hearts, in joyous flight.

No shadows cast, no cheats in sight,
Honor and truth, our compass right.
With skill and heart, we take a stand,
Hand in hand, we'll walk the land.







Managing Supplement Risks

All athletes must undertake thorough internet research prior to using any supplement product.
This is a WADA Code requirement.

Not knowing is not an excuse.

If you test positive, it will be for you to prove how the banned substance entered your system.

The Code makes a provision for contaminated products (supplements), so make sure you can prove that you have taken all steps to manage the risks associated with supplement use.

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3/11 PILLARS OF NADA

MARCH मार्च 2024

रविवार	सोमवार	मंगलवार	बुधवार	बृहस्पतिवार	शुक्रवार	शनिवार
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4	5	स्वामी दयानन्द जन्म दिवस Swami Dayanand B'day	7	8 महाशिव रात्रि Mahashiv Ratri	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 होलिका दहन Holika Dahan	25 ਵੇਜੀ Holi	26	27	28	29 गुड फ्राइडे Good Friday	30

In victory or loss, we'll stay true,
For sportsmanship, the golden view.
Let joy and pride guide every play,
As we uphold fair play, each day.

Promoting clean sport, bound by love,
In this endeavor, we rise above.
Together we shine, forever bright,
In this pure quest, we find delight.







Athletes Know Your Rights

Right to education

Equitable and fair testing programs

Application and standing

Rights to compensation

Right to data protection

Whistleblower rights

Protected persons right

Equality of opportunity

Right to accountability

Right to justice

Right to B sample analysis

Other rights and freedoms not affected

Rights during a sample collection session

Medical treatment and protection of health rights

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4/11 PILLARS OF NADA

APRIL अप्रैल 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
	1	2	3	4	5 जमात उल विदा Jamat UL Vida	6
7	8	9	10	11 ईद उल-फित्र Eid al-fitr	12	13
14 अम्बेड्कर जयंती Ambedkar Jayanti	15	16	17 राम नवमी Ram Navami	18	19	20
21 महावीर जयंती Mahavir Jayanti	22	23	24	25	26	27
28	29	30				

Let hard work and talent be our guide, And let our willpower remain by our side.

Behind unnatural means to gain fame, For that victory will bring no acclaim.

Let's strive for excellence with a clear mind, And leave cheating and shortcuts behind.

> So, say no to doping and play fair, And let the true spirit of sportsmanship be our share.

A true champion is one who abides, By the rules and brings pride.

For in the end, it is not just about the win, But about the person we become within.







Sport Consequences

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.

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.

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.

Public Disclosure: The Anti-Doping Organization (ADO) informs the general public of the ADRV. **Fines**

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MAY मई 2024

रविवार	सोमवार	मंगलवार	बुधवार	बृहस्पतिवार	शुक्रवार	शनिवार
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	रविन्द्रनाथ टेगोर जन्म दिवस Ravindra Nath Tagore B'day	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 बुध पूर्णिमा Budh Purnima	24	25
26	27	28	29	30	31	

Say No to Doping

Keep sports clean, play the fair game, Make your efforts count to earn a name. Shortcuts may lead to temporary fame, But they lead to bans, life-time of shame.

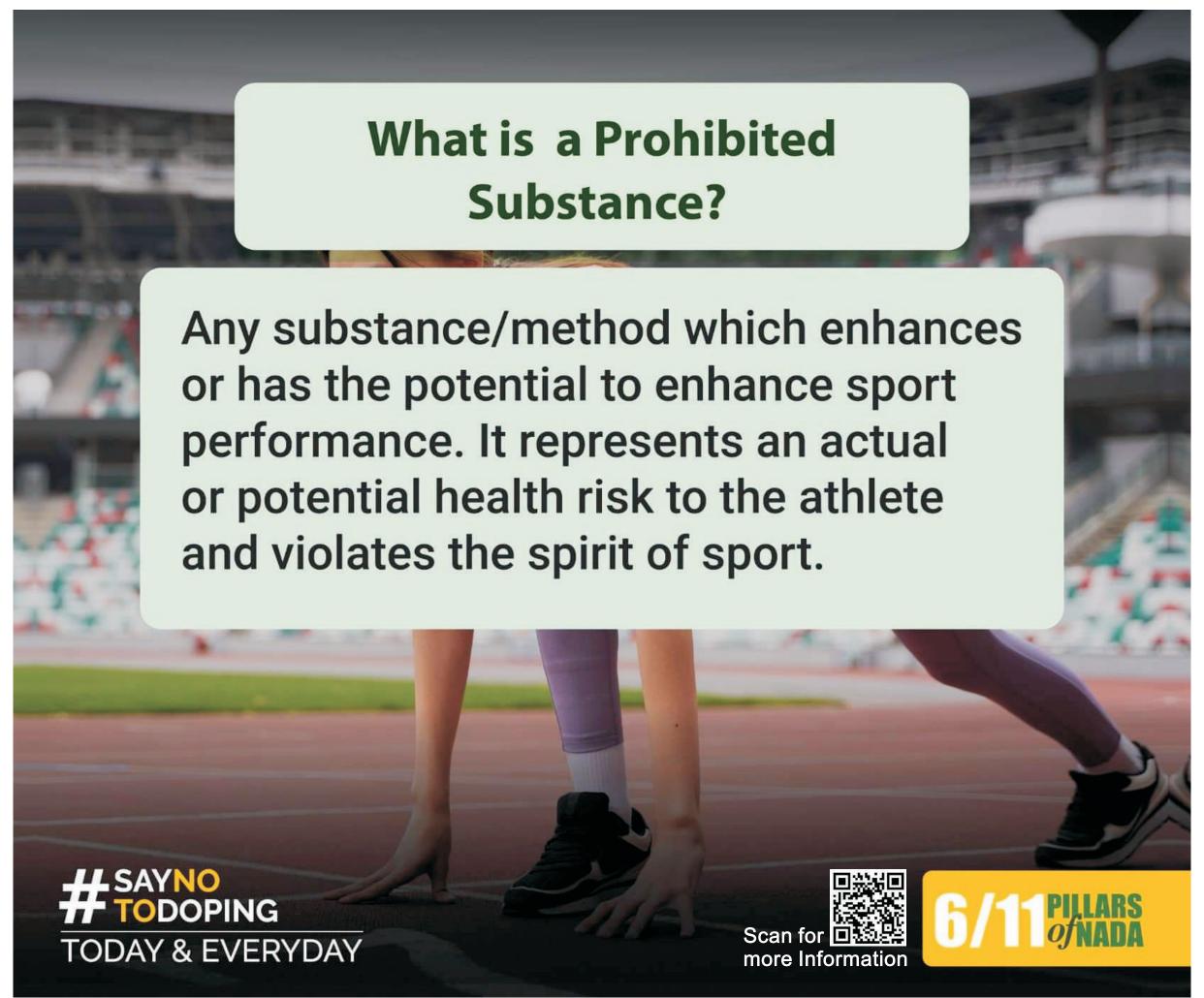
Drugs may power the body to victory,
Drugs may push teams to win through trickery.
But remember, drugs will make
the body weak and jittery,
And catching drug cheats is no longer a mystery.

National Anti Doping Agency is at top of its game, Say No to doping, play the fair game. Sports is a celebration of human spirit, Its joy and happiness, there is no limit.









JUNE जून 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 ईद उल-जुहा (बकरीद) Ed al-Zuha	18	19	20	21	22
23	24	25	26	27	28	29

WE TAKE A STAND.

In the realm of sports, we take a stand,
Against doping's deceitful hand.
With hearts of valor and spirits high,
We strive for clean play, we unify.

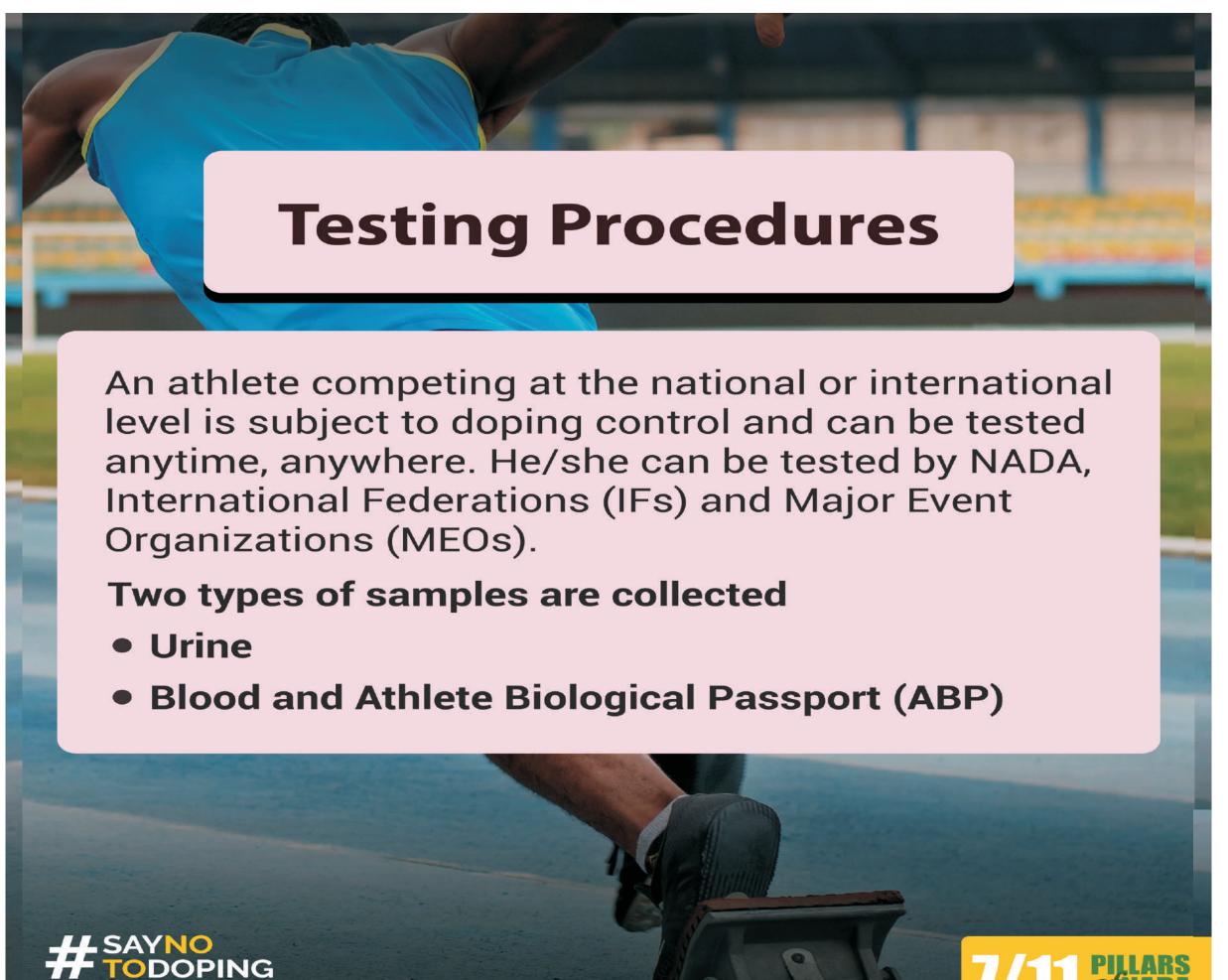
National Anti Doping Agency, our guide,
Ensuring fair contests, with honor abide.
In strength we find, in truth we share,
Embracing sportsmanship, beyond compare.

Together we'll uphold the righteous creed, Where fairness and integrity succeed.









JULY जुलाई 2024

TODAY & EVERYDAY

रविवार	सोमवार	मंगलवार	बुधवार	बृहस्पतिवार	शुक्रवार	शनिवार
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 स्थ यात्रा Rath Yatra	8	9	10	11	12	13
14	15	16	17 मुहर्रम Muharram	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Through trials and tests, we'll firmly stay, Championing clean sports, come what may.

For athletes bold, we pave the way,
In a world of sports, where justice holds sway.
The spirit of competition, free from stain,
Anti-doping's shield, our pride regain.

With unwavering resolve, we'll fight the fight,
Preserving the purity of sports, shining bright.
Let's unite in the quest to keep games fair,
For clean sports' glory, we deeply care.







Use of medications and Therapeutic Use Exemptions (TUE)

As an athlete, you may have an illness or medical condition that requires a particular medication. If this medication contains a substance or requires an administration method that is on the List of Prohibited **Substances and Methods** (List), you may apply for a Therapeutic Use Exemption. A TUE allows you to use the medication or method as it will not afford you a competitive advantage, but rather ensure you can compete in a proper state of health.

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

Before taking any medication, as an athlete you must check the status through Know You Medicine app or with your National Anti Doping Agency. If the substance is prohibited, you will need to follow the process to apply for a TUE.

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8/11 PILLARS OF NADA

AUGUST अगस्त 2024

रविवार	सोमवार	मंगलवार	बुधवार	बृहस्पतिवार	शुक्रवार	शनिवार
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 स्वतंत्रता दिवस Independence Day	16	17
18	19 रक्षा बंधन Raksha Bandhan	20	21	22	23	24
25	26 जन्माष्टमी Janmashtami	27	28	29	30	31

In the realm where athletes tread,
A noble quest, where honor's thread,
Promoting clean sport, fair play's light,
A beacon strong, shining so bright.

No shadows cast by cheats or lies,

Where honesty and skill arise,

The spirit of the game, untamed,

In fair competition, heart's unblamed.







Speaking up

to share concerns about doping

As an athlete, you may have unique insights into your sport including clear indications of doping risks or problems that may warrant investigation. The anti-doping system works best when you come forward with this information.

Nothing is more likely to get results for investigations than when a credible informant with hard evidence makes the decision to do what is right and assist authorities.

The Speak Up Platform allows athletes, their support personnel and all others who may have information to share regarding a possible Anti-Doping Rule Violation (ADRV) to provide the information to WADA in a confidential manner if they choose. Speak Up can also be used to report possible non-compliance by an **Anti-Doping Organization (ADO)** under the World Anti-Doping Code or any act or deed that could undermine global efforts for sport.

SAYNO TODOPING TODAY & EVERYDAY





SEPTEMBER सितम्बर 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
1	2	3	4	5	6	7 गणेश चतुर्थी Ganesh Chaturthi
8	9	10	11	12	13	14
15 थू ओनम दिवस Thiru Onam Day	16 ईद ए-मिलाद Id-e-Milad	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

No shortcuts sought, no secret ways,
In clean sport's realm, all darkness stays,
With passion true and virtue's high,
Fair play's anthem, reaching the sky.

From every field, from every court,
Rings out the call, a sacred port,
To champion clean sport's embrace,
And fair play's grace, forever in place.

So let us stand, united all,
For clean sport's rise, we proudly call,
A symphony of fairness, strong and clear,
In every heart, in every cheer.









Whereabouts is information provided by some athletes so that the Anti-Doping Organisation (ADO) can locate them for testing, paticularly out-of-competition testing.





10/11 PILLARS OF NADA

OCTOBER अक्टूबर 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
	,	1	महात्मा गांधी जयंती Mahatma Gandhi Jayanti	3	4	5
6	7	8	9	10	11	12 दशहरा Dussehra
13	14	15	16	17 वाल्मीकि जयंती Valmiki Jayanti	18	19
20 करवाचौथ Karwachouth	21	22	23	24	25	26
27	28	29	30	31 दीपावली Deepawali		

Clean sport, fair play, build trust strong, Forgoing accusations, truth we prolong.

Shun the drugs, athletes stand tall,
In the sports arena, victory we enthrall.

Ethics triumph in each competition's game, Clean play's essence, fair athletes acclaim. Uphold the honor of our nation's fame, In the field of sports, ethics we proclaim.







What are Anti-Doping Rule Violations (ADRVs)?

When an athlete or athlete support personnel commits a doping offence, it is known as an ADRV. Certain consequences or sanctions apply to athlete or athlete support personnel who commits an ADRV

TODAY & EVERYDAY

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11/11 PILLARS OF NADA

NOVEMBER नवम्बर 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
					1	<mark>2</mark> गोवर्धन पूजा Govardhan Pooja
3 भाई दूज Bhai Duj	4	5	6	पृ जा Chhat Puja	8	9
10	11	12	13	14	15 गुरू पर्व Guru Nanak Jayanti	16
17	18	19	20	21	22	23
24 गुरुतेग बहादुर शहीदी दिवस Guruteg Bahadur Martyrdomday	25	26	27	28	29	30

Promoting Clean Sport & Fair Play

In arena of sports, where champions are made, There lies a spirit that must never fade.

With determination and unwavering grace, Athletes compete in this sacred space.

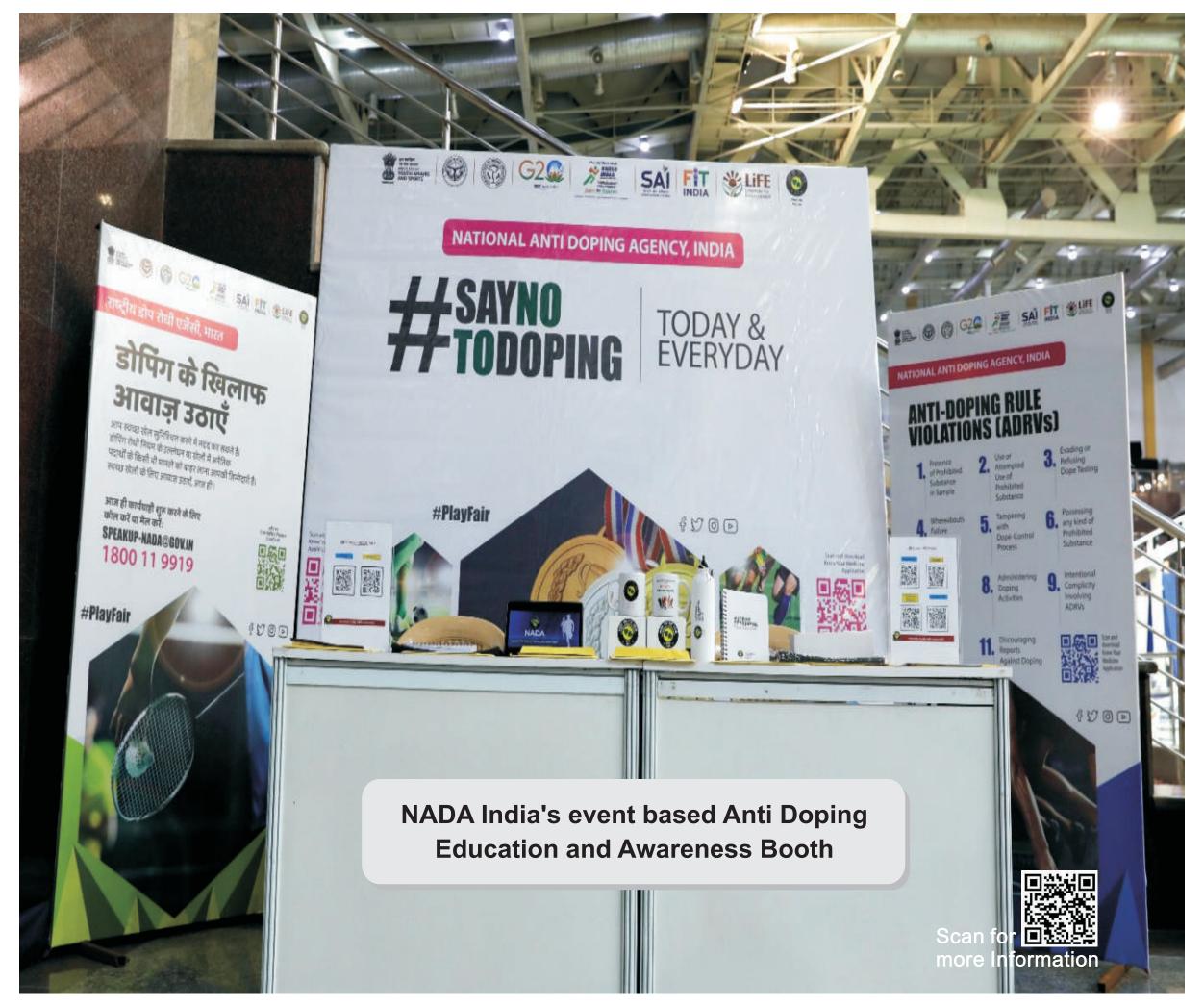
They uphold thy values, they show the way, Of love & integrity through fair play.





NATIONAL ANTI DOPING AGENCY INDIA





DECEMBER दिसम्बर 2024

रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहरपतिवार Thursday	शुक्रवार Friday	शनिवार Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 क्रिसमस Christmas Day	26	27	28
29	30	31				

Likely, through clean sport and fair play, We can inspire, uplift, and light the way.

And the victory achieved with honor& grace, Brings more joy than any tainted embrace.

So, vow to promote clean sport, where athletes compete, With honesty and love for nations concrete.











राजपत्रित अवकाश

GAZETTED HOLIDAYS

गणतंत्र दिवस	शुक्रवार	26 जनवरी	Republic Day	Friday	26 January
होली	सोमवार	25 मार्च	Holi	Monday	25 March
- गुड फ्राइडे	शुक्रवार	29 मार्च	Good Friday	Friday	29 March
ईद-उल-फितर	गुरुवार	11 अप्रैल	ld-ul-Fitr	Thursday	11 April
रामनवमी	बुधवार	17 अप्रैल	Ram Navami	Wednesday	17 April
महावीर जयंती	रविवार	21 अप्रैल	Mahavir Jayanti	Sunday	21 April
- बुद्ध पूर्णिमा	गुरुवार	23 मई	Buddha Purnima	Thursday	23 May
- ईद-उल-जुहा (बकरीद)	सोमवार	17 जून	Id-ul-Zuha (Bakrid)	Monday	17 June
- मुहर्रम	बुधवार	17 जुलाई	Muharram	Wednesday	17 July
- स्वतंत्रता दिवस	गुरुवार	१५ अगस्त	Independence Day	Thursday	15 August
जन्माष्टमी (वैष्णव)	सोमवार	26 अगस्त	Janmashtami (Vaishnva)	Monday	26 August
मिलाद-उन-नबी/ईद-ए-मिलाद (पैगम्बर मोहम्मद साहब का जन्म दिवस)	सोमवार	16 सितम्बर	Milad-un-Nabi or Id-e-Milad (Birthday of Prophet Mohammad)	Monday	16 September
- गांधी जयंती	बुधवार	02 अक्तूबर	Gandhi Jayanti	Wednesday	02 October
दशहरा (विजयादशमी)	शनिवार	12 अक्तूबर	Dussehra (Vijayadashmi)	Saturday	12 October
दिवाली (दीपावली)	गुरुवार	31 अक्तूबर	Diwali (Deepavali)	Thursday	31 October
गुरु नानक जयंती	शुक्रवार	15 नवम्बर	Guru Nanak Jayanti	Friday	15 November
क्रिसमस	बुधवार	25 दिसम्बर	Christmas	Wednesday	25 December

वैकल्पिक अवकाश

RESTRICTED HOLIDAYS

नव वर्ष	सोमवार	01 जनवरी	New Year's Day	Monday	01 January
लोहड़ी	शनिवार	13 जनवरी	Lohri	Saturday	13 January
मकर संक्रांति	रविवार	14 जनवरी	Makar Sankranti	Sunday	14 January
माघ बिहू/पोंगल	सोमवार	15 जनवरी	Magha Bihu/ Pongal	Monday	15 January
गुरु गोबिंद सिंह जयंती	बुधवार	17 जनवरी	Guru Gobind Singh Jayanti	Wednesday	17 January
हज़रत अली का जन्म दिवस	गुरुवार	25 जनवरी	Hazarat Ali's Birthday	Thursday	25 January
श्री पंचमी, बसंत पंचमी	बुधवार	14 फरवरी	Sri Panchami, Basant Panchami	Wednesday	14 February
शिवाजी जयंती	सोमवार	19 फरवरी	Shivaji Jayanti	Monday	19 February
गुरु रविदास जयंती	शनिवार	24 फरवरी	Guru Ravi Das Jayanti	Saturday	24 February
स्वामी दयानंद सरस्वती जयंती	बुधवार	06 मार्च	Swami Dayananda Saraswati Jayanti	Wednesday	06 March
महाशिवरात्रि	शुक्रवार	08 मार्च	Maha Shivratri	Friday	08 March
होलिका दहन	रविवार	24 मार्च	Holika Dahan	Sunday	24 March
डोलयात्रा	सोमवार	25 मार्च	Dolyatra	Monday	25 March
ईस्टर रविवार इंस्टर रविवार	रविवार	31 मार्च	Easter Sunday	Sunday	31 March
जमात-उल-विदा	शुक्रवार	०५ अप्रैल	Jamat-Ul-Vida	Friday	05 April
चैत्र शुक्लादि/गुड़ी पाड़वा/उगादी/ चेती चांद	मंगलवार	09 अप्रैल	Chaitra Sukladi/Gudi Padava/ Ugadi/Cheti Chand	Tuesday	09 April
बैसाखी/विषु	शनिवार	13 अप्रैल	Vaisakhi/Vishu	Saturday	13 April
मेषादी/वैशाखादि/बोहाग बिहू	रविवार	१४ अप्रैल	Meshadi /Vaisakhadi (Bengal)/Bahag Bihu	Sunday	14 April
गुरुदेव रबीन्द्रनाथ टैगोर जयंती	बुधवार	08 मई	Gurudev Rabindranath Tagore Jayanti	Wednesday	08 May
रथ यात्रा	रविवार	07 जुलाई	Rath Yatra	Sunday	07 July
पारसी नव वर्ष/नौरोज़	गुरुवार	15 अगस्त	Parsi New Year's day/Nauraj	Thursday	15 August
रक्षा बंधन	सोमवार	19 अगस्त	Raksha Bandhan	Monday	19 August
गणेश चतुर्थी/विनायक चतुर्थी	शनिवार	07 सितम्बर	Ganesh Chaturthi/ Vinayaka Chaturthi	Saturday	07 September
ओणम	रविवार	15 सितम्बर	Onam	Sunday	15 September
दशहरा (सप्तमी)	गुरुवार	10 अक्तूबर	Dussehra (Saptami)	Thursday	10 October
दशहरा (महाअष्टमी)/दशहरा (महानवमी)	शुक्रवार	11 अक्तूबर	Dussehra (Mahashtami)/(Mahanavmi)	Friday	11 October
महर्षि वाल्मीकि जयंती	गुरुवार	17 अक्तूबर	Maharishi Valmiki Jayanti	Thursday	17 October
करक चतुर्थी (करवा चौथ)	रविवार	20 अक्तूबर	Karaka Chaturthi (Karwa Chouth)	Sunday	20 October
नरक चतुर्दशी	गुरुवार	31 अक्तूबर	Naraka Chaturdasi	Thursday	31 October
गोवर्धन पूजा	शनिवार	02 नवम्बर	Govardhan Puja	Saturday	02 November
भाई दूज	रविवार	03 नवम्बर	Bhai Duj	Sunday	03 November
प्रतिहार षष्ठी/सूर्य षष्ठी (छठ पूजा)	गुरुवार	०७ नवम्बर	Pratihar Shashthi/Surya Shashthi (Chhath Puja) Thursday	07 November
गुरु तेग बहादुर शहीदी दिवस	रविवार	24 नवम्बर	Guru Teg Bahadur's Martyrdom Day	Sunday	24 November
3					

राष्ट्रीय डोप रोधी एजेंसी

(युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार का स्वायत्त निकाय) **National Anti Doping Agency**



(An Autonomous Body of Ministry of Youth Affairs & Sports, Govt. of India)

