

National Anti Doping Agency
J.L.N Stadium, Hall No. 103-104, First Floor,
Lodhi Road, New Delhi 110 003
Telefax: 011-24368274

To,

Date: 19.02.2026

Mr. Ankit,
Sports- Wrestling,
S/o Sh. Shish Ram,
R/o 111 Main Gali, Jhamri,
(151) District Jhajjar,
Haryana - 124142
Email- ankitgahlawat963@gmail.com

Subj: Decision of the Anti-Doping Disciplinary Panel Case No.- 126/ADDP/2024.

NADA VS. Mr. Ankit (ADAMS ID – ANANMA38778)

The order containing the decision of the Anti-Doping Disciplinary Panel dated 18.02.2026 in respect of the final hearing of the above case held on 09.02.2026 is enclosed.

Please note that according to Article 13.2.2 of Anti-Doping Rules of NADA 2021, **the time to file an appeal to the National Anti-Doping Appeal Panel shall be twenty-one (21) days from the date of receipt of this decision by the appealing party.** The appeal may be filed by email at antidoping-panel@gov.in or may be filed directly at the office of the Anti-Doping Panel at J.L.N. Stadium, Ground Floor, Staircase No. 5, Near AICS Office, Lodi Road, New Delhi- 110003.

WADA and the International Federation have a right to appeal against the decision in accordance with Anti-Doping Rules.

Also please note that according to Article 10.7.1- (**Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations**)- Any period of Ineligibility imposed may be partially suspended if you assist NADA in uncovering and/or establishing an ADRV by another Athlete or Athlete Support Personnel pursuant to Article 10.7.1 ADR. Further, the athlete is subjected to a doping control test during the ineligibility period, therefore, the athlete is required to update his residential address as and when changed.

Copy of the NADA Anti-Doping Rules 2021 may be downloaded from NADA website at the following link: - <https://nadaindia.yas.gov.in>

The receipt of this communication may be acknowledged.

Encl: 14 Sheets.



(Yasir Arafat)

Sr. Programme Associate (Legal)

Copy forwarded together with the copy of the order containing the decision of the Anti-Doping Disciplinary Panel for information and action deemed necessary:

1. The World Anti-Doping Agency, Stock Exchange Tower, 800 Place Victoria (Suit 1700) P. O. Box 180, Montreal (Quebec), H4Z 1B7, Canada.
2. All India Sports Council of the Deaf, 1B Institutional Area, Near Janta Flats, Sarita Vihar, New Delhi- 110076.
3. International Committee of Sports for the Deaf, Av. de Rhodanie 54, CH-1007, Lausanne, Switzerland.

BEFORE THE ANTI-DOPING DISCIPLINARY PANEL

J.L.N. Stadium, Lodhi Road, New Delhi -110003

Case No. 126/ADDP/2024

**In the matter of Mr. Ankit (Sports-Wrestling) for the violation of Articles
2.1 & 2.2 of National Anti-Doping Rules, 2021**

(PROCEEDINGS CONDUCTED THROUGH VIRTUAL MODE)

Quorum: *Mr. Sarthak Chaturvedi, Chairperson & Legal Member*

Dr. Vipul Vijay, Medical Member

Ms. Deepali Deshpande, Sports Member

Present: *Mr. Ankit, the Athlete, along with his counsel, Mr. Raaj Kumar,
Advocate Legal Aid Counsel*

*Mr. Prateek Dhanda, Advocate and Mr. Yasir Arafat Law Officer of
NADA.*

JUDGEMENT DATED 18.02.2026

- A. The present proceedings before this Anti-Doping Disciplinary Panel “ADDP” constituted under the National Anti-Doping Rules **Article 8.1.2.1** emanate from the violation of the National Anti-Doping Rules **Article 2.1** (Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete’s Sample) & **Article 2.2** (Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method). The National Anti-Doping Agency hereinafter referred as “NADA” and Anti-Doping Rules as “**the ADR**” in abbreviated form. Unless otherwise specified, all capitalized terms herein shall bear the meaning ascribed to them under the ADR.
- B. The Athlete, Mr. Ankit, is a para-athlete specializing in Wrestling (CISS Wrestling Freestyle 74 kg). He is certified as a person with **100% disability, being deaf and dumb since birth** (UDID Card No. HR1520020000033935 dated 29.03.2023). He cannot hear, speak, or read

English. He communicates only through basic sign language and is completely dependent on others for communication and comprehension. **As per the guidelines, his coach is Mr. Irshad Khan, who is also deaf and dumb.**

C. That the brief facts of the case are as follows:

1. That the Athlete was subjected to **out-competition** urine sample collections by a NADA Doping Control Officer ("DCO") at Sonapat, Haryana on **23.11.2024**. The sample was assigned Code **A 1513891** and **B 1513891**
2. That the sample was transported to the World Anti-Doping Agency ("WADA")- accredited Laboratory, National Dope Testing Laboratory, Delhi. The Laboratory analysed the sample **A 1513891** in accordance with the procedures set out in World Anti-Doping Agency's International Standard for Laboratories. Analysis of the sample returned an Adverse Analytical Finding ("AAF") for the following substance:
 - **S1.1 Anabolic Androgenic Steroids**
 - **Oxandrolone and its metabolites:**
 - **17alpha-hydroxy-17beta-methyl-2-oxa-5alpha-androstan-3-one; and**
 - **17alpha-hydroxy-methyl-17beta-methyl-18-nor-2-oxa-5alpha-androst-13-en-3-one (LTM)**

Above mentioned substances are listed under S1 of the World Anti-Doping Agency Prohibited List'2024 as a non-specified substance.

3. The initial review of the **A 1513891**, as **per Article 7.2 of NADA and Article 5.1.1** of the International Standards for Result Management ("ISRM"), shows that there was no apparent deviation from the International Standard for Testing and Investigation

("ISTI") or the International Standard for Laboratories ("ISL") that could undermine the validity of the Adverse Analytical Finding ("AAF").

4. The Athlete was notified of the Adverse Analytical Finding ("AAF") in A **1513891** via a notification dated **16.12.2024**. The analysis also highlighted the violation of Article 2.1 and Article 2.2 of the NADA ADR' 2021, due to the presence of "**S1.1 Anabolic Androgenic Steroids/ Oxandrolone and its metabolites, 17 alpha-hydroxy-17beta-methyl-2-oxa-5alpha-androstan-3-one; and 17alpha-hydroxy-methyl-17beta-methyl-18-nor-2-oxa-5alpha-androst-13-en-3-one (LTM)**". The Athlete was provisionally suspended with immediate effect.
5. The Athlete was subsequently served with a Notice of Charge, bearing No. **K-11/7/2022 – SPO, dated 18.06.2025**. This Notice of Charge, issued under the NADA ADR '2021, accused the Athlete of violating **Article 2.1 (Presence of a Prohibited Substance) and Article 2.2 (Use of a Prohibited Substance) of the NADA Anti-Doping Rules, 2021**.
6. The Athlete **challenged the notice given by NADA**. However, he did not file any response to either the Notification or the Notice of Charge within the prescribed timelines.
7. Recognising that the Athlete is a differently-abled para-athlete, NADA provided **special legal aid** to the Athlete to enable him to defend himself in these proceedings.
8. The Athlete **did not request for the B-sample analysis** within the stipulated timeframe following the notification, thereby waiving his right as per the NADR.
9. That on **15.09.2025**, Anti-Doping Disciplinary Panel (ADDP) had been constituted to adjudicate the case. The Athlete has been issued

a Hearing Notice, granting 7 days to challenge any panel member on grounds of conflict of interest, and 20 days to submit a detailed written defense.

10. The Athlete's counsel took time to file the written submissions on the last date of hearing and ultimately filed them.

11. During the final hearing was convened on **09.02.2026**. The Athlete appeared with his counsel and his brother-in-law and reiterated his defense grounded and prayed for elimination or significant reduction of the sanction.

D. ANTI-DOPING RULE VIOLATION(S) COMMITTED:

That the Athlete violates the National Anti-Doping Rules, 2021, **Article 2.1** and **Article 2.2** (Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample & use or Attempted Use of a Prohibited Substance or a Prohibited Method.)

- **S1.1 Anabolic Androgenic Steroids**
- **Oxandrolone and its metabolites**

E. APPLICABLE CONSEQUENCES:

1. This constitutes the Athlete's first Anti-Doping Rule Violation (ADRV), as confirmed by NADA's records and the Notice of Charge dated 18.06.2025.
2. The Consequences are governed by **Article 10.2 of the NADR 2021**. For a **Non-Specified Substance (Oxandrolone)**, the period of Ineligibility shall be **four (4) years**, unless the Athlete establishes that the violation was **not intentional** (Article 10.2.1.1).
3. **Disqualification of results** shall follow under **Article 10.10**, all competitive results obtained by the Athlete from the date of sample collection (23.11.2024) until the commencement of the period of

Ineligibility shall be disqualified, with all resulting consequences, including forfeiture of any medals, points, and prizes.

4. Automatic publication of sanction under **Article 14.3.1**.

F. SUBMISSIONS MADE BY THE ATHLETE'S COUNSEL ARE REPRODUCED HEREIN:

1. During the Anti-Doping Disciplinary Panel (**ADDP**) Hearing, Athlete's Counsel submitted that the Athlete is deaf and dumb since birth, certified with **100% permanent disability** (UDID Card No. HR1520020000033935 dated 29.03.2023). He cannot hear, speak, or read English. He communicates only through basic sign language, which is understood by very few persons in his village. He is completely dependent on others for all forms of communication and comprehension.
2. The Athlete **challenged the notice issued by NADA** and contended that the proceedings against him are unsustainable in law and on facts.
3. The Athlete's Counsel argued that the Athlete has never participated in any anti-doping education program. No program tailored for deaf and dumb para-athletes has ever been conducted by NADA or any other sporting body. The Athlete was entirely unaware of the Prohibited List, the concept of strict liability, the requirement to obtain a TUE, or even the consequences of an AAF. His ignorance is not willful but structural and systemic.
4. The Athlete's Counsel passionately argued that the Notification of AAF and the Notice of Charge were sent in English to his village address. The Athlete, being uneducated beyond Class X and unable to read English, did not comprehend the contents. His mother, an elderly illiterate woman, was equally incapable of understanding the legal

documents. The delay in response was not due to negligence but due to complete inability to access the information.

5. The Athlete's Counsel pleaded that the Athlete is completely innocent. He has never knowingly consumed any prohibited substance. The substance likely entered his system through **contaminated food at the training camp**. He has no knowledge of having consumed any medication or supplement containing Oxandrolone. Being a poor athlete from a rural background with no access to sophisticated doping methods or black-market substances, the possibility of unknowing ingestion cannot be ruled out.
6. The Athlete's father is deceased. He lives with his aged mother (65 years). He has six married sisters and is the sole male member of the family. He is the only earning member, struggling to sustain himself and his mother through his sporting career. He cannot afford expensive lawyers, B-sample analysis, or laboratory documentation packages. His financial condition is deplorable.
7. This is the Athlete's first ADRV. He has a clean record of five years in competitive wrestling. There is no history of any prior doping violation or disciplinary action.
8. That no information whatsoever was given to the Athlete regarding the sample-taking procedure. He was never explained the process, his rights, or the consequences of an AAF in a language or format accessible to him. The sample collection was, therefore, procedurally flawed and the resultant sample is **illegal and void**.
9. During the hearing, the Athlete's counsel submitted that the sample was collected out-of-competition and there was no game or event on that day. Therefore, there was **no objective or motive** to take a

performance-enhancing substance. The counsel emphasised that the Athlete had nothing to gain by doping at that juncture.

10. That one **Mr. Rajesh Godara** (brother-in-law of the Athlete) was present during the hearing. He submitted on oath that he dropped the Athlete at the training camp in Sonipat for a training session. The Athlete is pure vegetarian and does not consume any intoxicating or performance-enhancing substances. He carried only clothes and documents. If any substance was administered to him, it must have been done by someone else without his knowledge. Mr. Godara affirmed the Athlete's clean habits and character.
11. The Athlete's Counsel relied upon the decision of this very Panel in *NADA v. Narayan Thakur*, wherein the Panel held that where a substance is taken for medical necessity without intent to enhance performance, the Athlete cannot be held to have committed a violation in the same degree as an intentional doper.
12. The Athlete prayed for the Dismissal of the proposed ban, alternatively, a finding of **No Significant Fault or Negligence**, Reduction of the period of ineligibility to the minimum possible and Credit for the entire period of provisional suspension already served.

G. SUBMISSIONS MADE BY NADA ARE REPRODUCED HEREIN:

1. NADA contended that according to **Article 2.1.1** of the NADA ADR '2021, it is the personal responsibility of every Athlete to ensure that no prohibited Substance enters his/her body. The Rules impose a strict liability on the Athlete and thus presence of a prohibited substance in an Athlete's body will constitute a violation irrespective of the Athlete's intention, knowledge, fault or negligence.

2. NADA submitted that the Athlete did not respond to either the AAF notification or the Notice of Charge within the stipulated timelines. This constitutes waiver of certain rights and demonstrates a lack of diligence.
3. NADA further submitted that the Athlete, being a para-athlete specializing in Wrestling (CISS Wrestling Freestyle 74 kg), is deemed to be aware of his fundamental responsibilities under the anti-doping regime.
4. It was argued that the Athlete failed to exercise the requisite level of due diligence. He did not obtain a **Therapeutic Use Exemption (TUE)** prior to containing prohibited substances.
5. NADA emphasized that the Athlete failed to declare the any medications or substances on the Doping Control Form at the time of sample collection, which is a serious omission and aggravates his fault.
6. NADA stressed that the mere lack of intention to cheat does not signify that an Athlete acted without significant fault or negligence. The concept of no significant fault or negligence requires more of an Athlete than a conscious bona fide use of a prescribed medication. Athletes are required to seek information actively and to take precautions in order to avoid any ingestion of a prohibited substance.
7. NADA stressed that the substances detected, **Oxandrolone and its metabolites**, are prohibited substances under **S1.1** of the WADA Prohibited List 2024, respectively. **Oxandrolone and its metabolites** is a **Non-Specified Substance**, attracting a baseline **four-year** period of ineligibility. This being the Athlete's first violation, the period of ineligibility is governed by **Article 10.2** of the NADR.
8. NADA submitted that whether the sample was collected in-competition or out-of-competition is entirely irrelevant to the nature of the

violation. The Prohibited List prohibits Anabolic Androgenic Steroids at all times. The Athlete's argument regarding the absence of a competition on the day of collection has no bearing on the establishment of the ADRV or the sanction.

9. NADA did not specifically plead any aggravating factors beyond the nature of the substance (Non-Specified Substance attracting a four-year baseline) and the Athlete's failure to respond.
10. Regarding the Athlete's plea of unintentional ingestion, through medical treatment, NADA submitted that the risk of prohibited substances being present in substance is well-known and widely publicized in anti-doping education.
11. NADA prayed for the imposition of a period of ineligibility of Four (4) years, citing the presence of multiple prohibited substances, the lack of a TUE, and the Athlete's failure to declare the substances, which collectively demonstrate a significant degree of fault.

H. OBSERVATION OF THE ADDP:

1. The Panel has given due consideration to the submissions made by both the parties and has meticulously examined the evidence and material placed on record, including the Athlete's Written Submissions and NADA's Written Submissions.
2. The Panel notes that the strict liability principle under Article 2.1.1 of the NADR, 2021 is inviolable. The presence of the prohibited substance **Oxandrolone and its metabolites** (classified under S1.1 – Anabolic Androgenic Steroids, a Non-Specified Substance) in the Athlete's sample bearing Code No. 1513891 is undisputed. The analytical report from the WADA-accredited National Dope Testing Laboratory, New Delhi, conclusively establishes an Anti-Doping Rule Violation under **Articles 2.1 and 2.2** of the NADR, 2021.

3. The Athlete did not request analysis of the B-Sample within the stipulated seven-day period following notification of the Adverse Analytical Finding. By operation of Article 2.1.2 of the NADR, the Athlete is deemed to have accepted the A-Sample result. This waiver, while a procedural choice, does not itself constitute an admission of fault, but it forecloses any opportunity to challenge the laboratory's findings through B-Sample confirmation.
4. The Panel takes serious note of the testimony of Mr. Rajesh Godara (brother-in-law of the Athlete). He stated that the Athlete is a pure vegetarian, that he dropped him at the Sonipat training camp with only clothes and documents, and that the Athlete never carried or consumed any prohibited substances. Mr. Godara further expressed the possibility that someone else may have administered the substance without the Athlete's knowledge. While this testimony speaks to the Athlete's character and habits, it does not constitute proof of the source of the prohibited substance or discharge the Athlete's burden of establishing lack of intent or no significant fault.
5. The Panel, **Medical Member, Dr. Vipul Vijay**, during the hearing observed that the *Oxandrolone is a potent anabolic androgenic steroid used for muscle growth, mass gain, and performance enhancement. It is not a substance that can enter the body through normal food. It is administered either orally or by injection. Such drugs are typically taken before competitions or, out-of-competition periods, for mass gaining purposes with the intent to enhance performance in future events.* This observation is consistent with the pharmacological profile of the substance and reinforces the view that its presence in an athlete's sample is overwhelmingly indicative of intentional use.
6. The Athlete's counsel submitted that the sample was collected **out-of-competition** and that there was no game on that day, therefore there was no objective to take the substance. The Panel finds this

argument unpersuasive. NADA correctly submitted that the Prohibited List applies at all times, in-competition and out-of-competition. The absence of an imminent competition does not negate intent; rather, out-of-competition use of anabolic steroids is often precisely for the purpose of building strength and muscle mass in preparation for future competitions.

7. The Athlete has failed to establish, on a balance of probabilities, the source of the prohibited substance or to provide any credible explanation for its entry into his system. The bare assertion of “possible contamination of food at the training camp” is entirely unsubstantiated by any evidence, no witness statement (apart from character testimony), no camp records, no complaint to authorities, no supporting documentation. Speculation, however sympathetic, cannot discharge the evidentiary burden that rests upon an athlete once a valid Adverse Analytical Finding is entered.
8. The Athlete did **not possess, nor did he apply for, a Therapeutic Use Exemption (TUE)**. There is no evidence of any medical condition requiring treatment with Oxandrolone or any other anabolic agent. The Athlete does not claim to have taken any medication whatsoever. The absence of a TUE is therefore not a lapse in procedural compliance; it is a reflection of the complete lack of any therapeutic justification for the presence of this potent anabolic steroid in his body.
9. The Panel has given **anxious consideration** to the Athlete’s disability certified **100% hearing and speech impairment** and to his socio-economic background, rural residence, and limited education. These are circumstances that evoke sympathy and **underscore systemic failures in accessible anti-doping education**. However, **personal responsibility under the anti-doping framework is non-delegable and applies equally to all athletes, irrespective of disability, literacy, or economic status**. The World Anti-Doping Code

and the NADR admit of **no exception for ignorance of the rules, however understandable that ignorance may be.** To hold otherwise would create an untenable inequality of treatment and undermine the harmonised global fight against doping.

10. The Panel observes with concern that the Athlete failed to respond to either the Notification of Adverse Analytical Finding dated 16.12.2024 or the Notice of Charge dated 18.06.2025 within the prescribed timelines. No explanation was offered for this delay, and the Athlete only entered appearance after the constitution of this Panel and issuance of the hearing notice. Such non-responsiveness, while partially attributable to the Athlete's disability and lack of comprehension, nonetheless constitutes a failure to engage with the results management process and has hampered the timely resolution of these proceedings.
11. That the Article 10.2.1.1 of the NADR prescribes a **baseline period of ineligibility of four (4) years** for a Non-Specified Substance, **unless the Athlete establishes that the anti-doping rule violation was not intentional.** The burden lies squarely on the Athlete to prove lack of intent on a balance of probabilities. In the present case, the Athlete has adduced no evidence whatsoever to demonstrate that the ingestion of Oxandrolone was unintentional. The mere absence of an imminent competition, while relevant, is insufficient to discharge this burden. An athlete cannot simply remain silent, fail to investigate, offer no proof of source, and thereafter claim that the violation must be deemed unintentional. The Panel finds that the Athlete has **failed to rebut the presumption that the violation was intentional** for the purposes of sanction determination.
12. Even if the Athlete had succeeded in establishing non-intentionality, the further question under Article 10.6 is whether he has established **No Significant Fault or Negligence** so as to warrant a reduction of the four-year period. The Panel finds that he has not. The Athlete took **no**

steps whatsoever to educate himself about anti-doping rules, to inquire about prohibited substances, or to ensure that nothing prohibited entered his body. The fact that no anti-doping education programme was accessible to him, while a matter of institutional failure, does not relieve him of his individual duty to seek out that knowledge. An athlete who remains in complete ignorance of the most fundamental rules of his sport, over a five-year career, cannot be said to have exercised the “utmost caution” required to attract a finding of No Significant Fault. His degree of fault, assessed under the totality of circumstances, is **significant**.

13. The Panel distinguishes the present case from those relied upon by the Athlete’s counsel. In *NADA v. Narayan Thakur*, the athlete established a specific medical necessity and a prescribed treatment. In *Marin Cilic*, the athlete demonstrated the precise contaminated product and the steps he had taken to verify its safety. Here, the Athlete has established **neither the source nor any due diligence**. His case is one of **complete passivity**, not of misplaced but genuine effort. Passive ignorance, however understandable, is not a mitigating factor under the Code.

14. The Panel is mindful of its own decision in *NADA v. Surinder Singh* (Case No. 99/ADDP/2024). While that case involved multiple substances and a medical context, the underlying principle remains: ***an athlete who fails to take any proactive steps to comply with anti-doping rules, who offers no explanation for the presence of a prohibited substance, and who does not meaningfully engage with the process, must face the full sanction prescribed by the Rules***. The Athlete’s disability does not render him incapable of understanding

that doping is wrong, nor does it absolve him of the responsibility to keep his body free of banned substances.

15. NADA has sought a period of ineligibility of four (4) years. The Panel finds this submission to be consistent with the applicable Rules and the facts of this case. No grounds for reduction under Articles 10.5 or 10.6 have been made out. No mitigating factors of sufficient weight have been established to displace the baseline sanction.

16. Accordingly, the Panel holds that the appropriate and proportionate sanction is a period of ineligibility of four (4) years.

I. FINDING OF THE ADDP:

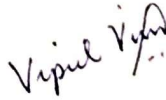
In view of the above-mentioned facts, circumstances, precedents, and rules, it is held that the Athlete has violated Article 2.1 and Article 2.2 of the NADA ADR' 2021. This being his first violation, he is hereby sanctioned under Article 10.2. The period of ineligibility shall be Four (4) years, beginning from the date of his provisional suspension, i.e., 16.12.2024, until 15.12.2028.

J. DISQUALIFICATION OF RESULT:

The Anti-Doping Disciplinary Panel (ADDP) directs that, in accordance with Article 10.10, all competitive results obtained by the Athlete from the date of the sample collection, 23.11.2024, until the commencement of this period of ineligibility, shall stand disqualified, with all resulting consequences, including forfeiture of any medals, points, and prizes.



Adv. Sarthak Chaturvedi
(Chairperson)



Dr. Vipul Vijay
(Medical Member)



Ms. Deepali Deshpande
(Sports Member)

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