

## **National Level workshop on Anti-Doping awareness held at KU**

**Srinagar, June 20:** A one-day National level Workshop on anti-doping awareness was held at University of Kashmir (KU) here on Thursday.

The workshop was organised by M. P.ED Wing of Directorate of Physical Education and Sports, KU, in association with National Anti Doping Agency (NADA), Ministry of Youth Affairs and Sports, Government of India (GoI).

The aim of the workshop was to educate the participants about the menace of drug abuse in sports and its possible repercussions on the health of an individual and to fulfill the national vision of making Indian Sports drug free at all levels.

Mr Navin Agarwal, Director General, NADA, who was Chief Guest on the occasion said “Doping is the most burning topic in the sports arena today. It is a means of cheating and unfair play and is very disastrous for the health of the sportsperson as well as to his/her career. So, the responsibility falls on the part of the trainer to guide against its use.”

Dean Research, KU Prof Zafar Ahmad Reshi who was Guest of Honour on the occasion said, “We have a wrong notion of sports in our minds where we believe that success should be the outcome of every game. It is this belief that motivates players to depend on drugs and we need to change it as we can’t afford to lose a generation of people to this problem.”

He said “Such workshops provide a platform to bring together leading Anti doping experts, sports scientists, researchers, scholars and students to exchange and share their views and experiences related to various aspects of doping and discuss ways and means to prevent doping in sports.”

Dean, School of Education and Behavioral Sciences, KU Prof Iqbal Mattoo, said in his welcome address, “Banned substances are used to enhance the performance which can have disastrous effect on the life of a sports person and his/her career in the long run. So we need to increase awareness about this issue among sportspersons.”

Dr Surjeet Singh, Coordinator M. P.ED, inaugurated the workshop.

There were four technical sessions in which the participants were briefed upon various drugs and the implications of drug abuse.

The workshop was attended by various faculty members, heads of physical education department of various colleges, scholars and students.

Dr Jigmat Dachen, Assistant Professor, Joint Organiser Secretary, presented vote of thanks.