

Anti-Doping Awareness for Sportspersons

CMDR, Dharwad, in collaboration with SAI, STC, Dharwad

Wednesday, 30th July, 2025

at 9.30 am to 12.30 pm

Playing fair starts at the clinic: Declare you are a sports person – Dr.Kiran Kulkarni

In the first of its kind in Hubli-Dharwad, on 30th July, 2025, the Centre for Multidisciplinary Development Research (CMDR), Dharwad, in association with the Sports Authority of India, STC, Dharwad, organised an Anti-doping Awareness Programme for Sportspersons, at KCD Tourism Department Hall, Dharwad. A well-known Sports Medicine practitioner, Dr Kiran Kumar Kulkarni (MBBS, Dipl. In Sports Medicine, Fellow at the Indian Association for Sports Medicine (IASM) and Doping Control Officer under World Anti-Doping Agency (WADA) was the resource person for the program. In his presentation, Dr Kiran Kulkarni highlighted the fundamental aspects of drugs, their emergency use in sports medicine, their misuse in sports and instances where athletes, coaches and even sports doctors can go wrong due to negligence. He clarified the side effects of using these drugs on the human body. Dr. Kulkarni expressed, in recent days, why India is at number one in doping in sports and the fundamental problems around it. **The first and foremost reason is the ignorance of the sportsperson. Narrating the case of many sports persons, ignorantly, they took simple medicines with banned substances for sportspeople, and were the victims of Doping. He emphasised that it is the athlete's sole responsibility to be cautious about the use and stay away from drugs that are banned for sportspersons. Dr. Kulkarni stressed that every sportsperson should download the app developed by the National Anti-Doping Agency (NADA), GOI "KNOW YOUR MEDICINE", and check for the standards and contents whether it is as per norms or not. And he emphasized that "When a sports person visits any Doctor for any type of ailments, he/she should categorically mention that he/she is a sports person and the event he/she is going to participate is scheduled on this particular date. OR the sports persons should visit Sports Consulting Doctors only"** He demonstrated the kits meant for anti-doping collection, processing, and reporting procedures and showed the equipment used in this process to the athletes. He highlighted the strictness and advanced techniques through which doped athletes cannot escape. Hence, he asked athletes to stay vigilant and responsible. In his question-and-answer session, he also spoke about India's most advanced anti-doping laboratory

setup in New Delhi and the relevance of the biological passport for athletes. Finally, he reiterated that athletes are the most intelligent and dedicated ones who bring laurels to themselves, society and the country with commitment and hard work.

The inaugural session was presided over by Prof. Basavaprabhu Jirli, Director, CMDR. In his speech addressing the athletes, Director (CMDR) conveyed the importance of saying 'No' and being aware of the ill things happening in society. He emphasized the importance of choosing between good and bad to maintain a healthy body and mind. Dr. Jai Prabhakar (Assistant Professor, CMDR) and Mr. Ram Budaki (Centre In-Charge, SAI, STC, Dharwad) coordinated the program. 152 Athletes from the SAI, STC, Dharwad, and the Department of Youth Empowerment and Sports (DYES), Govt of Karnataka, attended the program. Breakfast was arranged for these participating athletes. Dr. Prateek Mali (CMDR) and coaches Shivappa Patil (DYES), Shamla Patil (DYES), Ranganath (SAI), and Shankrayya (SAI) participated in this awareness programme. Four physiotherapists from SDM Medical College, Dharwad, attended the program. Dattaniranjan, PhD Scholar, Karnatak University, anchored the program. The resource person, SAI in charge, and KCD MTA Head, Prof. Jagadeesh K, were all felicitated in the valedictory segment.



