



Doping Practices In India

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Why in News?

Recent events at the Delhi athletics championship have highlighted the extent of [Doping](#) issue, as competitors fled from doping testers, and some events witnessed a mere single participant.

What is the Doping Menace?

- **About:**
 - Consumption of **certain prohibited substances** by athletes to enhance performance.
- **Extent:**
 - Athletes **across all levels**, from school meets to national championships, engaging in amateur doping practices.
 - Hopes of **career breakthroughs** and national team spots drive these risky behaviours.
 - Most common usage involves drugs such as **Anabolic Steroids**.

What is the Long-standing Issue of Doping in Indian Sports?

- **Pervasive Syringe Culture:**
 - Images of syringes in stadium bathrooms have persisted for decades.
 - Lack of proactive measures to deter doping practices.
- **Ineffectiveness of National Anti-Doping Agency:**
 - NADA's apparent absence in the lead-up to events, such as the Delhi championship.
 - Immediate results when officials conduct tests, indicating widespread doping.
- **Neglected Testing in Remote Areas:**
 - Competitions in remote regions proceed without anti-doping officials, potentially concealing higher doping rates.

What Are the Root Causes of the Doping Menace?

- **Coaches and Parents' Quick-fix Mentality:**
 - Coaches and parents encourage athletes to seek shortcuts to success.
 - Pressures leading to unethical choices among aspiring athletes.
- **Lethargy in India's Anti-Doping Machinery:**
 - Inadequate measures to deter doping and instill fear of testing.
 - A lack of consistent and stringent anti-doping efforts.
- **Societal and Cultural Causes:**
 - The **lack of effective anti-doping education** and awareness among athletes and the general public.
 - The availability and accessibility of performance-enhancing drugs and methods.
 - The **culture and environment of sport and society**. Athletes may be exposed to a culture that tolerates or encourages doping, either explicitly or implicitly.

What are the Potential Solutions?

- **Promoting a Clean Sports Culture:**
 - Encouraging honesty and integrity in sports from a young age.
 - Fostering a culture where doping is unacceptable.
- **Strengthening Anti-Doping Measures:**
 - Increasing the presence of anti-doping officials in competitions, even in remote areas.
 - Implementing more stringent and surprise testing.
- **Awareness Campaigns:**
 - Educating athletes, coaches, and parents about the dangers of doping.
 - Raising awareness about the consequences of doping on athletes' health and careers.
 - Reducing the availability of doping mixed inputs and diets which sports persons consume unknowingly through the [Food Safety and Standards Authority of India \(FSSAI\)](#).

What are the Measures taken by the Government to Eliminate Doping in Sports?

- **NADA:**
 - [National Anti-Doping Agency \(NADA\)](#) was set up as a registered society **under the Societies Registration Act of 1860** with a mandate for Dope free sports in India.
- The **Lok Sabha** passed the **National Anti-Doping Bill 2021** which seeks to create a statutory framework for the **National Anti-Doping Agency (NADA)**.
- **National Drugs and Psychotropic Substances Act (NDPS) Act, 1985:** It prohibits a person from producing, possessing, selling, purchasing, transporting, storing, and/or consuming any narcotic drug or psychotropic substance.
- **WADA:**
 - The [World Anti-Doping Agency \(WADA\)](#) was set up under the International Olympic Committee to develop, harmonize, and coordinate anti-doping regulations across all sports and countries.

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