Monthly Progress Report
December 2019

Inspiring TRUE Sports

Sri Lanka Anti-Doping Agency

03-01-2020
Physical and Financial Progress
Research

1. Data of research titled “Evaluation of knowledge, perceptions and practices of elite athletes regarding dietary supplements intake in Sri Lanka: a cross sectional study”. Were further analysed using SPSS tools to get more informative results.
2. Enter the data collected for the research titled “Dietary supplement induced health effects of Sri lankan athletes; A Pilot study” into the SPSS software.
3. Entered data of research mentioned in no.2 were analysed from SPSS tools to draw basic conclusions and write the abstract report.
4. Attended the “workshop on Introduction to qualitative and quantitative data collection and analysis”.
5. Attended a short course of “Basic statistics for the researchers and managers”.

Testing

URINE TESTING

No of Tests Conducted:

<table>
<thead>
<tr>
<th>Month</th>
<th>URINE TESTING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>2</td>
</tr>
<tr>
<td>Feb</td>
<td>25</td>
</tr>
<tr>
<td>Mar</td>
<td>35</td>
</tr>
<tr>
<td>Apr</td>
<td>17</td>
</tr>
<tr>
<td>May</td>
<td>32</td>
</tr>
<tr>
<td>Jun</td>
<td>26</td>
</tr>
<tr>
<td>Jul</td>
<td>6</td>
</tr>
<tr>
<td>Aug</td>
<td>14</td>
</tr>
<tr>
<td>Sep</td>
<td>14</td>
</tr>
<tr>
<td>Oct</td>
<td>59</td>
</tr>
<tr>
<td>Nov</td>
<td>57</td>
</tr>
</tbody>
</table>

January to November 2019
### Awareness Programs

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Seminar</th>
<th>No of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>03.12.2019</td>
<td>Rugby Union</td>
<td>Anti-Doping Awareness Programme for Under 19th National Rugby Team</td>
<td>33</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td></td>
<td>80</td>
</tr>
</tbody>
</table>

### No of Participants: 80

**Outreach Programme**

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Seminar</th>
<th>No of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.11.2019</td>
<td>Sugathadasa National Sport Complex</td>
<td>Providing awareness to the parents with relevant to anti doping with parallel to the John Tarbat Meet.</td>
<td>600</td>
</tr>
</tbody>
</table>

### Photos of Awareness Programs

Sugathadasa National Sport Complex
Under 19th National Rugby Team

Athletic Coaches at NISS on 12/18 and 12/19

Awareness Program January to November 2019

- January: 418 participants, 11 programs
- February: 496 participants
- March: 297 participants
- April: 274 participants
- May: 598 participants
- June: 166 participants
- July: 103 participants
- August: 106 participants
- September: 8 participants
- October: 2 participants
- November: 3 participants
Two new positive cases reported from the lab Qatar.

1. Rugby

2. Wrestling

Preliminary inquiries for the B sample of both the Athletes were conducted on 24th December 2019.