
MONTHLY PROGRESS REPORT

1st – 17th March 2020

Sri Lanka Anti-Doping Agency

03-04-2020

Physical and Financial Progress



Research

Research Progress of March

- Completed the research proposal titled “A study on Anti-Doping Rule Violation in Sri Lanka from 2014 to 2019”.
- Prepared documents to submit ethics review committee for the research titled “A study on Anti-Doping Rule Violation in Sri Lanka from 2014 to 2019”.
- Heating mantel, ultra-pure water system, water distillation plant, top loading balance, conductivity meter and orbital shaker was installed in the SLADA Research Laboratory.
- Conducted market survey by visiting Supplement shops, Mega malls, and pharmacies in Colombo, in order to investigate the ingredients and recommended doses of most commonly used supplements.
- Research proposal on the titled of “Evaluation of adequacy of nutrient intake and supplementation practices of high preformed university athletes in Colombo district, Sri Lanka.” Was completely prepared. (100%).
- University athletes in Colombo university were contacted and taking 24 hour dietary recalls were started.
- Development of food frequency questionnaire was started and relevant advices and study materials were collected by contacting expertise in nutrition research field.

Dope Control Testing

Sport	In (IC)/Out Competition (OOC) /ESA/IRMS	No of Tests
Cycling	IC	6
Cross Country	IC	7
	Total	13

A sample was taken twice from one athlete. Then the count of samples of cross country should be 8.

Unable to do the tests on Anti-Doping as the result of the prevailing situation in the Country. All sports events and public gathering were cancelled due to New CorONA outbreak.



Awareness on Anti-Doping

Unable to do the awareness on Anti-Doping as the result of the prevailing situation in the Country. All sports events and public gathering were cancelled due to New CorONA outbreak.

Financial Progress

Financial Progress

Unable to prepare the financial report without vouchers.

