



Four Months QADC - Educational Activities' Report

A plenty of national and International educational activities had been implemented and done throughout various sport's events and national sport's days in addition to the national health days activities which was held in many schools and educational institutions incorporation with the supreme council of Health and Supreme educational council.

One of the major activities was School Olympic Program 2013 which was held for consecutive Two Days involving a special QADC Booth which was consisting of:

- A. Four Tables of different sizes (Two Big – One Moderate – One Small). With a printed QADC Logo Rear stand.
- B. Two Brochure's Stands were standing in the front aspect of the Booth and full of The Spirit of Sports Bulletin (edition 13, 14, 15) added to the numerous types of QADC brochures , flyers and stickers.
- C. 42 Inch's Monitor screen and Laptop for showing data and brief presentations regarding The Anti-doping Testing Procedure, Prohibited list, Dangers of the use of the prohibited substances and methods, common side effects and other related subjects specially regarding supplements' use and power drinks.
- D. There was a simplified group presentations for every crowd of students who arrived at our booth followed by dispensing QADC- giveaways and Gifts.

SCHOOL OLYMPIC DAY'S PROGRAM ITINERARY

1. [First Day on 4th April 2013](#)

was dedicated for the Female schools' students, physical teachers and visitors with a considerably high visiting capacity from the school student's side, added to other individuals and visitors from relevant educational institutions and establishments staff.

QADC Staff was including:

1. Dr. Fatima Khamis Al Malki. (QADC Manager).
2. Ms. Noha Ahmed Abdel Aziz. (QADC Secretary).
3. Ms. Alanoud Hamad Al Naimi. (QADC Secretary).
4. Ms. Rawan Majdi Saad (QADC Administrator).

5. Mrs. Samera Ahmed Mustafa (QADC Administrator).

During the event there were a plenty of activities done by almost all national Federations, organizations and clubs including minor competitions, games, other selected activities and distribution of giveaways and Gifts for the winners and the other visitors.

2. Second Day on 5th April 2013

was dedicated for the Male schools' students, physical teachers and visitors with a considerably huge visiting capacity from the school student's side, added to other individuals and visitors from relevant educational institutions and establishments staff.

QADC Staff was including:

1. Dr. Fatima Khamis Al Malki. (QADC Manager).
2. Dr. Mamoun Abbas Mohiedin (QADC Education & Training Coordinator).
3. Dr. Mohamed Mahmoud Sayed. (QADC Education & Training Coordinator).
4. Dr. Hassan Elemam Ali. (QADC Testing Coordinator).
5. Mr. Jamal Fadel Al-Rumaihi. (QADC Testing Coordinator).
6. Mr. Fahad Mohammed Al Hajri. (QADC - L3 Administrative Coordinator).
7. Ms. Noha Ahmed Abdel Aziz. (QADC Secretary).
8. Mr. Nanarath Abdulla Soopy (Worker).
9. Mr. Fayiz Mavulla Parambath. (Worker).
10. Mr. Sajeer Amina Manzil (Worker).
11. Mr. Ayman Elemam Ahmed (Driver).
12. Mr. Valiya Parmbat Mamu. (Driver).

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QADC STAFF

INVOLVED IN OVERALL EDUCATIONAL ACTIVITIES DURING THE LAST FOUR MONTHS
(Fifteen Events)

➤ QADC Staff was including:

1. Dr. Fatima Khamis Saad. (QADC Manager).
2. Dr. Mamoun Abbas Mohiedin. (QADC Education & Training Coordinator).
3. Ms. Noha Ahmed Abdel Aziz. (QADC Secretary).
4. Ms. Alanoud Hamad Al Naimi. (QADC Secretary).
5. Dr. Hassan Elemam Ali. (QADC Testing Coordinator).
6. Mr. Jamal Fadel Al Rumaihi. (QADC Testing Coordinator).

7. Mr. Fahad Mohammed Al Hajri. (QADC - L3 Administrative Coordinator).
8. Dr. Samir Saad Abdallah. (Education & Training Coordinator).
9. Dr. Mohamed Mahmoud Sayed. (QADC Education & Training Coordinator).
10. Mrs. Dalia Hashim Mohamed. (Doping Control Officer).
11. Mrs. Samera Ahmed Mustafa (QADC Administrator).
12. Ms. Rawan Majdi Saad (QADC Administrator).
13. Mr. Sajeer Amina Manzil (Worker).
14. Mr. Fayiz Mavulla Parambath. (Worker).
15. Mr. Valiya Parmbat Mamu. (Driver).

QADC – ROLE

In Orientation Programs for School's Students

❖ QADC Presentation was including an Overview about :

- E. Definition of Doping and its health consequences.
- F. Food Supplements and Doping Alternatives.
- G. World Anti-Doping Agency (WADA), Rules and International Standards.
- H. Prohibited Substances & Prohibited Methods List.
- I. Therapeutic Use Exemption (TUE).
- J. Anti-Doping Administration & Management System (ADAMS).
- K. Doping Control Process.
- L. Test Distribution Plan (TDP) and Registered Testing Pool (RTP).
- M. Doping Control Testing.
- N. Athlete's Rights & Responsibilities during doping control testing.
- O. Anti-Doping Rules Violations (ADRVs).
- P. Doping Control Results Management.

a considerably high interactive communications from the school student's side and their teachers.

- During these events there were a plenty of questions especially regarding the Energy, power drinks and the use of supplements regarding having healthy nails, hair, and Skin. which was directed from the student's side.
- At the End: Their was distribution of giveaways and Gifts for the School students, Teachers and the administrators.

TABLE OF QADC EDUCATIONAL ACTIVITY

"FEB. 2013 TO MAY 2013"

	ACTIVITY	DATE	TIME	LOCATION
1	Qatar Volleyball Association Seminar	24/02/2013	9:00 – 12:00	QVA Hall
2	3 rd Career and Universities Exhibition	13-14/03/2013	8:00 – 2:00	Medical City Health Club
3	Sport Affairs Department - Training Students within the Volunteer Work Program, Work Experience and Community Service 2012/2013	01/04/2013	Boys 5:00 – 7:00	QADC
4	School Olympic Program 6	04-05/04/2013	----	Aspire
5	Sport Affairs Department - Training Students within the Volunteer Work Program, Work Experience and Community Service 2012/2013	07/04/2013	Girls & Boys 5:00 – 7:00	QOC
6	Health-promoting schools Program "Life without Stimulants and Doping" Al-Shahaniya Independent School for Girls	10-11/04/2013	9:00 – 12:00	Al-Shahaniya Independent School for Girls
7	2 nd Educational and Health Exhibition	10-11/04/2013	8:00 – 2:00	Qatar University
8	12 th Arab Water Polo Championship Doping Control Educational program	13-14/04/2013	-----	Qatar University
9	Health-promoting schools Program "Life without Stimulants and Doping" Abdulla Bin Zaid Al Mahmoud Model Independent School for Boys	16-17/04/2013	9:00 – 12:00	Abdulla Bin Zaid Independent School for Boys
10	Zeinab School for Girls Health Exhibition	05-07/05/2013	8:00 – 12:00	Zeinab School for Girls
11	QADL History of Doping And Anti-Doping Symposium	06-07/05/2013	---	QADL
12	Health Promoting Qatari Day	08-09/05/2013	9:00-12:30	Al Ahnaf Bin Qais Independent Preparatory School for Boys
13	Health Exhibition - Khalifa Secondary Independent School for Boys	12/05/2013	9:00 – 12:00	Khalifa Secondary Independent School for Boys
14	Scientific Exhibition - Al Elman Secondary Independent School for Girls	12-13/05/2013	9:00 – 12:00	Al Elman Secondary Independent School for Girls
15	"We are a Healthy" Exhibition	15-16/05/2013	9:00-12:00	Khawla Bnt Al-azwar Primary Independent School for Girls

Attachment includes Photos:

