



One Day International Multidisciplinary Conference On  
**"Youth at Risk: Doping and Drug Abuse"**  
**27<sup>th</sup> February, 2026**



**Organised by :**

**NSS Cell**



**Chaudhary Ranbir Singh University, Jind(Haryana)**

(A Haryana State Government University)

(Established by the State Legislature Act 28 of 2014 recognized by UGC Act 1956 U/S 12-B & 2(F))

## About the University

Chaudhary Ranbir Singh University (CRSU), Jind was established by the State Legislature Act 28 of 2014 on July 24, 2014 with the vision of dissemination of knowledge through innovative thinking, scientific temper, sublime human values, sustainable ecology, and democratic ethos. The University is committed to imparting quality education by providing a conducive academic and research atmosphere. The University has a sprawling campus spread over **75 acres** with modern infrastructure and academic facilities. CRSU is affiliated under **Section 2(f) of the UGC Act, 1956** vide letter no. **9-12/2014 (CPP-I/PU)** dated **26 September 2014** and is a proud member of the **Association of Indian Universities (AIU)**. The University is also recognized under **Section 12(B) of the UGC Act**, making it eligible for central assistance.

## About the Conference

The youth constitute the most dynamic and productive segment of society, playing a decisive role in shaping the nation's future. However, in recent years, the rising incidence of **doping practices in sports** and **drug abuse among youth** has emerged as a serious social, health, ethical, and national concern. The pressures of performance, competitiveness, unemployment, peer influence, social media, and changing lifestyles have pushed many young individuals towards substance dependence and unethical enhancement practices.

India, with its vast youth population, faces unique challenges in balancing **sporting excellence**, **mental well-being**, and **ethical values**. Doping not only undermines the spirit of fair play but also poses severe physical and psychological risks. Similarly, drug abuse erodes individual potential, disrupts families, and threatens social harmony and national productivity.

This **multidisciplinary conference** aims to bring together **academicians, researchers, sports professionals, medical experts, psychologists, sociologists, policymakers, law enforcement agencies, NGOs, and youth leaders** to critically examine the causes, consequences, and solutions related to doping and drug abuse among youth. The conference seeks to promote awareness, policy dialogue, preventive strategies, and sustainable interventions for building a healthy, ethical, and drug-free youth population.

## Objectives of the Conference

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| <b>(1)</b><br>To examine the <b>prevalence and emerging trends</b> of doping and drug abuse among youth in India and globally. | <b>(2)</b><br>To analyse the <b>psychological, social, economic, and cultural factors</b> leading to substance abuse and doping practices. | <b>(3)</b><br>To assess the <b>health consequences</b> of drug abuse and performance-enhancing substances on physical and mental well-being. | <b>(4)</b><br>To explore the <b>ethical, legal, and regulatory frameworks</b> related to anti-doping and drug control. |
| <b>(5)</b><br>To highlight the <b>role of education, family, sports institutions, and media</b> in prevention and awareness.   | <b>(6)</b><br>To share <b>best practices, case studies, and intervention models</b> for rehabilitation and recovery.                       | <b>(7)</b><br>To encourage <b>youth participation</b> in creating drug-free and ethical sporting environments.                               | <b>(8)</b><br>To develop <b>policy-oriented recommendations</b> for stakeholders and governing bodies                  |

## Theme of the Conference

# “Youth at Risk: Doping and Drug Abuse”

- Youth at Risk: Doping and Drug Abuse
- Clean Sport, Drug-Free Youth
- Ethics, Health, and Human Performance
- Mental Health and Addiction among Youth
- Sports Pressure and Doping Culture
- Prevention, Awareness, and Rehabilitation
- Policy, Law, and Anti-Doping Governance
- Media Influence and Youth Vulnerability
- Youth Empowerment for a Drug-Free Future





## Sub-Themes (Multidisciplinary)

### Sports, Physical Education & Anti-Doping

- Doping in competitive and non-competitive sports
- Performance pressure and unethical enhancement
- Role of WADA, NADA, and sports federations
- Ethics, fair play, and integrity in sports
- Anti-doping education and awareness programs

### Sociology, Education & Youth Studies

- Peer pressure, family influence, and social environment
- Role of educational institutions in prevention
- Youth vulnerability, identity crisis, and risk behaviour
- Community-based awareness and outreach programs
- Gender perspectives on drug abuse and doping

### Law, Policy & Governance

- Legal framework for drug control and anti-doping in India
- Enforcement challenges and policy gaps
- Role of government agencies and NGOs
- Human rights and ethical concerns
- National and international policy perspectives

### Health, Medicine & Psychology

- Physical and mental health impacts of drug abuse
- Psychological stress, anxiety, and addiction among youth
- Substance dependence and rehabilitation strategies
- Sports injuries and misuse of performance-enhancing drugs
- Mental health counselling and preventive care

### Media, Technology & Society

- Influence of social media and digital platforms
- Media portrayal of drugs, fitness, and body image
- Technology-based prevention and awareness tools
- Cyber influence and online drug networks

### Economics, Development & Nation Building

- Drug abuse as a threat to human capital
- Economic cost of addiction and doping
- Youth empowerment and sustainable development
- Sports as a tool for positive social change

### Chemistry

- Synthesis, Structure, and Metabolism of Anabolic Steroids
- GC-MS, LC-MS, HPLC Detection of PEDs in Adolescents
- Emergence of Designer Drugs and NPS in Youth Doping
- Isotopic Labeling for Differentiating Exogenous vs. Endogenous Doping Agents
- Adulteration Risks in Nutritional Supplements Leading to Unintentional Doping
- Electrochemical/Biosensor-Based Rapid Detection of Stimulants

### Botany

- Phytochemical Screening of Prohibited Stimulants in Plants (e.g., Ephedra, Khat)
- Natural Anabolics and EPO-Stimulating Compounds from Herbal Supplements
- Impact of THC/CBD on Performance, Recovery, and Abuse Potential
- Misuse of Plant-Derived Nootropics for Cognitive Enhancement
- Toxic Effects of Herbal Anabolics/Diuretics on Liver/Kidney in Adolescents
- Repurposing Traditional Medicinal Plants for Modern Doping

### Physics

- Biophysical Effects of AAS and EPO on Muscle Mechanics and Oxygen Transport
- Spectroscopy and Mass Spectrometry for PED Detection
- Blood Doping (EPO): Impact on Hemorheology and Cardiovascular Risks
- NMR and Isotope Ratio Analysis for Synthetic vs. Natural Hormone Identification
- MRI/CT Imaging for Assessing Organ Damage from Chronic Drug Abuse
- Biomechanical Modeling of Performance and Injury Risks from Stimulants

### Geography

- Geographical Heterogeneity in Doping Knowledge/Attitudes
- Socioeconomic/Geographic Factors in PED
- Use/Location Impact on Substance Access & Herbal Doping
- Urban vs Rural Youth Drug Abuse Patterns
- Cross-Continental Anti-Doping Knowledge Comparisons



## Conference Guidelines

- ❖ Full papers must include an abstract of up to 150 words summarizing the key aspects of the research.
- ❖ Conceptual, empirical, and theoretical papers should be between 4000-6000 words.
- ❖ Font: Times New Roman, Font size: 12, Software: MS-Word, Line spacing: 1.5
- ❖ All figures and tables must be clear, properly labeled, and appropriately referenced in the text.
- ❖ Authors should include 4-6 keywords that represent the core topics of their research.
- ❖ Submissions must be original, not published or under review elsewhere.

## Important Dates

Last Date of Registration	25-02-2026
Last Date of Full Paper Submission	25-02-2026
Date of Conference	27-02-2026

Submit your full paper

E-Mail: [nsscruconference2026@gmail.com](mailto:nsscruconference2026@gmail.com)

### Registration Fees

Research Scholars/Academicians : 300/-

No Fee for Participation without Paper presentation  
No Fee for NSS Volunteer & Students

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### Patron

**Prof. (Dr.) Ram Pal Saini**

Hon'ble Vice-Chancellor



### Co-Patron

**Dr. Rajesh Bansal**

Registrar



### Conference Convener Cum Organising Secretary

**Dr. Naveen Ladwal**

NSS Programme Coordinator



### Joint Organising Secretary

**Dr. Jagpal Mann**

NSS Programme Officer



### Conference Coordinator

**Dr. Devender Yadav**

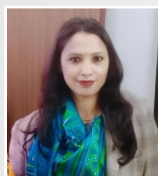
NSS Programme Officer



### Conference Coordinator

**Dr. Rakesh Sihmar**

NSS Programme Officer



### Conference Coordinator

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