



Member  
World Rugby • Asia Rugby • Indian Olympic Association

13 January, 2026

To,  
The President / Secretary,  
Affiliated Member State Rugby Association / Union Territories / Units,  
Indian Rugby Football Union

**Subject: Pre-Season Conditioning Camp for Senior Women**

Dear All,

We are pleased to inform you that we will be conducting a pre-season conditioning camp for 16 women from the Senior category, as detailed in Annexure I, at SAI Netaji Subhas Eastern Centre, Kolkata, West Bengal from **25 February – 15 March, 2026**. The top 16 senior athletes, shortlisted by the Selection Committee during the final ARSS National Camp, 2025 held at RC Kolkata from 22 September to 14 October 2025, will attend this camp.

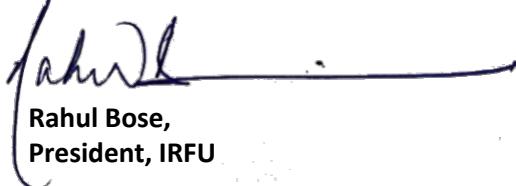
All the players will be required for the entire duration of the camp, and the High- Performance team will coordinate directly with the athletes regarding further details.

In case of any further clarification, please contact Mr. Sourojit Ghosh (GM – High Performance & T&E) on [sourojit.ghosh@rugbyindia.in](mailto:sourojit.ghosh@rugbyindia.in) or 9381119027.

We thank you for your continued support and remain at your disposal in case you require any clarifications.

Thank you for your continued support and cooperation.

Best Regards,

  
Rahul Bose,  
President, IRFU





Member  
World Rugby • Asia Rugby • Indian Olympic Association

### ANNEXURE I

<b><u>SENIOR WOMEN [TOP 16]</u></b>		
<b>Sr. No</b>	<b>Name</b>	<b>State</b>
1	Sakshi Kumbhar	Maharashtra
2	Mama Naik	Odisha
3	Ritu Majhi	Odisha
4	Arti Kumari	Bihar
5	Shikha Yadav	Delhi
6	Kalyani Patil	Maharashtra
7	Ujjwala Ghuge	Maharashtra
8	Vaishnavi Patil	Maharashtra
9	Dumuni Marndi	Odisha
10	Nirmalya Rout	Odisha
11	Sandhyarani Tudu	Odisha
12	Tarulata Naik	Odisha
13	Amandeep Kaur	Punjab
14	Bhumika Shukla	Rajasthan
15	Guriya Kumari	Bihar
16	Sandhya Rai	West Bengal