



Member

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11<sup>th</sup> February, 2025

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

**Subject: Off-Season Conditioning Camp for Senior Women from 03 – 19 March, 2025**

Dear All,

We are pleased to inform you that in our endeavor to keep the senior Indian players in good shape during the off season and to prepare them for the season ahead IRFU would be conducting an off-season camp in partnership with DHL for top 16 senior women players from the national camp held for Asia Rugby Sevens Trophy 2024.


The camp will have two components, the first being strength & conditioning testing, which will take place at the ABTP Centre, Kalinga Stadium, Bhubaneswar, from 3<sup>rd</sup> to 9<sup>th</sup> March 2025. The primary objective of this assessment will be to evaluate the players' physical conditioning, identify key performance metrics, and ensure they are optimally prepared for upcoming competitions. These insights will play a crucial role in tailoring their individual training programs to meet the demands of elite performance.

Following the testing, a short preparatory camp will be conducted at Kalinga Stadium, Bhubaneswar, Odisha, from 10<sup>th</sup> to 19<sup>th</sup> March 2025. This is not a national camp; rather, its core objective is to assess and re-evaluate the players' fitness levels, providing valuable insights that will aid in their preparation for the international season. This initiative is a crucial step in our ongoing commitment to enhancing the athletes' off-season conditioning and overall performance.

The Indian Rugby Football Union (IRFU) will be covering all costs associated with both the testing and the camp, and the list of players participating is enclosed with this letter.

Thank you for your continued support and cooperation.

Best Regards,

  
Rahul Bose  
President, IRFU



  
Gerald Prabhu  
Hon. Secretary, IRFU

Indian Rugby Football Union



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### **ANNEXURE I**

<b>SENIOR WOMEN [Top 16]</b>		
<b>Sr. No</b>	<b>Name</b>	<b>State</b>
1	Shikha Yadav	Delhi
2	Sheetal Sharma	Delhi
3	Ujjwala Ghuge	Maharashtra
4	Vaishnavi Patil	Maharashtra
5	Kalyani Patil	Maharashtra
6	Rutuja Kirdat	Maharashtra
7	Sakshi Jambhale	Maharashtra
8	Hupi Majhi	Odisha
9	Dumuni Marndi	Odisha
10	Nirmalya Rout	Odisha
11	Bhumika Shukla	Rajasthan
12	Sandhya Rai	West Bengal
13	Sapna Kumari	Bihar
14	Gomti	Delhi
15	Akanksha Anand Katkade	Maharashtra
16	Sakshi Kumbhar	Maharashtra

**Indian Rugby Football Union**

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