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World Rugby • Asia Rugby • Indian Olympic Association

06 January, 2026

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

Subject: S&C Testing for Senior Female athletes

Dear All,

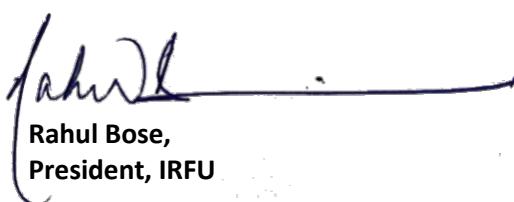
We are pleased to inform you that we are planning to conduct an extensive assessment of 16 women from the Senior category, as detailed in Annexure I, at the ABTP Centre, Kalinga Stadium, from **11 – 16 January, 2026**. The top 16 senior athletes, shortlisted by the Selection Committee during the final ARSS National Camp, 2025 held at RC Kolkata from 22 September to 14 October 2025, have been invited for this testing.

The primary objective of this assessment is 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 training programs to meet the demands of elite performance.

You may also note that the Indian Rugby Football Union (IRFU) will be covering all costs associated with this testing.

Thank you for your continued support and cooperation.

Best Regards,


Rahul Bose,
President, IRFU





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ANNEXURE I

| <u>SENIOR WOMEN [TOP 16]</u> | | |
|-------------------------------------|------------------|--------------|
| Sr. No | Name | State |
| 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 |

Indian Rugby Football Union

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