



Member

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,

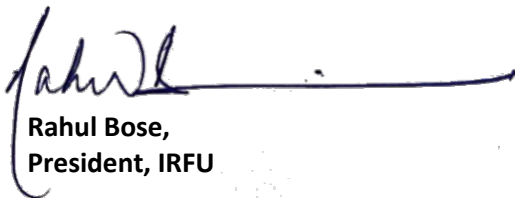
We are pleased to inform you that we are planning to conduct an extensive assessment of 16 women from the Senior category, as detailed in Annexure I, at the ABTP Centre, Kalinga Stadium, from **11 – 16 January, 2026**. The top 16 senior athletes, shortlisted by the Selection Committee during the final 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



Indian Rugby Football Union

305, Floor - Basement B/2, Churchgate Chambers, Vitthaladas Thackersey Marg, New Marine Lines, Mumbai, Maharashtra, India - 400 020.

Tel: +91-22-2205 3897 • Email: info@rugbyindia.in • www.rugbyindia.in •    @RugbyIndia



Member

World Rugby • Asia Rugby • Indian Olympic Association

ANNEXURE I

SENIOR WOMEN [TOP 16]		
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

305, Floor - Basement B/2, Churchgate Chambers, Vitthaladas Thackersey Marg, New Marine Lines, Mumbai, Maharashtra, India - 400 020.

Tel: +91-22-2205 3897 • Email: info@rugbyindia.in • www.rugbyindia.in • [Facebook](https://www.facebook.com/RugbyIndia) • [Instagram](https://www.instagram.com/RugbyIndia) • [Twitter](https://twitter.com/RugbyIndia) @RugbyIndia