

# The Dayara Bugyal Trek – Mind over Matter

The Dayara Bugyal trek in Uttarakhand by the class 10 students of the Assam Valley School was a perfect combination of adventure, test of endurance and an exhilarating experience into the wild. It was the 18th of April, the day we had all been waiting for eagerly and on that day thirty-seven students and four teacher escorts set out towards the hills!

The first night we camped at Barsu village, the starting point of the trek to Dayara Bugyal in the district of Uttarkashi. This was our first experience of understanding the need to be sleeping in the icy cold wind at an altitude of 7,500 feet. The next day drew more excitement and an outburst of positive energies that ran through the camp. It was going to be our first ascent. The group was well-equipped with trained professional guides who had scaled peaks of much great height and medical experts who made themselves available at all time throughout the expedition. The team was ready to face their challenge; a gradual climb into Barnala at an altitude of 8,500 feet, landscaped beautifully with rhododendrons, silver oak and deodar forests. While on the trek the group saw scenes of splendid beauty that added richness to their soul. The students were captivated by nature's wealth that left an indelible impression on everyone's memories. In the evening students huddled together talking about their day's experience. The girls showed no signs of exertion and played several games like lemon squash, kho-kho and drop the handkerchief. Everyone slept like logs!



The next day was an early breakfast followed by dismantling of our individual tents, a training which we had all received by our team experts at a briefing session at the start of our trek. We were given our stock of rations and this continued on all the following days. Our next destination was Dayara Bugyal the 'Rock of Gibraltar' with an astounding height of 11,100 feet, high into the clouds. The moment we had all been waiting for had arrived! With the heat beating upon our backs and the rain pouring down upon us we made our way stepping carefully over the slippery stones. The distance loomed ahead of us uninvitingly while we moved on, quenching our thirst regularly while aching feet gave way for some. Many faced their adversities boldly, enjoying every step of the way, plunging into exciting conversations, hurling snowballs on each other, rolling of the cameras to get the best shot. Their enthusiasm infused the whole group with the hope of reaching our long-awaited destination. The night engulfed us with its stillness as we lay in our tents, while the others gazed at the thousand twinkling stars in the sky.

On the final day we all set out to climb the snow-clad hill of 12,500 feet, the Bakaria Top. The students were weary to their bones after the last day's epic trek to Dayara Bugyal, yet all tiredness was ripped to shreds at the thought of wanting to become the young pioneers of the Assam Valley School who had made it this far. It was impossible to measure the heroic exertions of our budding climbers yet they pushed themselves beyond all barriers and sustained their spirit of adventure. Finally, we reached Bakaria Top, and here we saw team spirit at its best. The stronger students were encouraging and inspiring the weaker ones to complete the task. The struggle here was a symbol of all our endeavours condensed into one supreme effort. We were all called in for a group photograph as it would be our final print in our memory to cherish the interludes as an essential seasoning to all the drama, the hardship, unbathed living, hours of sweaty boredom and the moments of fun or loneliness we experienced. To all the members of the team, this expedition was a true success.



# When the Hills Beckoned

In a time when humans are so grafted on to their own creations and have become so adjusted to their own little surroundings, it becomes essential for us to be taught the wonders of travelling and be thrown into unfamiliar surroundings.

The School's newly made mandate for annual educational trips has brought this very statement into a reality for us at AVS. Each Aviator, regardless of class, age, House or gender is given an opportunity to experience the great outdoors and bring a piece of foreign or unknown culture into our lives, be it cuisine, language, a way of life, life skills or survival tactics.

Under the guidance of Mr. Rajendra Chauhan, Mr. Arvind Benjamin, Miss Stephanie V. Atkins and Mrs. Janet Bharadwaj, a handful of Aviators were sent off to trek across the harsh terrain to reach the summit of the grand Chandrashila.

The journey began with almost two whole days of travelling. A flight followed by a midnight train that felt like it could take us anywhere! Then came an eight hour vehicular journey which made our bones creak! After all this we finally made it to our first camp site!

The base camp as we had been told to expect, was quite the surprise. The bus we had been travelling in seemed to have stopped at the middle of the road and only a few lit torches of the ever vigilant instructors were what indicated any sign of hospitality. Tents were our accommodation, sleeping bags our little haven of warmth and the luxury of having fresh meals provided to us on a regular basis, all seemed well until we realized that we all had waste to 'remove' from our bodies and the method of doing so was anything but western seats and jet-sprays, a simple green pitched tent which would barely hold a sumo wrestler, a hole which was two feet deep and a mound of mud which we were supposed to use to 'flush' the waste.

The next day was greeted by an early morning call for tea when the sun was barely out and we were to make our first trek, the two km climb to Deoretal. This 'trek' was a harsh climb that tested the muscle strength of our thighs while also testing our bravery as you faced a cliff side on one end and mountain rocks on the other. After ringing a few bells at the cliff-side temple, eating Maggi from the roadside stalls and dousing ourselves with bottles of water we reached our destination, which was a vast expanse of clear greenery beside a large open lake, which we were told was absolutely polluted. After pitching our tents, clicking selfies and playing a game of 'King Line' we ate more Maggi, took more pictures of the snow-capped mountains, ate our dinner, drank some hot-chocolate and slept, awaiting the dreaded 14km trek which waited for us the next day.

Another early morning call to tea was sounded, the trekkers all sluggish and still sore from the previous day, were told about our route and every detail of the next eight hours to come. There were many ups and not enough downs on the path we walked and it seemed a gruelling task at almost each step, but to our delight we saw some magnificent sights looking down at entire valleys and each view provided us with inspiration for the next ascent. We walked for what seemed like eternity and what we feared of a seemingly never ending walk seemed to be true. We stopped for lunch and walked another thousand steps into the forested greens and made an exhilarating descent down the hill towards a small clean stream from which we filled our water bottles and took a short break and set off for the final stretch. The skies darkened and soon the roar of rain and thunder fell upon us. Soaking wet, we picked up our pace to reach the camp site and escape the pouring rain. We saw the pitched tents in the distance and made our final sprint towards the safe ground. We all huddled into the small dining tent and tried our very best to fight the harsh cold winds and found our savior to be a pot of hot Maggi (though by the time it reached it was just warm) and steaming cups of tea. The exhausting day ended with some not so well performed karaoke some rather adrenaline rushing activities and of course humorous reviews of the day's struggles.

The trek to the Tugnath Temple was a fun trek, full of snow and snow fights and magnificent views. The group took a nice picture at the temple and returned, not being able to make it to Chandrashila's summit as the weather did not permit it.

The next day we packed our bags and tents, cleaned our living area of any and all trash that was left on the ground, wished our instructors good bye and got on the bus to our next destination which thankfully had fully functioning plumbing and places to charge our electronics and even a standing air conditioner!

On the following day after a sumptuous lunch we walked to a nearby local market beside the river Ganga and shopped for souvenirs to take home. Our next destination, was the Pacific Mall, where we were happily reunited with familiar faces from the other groups. At midnight we boarded our train and shared our stories, chatting nineteen to the dozen!

In reverse order, it was the flight and finally the bus that drove us to school. With the memories of greenery, Maggi and man versus the wilderness scenarios of camping in our heads we all headed back to the comforts of our homes, smelling of mud, sweat and tears but still relishing the memories we had made and the humility we had learnt in the face of the sombre enchanting hills.





# Arunachal Pradesh

'We had joy, We had fun...'

A group of 35 students of classes 5 and 6 visited Arunachal Pradesh from our School from 4th April to 11th April 2018. This tour was a wonderful opportunity for the students to explore the heritage and traditions and the natural beauty of Arunachal Pradesh and refresh ourselves from the hectic classroom environment. We were motivated through various team spirit games and had great fun with different adventure activities. This was a learning as well as an enjoyable trip for all of us where close bonds were built amongst all the classmates and teachers as well. The students also got an opportunity to exhibit their hidden skills like leadership quality and creativity. This tour comprised sightseeing around the valleys, short trips to a monastery, adventure games and a camping experience.

On day one the group stayed in Hotel Pemaling at Dirang, which is a small town in the West Kameng district. It is located about 43 km from Bomdila on the way to Tawang.

We visited Dirang Dzong which is close to Bhutan and the Bhutanese influence is perceptible in the local Dzong fort.

NIMAS: A modern 52 acre campus comprising the very best instructors and carefully designed programmes. It is India's first adventure institute in the field of land, air and aqua. Here the students climbed up the highest sport climbing wall of Asia at NIMAS.

On day two the group went to Shangti Valley, a place surrounded by the towering ranges of the Eastern Himalayas, blessed with pleasant weather round the year. Here the students had a wonderful camping opportunity.

At the camping site the students put up their own tents and collected firewood for a bonfire. They took full charge of the camp by dividing their responsibilities among themselves. They also prepared lunch which was much appreciated by all.

On day four the students visited a sheep farm and learnt about livestock.

On day five the students cleaned up a corn field and conducted a cleanliness drive around the village. They also made a figure of a black necked crane out of plastic to inspire the villagers not to litter as this bird has stopped coming because of pollution in the area. Day six saw the camp shifted to Thembang, a beautiful ancient village with great historical and cultural significance. Finally, it was time to bid goodbye to Arunachal Pradesh and the ride back home was filled with laughter, joy and dancing. An unforgettable memory had been created for everyone!





# A Tryst with History-Jaipur, Bharatpur and Agra

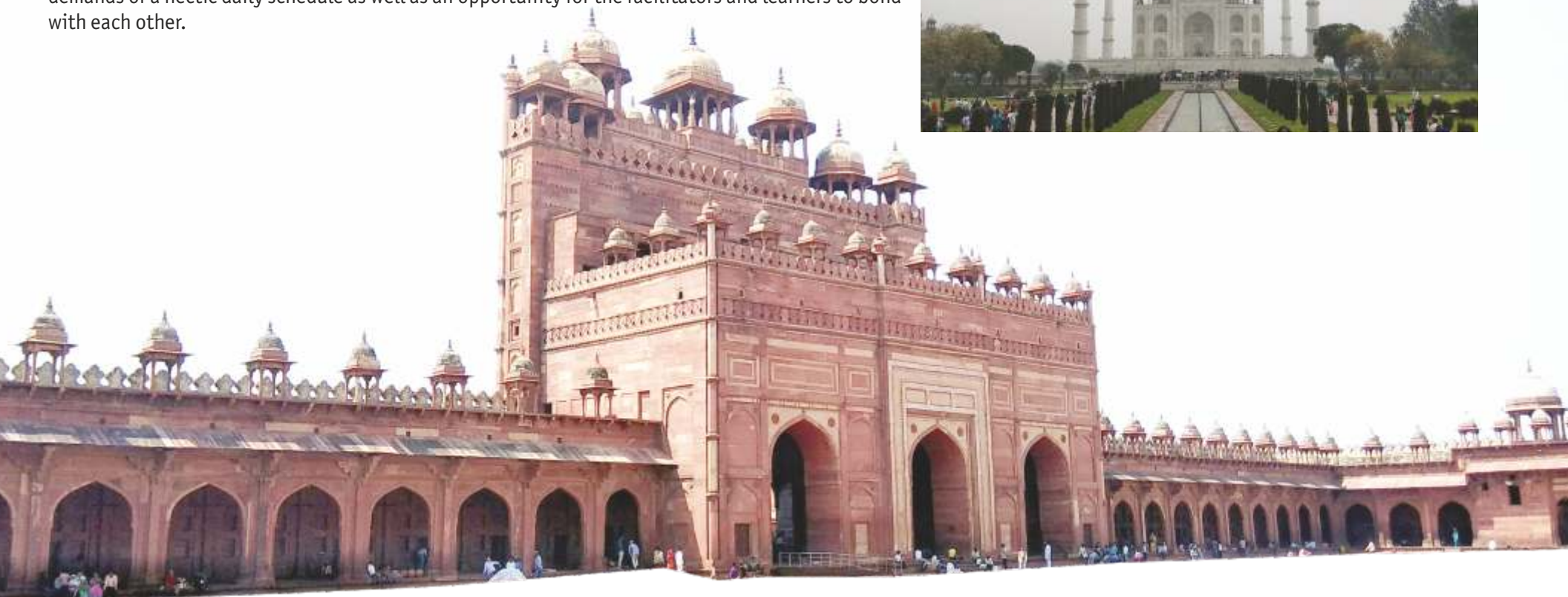
An annual excursion was organized for the students of AVS to various places to enrich them and to take learning beyond the four walls of the classroom. Travel expands your horizons and school life cannot be complete without the fun of educational tours and excursions. These trips were tailor made to enable the students to know and understand the real, multicultural world. A host of activities were undertaken as a part of the trip which acted as a catalyst, prompting students to think out of the box and broaden their outlook. The school strategically organized the educational trips to historically important places.

A place where history breathes its magic all over, Jaipur, the pink city of Kings and palaces where history resides in every road, lane and locality. We had an opportunity to visit this city in the course of our educational trip which took us to the majestic Amber Fort. Set amidst the hills and overlooking the Maota Lake, this UNESCO World Heritage site is a fabulous example of Rajput architecture. Later, we visited the beautiful façade of the Hawa Mahal (Palace of the Winds). Then we went to see the City Palace Museum with its blend of Rajasthani and Mughal Art, and the awe-inspiring Jantar Mantar, an observatory built in 1726 which still provides accurate information to this day

Our next destination was Agra, home to India's most iconic attraction, the Taj Mahal, a magnificent monument. The Mughals were at the peak of their power and wealth during Shah Jahan's reign and it is said that over 20,000 stone carvers, masons, and artists from across India, Turkey and Iraq were employed to build this monument to love on the banks of Agra's Yamuna River Embracing grand halls and palaces, the country was governed from here for many years.

After Agra we headed for the 'Bird Paradise' of Rajasthan, Bharatpur. It was the capital of the erstwhile princely state of Bharatpur and is home to the Keoladeo Ghana National Park, one of the most important avian sanctuaries in India. A former hunting ground for the royal family and the visiting British, the park is known for a host of migratory birds that flock here during the winter months.

These trips were an admixture of learning and fun and provided a much needed break from the demands of a hectic daily schedule as well as an opportunity for the facilitators and learners to bond with each other.





# Kedarkantha Calling

The present batch of class 10 and 12 are always entrusted with the task of accomplishing treks since they have great trekking abilities. True to this sentence, a mixed group of 36 students and 4 teachers embarked upon an expedition to the Kedarkantha peak. Our expedition lasted for 7 days with four days of action packed trekking. It was an enriching experience in which we learnt plenty of life skill techniques like: how to make tents, how to use green toilets, how to take care of each other and the importance of teamwork which made us realize that trekking is a group activity.

The day we climbed the peak we woke up at 3:30 a.m. and we accomplished our task by 9a.m., it was indeed an exhilarating experience! We were told by our trekking guide that we were the first school group to have achieved the task of climbing and reaching the peak without leaving anyone at base camp. These words meant a lot to all of us. While climbing down we did four sets of snow sliding which was a bonus for all of us and after the snow sliding we all reached the famous spot of the trek called 'maggiepoint'. There we all enjoyed one cup of much needed tea and then headed to our base camp. On the trek we saw beautiful birds like: Himalayan monal, coal tit, yellow burrowed tit, Himalayan woodpecker and common starling. The beauty of nature can only be understood when one spends time with nature. On the last day of trekking when we reached the Sankri Guest House we tasted non-vegetarian food for the first time on our tour!

During the trek we saw nature at its best but it was very sad to see a lot of waste in the camp site left by uncaring trekkers, which made us realize that nature is a gift which we have to take care of and pass on untainted to the future generation or else we are putting our own selves in peril.

This was an enriching experience for all of us as it strengthened bonds amongst the students but also with our teachers and our excellent trekking guides. The trip was a grand success and has been the rope to join us a team. All good things do come to an end but our memories and learning shall stay with us forever.





# In the Land of the Clouds-Meghalaya

We the students of classes 5 and 6 left for Meghalaya on 4<sup>th</sup> April along with Mrs. Bornali, Mr. Thajeb, Mr. Pranjal Barua, Mr. Shankar and our group leader Mrs. Chauhan. As we know, a travel tour is a journey for exploration, self-discovery, enriching experiences, sharing and building trust, friendship and learning to live in harmony. Meghalaya – called the Abode of Clouds with its hills, lush green valleys, magical waterfalls, caves and winding roads made us all realize that we had arrived at a place where nature unpacked a new lesson for us to learn every day.

At Mawphlang, the Lehasi Heritage Village is a classic example of how a community can preserve its heritage and resources including the Sacred Forest rich in rare species of plants of medicinal values. The deep reverence towards the forest left us spell bound and we returned wiser to protect nature. Staying in tents and adapting to the cooperative games played made us realize the need to understand each other, share experiences and help each other out. We also learnt about the value of food which can be simple yet very nutritious.

Mawphalanlur bound by lakes, green valley and hillocks made us enjoy ourselves. Rock rappelling and raft building tested our individual strengths and team building qualities.

Staying at Cherrapunji and sleeping in sleeping bags was a whole new experience. We learnt about fossils and the types of rocks at Mawsamai caves. We also got a chance to shop at Shillong which taught us how to spend our pocket money wisely. Overall it was an excellent trip and we look forward to visiting a new destination next year.





# A Trip to Remember- Gangtok and Darjeeling

This year, our school took an initiative to include educational tours and excursions as a compulsory part of our education and students of each class were given the opportunity to choose from some selected destinations. As the Academic year, 2017-18 ended with Annual Examinations in the month of April, our students were very excited for the much awaited excursions. A group of eighteen students of class seven along with two teachers, Mr. Bijan Panigrahi and Mr. R. Bharali had an opportunity to visit Gangtok and Darjeeling.

On the 3<sup>rd</sup> of April, 2018 we started our journey from AVS and reached Gangtok the next day at around 7 p.m. and checked into the hotel. We stayed in Gangtok from 4<sup>th</sup> to 7<sup>th</sup> of April. As per our scheduled planning, we visited different locations of Gangtok city and its nearby tourist destinations. We went to exotic and historical sites such as the Bonjhankri water fall, Rumtek Monastery, Plant conservatory, Ganesh Tok (Ganesh Temple), MG Market, Tashi View Point, Flower Exhibition Centre, Samarsa Garden, Tasngo Lake and the Baba Mandir.

We all were mesmerised by the radiant beauty of Sikkim. The journey to the Tsomgo Lake, however, was the highlight of the trip and exceeded all expectations. As most of us were not accustomed to the hilly roads, it was a little scary but an exciting experience. As the snow covered mountain started appearing, there was no limit to the excitement of our students. It was very cold in Tsomgo Lake and our tour operator had forewarned us that we should be warmly clad. Tsomgo Lake, which is 56 kms away from Gangtok, at an altitude of 3780 meters is one of the most beautiful places one can visit, with snow covered mountains which add to the scenic beauty of the lake with Nathula Pass being only 7 kms away.

Gangtok is a very clean city, with a remarkable garbage disposal system and the people are conscious about their environment. Sikkim is the only organic state in India. In Sikkim, it is not allowed to bring any vegetables from the other states. They grow only organic crops. Every one follows the traffic rules strictly and we did not hear any honking of vehicles even in the busy market or on the road which was surprising for us. The people are educated and honest. During our trip, we tried a variety of delectable street foods and local cuisines of Sikkim. We also did some shopping in the MG market which is the busiest market in Gangtok.

On 8<sup>th</sup> of April we started our journey from Gangtok to Darjeeling, which was a 98 km drive. Throughout this journey we could see only beautiful landscape on either side of the road. The view of the Teesta river tumbling downhill was fantastic. We stopped at the Teesta view point which is popularly known as 'Lover's Point' and captured the beauty of this place. We reached Darjeeling in the evening and checked into the hotel.

Darjeeling is a very old and densely populated hill station and lots of tourists visit this place daily. The toy train which was started by the British still runs in Darjeeling. The serpentine railway track along the main road looks is a sight to see. During our visit we could see some buildings which had been built by the British.

At Darjeeling we visited the Japanese Temple, Padmaja Naidu Zoological Park and the Himalayan Institute of Mountaineering. We also went to the Rangeet Valley Tea Estate, Batasia Loop, Tiger Hill, Rock Garden and Darjeeling Market. However, due to inclement weather, we could not witness the beauty of sunrise in the Tiger Hill.

The natural beauty of both the places, Gangtok and Darjeeling is truly serene and it beckons everyone to visit it again, we completed our trips with a heavy heart. It was indeed a wonderful experience!





# An Excursion to Cherish-Singapore and Malaysia

It is said that the ostensible reason for travel is because it makes one modest as one sees what a tiny place one occupies in the world. Twenty-seven students of class twelve escorted by Mrs. Tamanna Seth, the team leader, and three other teachers left on the 3<sup>rd</sup> of April left for the most fascinating country in South East Asia, Singapore. Taking the Silk Air flight by night from Kolkata, flying over the international waters to land at Changi International Airport was surrealistic enough to begin with.

Greeted by scrupulously clean surroundings, disciplined people to match with a very strict and proud-of- my-country administration coalesced to a perfect educational journey. We marvelled at the fine workmanship and architecture of the Opera House resembling the Durian at the Theatres on the Bay. A fascinating array of splendid sights right from the skyscrapers to the vines growing aesthetically up the towering architecture, the iconic Merlion, the Singapore Flyer, the Thian Hock Kheng temple to the most impressive Suntec City from where we could see the famous Gardens by the Bay. Shopping at the famous high street of couture, Orchard Street, comprising twenty-two malls and six department stores, was electrifying. Mustafa Centre, one of Singapore's 24-hour shopping malls, was a commerce student's delight, selling more than 300,000 items





to the budget shopper. The Jurong Bird Park where a cockatoo sang the birthday song in three languages and a love song in two was a sheer delight. The visit to the Nocturnal Zoo and the Night Safari, in a huge man-made rainforest with lots of exotic nocturnal animals where the park uses special lighting for visitors to enjoy nocturnal behaviours of animals from around the world was simply stunning. The very best of Singapore was at Sentosa Island reaching it via the cable car from where we caught breath-taking sights of the Singapore harbour. Fun and fantasy affianced in the Universal studios where the day was spent discovering the magical world of Hollywood movies.

Kuala Lumpur, in Malaysia, the country representing Asia's cultural diversity, was vibrant and the green landscapes were beautiful. The Batu Caves, the National Mosque, the King's palace, China Town, the National Monument Tugu Negara built to commemorate the Malaysian military sacrifices during the struggle for freedom were all spectacular. The eagerly awaited visit to the Petronas Towers, where the Petrosains Discovery Centre guided us through interesting science facts as well as experiments, and the Kuala Lumpur Tower to give us a bird's eye view of the city finally rounded off the trip. A week had flashed by in the blink of an eye.

It is believed that words and images are powerful. They have the power to shift perspectives and kindle change, thus the action-packed experience was captured in a professional-quality Photo Book as part of the tour operator's Young Authors Program.

As times passes, one will not remember the classrooms or the well-thumbed books but reminisce in tranquillity the enjoyable company of fellow travellers, the sunsets over foreign skies, the sound of the ocean dotted with myriad ships or a gentle breeze reminding us sentient beings that one was lucky to have been there and back.





# The Sri Lanka Dairy

A group of 27 students of Class 12 along with four teachers Mr. Minto Borah, Ms. Padmini Baruah, Mr. Lovesh Sharma along with Dr. Hemashree Deka as the team leader, set off for an eight day tour to Sri Lanka. Sri Lanka is an exotic island located just below the Indian Subcontinent. It is often referred to as the `Pearl of the Indian Ocean`. Few places in the world can offer the traveller such a remarkable combination of stunning landscapes, pristine beaches, captivating cultural heritage and unique experiences within such a compact location. Within a mere area of 65,610 kilometres lie 8 UNESCO World Heritage Sites, 1,330 kilometres of coastline, much of it is pristine beaches, 15 national parks showcasing an abundance of wildlife, nearly 500,000 acres of lush tea estates, 250 acres of botanical gardens, 350 waterfalls, 25,000 water bodies and a culture that extends back to over 2,500 years. We were very excited about the seven day long trip ahead.

We spent our first day exploring the city with the highest economic value, Colombo. We saw the Parliament House, Lotus Temple, the docks and various other important buildings. The next day we went to Sigiriya where we first visited the Pinnawala Elephant Orphanage and then went to Dambulla Cave temples where we saw five important caves. There are more than 80 documented caves in the area. Major attractions are spread over five caves, which contain statues and paintings. These paintings and statues are related to Gautam Buddha and his life. The next day, we went to the Rock Fortress of Sigiriya, where we climbed 1500 stairs and finally enjoyed the scenic view of the city along with the ancient paintings. Perhaps that was the most challenging aspect of our entire journey. Then we went to the Iswara Ayurvedic Garden and later reached Kandy.

The following day, we went to see the Buddha Tooth Relic and also to the Botanical Gardens and finally attended the cultural program of traditional Dance in the evening. These various Sri Lankan dance forms gave us an insight into the beautiful Sri Lankan culture. Next on our itinerary was Nuwara Eliya, the beautiful hill station, known as 'Little England'. We also visited the Hanuman Temple, a tea factory and the Sita Mandir. After a tiring six days of our journey, we arrived in Negombo and went to a beach where it was raining and we had the time of our lives! This enriching journey was a great experience for us and it gave us a new perspective to understand the Sri Lankan culture.





# A Thai Experience

On the 3<sup>rd</sup> of April 2018, a group of 19 students and 3 teachers spread their wings, lifted their souls and set out on a journey to 'The Land of Smiles', Thailand. A Southeast Asian country known for tropical beaches, opulent royal palaces, ancient ruins and ornate temples displaying figures of Buddha and with an ultra modern cityscape. The initiative taken by the school of sending the entire school community on educational trips, excursions and trekking landed us at what is a dream destination for many. The joy of travel and the camaraderie of travelling together; the spirit of cooperation, togetherness and discipline were some of the few things we learnt. From the mesmerising Thai dances to the sumptuous Thai cuisine; from the adventurous excursions to the abundant wildlife; from the beaches to the street markets; from the architectural Buddha temples dating back to different dynasties to the splendid cityscape, Thailand was breath-taking in every way. The pleasures of the trip reflected in learning the importance of preserving historical monuments, appreciating the rich bio-cultural diversity and indulging in inter-cultural dialogue. The group also participated in a Young Authors' Program and worked in teams to write and photograph a richly designed photo book which captured both, the fun we had and the learning we acquired.

Bangkok, Phuket and Pattaya were the cities we covered and a visit to each city ended in an enhanced learning experience. Where Bangkok enthralled us with its malls, street marts and Buddha temples, Pattaya captivated our hearts with its world-wide renowned Alcazar Show and Phuket enraptured us with its beaches and islands and The Fantasea Show. We entered into a lush and vivid world which had previously been untapped by us. The trip did serve the purpose of being an educational one intermingled with a lot of shopping, adventure, fun, excitement, souvenirs, new bonds and unforgettable memories.





# A Week to Remember at Nameri Eco Camp

The trip to Nameri Eco Camp was an amazing and exciting experience. The trip lasted for a week and was a memorable one. We got to know about the Garo, Mishing culture and lifestyle. We learnt how to make Pitha, how to cut logs for fire wood and even how to weave!

There were different types of meals served to us every day. The compound of the Eco Camp was filled with trees with many varieties of exotic birds. The guides were very helpful as they named each one of them and educated us about their characteristics.

We visited the Pygmy Hog Sanctuary and also got to know about the breeding process and habitat of the Pygmy hog. We all took part in a plantation programme on the fourth day.

Rafting was one of the exciting activities that we did during our stay. There was also a friendly football match played between our boys and the boys of a Garo village. We then went to a nearby school and taught the students about personal hygiene. We told them about the importance of eating healthy foods.

The flora and fauna of the Nameri National Park was very varied. We also observed the various types of native and migratory birds. Although the trek was tiring it was worth going as we got to see many rare birds. The cool nights and hot days were full of fun activities. On a picnic on the banks of the river Brahmaputra we were fortunate enough to see Gangetic Dolphins, which is India's national aquatic animal.

Overall the trip was very successful. We developed our life skills such as team work, risk taking, problem solving, decision making and self-awareness by dealing effectively with the demands and challenges that the trip posed.

We are very grateful to the teachers and the people at the Eco Camp for guiding us and also giving us a chance to visit such an exciting place.





# Social Service at Golaghat and Majuli

On the 4<sup>th</sup> of April, 22 budding social workers headed out on a journey to Golaghat and Majuli that gave them a different experience altogether. The main motive of this visit was to render community service to the marginalised students of Golaghat. We collaborated with the 'All & Sundry' an NGO who organised our itinerary.

We visited three schools namely: Harijan Prathamik Vidyalaya, Chandmari L P School and Furkating Gajan and Jallan Balika Vidyalaya. The teachers, along with some parents and students, had very kindly donated toys to open up a Toy Bank for the younger students in these schools. We also donated books, planted tree saplings and made sanitary kits for each school. There was a discussion about personal hygiene where our students prepared presentations and charts to enhance the experience as personal hygiene is an important part of our lives and is often neglected. The students were also taught how to make paper origami and we also conducted an evacuation drill. In Furkating Balika Vidyalaya our main purpose and challenge was to talk to the girls of class 8 to 10 about menstruation and menstrual hygiene. It was our privilege to film a documentary on the importance of menstrual hygiene which was to be a part of the Golaghat White Revolution. Our service project in Golaghat was a big success. Our effort was recognised and appreciated by the felicitation of each student for their sincere service in Golaghat.



On the 8<sup>th</sup> of April we took a ferry ride to Majuli, the World's largest inhabited freshwater river island, recognised by UNESCO. Nitul Dutta, our guide led us to the journey of exploration to the Cultural Capital of Assam. We got to learn about the rich Assamese culture of Majuli by visiting the various Satras and museums which had the antiques gifted to the Satra-adhikars (Head Guru) and items used by the Ahom kings during that period. Here we learned that Satras do not preach about religion, but they preach about 'Dharma' which is a code of conduct for true living. We got to watch the 'Mukha Bhaona' which was a first time experience for most of us. Apart from visiting the Satras, we visited a Mishing village where we interacted and got to learn a little about their community. Our last day ended by donating clothes to the underprivileged in association with the KARUNA FOUNDATION of Majuli.

This trip was undoubtedly a successful one beyond our expectations. There was a meeting of learning with hands-on experience through service and education. We not only got to see and learn a lot but also made new friendships and new promises.





# The Assam Valley School

EDUCATIONAL TRAVEL AND TREKS- APRIL 2018

## STAFF LEADERS AND TEAMS

LEADER	TEAM			DESTINATION	
MRS. S. CHAUHAN	MRS. B. BARUAH	MR. C.S. SHANKAR	MR. P. BARUAH	MR. T.A. HAZARIKA	MEGHALAYA
DR. P. GOSWAMI	MRS. U. MUKHOTI	MR. S.P. SHARMA	MR. B.K. DAS	MR. M. HAZARIKA	ARUNACHAL PRADESH
MRS. D.S. BORA	MRS. M. MISHRA	MR. B. PRASAD	MR. P. SAIKIA	MRS. R. RIKHYE	NAGALAND
MR. R. BHARALI	MR. B. PANIGRAHI				DARJEELING & GANGTOK
MR. D. DUTTA	MS. K.B. DEVI	MRS. T. BARUAH			BHUTAN 1
MR. A.B.GOGOI	MRS. P. JOSHI	MRS. M. KAUR			BHUTAN 2
MRS. S. SHARMA	MR. A.K. YADAV	MRS. M. TALUKDAR	DR. S. DIXIT		JBA
MRS. N.SINGH	MS. M. DAS	MR. N. JHA	MR. S. PATHAK		PSB
MR. T.A. ANSARI	MR. B.M. HERICK	MRS. N.K. BARUAH	MRS. R. BORDOLOI		BMO
MR. R. CHAUHAN	MR. A. BENJAMIN	MRS. J. BHARADWAJ	MS. S. ATKINS		DCC
MR. U. SINGH	MR. T. DAS	MS. ANALI BARUAH	MRS. S. SINGH		KEK
MR. M.C. MACDONALD	MR. D. VERMA	MS. L. BISWAS	MRS. N. HAZARIKA		DAB
DR. H. DEKA	MR. M. BORAH	MS. P. BARUAH	MR. L. SHARMA		SLA
MRS. T. SETH	MR. P. BORBORAH	MR. S.Z. AHMED	MRS. S. SAIKIA		SIM
DR. P. JAIN	MR. S. ANSARI	MRS. R.G. PYNE			THA
MS. P. BORAH	MR. P.K. SINGH	MRS. D.R. BARUAH	DR. J. ANSARI		SOC. SER. – 1 (GOLAGHAT)
MS. L. BORAH	MR. A. SARMA	MRS. V. WATTS	MR. R. DAS	MS. R. BORAH	SOC. SER. – 2 (NAMERI)

**DAB** : DAYARA – BUGYAL TREK    **DCC** : DEORIATAL – CHOPTA – CHANDRASHILA TREK    **KEK** : KEDAR – KANTHA TREK

**SIM** : SINGAPORE – MALAYSIA    **SLA** : SRILANKA    **THA** : THAILAND

**BMO** : BANGALORE – MYSORE – OOTY    **PSB** : PACHMARI – SANCHI – BHIMBETKA    **JBA** : JAIPUR – BHARATPUR – AGRA



# Founders' 2017







## 22<sup>nd</sup> Founders' Special Assembly

The 22<sup>nd</sup> Founders' Day celebrations began on the 3<sup>rd</sup> of November with the Head of School, Ms. Sonya G. Mehta, addressing the School community. The assembly began with the Gayatri Mantra followed by a prayer led by the Head of School. The Acting Chairman of the Board of Governors, Mr. David Summerscale addressed the School. This was followed by the presentation on the 'Life of an Aviator' by the Electronic Media of the School.