

# Badminton

## IPSC Badminton Team

L-R

**Sitting:** Dronashish Deka, Himangshu Baruah, Mr. Abhijit Baruah (Coach), Mr. Amit Jugran (DHSW), Kaushal Agarwal, Kaushik Das

**1<sup>st</sup> Row:** Bida Karbak, Hiya Choudhary, Shrivendra Vikram, Chiraj Agarwalla, Bishal Agarwal, Jayvardhan Patwari, Sneha Sonowal

**2<sup>nd</sup> Row:** Pranjit Goswami, Kapinjal Sharma, Priyanchi Sharmah, Shivombika Kashyap, Barnabh Choudhary



Badminton is one of the most prominent games on the planet. It is a game which is actively played by men and women of all ages. Badminton at The Assam Valley School is pursued by many students. Mr. Abhijit Baruah who is the Badminton coach is one of the reasons behind the energetic and spirited game which is put up by the Aviators in every single competition they participate in across the country. Every morning is spent on fitness session, while afternoons are committed to playing the game and whetting their skills. The school has got four amazing badminton courts which propels the students towards perfection in the game. The school participated in the IPSC inter-school badminton tournament which was held at The Pestle Weed College, Dehra Dun. The school is yet to participate in the district tournament and organize the inter-house badminton matches.



## School Badminton Team

L-R

**Sitting :** Kaushik Das, Kaushal Agarwal, Mr. Abhijit Baruah, Shivambika Kashyap, Himangshu Baruah, Dronashish Goswami

**1<sup>st</sup> Row :** Bida Karbak, Shivendra V Singh, Chirag Agarwal, Bishal Agarwal, Jaywardhan Patwari, Sneha Sonowal

**2<sup>nd</sup> Row :** Pranjit Goswami, Kapinjal Sharma, Priyangshi Sharma, Hiya Choudhury, Bornab





# Basketball

Isheeta Hazarika (Girls Captain) and Praneel Bhatt (Boys Captain)

## Basketball (IPSC TEAM)

### L-R

**Sitting:** Natasha Rose Rao, Praneel Bhatt, Mr. Amit Jugran (DHSW), Mr. Rajiv Daimari (Coach), Isheeta Hazarika, Lune Lakshmi Dai, Saron Nigel Odyuo, Samiksha Dwara, Ipshita Kashyap, Neha Gupta, Nandini Kejriwal, Luqmaan Ahmed, Dakgo Ngomdir

**2<sup>nd</sup> row:** Nishant Borah, Sahil Goyal, Srutashman Baruah, Angshuman Sarmah, Dayan Ahmed



## School Basketball Team

### L-R

**Sitting(Ground):** Ryan Dorjee, Nuhang Chamling

**Sitting:** Natasha Rose Rao, Praneel Bhatt, Mr. Amit Jugran(DHSW), Mr. Rajiv Daimari (Coach) Isheeta Hazarika, Lune Lakshmi Dai

**1<sup>st</sup> Row:** Saron Nigel Odyuo, Samiksha Dwara, Ipshita Kashyap, Neha Gupta, Nandini Kejriwal, Luqmaan Ahmed, Dakgo Ngomdir

**2<sup>nd</sup> Row:** Nishant Borah, Sahil Goyal, Srutashman Baruah, Angshuman Sarmah, Dayan Ahmed

Basketball had its beginning in 1891 and has earned incredible popularity across the globe. Basketball teaches one the necessity and importance of team work, focus, decision making, pressure management and perseverance. Basketball is a game of 5 members who coordinate and defend one another to reach the desired basket.

Recently the sport has gained popularity in The Assam Valley

School and there has been an increase in the number of players interested in the sport. The school has been sending both girls and boys teams for various IPSC and other inter-school tournaments. Recently, the girls' team participated in the IPSC tournament held at The Lawrence School, Sanawar. The team players were Lune Dai, Isheeta Hazarika, Samiksha Duarah, Nandini Kejriwal, Siddhi Kabra, Natasha Rao, Neha Gupta, Mayumi Apang and Meagan Wajiri. The same team also participated in the district tournament held at Guwahati. Isheeta Hazarika of Class 12 got the opportunity to serve as the Girls Basket Ball captain for the Assam state team. She represented the state in the national tournament. The school has five basketball courts out of which two are indoor courts with synthetic flooring.



# Cricket

Shahirul Ahmed, Senior Cricket Team Captain

Cricket is the most loved game in India and has its origin in the vast plains of England. Cricket has evolved as one of the most popular sports in AVS and has produced various talented cricketers who represent the school at the state as well as national level.

The appointments for the year 2018-2019 are as follows:

- 1.Captain - Shahirul Ahmed
- 2.Vice captains-Jagrit Kasera and Aniketh Das.
- 3.Coach -Mr. Rajender Chauhan.
- 4.Curator-Mr. Arup Das.

Some of the highlights of the cricket team for the year 2018-2019 are listed below.

The AVS U-13 cricket team participated in the All Assam U-13 inter- school cricket tournament held at Royal Global School. AVS team made it to the semi- finals at the tournament. Vinayak Kandoi secured the best player award and Anuran Paul was awarded the best fielder award. Jayesh Harlalka, the captain of the U-13 team was declared the man of the match.

The AVS U-15 cricket team participated in the Intra district U-15 school cricket tournament held at Tezpur. Anikesh Das captained the team in the tournament. Vinayak Kandoi of AVS was given the most promising player award in the tournament.

The AVS U-14 team also participated in the Goa cricket tournament with Nishanta Sharma leading the team. Here, AVS emerged as the champions of the tournament.

Three senior players of the AVS cricket team were selected to attend the Assam U-16 state trials held at Golaghat.

The team also looks forward to bagging the trophies in the IPSC U-17, IPSC U-14, and the AVS Invitational inter-school cricket tournament. The team would like to extend its gratitude to the coach, Mr. Chauhan and the curator, Mr. Arup Das who maintains the cricket field.











### Cricket (U-17)

#### L-R

**Sitting:** Arnav Jain, Mayukh Jain, Mr. Rajender Chauhan (Coach), Mr. Amit Jugrran (DHSW), Sreyansh Sharma, Jayesh Harlalka

**1<sup>st</sup> Row:** Grisham Ghosh, Utkarsh Jajodia, Adit Ghosh, Yajvin Prithani, Anuran Paul, Vinayak Kandoi, Rajyoti Talukdar, Ryanan



### Cricket (U-19)

#### L-R

**Sitting:** Shubham Paul, Jagrit Kasena, Mr. Rajender Chauhan (Coach), Mr. Amit Jugrran (DHSW), Aniketh Das, Saptarshi Acharjee

**1<sup>st</sup> Row:** Nishanta Sharma, Bitoshok Das, Sourav Khodal, Prakash Baheti, Aniketh Das, Kapish Harsingpuria, Chahel Agarwal, Vansh Agarwal, Sujal Agarwal



# Golf

Anuvab Sarmah, Golf Captain

Golf at the Assam valley school has revived immensely in the last couple of years. Despite a magnificent ground and the necessary facility for playing the game it had not caught the interest of the students extensively in the past. Now, many students have enrolled themselves to play golf during this academic year and the sport is poised to produce good golfers who will be able to participate in various tournaments taking place across the country.

# Horse Riding

Angad Singh Sekhon (Boys Captain) and Rashi Lal (Girls Captain)

Horse riding may seem fun-filled and thrilling but behind the success of the riders lies their true hard work. Horse riding is not only about riding the beautiful animal but also about training it yourself. One must learn to take care of their own horses and feed them food and drink regularly. These are the traits of an ideal rider. At The Assam Valley School, riders are taught to care for the horses and hence, the riders are deeply attached to their horses.

2018-19 was a very successful year for horse riding at The Assam valley School. Two of our riders Angad Singh Sekhon and Nammier Ahmed along with our riding coach Mr. J. Singh participated in (ROR) Re Training of Race Horses which is a pilot project conducted by The Equestrian Federation of Assam (EFA). It was conducted by FEI nominated coaches who also received the 9th edition of FEI Solidarity Award 2017.

This year, 4 riders took part in the Regional Equestrian League. They performed very well by securing 5 gold, 3 silver and 4 bronze medals.

It was a moment of great pride and honour when one of our riders, Nammier Ahmed represented the NER in the prestigious Republic Day Parade and the prime minister's rally held annually in Delhi. He also secured two bronze medals in the RVC games.

The riding school is blessed with an enthusiastic and experienced coach, Mr. Jalam Singh without whom, the riders would not have achieved so much.







## Equestrian

### L-R

**Sitting:** Nammeir Ahmed, Angad S. Sekhon, Mr. Amit Jugrran (DHSW), Mr. Jalam Singh (Coach), Dhruv Chaudhry, Abdullah

**1<sup>st</sup> Row:** Kavya, Saumya Jindal, Arjun Chaliha, Rishi Keshan, Gaurav Das, Arman, Divyaj

**2<sup>nd</sup> Row:** Aniket Joshi, Karan

## Soccer

This year, The Assam Valley School participated in the Goa carnival organized by the International School Sports Association. The soccer team of The Assam Valley school bagged the first position in both the U-17 and U-14 category. This could not have been done without the guidance of our coach, Mr. Thang who helped us to better our skills. Here at AVS, soccer is not just a sport but a religion for a majority. Many opportunities are given here at AVS for both boys and girls to develop their skills at soccer. The AVS soccer team plans to work even harder in the future and bring further glory to the school.



## IPSC Girls Soccer Team

### Sitting

**Row 1 :** Khushi Pareek, Khyoda Jernia, Mrs. Sarika Brahma (Coach), Mr. Amit Jugrran, Namrata Baruah, Sumedha Jamwal

**Row 2 :** Aadrika Kaushik, Shrishti Basak, Gyammar Kunam, Somaina Boro, Toko Jermin

**Row 3 :** Asmita Kakati, Ashmita Phukan, Hiramoni Basumatary, Urvee Samir, Nuby Tamin, Bipasha Haloi





## IPSC Boys Soccer Team

### Sitting:

**Row 1 :** Kosavi Munguak, Vijayratna Thapa,  
Mrs. Sarika Brahma (Coach),  
Mr. Amit Jugran, Tachang Yangfo,  
Tenzing Dorjee

**Row 2 :** Anuvash Mawrie, Kato Benjamin,  
Talum Toko, Nilutpal H. Das, Abbiso Pul,  
Takar Lyiak, Rafiul Huda

**Row 3 :** Daksharatna Thapa,  
Tsering Wangchuk, Abhijay Hazarika,  
Worngam Ningshen, Akhilesh Bora





## School Soccer Team

### L-R

**Sitting :** Kosavi Mungyak, Vijayratna Thapa, Mr. Amit Jugrran, Mrs. Sarika Bramah (Coach), Tachang Yangfo, Tenzing Dorjee

**First Row :** Dhajen Basumatary, Tallum Toko, Abbiso Pul, Nilutpal Hojai Das, Alfred Kharwanlang, Tech Lonin, Akinito Achumi, Ethaneal Kharkongor, Chou Liangwang Choutang

**Second Row :** Worngam Ningshen, Lima, Amar Okhram, Kato Benjamin, Takar Liyak, Rafiul Huda, Anuvash Mawrie, Rishab Saikia

**Third Row :** Daksharatha Tapha, Tenzing Bhutia, Abhinay Hazarika, Tsering Wangchuk, Prasugjya Gogoi, Akhilesh Bora, Atisha

## Squash

2018-19 was a wonderful year for squash at The Assam Valley School. This game was developed at AVS in the last few years under the constant support and guidance of our dedicated Coach, Mr. Devendra Verma. In November 2017, after the state trials, 7 students from AVS (Devaansh Jallan, Nitya Saraf, Aadish Jain, Yash D. Chouhan, Abhigyan Misra, Lakshya Motial and Abhyuday Bhalla) were selected to represent the state of Assam in the SGFI games held at Aurangabad in the month of December. The U-14 team of Abhigyan and Lakhya secured the bronze medal and in U-19 individual, Devaansh reached the Quarter Finals.



### L-R

**Sitting:** Ananya Wal, Ragini Chauhan, Sanaya Singh, Mr. Amit Jugran (DHSW), Mr. Devender Varma (Coach), Devansh Jallan, Kushal Sureka, Mehu Chauhan

**1<sup>st</sup> Row:** Yuthika Kejriwal, Reeshica Singh, Shrivansh Agarwal, Sneha Agarwal, Divyanshu Sikaria, Aniket Joshi, Aadish Jain, Arnav Dutta, Anushka Borah, Sneha Sonwal

**2<sup>nd</sup> Row:** Aastha Saikia, Yashvi Lohia, Cica Agarwal, Jaskirat Singh, Yash. D. Chauhan, Abhijyan D. Mishra, Ananita Susan Stephen, Suchi Agarwal, Harshika Deorah, Urolee Changmai

**3<sup>rd</sup> Row:** Gaurav Agarwal, Abhinav Jain, Jayan Paliwal, Abhuday Bhalla, Nitya Saraf, Ngukini Chishi, Aryan Sahu



Throughout the year, Aviators have dedicatedly taken part in various SRFI organised tournaments. In the All Assam Ranking Championship at Guwahati in the month of April, Aadish Jain secured the 3rd position in the U-15 boys' category as well as in the open men's category. Abhigyan Mishra and Anushka Bora secured the silver and the bronze medal in their respective categories.

The inter- house championship proved the dedication aviators have for this sport by putting in their best efforts in every single match. With the 4 glass courts constructed at school and with the unending efforts of our coach, the sport is thriving and the students have won many laurels for the school.

# Swimming

Nammier Ahmed (Boys Captain) and Samiksha Duarah (Girls Captain)

2018 is a year where the swimming team has tasted incredible success. The team underwent long training sessions after which it got admirable results as fruits of its endeavour.

The swimming season began with the team participating in the Meghalaya State Swimming Meet. The school participated with a team of eight swimmers, participating in Junior Boys, Junior Girls and in the Men's and Women's open category. The competition ended with a medal tally of forty three across all categories. Two of our swimmers, Arijeet Boarooah and Jonny Waikhom participated in the SGFI trials held in Guwahati after which they represented the state of Assam in the 63 rd National school Games held in Delhi.

The school organized the 21<sup>st</sup> Inter House Swimming Competition hosting events across eight different categories. This event had seen a meteoric rise of swimmers in the school and the team is hopeful of going strong in the years to come.

The swimming team members owe their success to their coaches Ms. Sarika Hazarika, Mr. Jayanta Borah and Mr. Ridip Mahanta. Their constant guidance and mentoring have led the swimming team to achieve great heights.







## IPSC Swimming

### L-R

**Sitting :** Nammier Ahmed, Samiksha Duarah, Mr. Jayanta, Mr. Amit Jugrran, Trisha Baruah, Gaurav P. Kumar

**1<sup>st</sup> Row :** Arindom Pator, Trinayana Saikia, Sujanveer Aatria, Hiramoni Basumatary, Aditi Thekedath, Adrija Mahanta, Kaushik Rabha, Namrata Baruah

**2<sup>nd</sup> Row :** Nandini Kejriwal, Jivesh Agarwal, Manash P. Gogoi, Astha Borah, Tanveer S. Yadev, Keshav Bhati, Havika Apang

**3<sup>rd</sup> Row :** Pratyush Deka, Kanishk Konowal, Partha Saikia, Rabden Pempahishey, Gaurav Das



# Table Tennis

Ria Basaiamoit (Girls Captain) and Tenzing Bhutia (Boys Captain)

Table tennis is yet another sport offered by The Assam Valley School. The Master In-Charge of table tennis is Mr. Monjit Roy. Over the last few years, table tennis as a sport has been developing rapidly in the school. The setting up of four table tennis courts in the newly renovated sports complex has allowed more students to join and learn this sport. It is one of the most popular sports played on weekends.

The inter house table tennis was held during the month of February where Kopili-Dhansiri emerged as the winning house and Bhoroli-Lohit as the runners up.

Recently, some of our players namely Tenzing Bhutia, Niraj Sarmah, Hrishiraj Sureka and Diyanishu Agarwal took part in The All Assam state tournaments wherein they put in their best and had a fruitful experience.







### School Table Tennis Team

#### L-R

**Sitting :** Nishika Agarwal, Tenzing Bhutia, Mr. Monjit Roy, Mr. Amit Jugrran, Ria Basaiamoit, Kushal Mittal

**1<sup>st</sup> Row :** Krishelle Sangma, Divyanshu Agarwal, Hrishiraj Sureka, Bhumi Kothari, Neeraj Sarmah

## Taekwondo

Nilimoy Das (Captain)

Taekwondo is a Korean martial art, characterised by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. Though, it has been introduced in AVS recently, the students are doing well. They are not only taught self-defence but also discipline and respect. The students train very hard regularly and the results have been fruitful.

In the recent IPSC Taekwondo tournament at Birla Vidya Mandir School, Nainital, the AVS team participated in various weight and age categories and eight out of ten participants emerged victorious. Prasurzya Gogoi won Gold, Nilimoy Das and Ryan Ingrai won Silver, Deep Ngangom and Robindro Singh won Bronze (U-19 team). Baibhav Sharma won Bronze (U-17 team).

Jagrav Das won Gold, Kavish Agarwal won Bronze (U-15 team).

The AVS team had participated in the IPSC Taekwondo tournament in 2017 as well and had won accolades for the school. The team members are grateful to the coach, Jayanta Kalita who has trained them.



### IPSC Taekwondo Team

#### L-R

**Sitting :** Deep Ngangom, Ryan Nambam, Mr. Amit Jugrran (Deputy Head-Students Welfare), Mr. Jayanta Kalita, Nilimoy Das, Prasurzya Gogoi

**First Row :** Robindro Singh, Dozee Wangchuk, Kavish Agarwal, Jagrav Das, Baibhav Sharma





### School Taekwondo Team

#### L-R

**Sitting :** Deep Ngangon, Ryan Nambam,  
Mr. Amit Jugrran (Deputy Head-Students Welfare),  
Mr. Jayanta Kalita, Nilimoy Das, Robindro Singh

**First Row :** Sulangana Deb, Nitya Bhatt, Baibhav Sharma,  
Prasurzya Gogoi, Trisha Barua, Snigdha Bharadwaj,  
Shruti Kothari

**Second Row :** Jagrav Das, Dozee Wangchuk,  
Kavish Agarwal

## Volley Ball

Anurag Baruah, Volleyball Captain

Volleyball is a growing sport in The Assam Valley School. Recently a lot of students have started enrolling themselves in the sport. It is a sport where boys as well as girls enthusiastically participate. During sports galas and Summer Fest too, this sport is actively enjoyed by all. After many years, a school volleyball team has been formed so that the students can take part in inter-school tournaments. Even in the scorching heat the players come out to practice and improve their skills. This year, the school team is determined to win the IPSC volleyball tournament and create history. Students participated assiduously for the inter house volleyball competition.



### School Volleyball Team

#### L-R

**Sitting :** Limathung Ezung, Chukhu Nayu,  
Mr. Amit Jugrran, Mr. Ridip Mahanta,  
Anurag J Brahma

**1<sup>st</sup> Row :** Khushi Pareek, Akinali Ayemi,  
Hiramini Basumatary, Diana Punning,  
jernia Khyoda, Isheeta Hazarika, Lune Dai,  
Harshita Gogoi, Deepti Agarwal

**2<sup>nd</sup> Row :** Samiksha Duarah, Aryan Neog,  
Himanshu Lohia, Lotsolu Sazo,  
Doying Padung, Sumedha Jamwal,  
Namrata Baruah

**3<sup>rd</sup> Row :** Nishant Borah, Partha Saikia,  
Rabden Pempahishey, Naman Agarwal,  
Leander Terang, Theja



# Tennis

The left and right turning of heads, the hush silence in between points, the automatic, unexpected roar when you lose a point, the drop shot, the forehand, the backhand, the serve. The Sport-Tennis.

Tennis is a reputed sport that is played by many, watched by even more. At AVS too, Tennis is a passion for the players.

Each year, our tennis players put in all they've got to achieve more. None of this of course would have been possible without our determined and enthusiastic coach, Mr. Sebu Prasad. He has shown undying faith and has taught and played with his players like a 16-year-old. It is only and only because of his guidance that tennis is what it is today.

Ojas Jyoti Borah Hazarika was the winner of the North East tennis tournament held at Silchar. In the girls IPSC tennis tournament held at the Daly College, Jaagriti Borah won a bronze medal in the under-19 category while Anushcka Joshi, Aditi Thekedath and Trinayana Saikia won bronze in the under-14 category. In the under-12 category, Rajnish Sharma reached the quarter finals in the All Assam ranking tennis tournament at Numaligarh and pre quarters in the Oil India All Assam tennis championship at Duliajan. Ojas Jyoti Borah Hazarika, Abhijay Hazarkia and Rachit Agarwalla secured the 3<sup>rd</sup> position in the inter school tennis tournament held at the Sports Authority of India, Guwahati. Abhijay Hazarkia was a quarter finalist in the All Assam Ranking championship held at the NF railway sports complex, Guwahati.

In conclusion, the tennis players of the Assam Valley School have shown a lot of determination, enthusiasm, love and respect for the sport which has and will help AVS stand tall.



## Tennis(IPSC TEAM)

### L-R

**Sitting:** Anushcka Joshi, Jagriti Borah, Mr. Shibu Sharma(Coach), Mr. Amit Jugran(DHSW), Abhijay Hazarika, Ojas J. B. Hazarika

**1<sup>st</sup> Row:** Trinayana Saikia, Raahil Hazarika, Rajnish Sharma, Suhani Bhimsaria, Anandita Sumal, Neha Swabnam, Wasfia Safi

**2<sup>nd</sup> Row:** Vaibhav Garodia, Gazal Panesar, Rakin Nafi, Pratham Somani, Aditi Thekedath, Rachit Agarwalla

**3<sup>rd</sup> Row:** Sparsh Agarwal, Aryan Khatuwala, Mehul Agarwalla





#### L-R

**Sitting:** Trinayana Saikia, Anushcka Joshi, Abhijay Hazarika, Mr. Shibu Sharma(Coach), Mr. Amit Jugrran(DHSW), Jagriti Borah, Ojas J. B. Hazarika, Rakin Nafi

**1<sup>st</sup> Row:** Shonali Kundu, Aditi Thekedath, Raseen Shah, Rajnish Sharma, Parth Agarwa, Suhani Bhimsaria, Navya Chamaria, DikshaBaruah, Gazal Panesar

**2<sup>nd</sup> Row:** Anandita Sumal, Kashvi Bhartia, Akshat Dhelia, Neha Swabnam, Raahil Hazarika, Wasfia Safi, Pratham Somani, Mehul Agarwalla

**3<sup>rd</sup> Row:** Devansh Gupta, Arpit Agarwal, Aryan Baruah, Aryan Khatuwala, Rachit Agarwalla, Vaibhav Garodia, Pratham Jain, Sparsh Agarwal

## Annual Cross-Country Championship

They say that marathon is more mind than body and an Aviator gets a first hand experience of deciphering it.

There comes a time of the year when the whole school is out in the cross-country course giving in all it's got just to make that little contribution to the overall house positions. However, one often does not realise that in this run for the house, one also gets closer to oneself, exploring a side that it has never known to have owned. What an audience gets too see is just a glimpse of this impeccable moment.





# Annual Athletics Meet

There are different levels at which one must grow in order to finally become a champion and the athletics at the Assam Valley School provides a perfect platform to begin this wonderful journey. It teaches one to explore the taste of victory and also embrace the one of losing and learning. The annual athletics meet at the Assam Valley School serves as a perfect display and proof of the pulsating energy of youth, although of four different colours.

