



CONTENTS

01. *The Shri Ram School, New Delhi VS Sunbeam English School, Varanasi*
02. *Royal Global School, Guwahati VS St. George's College, Mussoorie*
03. *Assam Valley School (Team Red) VS St. Francis De Sales, Guwahati*
04. *Assam Valley School (Team Blue) VS Vandy International School, Guwahati*
05. *Vasant Valley School, New Delhi VS Hollotoli School, Dimapur*
06. *Bishop Cotton School, Shimla VS Sanskriti The Gurukul*
07. *Delhi Public School, Guwahati VS Maria's Public School, Guwahati*
08. **Quarter Finals:** *Sunbeam English School, Varanasi VS The Shri Ram School, New Delhi*
09. **Quarter Finals:** *Bishop Cotton School, Shimla VS Maria's Public School, Guwahati*
10. **Quarter Finals:** *Royal Global School, Guwahati VS St. George's College*
11. **Quarter Finals:** *Assam Valley School (Team Red) VS Hollotoli School, Dimapur*

MORNING SESSION

“THIS HOUSE REGRETS THE RISE OF SELF DIAGNOSING MENTAL HEALTH CONDITIONS.”

The Shri Ram School, New Delhi
(GOVERNMENT)

VS

Sunbeam English School, Varanasi
(OPPOSITION)



- Aastha Potsangbam, IX

On July 14, 2025, an intense debate took place at the AVR. The proposition argued that mental health requires professional diagnosis and that social media is normalising these issues, preventing proper treatment. The opposition countered that social media increases awareness, helping people recognise symptoms and seek a diagnosis. They added that societal taboos around mental illness are now decreasing. The arguments kept the audience entertained.

Winner - Sunbeam English School, Varanasi

Leader of the OPPOSITION: Govind Keshari

Deputy Leader of the OPPOSITION: Aayushman
Malviya

Whip of the OPPOSITION: Manyu Singhal

Result - The Motion was lost

Royal Global School
(GOVERNMENT)

VS

St. George's College, Mussoorie
(OPPOSITION)



- Shabhat Sabir Ansari, X

The debate between the Royal Global School, Guwahati and St. George's College, Mussoorie, was hugely entertaining. The opposition argued that social media empowers self-identity and provides an affordable alternative for those unable to access expensive therapy. On the other hand, the Government highlighted the dangers of self-diagnosis, emphasising how it spreads misinformation about complex mental health conditions and negatively impacts society, ending with the powerful question, "What is awareness if there is no accuracy?"

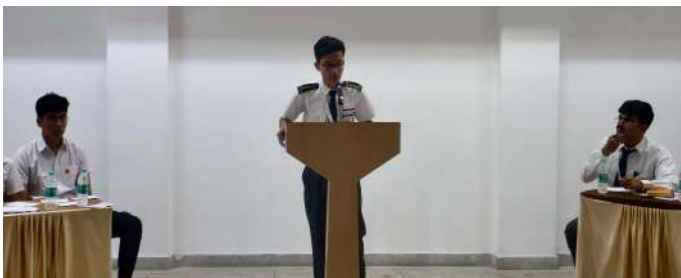
Winner - St. George's College, Mussoorie

Leader of the OPPOSITION: Bhavik Gupta

Deputy Leader of the OPPOSITION: Rodas Bhatia

Whip of the OPPOSITION: Felix Kurian

Result - The Motion was lost



Assam Valley School (Team Red)
(GOVERNMENT)

VS

St. Francis De Sales, Guwahati
(OPPOSITION)



- Timzenla Ozukum, XI

The heated debate between AVS RED and St. Francis De Sales addressed the controversial topic of self-diagnosing mental health issues. The government (AVS RED) strongly opposed self-diagnosis, arguing that it undermines mental health professionals and may worsen conditions through the Rosenthal effect. The opposition (St. Francis De Sales) countered with compelling points, stating that self-diagnosis acts as mental first aid and that not everyone has access to professional care. Both teams presented well-reasoned arguments, shedding light on the complexity of this increasingly relevant issue.

Winner - Assam Valley School (Team Red)

Prime Minister of the GOVERNMENT: Natasha Billimoria

Deputy Prime Minister of the GOVERNMENT: Aliden Jahzara Ovung

Whip of the GOVERNMENT: Zaheen Rafia Shah

Result - The Motion was passed.



The 3rd PFQ round between AVS (Team Blue) and Vandhya International School was held in the TIHU common room. The debate featured insightful arguments, with the Government asserting that over-pathologizing normal experiences and self-diagnosis can have harmful consequences. The DPM noted, "Delayed professional help arises from the belief that they know what they are going through." The Opposition countered that self-diagnosis encourages early intervention, allowing individuals to take charge of their mental health and access needed support. Though the debate was intense, the Government's arguments ultimately prevailed, and the motion was carried through.

Assam Valley School (Team Blue)
(GOVERNMENT)

VS

Vandya International School,
Guwahati
(OPPOSITION)



- Carlynda Lyngdoh, XII

Winner - Assam Valley School (Team Blue)

Prime Minister of the GOVERNMENT: Karan Somani

Deputy Prime Minister of the GOVERNMENT: Agnivh Bora

Whip of the GOVERNMENT: Anushree Singh

Result - The Motion was passed.

Vasant Valley School, New Delhi
(GOVERNMENT)
VS
Hollotoli School, Dimapur
(OPPOSITION)



- Jentina Yaomei Shangkh, XII

A compelling debate unfolded in the AVR between Vasant Valley School (Government/Proposition) and Hollotoli School (Opposition). The Government, Vasant Valley School, passionately argued that self-diagnosing is a dangerous trend that could escalate to self-prescribing drugs, citing TikTok's influence on this phenomenon. Conversely, the Opposition, Hollotoli School, contended that self-diagnosing is not a replacement for professional mental healthcare but rather an initial step in seeking help. They declared, "We want people to start somewhere, therefore we don't regret" and attributed the prevalence of self-diagnosis to inadequate tools and poor literacy. The primary clash of the debate revolved around whether self-help delays or facilitates access to actual professional assistance. The motion was ultimately lost, and the Opposition stood vindicated.

Winner - Hollotoli School, Dimapur

Leader of the OPPOSITION: Shisalang Jamir

Deputy Leader of the OPPOSITION: Arkum

Whip of the OPPOSITION: Toshinungla Imchen

Result - The Motion was lost



Bishop Cotton School, Shimla
(GOVERNMENT)
VS
Sanskriti The Gurukul, Guwahati
(OPPOSITION)



SANSKRITI
THE GURUKUL

- Vibe Zhimomi, XII

The 3rd PFQ round between AVS (Team Blue) and Vandhya International School took place in the TIHU common room. The debate featured compelling arguments. The Government contended that over-pathologising normal experiences and self-diagnosis can be harmful. The DPM remarked, "Delayed professional help arises from the belief that they know what they are going through." The Opposition argued that self-diagnosis promotes early intervention and empowers individuals to seek support. Despite the intensity, the Government's case prevailed, and the motion was carried.

Winner - Bishop Cotton School, Shimla

Prime Minister of the GOVERNMENT: Rajveer Kochhar

Deputy Prime Minister of the GOVERNMENT: Aarav Wadaskar

Whip of the GOVERNMENT: Dev Moon Jhanji

Result - The motion was passed



Delhi Public School, Guwahati
(GOVERNMENT)
VS
Maria's Public School, Guwahati
(OPPOSITION)



- Tanveer Ahmed, Associate Editor, XII

The Government opened strongly, asserting, “Self-diagnosis is a transitional theory.” However, the Opposition held firm, highlighting how individuals from economically weaker sections often lack access to proper healthcare, relying solely on self-diagnosis. The debate largely centered around the concept of the “echo chamber” and its impact on mental health. Both teams remained deeply engaged throughout, supporting their stances with solid facts and well-structured arguments, making for a compelling and thought-provoking exchange.

Winner - Maria's Public School

Leader of the OPPOSITION: Riyanraj Bhagawati

Deputy Leader of the OPPOSITION: Sampreet D Malakar

Whip of the OPPOSITION: Nirvan Saikia

Result - The Motion was lost .



QUARTER FINALS

"THIS HOUSE BELIEVES THAT VENTURE CAPITAL IN DEVELOPING COUNTRIES SHOULD PRIORITISE START-UPS THAT CREATE SKILLED EMPLOYMENT OVER THOSE THAT SCALE USING LOW SKILLED GIG WORKERS"

Sunbeam English School, Varanasi
(GOVERNMENT)

VS

The Shri Ram School, New Delhi
(OPPOSITION)



- Carlynda Lyngdoh, XII

Bishop Cotton School, Shimla
(GOVERNMENT)

VS

Maria's Public School
(OPPOSITION)



- Tanveer Ahmed, Associate Editor, XII

The Quarterfinal showdown between Sunbeam School and Shri Ram School was intense. As the Government, Sunbeam argued that prioritising skilled workers boosts socio-economic growth and national development. Shri Ram, representing the Opposition, contended that focusing on lower economic classes would help developing countries grow significantly. Both teams presented strong arguments, engaging the audience throughout. However, the motion was ultimately defeated, securing the win for Shri Ram School.

The debate began strongly, with both sides clearly explaining the motion. The Government argued that "Developing countries need skilled workers to gain the status of developed." However, the Opposition countered with compelling points, emphasising sustainability and unemployment. The debate remained engaging and intense, keeping the audience captivated as both teams presented heated arguments. Ultimately, the Opposition triumphed as the motion was defeated.

Winner - The Shri Ram School, New Delhi

Leader of the OPPOSITION: Aryan Gupta

Deputy Leader of the OPPOSITION: Mryaah Sadani

Whip of the OPPOSITION: Ranvir Singh

Result - The Motion was lost

Winner - Maria's Public School

Leader of the OPPOSITION: Riyanraj Bhagawati

Deputy Leader of the OPPOSITION: Sampreet D
Malakar

Whip of the OPPOSITION: Nirvan Saikia

Result - The Motion was lost



After a long and decisive battle, the debate concluded with St. George's School (Opposition) emerging victorious. The Government argued that low-end gig workers are unreliable and that skilled workers are essential for national development and increased revenue. The Opposition countered that without gig jobs, low-end workers would struggle to support themselves and their families. Despite the compelling points from both sides, the Government's arguments proved stronger, leading to their win.

Winner - St. George's College, Mussoorie

Leader of the OPPOSITION: Bhavik Gupta

Deputy Leader of the OPPOSITION: Rodas Bhatia

Whip of the OPPOSITION: Felix Kurian

Result - The Motion was lost.

Royal Global School, Guwahati
(GOVERNMENT)

VS

St. George's College, Mussoorie
(OPPOSITION)



- Vibe Zhimomi XII



Assam Valley School (Team Red)
(GOVERNMENT)

VS

Hollotoli School, Dimapur
(OPPOSITION)



- Jentina Yaomei Shangkhui, XII

The Quarter Finals took place in the Tihu common room between The Assam Valley School (Government) and Hollotoli School (Opposition). The Government argued that low-scale gig workers faced stagnant pay, proposing instead that startups offer better job opportunities and security. They stated, "We want developing countries to be developed countries." In response, the Opposition highlighted the immediate employment provided by low-scale gigs, using China's mass production as an example. The central argument revolved around the feasibility of prioritising 'quality over quantity' in job creation within developing countries. The motion was ultimately passed, with the Government emerging victorious.

Winner - Assam Valley School (Team Red)

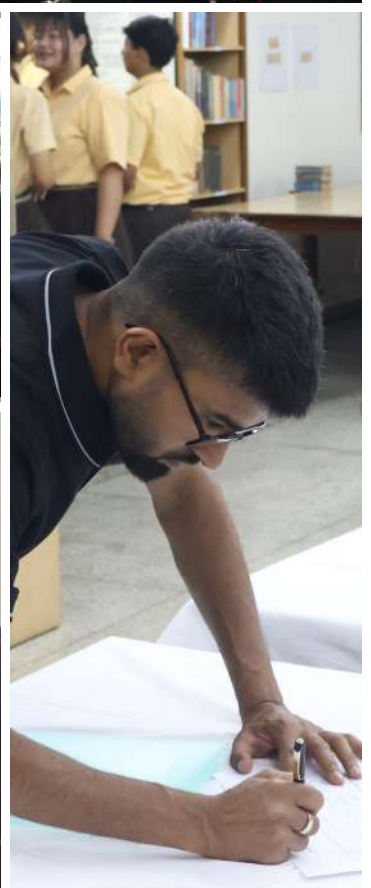
Prime Minister of the GOVERNMENT: Neilgin Ryan Das

Deputy Prime Minister of the GOVERNMENT: Aliden Jahzhara Ovung

Whip of the GOVERNMENT: Zaheen Rafia Shah

Result - The Motion was passed.

GLIMPSES OF East India Debates







Editor-in-Chief: Erik Angie Riba

Deputy Editor: Aanya Paul Sarkar

Correspondents: Rianna Lingjel Irom

Associate Editor: Tanveer Ahmed and Khichu Kath

Design & Layout: Angie

Photography Credits: Hardik Poddar, Naisha Nandini Gogoi

Mistress-in-Charge: Ms. Sarmistha Paul Sarkar

Publisher: The Assam Valley School, P.O. Balipara, Dist. Sonitpur, Asom-784101, India

E-mail: ave@assamvalleyschool.com

Telephone: 09678074320/08812009627 Website: www.assamvalleyschool.com

Patron: Dr. Amit Jugran, The Headmaster of The Assam Valley School

The views expressed in articles printed are the authors' own and do not necessarily reflect those of AVE or its editorial policy.