

FOOTBALL

CAPTAIN
Nengker Nobin
Jovita Oinam

Football is a symphony of motion, where players exhibit a blend of agility, speed and precision. The strategic interplay of passing, dribbling and shooting showcases not just physical prowess but also mental acuity and tactical intelligence.

Football has been the most popular sport at AVS since the school's establishment in 1995. Throughout the years, the AVS football grounds have witnessed many great and triumphant moments, producing numerous exceptional footballers. This year, several notable footballers have emerged, making significant contributions to the sport and the school's proud legacy. Among these talented individuals are:

Uttam Pukhrabam, Rangkam Sonam, Chello Muji, Atoliu Jakalu, Sudeepta Gogoi, Matthias Lamin and Ashlee Mutum

The results of the inter-house football competition are as follows:

- **1st position:** Subansiri-Namdang
- **2nd position:** Bhoroli-Lohit
- **3rd position:** Kopili-Dhansiri and Jinari-Manas

The passion and dedication displayed by both players and supporters alike ensure that football continues to be a cherished and integral part of life at AVS.

BOYS UNDER 19 FOOTBALL TEAM



Left to Right

Sitting : Sudeepta Gogoi, Vikika Chophi, Mr. Jalamthang Hangzo, Nengker Nobin, Ms. Priya Tiwari, Matthais Lamin, Kangtum Phassang

First Row : Reyan Toko, Buhumsa Daimari, Chera Raka, Rangkam Sonam, Uttam Pukhrabam, Matthew Vanmalsawmsanga, Woto Sema, Taku Soh, Moilung Ngonyen

Second Row : Kelden Rigsang, Karma Bhutia, Saloma Sonam, Rupraj Borgoyary, Marcus Mandal, Sivadatta Thangjam, Yangmongse Sangtam

BOYS UNDER 17 FOOTBALL TEAM



Left to Right

Sitting : Liki Kambu, Chayank Haloi, Ms. Priya Tiwari, Nengker Nobin, Mr. Jalamthang Hangzo, Atova Ahozhe, Mashunsing Keishing
First Row : Tashi Sherpa, Henthoiba Luwang, Pranktik Borah, Joram Chagam Tage Lahye, Kanthanguiba M, Jumin Bamang, Alvert Thockshom, Jamyang Khochilu
Second Row : Kunal Borah, Arnav Sharma, Injamul Rahman, Githartha Rabha, Ilova Shohe, Aalmas Maibam, Abhilash Parashar
Third Row : Martet Basar, Marvel Anal, Murari Saha

BOYS UNDER 14 FOOTBALL TEAM



Left to Right

Sitting: Tussar Taba, Marni Basar, Ms. Priya Tiwari, Nengker Nobin, Mr. Jalamthang Hangzo, Dhananjay Thingujam, Sourabhjyoti Rabha
First Row: Changuiba M, Ojas Sharma, Aarav Adukia, Guevara Langam, Jikum Phassang, Taelin Dawe, Bumto Muri, Lansing Keishing, Sonmin Bagra, Aahil Faraj, Junet Sonar, Subham Boro
Second Row: Aamid Maibam, Damanbha Kshiar, Tenzin Chojjung, Mwnthai Brahma, Vuvoka Ahozhe, Nirlav Kalita, Shaphaba Langam, Techi Lonam, Puna Doding, Prit Elangbam, Bastab Borah
Third Row: Nyidar Dawe, Nafees Kakati, Lungvang Moyon, Uddipta Hazarika, Maanveer Jaiswal, Jeew Basumatary, Angshuraj Deb, Palden Sona, Rudra Kundu, A. Zahir Hazarika
Fourth Row: Aaryan Pradhan, Rudra Sharma, Lizonthung Ezung, Aryaman Gupta



GIRLS FOOTBALL TEAM

Left to Right

Sitting : Ashlee Mutum, Selene Epao, Ms. Priya Tiwari, Jovita Oinam, Mr. Jalamthang Hangzo, Pungmi Ngurang, Prapti Prarthona

First Row : Eeksha Saikia, Taveine Sha, Sernya Karki, Grace Ningombam, Keyanna Swer, Zgyaana Mynsong, Tayar Rinyam, Bhumshri Basumatary, Ananya Yadav

Second Row : Goenka Tato, Nivriti Borah, Pranhita Jain, Kriti Minda, Akoijam Chanu, Priyanka Narrzary, Gracetina Ningombam, Dhanasiri Thingujam, Ishita Rahman, Deepshika Mukherjee, Amania Sangma

Third Row : Anushka Mandal, Kumari Barkalita, Atoliu Jakhalu, Chello Mwji, Debangshi Paul, Ashwika Mahanta

MARATHON

AVS flagged off its 25th Annual Inter-House Marathon early on the morning of Wednesday, 27 March, at 7 sharp. The four houses of AVS – Jinari-Manas, Bhoroli-Lohit, Kopili-Dhansiri, and Subansiri-Namdang – started the marathon for which they had practised for weeks. The event was a grand success. The results are as follows:

- **First position:** Kopili-Dhansiri and Jinari-Manas
- **Third position:** Bhoroli-Lohit
- **Fourth position:** Subansiri-Namdang



SQUASH

CAPTAINS *Anukriti Kashyap* *Kritartha Koushik*

Squash at The Assam Valley School epitomises both the rigour and elegance inherent in this fast-paced sport. Nestled within the school's lush campus, the state-of-the-art squash courts serve as a crucible for developing agility, precision, and strategic acumen among students. The sport has been flourishing year by year, with Aviators increasingly making their mark at both state and national levels. The dedication of the students and the school's commitment to providing excellent facilities and training have culminated in several significant achievements this year.



Left to Right

- Sitting :** Neev Kejriwal, Aarnav Dutta, Kritartha Kaushik, Mr. Mohommad Aziz, Anukriti Kashyap, Alphonsa Pakyntein, Ahona Chowdhury
First Row : Aahaan Bothra, Pasang Lhamu, Dawa Namsa, Partha Saikia, Yashwantika Pareek, Basuri Saha, Tame Rikham, Aaradhya Baruah, Hardik Todi, Ved Domai, Alok Koch, Rishi Barooah
Second Row : Pura Donya, Sujash Basumatary, Marcia Das, Sanbi Dey, Niharika Goswami, Kanav Kejriwal, Sujana Basumatary, Adrika Dey, Khyaati Borah, Viraj Agarwal, Aayanish Gautam
Third Row : Bihwma Boro, Umang Gogoi, Naman Agrwala, Darsheel Kalita, Jaden Liam, Aman Bhagat, Urvashi Bora, Kunal Sahewalla, Ritam Kashyap
Fourth Row : Abhigyan Sarkar, Tushar Malik, Archan Bailung, Adhyan Pareek

Highlights of Achievements:

Aarnav Dutta was selected to represent the Assam Squash team in the 37th National Games hosted in Goa.

Aviators participated in the 4th All Assam State Squash Championship at R.G. Baruah Sports Complex, Guwahati, Assam hosted by the Assam Squash Rackets Association and the results were as follows:

Boys' Category:

- **Tame Rikham:** 3rd position in BU-11
- **Archan A Bailung:** 1st position in BU-13
- **Darsheel Kalita:** 2nd position in BU-13
- **Adhyan Pareek:** 1st position in BU-15
- **Benjamin MacDonald:** 2nd position in BU-15
- **Aarnav Dutta:** 2nd position in BU-17
- **Kritartha Kaushik:** 3rd position in BU-17

Girls' Category:

- **Aaradhya Eon Baruah:** 3rd position in GU-11
- **Adrika Dey:** 2nd position in GU-15
- **Niharika Goswami:** 3rd position in GU-15
- **Alphonsa Elishaba Pakyntein:** 3rd position in GU-19

The students qualified for the 67th National School Games at Maharashtra Squash Academy, Pune:

- BU-14 Category: Archan A Bailung, Tushar Malik
- GU-14 Category: Adrika Dey, Niharika Goswami, Nayanika Borah
- BU-17 Category: Aarnav Dutta, Kritartha Kaushik, Abhigyan Roy Sarkar, Harshil Beriwal

Aarnav Dutta participated in Khelo India Youth Games 2024 at the Indian Squash Academy, Tamil Nadu and clinched the Bronze Medal in Squash

Six boys participated in the 4th All India Brahmaputra Squash Championship at R.G. Baruah Sports Complex hosted by the Assam Squash Rackets Association. The results were as follows:

● BU-11 Category:

Tame Rikham: Qualified till Quarter-Finals

Alok Koch: Qualified till Pre-Quarter-Finals

● BU-13 Category:

Partha Pratim Saikia: Qualified till Pre-Quarter-Finals

Darsheel Kalita: Qualified till Quarter-Finals

● BU-15 Category:

Archan A Bailung: Qualified till Quarter-Finals

● BU-17 Category:

Kritartha Kaushik: Qualified till Pre-Quarter-Finals

TABLE TENNIS

CAPTAINS

Dwij Dhakal, Jyoti Liyak

Table Tennis at The Assam Valley School has become a cornerstone of our sports programme, encouraging students to develop their agility, concentration, and competitive spirit. The school has seen remarkable participation and success in various tournaments, showcasing the talent and dedication of our players. From rigorous training sessions to prestigious competitions, our table tennis programme is designed to hone the skills of young athletes and foster a passion for the sport. Table Tennis is flourishing at AVS, with students actively participating in numerous inter-house competitions and representing the school in IPSC events.

Inter-House Table Tennis Competition

Held from May 17 to May 19, 2024. The results were as follows:

- 1st Place: Jinari-Manas & Bhoroli-Lohit
- 2nd Place: Subansiri-Namdang
- 3rd Place: Kopili-Dhansiri

IPSC Boys' Table Tennis Competition

The students also represented AVS in the IPSC Boys' Table Tennis competition. The team participation was commendable and provided valuable experience for future tournaments.

These events have significantly contributed to the sporting culture at AVS, encouraging students to excel in both individual and team pursuits.





TABLE TENNIS TEAM

Left to Right

Sitting : Harsita Baral, Jyoti Liyak, Mr. Ridip Mahanta, Mr. Debojit Dutta, Dwij Dhakal, Suyash Bukredia, Siddhant Poddar

First Row : Kavyansh Agarwal, Ishaan Kharel, Kaavyashree Baruah, Jinam Joram, Darsh Sharma, Kush Periwal, Meghna Baruah, Sparash Choudhary, Vedika Baheti, Gunika Agarwal

Second Row : Aanavi Ghosh, Nikunj Bajaj, Saranya Malpani, Tanushree Hazarika, Mikita Riba, Shambhavi Jindal, Abhinav Singhanian, Samhita Sarmah, Shreyaa Jain

LAWN TENNIS

Lawn Tennis at The Assam Valley School epitomises grace, agility, and competitive zeal, offering students an exceptional platform to refine their skills amidst the verdant expanse of our campus. Guided by seasoned coaches, our comprehensive programme emphasises precision, strategic play, and mental fortitude. More than just a sport, tennis here fosters discipline, perseverance, and sportsmanship, with regular tournaments and matches providing an invaluable experience to the players.

CAPTAINS

Anushka Somani
Rajnish Sharma



The 32nd All Assam Tennis Jorhat State Ranking Tournament (25th to 30th December 2023):

- **Participants:** Lakshay Gattani, Tanush Gattani, Vivek Gattani and Manas Jain
- **Contested Results:** Lakshay and Tanush advanced to the second round in the Under-14 doubles category.



The 16th Kalyani Open Junior Tournament, Numaligarh (8th to 12th January 2024):

- **Participant:** Lakshyaveer Das Barman
- **Contested Results:** Reached the pre-quarter finals in the Under-12 Boys singles category, delivering a very close performance.



GIRLS

Left to Right

Sitting : Kasak Ladha, Prishaa Agarwal, Anushka Somani, Mr. Chandra Shekhar Kumar, Ross Taba, Yakshi Modi, Ananya Das

First Row : Vidhi Bajaj, Prayatna Rajkumari, Chanchubeni Kikon, Kayna Dhingra, Samiksha Chettri, Myralakshmi Shrestha, Joyshika Sharma, Jahnvi Sharma, Tonmoyee Buragohain

Second Row : Yeasal Lamtha, Daisha Emi Diengdoh, Myra Bharali, Jiya Jyoti Guatam, Avantika Jajodia, Khushi Agarwal, Ananya Yadav, Ayana Borah, Kavya Goel

BOYS

Left to Right

Sitting : Lakshay Gattani, Adhayan Saikia, Vivek Gattani, Mr. Chandra Shekhar Kumar, Rajnish Sharma, Avikam Deori Bharali, Ishan Deka

First Row : Austin Nameirakpam, Shaurya Dugar, Chandraneel Choudhury, Lakshyaveer Das Barman, Adhiraaj Jugran, Garv Gattani, Arihant Neog, Raghav Agarwalla, Navon Avi Hazarika

Second Row : Vidhan Fogla, Tanush Gattani, Prayaash Khakholia, Kanav Agarwal, Abhinav Agarwal, Abhinav Singhania, Manas Jain, Nikunj Narayan Bajaj, Soham Agarwal



IPSC TENNIS TEAM

Left to Right

Sitting : Lakshay Gattani, Adhayan Saikia, Anushka Somani, Mr. Chandra Shekhar Kumar, Rajnish Sharma, Avikam Deori Bharali, Ishan Deka

First Row : Avantika Jajodia, Chanchubeni Kikon, Joyshika Sarma, Garv Gattani, Lakshyaveer Das Barman, Kasak Ladha, Jahnvi Sarma, Yakshi Modi

Second Row : Ananya Das, Kanav Agarwal, Ross Taba, Tanush Gattani



VOLLEYBALL

CAPTAINS *Prameya Saha* *Memin Tam*

Volleyball is more than just a bump, set, and spike. It's a dynamic sport that requires strategy, teamwork, and athleticism. With two teams of six players each, the game is a test of skill, coordination, and perseverance, as players strive to keep the ball alive and land it on their opponent's side. The volleyball players of The Assam Valley School have had a remarkable term, showcasing their skills and achieving numerous accolades. These young athletes have dedicated themselves to the sport, consistently striving for excellence. To further enhance their skills and reap the benefits of sportsmanship, our school organised the Inter-House Volleyball Tournament.



BOYS

Left to Right

Sitting : Bornil Phukan, Debangana Nath, Arshpreet Dahal, Ms. Jean Melanie Vincent Haymo, Prameya Saha, Nabajyoti Hazarika, Aditya Gargo

First Row : Tsering Lekmon Gonpapa, Devansh Agarwal, Sarthak Mahatta, Henryk Welly, Arhaan Das, Wilson Hangsing



GIRLS

Left to Right

Sitting : Nazifa Noorine, Taveine Sha, Memin Tam, Ms. Jean Melanie Vincent Haymo, Purvi Kejriwal, Nang Myinthy Manchey, Raisah Yesmin

First Row : Namisha Agarwal, Rido Jessica, Ayopre Waii, Pungming Lama, Dikshita Sharma, Saphiana Swargiary, Kasak Ladha, Medanshisha Kharkongor, Yaongsenti Chang

Second Row : Joram Jeri, Nangram Remum, Bamang Saya, Anjali Pandey, Naisha Baruah, Khushi Todi, Vidhi Chopra, Chera Jermin, Liah K. Chophi, Mainow Goyary

Third Row : Thokchom Neala, Anushree Singh, Tadar Leenam, Anusha Agarwal

Inter-House Volleyball Tournament Results:

- **1st Place:** Bhoroli-Lohit
- **2nd Place:** Jinari-Manas
- **3rd Place:** Subansiri-Namdang
- **4th Place:** Kopili-Dhansiri

Best Players of the Tournament:

- **Upper School (Boys):** Samarth Mahatta (Namdang)
- **Upper School (Girls):** Selene Epao (Jinari)
- **Lower School (Boys):** Jamyang Khochilu (House not mentioned)
- **Lower School (Girls):** Mainow Goyary (Bhoroli)

Promising Players of the Tournament:

- **Upper School (Boys):** Arshpreet Dahal
- **Upper School (Girls):** Sayashri Basumatary
- **Lower School (Boys):** Ryan Prodhani

- **Lower School (Girls):** Ashlee Mutum

OTHER ACHIEVEMENTS:**IPSC (Indian Public Schools' Conference) U19 Boys' Volleyball Tournament:**

- Held at The Emerald Heights International School, Indore, from 7th to 9th August 2023.
- The Assam Valley School team secured 4th position overall.
- Samarth Mahatta (ISC Batch 2024) played for the National School Games Under 19.

IPSC U17 Girls' Volleyball Tournament:

- Held at Scindia Kanya Vidyalaya, Gwalior, from 15th to 19th September 2023.
- The Assam Valley School girls' team secured 4th position.

Noteworthy Players of the Year:

- Samarth Mahatta
- Rangdou Houmai
- Kemo Dulom
- Kalzang Bhutia
- Tsachili Sangtham
- Arshpreet Dahal
- Prameya Saha
- Debangana Nath
- Swadheen Banerjee
- Nabajyoti Hazarika
- Jyoti Liyak
- Memin Tam
- Purvi Kejriwal
- Myinthy Manchey
- Tanisha Sisodia

TAEKWONDO

CAPTAINS *Misna Sarangthem Piyush Paul*

**Left to Right**

Sitting : Yuvraj Thounaojam, Anushka Jitani, Misna Sarangthem, Mr. Jayanta Kalita, Piyush Paul, Bhabarnab P.N. Sandilya, Bornil Phukan

First Row : Dweepaneeta Nath, Keshav Pandia, Nyasa Bagra, Aaradhya Baruah, Ridhaan Hatimuria, Reiyin Pavei, Ayushi Mazumder, Ryyu Saikia, Pradanya Kashyap, Osen Tok

Second Row : Jestina Kalita, Bhavni Kshetrimayum, Kagam Tech, Nilav Prajapati, Kanyaka Tamuli, Sarthak Mahatta, Sneha Ngangom

Third Row : Nani Niko, Jasrani Thokchom, Harry Khangembam



Taekwondo, a Korean martial art known for its dynamic kicking techniques and disciplined training, has become a prominent sport within our school. Our students have demonstrated remarkable talent and dedication, participating in various championships and achieving commendable results. These events highlight their skill and perseverance, making us immensely proud.

National Taekwondo Championship 2024

Held from 6th to 9th February 2024 in Jaipur, Rajasthan, our students performed admirably:

- **Bhabarnab Sandilya:** Bronze medal (Over 78 kg junior category)

67th SGFI (School Games Federation of India) National School Taekwondo Championship

This championship took place in Betul, Madhya Pradesh, where our students once again displayed exceptional skill:

- **Bhabarnab Sandilya:** Silver medal (Under 19 and Over 78 kg category)

All India IPSC (Indian Public Schools' Conference) Girls' Taekwondo Tournament

Held from 19th to 21st April 2024 at The Sanskaar Valley School, Bhopal, our athletes

achieved notable success:

- **Jasrani Thokchom:** Gold medal
- **Dweepanneeta Nath:** Bronze medal

All India IPSC Boys' Taekwondo Tournament

Under 17:

- **Nani Niku:** Gold medal
- **Tachi Kagam:** Silver medal
- **Sarthak Mahatta:** Bronze medal

Under 19:

- **Bahabarnab Pran Nath, Piyush Paul, and Bornil Phukon:** Gold medals
- **Yuvraj Thounaojam:** Bronze medal

SWIMMING

CAPTAINS
Nabajyoti Hazarika
Remeeya Mithi



Left to Right

Sitting : Rupraj Borgoyary, Arshpreet Dahal, Remeeya Mithi, Mr. Jayanta Borah, Nabajyoti Hazarika, Bornil Phukan, Krishna Agarwal

First Row : Thokchom Neala, Tenzin Choeing, Spriha Kashyap, Khyaati Borah, Shaurya Dugar, Anjali Panday, Pranhita Jain, Aakriti Chaliha, Mikita Riba, Bhumika Ranjan

Second Row : Kunal Borah, Aakanksha Kumar, Shivangi Sharma, Ashwika Mahanta, Vidhi Chopra, Tenzin Dekie, Samiksha Ghorawat, Prapti Prarthona, Tanveer Chowdhury, Kelden Rigsang





SUNNYSIDE

SUNNYSIDE

AVS Sunnyside is situated in the heart of nature where a child is often greeted by the melodious call of a brain-fever bird or the song of a Koel which reverberate through the surrounding landscape. This beautiful nature plays a positive role in shaping the minds of the students. . The students in the primary section are not only taught reading, writing and numbers but also creativity and communication skills. These are factors that will drive a child towards an ongoing endeavour of learning, which moves like a continuum throughout the individual's academic career. After all, academics, at any level, is learning. This is how a child's all-round development can be shaped. It is a fusion of both active learning and listening skills. The mind begins to rationalize the value of caring for each other and with time they become active members of their family and society. A compatible unity crystallizes where participation in dance, music, art and sport brings students together, inspiring them to improve and excel in an enabling setting.



FOUNDERS' DAY CELEBRATIONS

“THE EXPLORATION OF 3RS”

The 3Rs are the foundations of environmental stewardship. Practicing the 3 Rs helps with conservation of energy and resources as well as landfill diversion. One of the ways to put that plan into action is through the 3 Rs of waste management - Reduce, Reuse, Recycle.

SPORTS DAY

“Run when you can, walk if you have to, crawl if you must, just never give up.”

AVS Sunnyside organized its Annual Sports Day on 26th of November, 2023. Col. Nimit Agarwal graced the occasion as our guest of honour. The sports day featured a diverse range of events including fun games, track races, relay, riding shows, zumba and dance display. Students from classes Nursery to 4 participated in the various events. A friendly running race was organized for the parents. It was a fun filled day where everyone had an amazing time!

LITTLE CHEFS AT WORK

“Food is more delicious when cooked with someone you love”

In order to instil a love for cooking and to develop culinary skills among the little ones, AVS Sunnyside organized a “Little Chefs at Work” event for Classes 1 to 4. The main aim was to prepare food items without the use of fire. They learnt to make various items and also learnt from their mistakes while finding creative ways to make delicious eatables.

EXPERIENTIAL LEARNING AT THE KANOKA VILLAGE RESORT

AVS Sunnyside had organized a trip to Kanoka Village Resort on Saturday, 10th February 2024. The main objective of the experiential learning trip was to help boost the confidence of students through exposure to new experiences, challenges, and responsibilities outside their familiar environment. The students enjoyed a delicious meal and the dance floor was come alive with the energetic moves of the students.

A STORY TELLING COMPETITION

“THERE IS NO FRIEND AS LOYAL AS A BOOK”

AVS Sunnyside had organised a story telling competition in English on 2nd March 2024 for students of LKG, UKG and Class 1 which broadly aimed at promoting creativity among students while honing their speaking skills.

BACKYARD SCIENCE ACTIVITY

“The whole purpose of education is to turn mirrors into windows.”

A “Backyard Science Activity” was organised by AVS Sunnyside on Friday, 1st March 2024. Inspired, encouraged and motivated budding scientists of Sunnyside performed different experiments with great enthusiasm and excitement.

A FANCY DRESS EVENT

“We don't stop playing because we grow old, we grow old because we stop playing”

With the aim to nurture children's creativity, a Fancy Dress event was organized at AVS Sunnyside on 17th February, 24 for classes Nursery to 1. The themes for the fancy dress were fairy tale and cartoon characters, mythological characters and different professions.

HUMMING SPELL BEE

“Spell it Out Loud and Proud, Spell it Right and Win the Fight.”

A ‘Humming Spell Bee’ was held for the students of Classes 2 to 4 on 24th February, 24. The aim of the Spell Bee was to enhance the spelling and literary skills of children by encouraging them to explore the English language, expand their vocabulary and improve their communication and comprehension skills.

ORANGE AND GREEN DAY

“Everything around us is an array of colours”.

The Orange and Green Day denotes nature, and our love towards the environment.

AVS Sunnyside celebrated Orange and Green Day on 9th