

# MANAS HOUSE



L to R

**Kneeling:** Alok Koch, Maitreya Deb, Tarh Haatey, Hardik Todi, Pulkit Todi

**Sitting:** Shorya Kanda, Mr. Soumyadeb Hui, Mr. Shiluti Longkumer, Mr. Biswajit Das, Mr. Amalmani Sarma, Ms. Punam Kaur, Mr. Anil Kumar Yadav, Ms. Jyoti Sharma, Ahaan Sarawgi, Dr. Rajesh Mishra, Mr. Vinod Kumar, Ms. Nomita Huidrom, Adhayan Saikia, Mr. Rajen Bharali, Mr. Umesh Singh, Mr. Ramakant Baitha, Mr. Anjneet Jha, Mr. Thokchom Ronel, Mr. Bishal Sharma

**First Row:** Arpit Yadav, Jaden Liam, Dhruv Sarma, Munwang Wangsha, Pragyan Baruah, Kanav Kejriwal, Aayansh Gautam, Vivaan Rasiwasia, Shivansh Dhanuka, Tame Tarh, Lakshyaveer Barman, Phuntsuk Wangdue, Ved Kunal, Ayush Das, Kekum Gyadi, Chaitanya Khatuwala, Krishiv Narzary, Ritam Kashyap, Edume Pyrlot, Nyidar Dawe, Damanbha Kshiar, Maanveer Jaiswal, Tonmoy Baruah, Krish Kanda

**Second Row:** Payom Rai, Taying Goath, Dibakar Singha, Pragyan Choudhury, Aman Bhagat, Tenzin Kee, Prayaash Khakholia, Changkham Phukan, Priyam Das, Tsering Choegyal, Nilav Prajapati, Veeraksh Sharma, Kanishk Jain, Sathvik Banik, Kalyan Bharali, Shyam Dalmia, Prithwiraj Deb, Kaanu Kinimi, Milo Taggu, Jeev Basumatary, Gejik Karlo, Darsheel Kalita, Mai Camder

**Third Row:** Keshav Khatuwala, Ekansh Jindal, Gekok Karlo, Garvit Jaiswal, Suyash Agarwalla, Rudra Sharma, Kapil Dey, Prithvi Baid, Arnichandra Konjengbam, Kipa Tukum, Henthoiba Luwang, Abhinav Das, Yash Sharma, Agnivh Bora, Krishnam Agarwal, Tashi Sherpa, Arhaan Das, Vimetuo Kerhuo, Kushal Thounaojam, Ashmit Phukan

**Fourth Row:** Nirlav Baruah, Hardik Poddar, Drishan Bora, Bhavya Kejriwal, Archit Phukan, Immanuel Paramata, Karan Somani, Tonovi Chophi, Tanishk Sharma, Neilhoukhotuo Vizo, Niyor Kashyap, Mannan Agarwal, Ryan Prodhani, Ryan Dutta

**Fifth Row:** Bomika Chishi, Gangte Sangno, Hitesh Ruthia, Suvom Das, Hardik Agarwal, Raunak Jalan, Neev Kejriwal, Pratyay Roy, Nikhil Oinam, Donnel Mayanglambam, Richie Konthoujam, Devaraj Chongtham

## ABOUT

**M**anas House, one of the oldest houses at The Assam Valley School, was founded in 1995 and named after the renowned Manas National Park, a UNESCO World Heritage site. Over time, it has built a rich cultural legacy, earning numerous accolades, including the highest number of R.B. Magor trophies for excellence.

Represented by the colour red, Manas stands for unity, hope, and the pursuit of dreams. Guided by the motto “Perseverance,” the house instils dedication and consistent effort in its members, empowering them to excel in academics, sports and the arts.

Manas thrives on collaboration and mentorship. Senior students support juniors in developing public speaking and interpersonal skills, fostering strong bonds and personal growth. This tradition shapes students into confident, well-rounded individuals.

More than just a house, Manas is a transformative space where boys grow into responsible young men and global citizens. United by shared experiences and a commitment to excellence, its members uphold the values of leadership, brotherhood, and perseverance.

## ACHIEVEMENTS

### MANAS

One-Act Play - 1st  
 Movie Making - 1st  
 Lower School English Debates - 2nd  
 Archery - 1st  
 Lower School Art & Pottery - 2nd  
 Badminton - 2nd  
 Swimming-2nd  
 Squash-1st

### SCHOOL COLOURS

Rompiti Patton

### CULTURAL TIES

Barishkhem Khyreim Pohti  
 Changkham Phukan  
 Drishan Jatin Bora  
 Karan Somani  
 Shorya Kanda  
 Sooryansh Prithani  
 Vaibhav Baheti

### SPORTS TIES

Darsheel Kalita  
 Dibakar Singha

### SCHOLARS' TIE

Arpit Yadav  
 Kanav Kejriwal

Lakshyaveer Das Barman  
 Nilav Prajapati  
 Tame Rikham tarh  
 Varun Baheti  
 Ashmit Phukan  
 Prayaash Khakholia  
 Vimetuo Kerhuo  
 Aayat Hazarika  
 Buno Sonam

### INDIVIDUAL ACHIEVEMENTS

Ahsash Agarwal - Carling Award for Academic Excellence  
 Drishan Jatin Bora - The Most Promising Percussionist of the Year  
 Archit Phukan - Most Promising Actor of the Year  
 Changkham Phukan- The Vocalist of the Year - Indian Music  
 Sooryansh Prithani - Most Promising Photographer of the Year  
 Prayaash Khakholia- Scholar of the Year (IX & X)  
 • Headmaster's Award for Consistent Outstanding Achievement in Academics  
 Karan Somani - Most Promising MUN Delegate of the Year  
 Adhayan Saikia - Most Promising Electronic Media Journalist of the Year  
 Rompiti Paton - Headmaster's Award for Integrity and Service  
 Shorya Kanda - All Assam Outdoor Tournament - Gold Medal in Doubles  
 Tonmoy – Inter-School U-13 Badminton Tournament - Gold Medal in Singles and Doubles

## NAMDANG HOUSE



L to R

**Kneeling:** Parison Langpoklakpam, Guevara Langam, Jikum Passang, Limi Padu, Reiyin Pavei

**Sitting:** Nani Niko, Vivaan Agarwalla, Priyam Bagaria, Mr. Mohammad Aziz, Mr. Brandon Joseph Kharkongor, Mr. Andrasphera Kharwawlong, Mr. Dulu Dutta, Ms. Nibedita Kalita, Bornil Phukan, Ms. Nancy Kwan Baruah, Mr. Kunal Gupta, Ayithe Vusshe, Ms. Neeta Hazarika, Mr. Rajib Hazarika, Mr. Varun Walia, Mr. Thajeb Ali Hazarika, Mr. Bitupan Borah, Aditya Gargo, Tanveer Ahmed

**First Row:** Atreya Das, Joram Chagam, Abhinab Sarkar, Tech Lonam, Rudra Kundu, Ayush Dutta, Keshav Pandia, Meshan Jyrwa, Nicia Basumatary, Sujoy Shil, Shaphaba Langam, Rishi Barooah, Viaan Saha, Bedanga Bora, Punung Sangno, Aahan Bothra, Aloinoto Jakhalu, Aariyan Das, Pezavi Rio, Bastab Borah, Gabriel Lyngwa, Austin Nameirakpam, Jikom Tam, Byabang Dui, Ringu Larbu, Nafees Kakati

**Second Row:** Nishanta Bora, Marni Basar, Tame Rikham, Gurnav Singh, Lizonthung Ezung, Arnish Dutta, Sujoy Das, Jumin Bamang, Tage Lahye, Dhananjay Thingujam, Roger Sorum, Sujash Basumatary, Tennyson Sougrakpam, Aaryan Pradhan, Abhinav Singhanian, Aditya Allay, Jeffrey Dkhar, Tajar Passang, Nihal Debnath, Sarthak Mahanta, Anubrata Basak, Naman Agarwala

**Third Row:** Rayaan Agarwal, Anubhav Kakoty, Soba Tadar, Melanie Karma Bhutia, Archan Bailung, Chirag Agarwal, Sanchit Ruthia, Jigdrel Lepcha, Navdeep Hanspal, Abhigyan Sarkar, Devjyoti Roy, Asif Ahmed, Aditty Ghosh, Uttam Pukhrambam, Tayu Natung, Arjj Todi, Nivran Thapa, Bevi Kiba, Kelden Rigsang, Rebsodao Thaosen, Murari Saha

**Fourth Row:** Martet Basar, Vhiren Chopra, Aaron Sema, Shahanur Uddin, Rokovor Nakhro, Matthew Vanmalsawmsanga, Marvel Hulang, Khichu Kath, Garv Agarwal, Avneesh Saikia

## ABOUT

The Namdang House truly lives up to its motto “Dare to Excel” With the courage, strength and valour of Spartans, the Namdang house stands with its head held high. Unmatched discipline and grit is what makes our house unique. The boys of this house wear the yellow with pride and stand united no matter the problem or obstacle. Under the leadership of Bornil Phukan, Nabajyoti Hazarika and Nani Niko, who are the captain and prefects of this house respectively, the house continues to strive towards excellence in every field possible.

The Namdang House fosters a sense of brotherhood in each student and nurtures them to be better individuals who will grow up to be honourable citizens in the future. Values of respect, resilience and integrity are rooted deeply in our house and are clearly visible in each Namdang boy. Namdang lives up to its prestige and continues to build upon heritage and traditions left behind by the batches that have graduated from this very house.

## ACHIEVEMENTS

### INTER-HOUSE POSITIONS

One-Act Play - 2nd  
 Lower School Hindi Debates - 1st  
 Table Tennis - 2nd  
 Badminton - 1st  
 Basketball-2nd  
 Murals - 1st  
 Music - 2nd  
 Swimming - 1st  
 Archery 2nd

### SCHOOL COLORS

Arnav Dutta  
 Shuhail Ali Ahmed  
 Anikaith Anant Joshi

### CULTURAL TIE

Tanveer Ahmed  
 Priyam Bagaria  
 Prameya Saha  
 Matthias Lamin

### RED TIES

Meshan Azarel Jyrwa  
 Garv Agarwal  
 Aditya Ghosh  
 Harshil Beriwal  
 Nikunj Narayan Bajaj  
 Vivaan Agarwalla  
 Tanveer Ahmed

### SPORTS TIES

Arnav Dutta  
 Mebaman Kharlyngdoh  
 Nani Niko  
 Bornil Phukan .  
 Archan Bailung





SPORTS

## SPORTS CAPTAINS

*Speak*

The years I've spent at AVS have been nothing short of unforgettable, from the nervousness of my first day in Class 7 to walking out as the Sports Captain in front of the school. I've grown, stumbled, learned and kept moving forward.

There's something about this place, something more than just buildings and fields. It's in the early morning chills on the football field, in the loud cheers after a goal, in the silence after a loss and in those little moments where you truly understand what it means to lead. AVS hasn't just taught me how to win, it has taught me how to carry myself with discipline, respect and heart.

To my teachers, coaches and mentors, thank you for believing in me and holding me to a higher standard, even when I didn't believe in myself, To my friends and teammates, you were the reason even the toughest days felt bearable and to my juniors, I believe in each one of you, I've seen leaders in you already, keep pushing, keep showing up and never doubt what you're capable of becoming.

Waking up early for morning conditioning, staying disciplined during matches and bouncing back after defeats, those small efforts build greatness. Boarding life isn't easy, but it teaches you things no classroom ever can, from getting punished as a batch to mentoring juniors who remind us of our younger selves, every experience has shaped me.

As I prepare to step away, I carry with me pride, memories and a sense of responsibility, to keep living the values that AVS instilled in me, because here, even as it faces change and years go by, the legacy continues, the pride deepens and the spirit of AVS will always live on.

"Greatness isn't built in the spotlight, it's built when no one's watching."

*Woto Z Wotsa Sema*

Standing at the heart of every field, court, and track at AVS, I found more than lines and goalposts - I discovered community, resilience, and purpose. Serving as Sports Captain was not about collecting medals or leading warm-ups; it was about harnessing the spirit of teamwork to push us all beyond what we thought possible.

I saw first-hand how sport knits people together: teammates lifting each other after a tough loss, sharing quiet nods of encouragement before dawn, break training and celebrating victories that felt as big as dreams coming true. Those moments, sweat dripping into the dust, voices hoarse from cheering, hearts pounding with pride taught me that character is built when the score line is not in your favour.

To the juniors following in our cleats: embrace every setback as a lesson. Fall hard, yes—but rise stronger. Whether it is your first sprint down the straightaway or chasing a new personal best, give it everything you have. You will find that the greatest reward is not the trophy you lift, but the grit and grace you discover in yourself.

To my teammates: thank you for trusting me with your highs and lows alike. You held me accountable, rallied behind me, and made every gruelling session feel like home. And to our coaches, mentors, and supporters: your wisdom and encouragement were the wind in our sails.

To my counterpart and steadfast ally, Woto: leading beside you was an honour. Your leadership, vision, and unwavering commitment have always inspired me.

AVS, thank you for entrusting me with this role. As one chapter closes, another begins—shaped indelibly by this school.

*Prapti Prarthona*



# INTER-HOUSE MARCH PAST AND ATHLETICS 2024

CAPTAINS : YANGMONGSE N. SANGTAM & SELENE EPAO



*On the 9th of December, 2024, The Assam Valley School once again witnessed the grandeur of its 28th Athletic Meet, a tradition deeply etched in the school's history. The event, graced by alumna LAS Mamu Hage, ISC Batch 2006, Bhoroli House Prefect, brought together students and staff to celebrate athleticism, camaraderie, and the indomitable house spirit that defines the institution.*



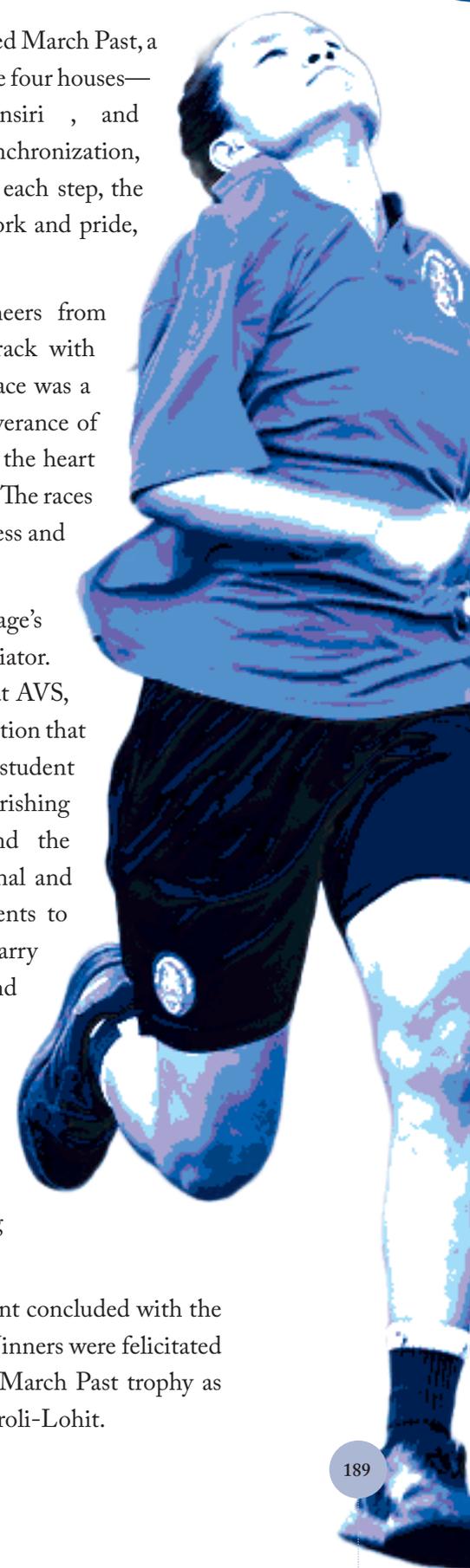
The day commenced with the much-anticipated March Past, a showcase of precision, discipline, and unity. The four houses—Bhoroli-Lohit, Jinari-Manas, Kopili-Dhansiri, and Subansiri-Namdang - marched in perfect synchronization, their vibrant house flags soaring high. With each step, the participants embodied the essence of teamwork and pride, setting the tone for the day.

The 100-meter races drew enthusiastic cheers from the crowd, as athletes dashed across the track with remarkable speed and determination. Each race was a testament to the rigorous training and perseverance of the participants. The relays, often considered the heart of the meet, brought the audience to their feet. The races were an electrifying spectacle of competitiveness and sportsmanship.

The Chief Guest IAS Officer Mamu Hage's address, stirred a feeling of pride in every aviator. Sharing vivid memories from her nine years at AVS, she expressed profound gratitude to the institution that had shaped her journey. Reflecting on her student days, she emphasized the importance of cherishing every moment, embracing learning beyond the classroom, and redefining success as a personal and evolving journey. Her address inspired students to value community, strive for greatness, and carry forward the legacy of AVS with empathy and ambition.

Beyond the competition, the Athletic Meet stood as a celebration of the school's values—resilience, respect, and community. The athletes displayed not just physical prowess but also a sense of fair play, uplifting one another regardless of victory or defeat.

As the sun dipped below the horizon, the event concluded with the much-awaited prize distribution ceremony. Winners were felicitated for their outstanding performances, and the March Past trophy as well as the Athletics cup was awarded to Bhoroli-Lohit.



# ARCHERY

## CAPTAIN: TANVEER ALOM CHOWDHURY

*Archery at The Assam Valley School has gained popularity rapidly, evolving into one of the most promising sports on campus. What began as a niche interest has grown into a disciplined pursuit embraced by many students. With expert coaching and dedicated training, AVS archers have not only honed their skills but also brought laurels to the school at various national competitions. The sport has fostered focus, precision and resilience among its athletes, making it a defining feature of the school's sporting landscape. Archery at AVS is not just a sport, it is a rising legacy of excellence and determination.*



### L to R

**Sitting:** Hansika Agarwal, Iachiba Sangma, Devia Sarangthem, Arnab Lodh, Mr. Sanjay Pathak, Prithwiraj Deb, Lilovi Sema, Vikuosano Rio, Tina Achom

**First Row :** Radoune Sha, Hannah Lyngna, Medashisha Kharkongor, Melanie Kena, Dorene Lalrinchhuangi, Shirel Dixit, Ayush Das, Navya Chauhan, Raisa Amin, Marya Karbak, Pura Donya, Samriddhi Singh

**Second Row :** Naisha Gogoi, Kimeri Patton, Jupilina Saikia, Dawa Namsa, Navya Walia, Ngangom Mithoi, Indu Basumatary, Nishtha Potsangbam, Zisel Sangma, Zoya Kharchandy, Teresa Sonam

**Third Row :** Shivangi Kashyap, Milo Taggu, Ethan Blah, Kushal Thounaojam, Rozlin Amin

AVS participated in the All India IPSC Archery Championship hosted by Mayo College, Ajmer from 17th October to 19th October 2024. The AVS contingent consisting of 13 students stood 1st in the overall Under-17 Girls' and Under-19 Boys' Indian round category.



**Under-14 Indian Round (Boys & Girls) :** Yoana Bansal – 1st (30m), 3rd (20m)

**Under-17 Indian Round (Boys & Girls) :** Lilovi V Sema – 2nd (40m), 2nd (30m)

**Naisha Nandini Gogoi:** 3rd (40m), 3rd (30m)

**Under-19 Indian Round (Boys & Girls):**

Nuklasen Aier – 2nd (50m)

Yuvraj Thounaojam – 1st (30m), 3rd (50m)

Kimeri Kitinaro Patton – 1st (50m), 2nd (30m)

Lendimen – 3rd (50m), 3rd (30m)



# BADMINTON

**CAPTAINS: SHORYA KANDA & SWASTIKA BORUAH**

*The badminton players are incredibly proud of what they have achieved. Every player gave their best, showing true dedication, teamwork and relentless spirit. From early morning practices to tough matches, the players stood by each other through every challenge. Their efforts led to tournament wins and personal bests, establishing how much they had grown not just as athletes, but as a team. Leading such a passionate and hardworking group has been an honour. We thank our teammates for their commitment and look forward to even greater success in the future together, stronger than ever.*



## BADMINTON BOYS



**L to R**

**Kneeling:** Tarh Haatey, Priyanshu Jaiswal, Pulkit Todi

**Sitting:** Imsor Longkumar, Geet Saikia, Vivaan Agarwalla, Shorya Kanda, Mr. Thokchom Ronel, Donnel Mayanglambam, Neilginryan Das, Archit Phukan, Ashmit Phukan

**First Row:** Aryan Chetri, Viaan Saha, Shivansh Singh, Matji Karbak, Maitreya Deb, Hardik Todi, Ritvik Tripathi, Guevara Langam

**Second Row:** Shyam Dalmia, Raunak Jalan, Niraan Adi, Nabam Sarbang, Yug Malpani, Arnish Dutta, Pragyan Baruah, Abhinab Sarkar, Tonmoy Baruah, Harsh Bajaj, Sathvik Banik, Pratyay Roy

**Third Row:** Tanzill Mir, Aditya Allay, Prantik Borah, Mai Camder, Gaushikraaj Langthasa, Arnichandra Konjengbam, Churchill Namoijam, Birjit Debbarma, Arhaan Das, Satyans Gupta

**Fourth Row:** Tushar Malik, Kritarth Banik, Saksham Sharma

## BADMINTON GIRLS



**L to R**

**Sitting:** Adrija Gogoi, Parodorshita Chetia, Toyi Bui, Princy Elangbam, Mr. Thokchom Ronnel, Swastika Baruah, Gumku Niti, Sreestee Paul, Bhumika Ranjan

**First Row:** Anwasha Ghosh, Pasang Lhamu, Boiyn Rybllah, Renee Tadu, Jernam Nabam, Tenzing Thungon, Arushi Paul, Aletheia Jamir, Panthika Bhowmik, Yashasvi Sharma, Nabam Jeema

**Second Row:** Keerat Rawat, Shaina Haque, Jereena Louriyam, Kanga Rangnamei, Zembaii Dususama, Tenzin Gonpapa, Diminish Phassang, Mumu Langu, Chello Jangkam, Harshita Baruah, Soyinbeni Ezung

**Third Row:** Yeasel Lamtha, Hritvi Bagaria, Shrishti Baid, Tanmoyee Buragohain, Jessica Priyam, Maureen Malsawmhlui, Tanesha Pegu, Tanisha Yesmin, Twesha Agarwal, Nivisha Malik, Priyani Sharma