

BASKETBALL

CAPTAINS: KHUMREINGAM DILBUNG RAMUNGNAO | NONIKA MEITRAM

Basketball has been an avenue for incredible growth, teamwork and sportsmanship at AVS. Each dribble and every basket achieved embodied the strength of our team spirit and our collective desire to improve. This year, the U-19 IPSC Basketball Tournament held at The Assam Valley School from 25th to 30th September 2024 saw AVS reach the Quarterfinals, with standout performances by Theja Rio and the team as a whole. Our players have shown tremendous dedication to the sport, and we look forward to more victories and memories.



The Assam Valley School hosted the 1st North-East Basketball Tournament from 13th to 15th July, 2025, witnessing the participation of eight esteemed schools from across the region. The event served as a celebration of sportsmanship, competition, and camaraderie, as players brought energy and passion to the court over the span of three eventful days.

The Assam Valley School (Team Black), Livingstone Foundation International School, Dimapur, Saint Edmund's School, Shillong and Saint Francis De Sales, Guwahati were in Group A while The Assam Valley School (Team Blue), Mount Carmel School, Aizawl, Pearly Dew School, Shillong and Garden Dew School, Itanagar were in Group B. The results were as follows :

- Semi Final 1: Mount Carmel vs Saint Edmund's - 68-41 → Winner: Mount Carmel
- Semi Final 2: AVS Black vs Garden Dew - 56-44 → Winner: AVS Black
- Hardline Match: Garden Dew vs Saint Edmund's - 56-64 → Winner: Saint Edmund's
- Final Match: AVS Black vs Mount Carmel - 53-96 → Winner: Mount Carmel

TOURNAMENT HIGHLIGHTS

- Mount Carmel School, Aizawl emerged as the Champions of the tournament with an unbeaten run, showcasing exceptional skill and teamwork.
- The Assam Valley School (Team Black) finished as Runners-up, with a strong performance throughout the group stage and semifinals.
- Saint Edmund's School, Shillong secured the 3rd Place after a hard-fought win against Garden Dew School in the hardline match.

“More than just a game, it was a celebration of youth, unity, and sportsmanship.”



L to R

Sitting: Shorya Kanda, Aviraj Basumatary, Chenmai Chang, Ayithe Vusse, Mr. Kunal Gupta, Khumreingam Ramungnao, Woto Z Wotsa, Devansh Gupta, Nathan Sharma

First Row: Keshav Khatuwala, Jaagrit Agarwal, Aman Bhagat, Ilova Shohe, Mangsonmung Nunthuk, Tajar Phassang, Krish Kanda, Lensasong Jamir, Harshit Gupta, Prithvi Baid, Suryansh Gupta

Second Row: Abhiraksh Saroha, Nyikum Taba, Niyang Waii, Kevisetto Meyase, Jigdrel Lepcha, Immanuel Paramata, Vimetuo Kerhuo, Tonovi Chopphi, Bevi Kiba, Devagya Bhajanka

Third Row: Aaron Akivito Sema, Shahanur Uddin, Gangte Sangno, Imchalong Longchari, Richie Konthoujam, Eshaan Beria, Donnel Mayanglambam, Dagba Angu, Nameirakpam Henba, Devaraj Chongtham, Bomika Chishi

BASKETBALL IPSC UNDER-19 BOYS



L to R

Sitting: Shorya Kanda, Aaron Sema, Ayithe Vusse, Mr. Kunal Gupta, Khumreingam Ramungnao, Woto Sema, Devansh Gupta

First Row: Aviraj Basumatary, Shanaur Uddin, Niyang Waii, Kevisetto Meyase, Jigdrel Lepcha, Nameirakpam Henba



L to R

Kneeling: Tame Tarh, Aadhya Jha, Aaradhya Singh

Sitting: Damaphi Laloo, Aahna Gurung, Atoliu Jakhalu, Gumku Niti, Mr. Kunal Gupta, Nonika Meitram, Selene Epao, Neala Thokchom, Prapty Borah

First Row: Nang Manchey, Jasveen Agarwala, Shristi Kisham, Baladianghun Shangpliang, Reech Tadar, Bhoomi Bothra, Sreeja Saha, Avnee Bajaj, Yassica Goel, Vritti Agarwal, Zgyaana Mynsong, Enzeelya Mynsong

Second Row: Abhishruti Dahal, Ahuviah Usou, Ananya Yadav, Jhalak Todi, Sarwangana Kashyap, Anushka Keithellakpam, Christina Langam, Ishika Mandal, Mridvi Dhirasaria, Tamchi Kanam, Emily Ralte

Third Row: Nivisha Malik, Kavya Gupta, Navjeet Kaur, Anasta Zia, Lomitoli Jakhalu

BASKETBALL IPSC GIRLS



L to R

Sitting: Thokchom Neala, Atoliu Jakhalu, Selene Epao, Mr. Kunal Gupta, Nonika Meitram, Gumku Niti, Jhalak Todi

First Row: Nang Myinthy Manchey, Enzeelya Mynsong, Avnee Bajaj, Shristi Kishan, Zgyaana Mynsong, Aahna Gurung

Second Row: Nayanika Borah, Damaphi Laloo, Lomitoli Jakhalu, Emily Ralte, Gekok Karlo, Anasta Zia, Nivisha Malik

CRICKET

CAPTAIN: NISANTA BORA

Cricket at The Assam Valley School truly lives up to its reputation as the gentleman's game. Played on a BCCI-certified ground, which proudly hosts national and inter-state events, cricket at AVS is steeped in discipline, sportsmanship and passion. The lush green field has witnessed the rise of exceptional young sportsmen who embody the spirit of the game with grace and grit. Home matches are played under the iconic banner of the Green Ashes, a tradition that fuels pride and healthy competition. With skilled coaching and unmatched enthusiasm, cricket at AVS continues to inspire excellence and uphold the highest standards of the sport. The AVS U-19 Cricket Team participated in the IPSC U-19 Cricket Tournament at Daly College, Indore from 8th October to 13th October 2024. AVS played against The Mann School in the Quarterfinals.

Best Performers: Anuran Paul, Krishna Agarwal; Saanchit Agarwal (Hat-trick, Man of the Match)





L to R

Sitting: Rehansh Shah, Darsh Kejriwal, Garvit Jaiswal, Vaibhav Kumar, Mr. Rajender Chauhan, Nishanta Bora, Ayan Saha, Pranjal Jaiswal, Debojit Banik

First Row: Mohit Routh, Biraj Nath, Sujoy Shil, Puna Doding, Ritwik Mundhra, Nivaan Subedi, Bedanga Bora, Sujan Basumatary, Shivansh Dhanuka, Pratham Bajaj, Kanishk Rathi

Second Row: Kriday Jajodia, Vedant Bajaj, Anubrata Basak, Abhinav Roy Sarkar, Rankit Bhowmik, Adheesh Mittal, Rudra Sharma, Pranit Nahata, Sujoy Das, Sanchit Ruthia

Third Row: Garv Agarwal, Rayaan Agarwal, Twesha Agarwal, Sachin Jaiswal, Mannan Agarwal, Dhairya Sinha

IPSC UNDER 17 CRICKET TEAM



L to R

Sitting: Mannan Agarwal, Garvit Jaiswal, Vaibhav Kumar, Mr. Rajender Chauhan, Nishanta Bora, Ayan Saha, Debojit Banik

First Row: Vedant Bajaj, Kriday Jajodia, Mohit Routh, Adheesh Mittal, Kanishk Rathi, Sujoy Das, Pranit Nahata

Second Row: Sanchit Ruthia, Rayaan Agarwal, Dhairya

EQUESTRIAN

CAPTAINS: PRIYAM DAS | ASTAREBENI CHOUDHURY

The bond between human and animal is truly beautiful to witness; a mutual respect in an unspoken language between two beings, an art of quiet cues and subtle movements as both rider and horse dance gracefully through the arenas and fields showcasing their talents. The glory we pursue is not solely in trophies but in the seamless partnership we cultivate, where the horse's strength blends with the rider's grace. Equestrian is not just a sport; it is an art, an unbreakable bond harbouring patience, dedication, adaptability and empathy.



L to R

Sitting: Rudrakshi Bharadwaj, Shannia Riddi, Astraebeni Choudhury, Mr. Philip Basumatary, Priyam Das, Abhigyan Sarkar, Atreya Das

First Row : Ryuu Saikia, Abhiraman Dutta, Subham Boro, Mayank Shah, Mizi Borgoyari, Rishi Barooah, Pragyan Baruah

Second Row : Pragyan Choudhury, Mandaroibha Jyrwa, Purab Deka, Dibakar Singha

IPSC MERIT LIST

Ladies Hacks : Astorebeni Choudhury (silver)

Show jumping (Children II): Mayank Shah (Bronze)

Ball and Bucket (Children II): Mayank Shah (Bronze)

Hacks : Mayank Shah (Bronze), Show jumping (Juniors); Dibakar Singha (Silver)

5TH ASSAM STATE EQUESTRIAN CHAMPIONSHIP 2025
& GUWAHATI HORSE SHOW

Junior Dressage: Astorebeni Choudhury - (Gold)
Astorebeni Choudhury - (Silver)
Abhigyan Roy Sarkar - (Bronze)

Junior Hacks : Astorebeni Choudhury-(Silver)
Priyam Das-(Bronze)

Junior jumping Top Score: Astorebeni Choudhury - (Silver)
Abhigyan.Roy Sarkar - (Bronze)

Junior Show jumping: Astorebeni Choudhury-Gold

Ladies Hacks : Astorebeni Choudhury-(Bronze)
Rudrakshi Bhardwaj - (Bronze)

Children I Show Jumping : Shannia Rididi (Gold)
Atreyo Joy Das (Silver)

Children 1 Dressage: Rudrakshi Bhardwaj (Gold)
Atreyo Joy Das (Silver) Purab Deka (Bronze)

Children I Gymkhana Pole Bending : Pragyan Baruah (Gold)
Atreyo Joy Das (Silver)
Shannia Rididi (Bronze)

Children I Hacks: Atreyo Joy Das (Gold)
Rudrakshi Bhardwaj (Silver)
Purab Deka (Bronze)

Children I Gymkhana Ball & Bucket: Pragyan Baruah (Gold)
Rudrakshi Bhardwaj (Silver)
Purab Deka (Bronze)

Children II Hacks: Mayank Shah (Gold)

Children II Gymkhana Pole Bending: Abhiraman Dutta (Gold)
Mayank Shah(Bronze)

Children II Gymkhana Ball and Bucket: Abhiraman Dutta (Silver)
Ryuu Saikia (Bronze)

FOOTBALL

CAPTAINS: YANGMONGSE N. SANGTAM | PRAPTI PRARTHONA

At The Assam Valley School, football is not just a game; it is a passion. It is not just about winning but about creating memories, developing friendships and learning valuable lessons. From the first pass to the final whistle, we give our all for the team and for the love of the sport. Our team's spirit is unmatched, our dedication unwavering. Football at AVS has become a way of life, and we will continue to strive for excellence on and off the field. In the U-17 Girls Football Tournament (IPSC) hosted by Mayo College, Ajmer, AVS reached the semi-finals, finishing 4th overall.

*MVP Awards : Adrika Dey – MVP in the match against Birla Balika Vidyapeeth
Tayar Rinyam – MVP in the Quarterfinal match against Mayo Girls College, Ajmer*



L to R

Sitting: Kelden Rigsang, Karma Bhutia, Uttam Pukhrambam, Woto Sema, Mr. Jamlamthang Hangzo, Yangmongse Sangtam, Matthew Vanmalsawmsanga, Marvel Hulang, Martet Basar

First Row: Gitartha Rabha, Alvert Thockchom, Henryk Welly, Roger Sorum, Joram Chagam, Dhruv Sarma, Mashunsing Keishing, Chayank Haloi, Tage Lahye, Christopher Shadap, Kipa Tukum

Second Row: Reyantoko, Tani Pisa, Jamyang Khochilu, Yaikhomba Lisham, Atova Ahozhe, Kaanu Kinimi, Buhumsa Daimari, Kangjam Yaikhomba, Marcus Mandal

Third Row: Murari Saha, Drishan Bora, Bhavya Kejriwal, Mangming Toko, Aalmas Maibam, Neilhoukhotuo Vizo, Kyrpang Jason, Rangsan Pariat



UNDER 17

L to R

Sitting: Marni Basar, Dhananjay Thingujam, Abhiraman Dutta, Aloinoto Jakhalu, Mr. Jamlamthang Hangzo, Pezavi Rio, Angshuraj Deb, Palden Sona, Tussar Taba

First Row: Jikom Tam, Nafees Kakati, Prit Elangbam, Baibhav Dutta, Ojas Sharma, Taelin Dawe, Junet Sonar, Chingbiaksang Dousel, Damanbha Kshiar, Techi Lonam, Nyidar Dawe

Second Row: Hridansh Todi, Jeew Basumatary, Lizonthung Ezung, Ekansh Borah, Abhinab Sarkar, Mayato Raikhan, Anant Sharma, Prantik Borah, Rudra Sharma, Ashwika Mahanta, Sourabhjyoti Rabha

UNDER 14

L to R

Sitting: Lansing Keishing, Abhirath Baruah, Shakpa Rangnamei, Jikum Passang, Mr. Jamlamthang Hangzo, Bumto Muri, Samdup Gaesar, Puntsok Wangdue, Denzeel Welly

First Row: Maanveer Jaiswal, Edame Pyrbot, Vukukoa Ahozhe, Shaphaba Langam, Arthab Ghosh, Kekum Gyadi, Changuiba, Parison Langpoklakpam, Aahil Maibam, Munwang Wangsha

Second Row: Sharique Islam, Aryan Pradhan, Letjatthang Khongsai, Punung Sangno, Sonmin Bagra, Aghaka Sema, Niya Pisa, Tenzing Choijung, Karma Wangdi



GIRLS

L to R

Sitting: Atoliu Jakhalu, Anezah Waii, Selene Epao, Mr. Jamlamthang Hangzo, Prapti Prarthona, Pungmi Ngurang, Raisah Hazarika.

First Row: Chello Mwji, Liyum Padu, Bhumshri Basumatary, Sernya Myra Karki, Ashlee Mutum, Nyima Palzom Namsa, Alim Yame, Aadrika Ramanan, Keyanna Swer, Adrika Dey.

Second Row: Vidhi Chopra, Jovishree Oinam, Eeksha Saikia, Shveni Sachdev, Ngaoveine Sha, Priyanka Narzary, Pungnam Pao, Linthoi Soraisam, Akoijam Patricia Chanu.

Third Row: Amania Sangma, Mirianna Lamin, Deepshikha Mukherjee, Ashwika Mahanta

MARATHON

The 26th Inter-House Marathon, held on March 13, was a highly anticipated event filled with gusto and spirited competition. The day began with an energetic atmosphere as students eagerly showcased their athleticism despite the initial rain. Colonel Himanshu Bahl inaugurated the event by flagging off the senior girls' race.

With multiple categories and varying race distances, students displayed determination and hard work. Carefully planned routes ensured safety, with teachers stationed along the sidelines for

support. The marathon fostered unity and teamwork, making it a memorable day of camaraderie.

The following are the results of the Inter House Marathon 2025:

1st Place : Kopili - Dhansiri

2nd Place : Bhoroli - Lohit

3rd Place : Jinari - Manas

4th Place : Subansiri - Namdang



SQUASH

CAPTAINS: NEEV KEJRIWAL | ALPHONSA ELISHABA PAKYNTAIN

Squash has witnessed remarkable growth at our school. At IPSC competitions, our players have consistently performed well, winning multiple medals. The increased participation of our students in state and national tournaments reflects their dedication and growth as athletes. The Assam Valley School is now recognized as a squash powerhouse, thanks to our strong performances in inter-school competitions. With more students taking up the sport and achieving success at various levels, squash is rapidly becoming one of the most popular and fast-growing sports on campus. AVS participated in the All India IPSC Squash Tournament held at Daly College Indore from 30th April to 4th May 2024 in the U-14 and U-19 categories. The teams qualified for the Quarter Finals.

In the U-14 category: Archan Amar Bailung (Class 9): 2nd runner-up

In the U-19 category: Aarnav Dutta (Class 12): Qualified for Pre-Quarters

Kritartha Kaushik (Class 12): Reached the Quarter Finals



SCHOOL TEAM

L to R

Sitting: Archan A. Bailung, Tushar Malik, Abhigyan Roy Sarkar, Neev Kejriwal, Mr. Mohammad Aziz, Alphonsa Elishaba Pakyntein, Adrika Dey, Niharika Goswami, Ahona Chowdhury

First Row: Khyoda Modi, Ved Domai, Aaradhya Eon Baruah, Tasso Umpi, Keeratveer Hanspal, Marshal Ronya, Alok Koch, Jeevika Toshniwal, Yashwantika Pareek, Chaitanya Khatuwala, Dhruvaraj Borgoyari

Second Row: Sreestee Paul, Khyati Borah, Kanav Kejriwal, Ritam Kashyap, Partha Saikia, Tame Rikham, Krishiv Agarwal, Sambhi Dey, Aayansh Dhar Gautum, Ayana Borah

Third Row: Darsheel Kalita, Nayanika Borah, Jaden Liam, Sujash Basumatary, Nilav Prajapati, Urvashi Bora

IPSC TEAM

Sitting: Urvashi Bora, Niharika Goswami, Adrika Dey, Alphonsa Elishaba Pakyntein, Mr. Mohammad Aziz, Neev Kejriwal, Archan Bailung, Tushar Malik, Ahona Choudhury

First Row: Ritam Kashyap, Dhruvaraj Borgoiyari, Aaradhya Eon Baruah, Ved Kunal Domai, Keeratveer Hanspal, Alok Koch, Yashwantika Pareek, Tame Rikham, Kanav Kejriwal

Second Row: Sujash Basumatary, Ayana Borah, Tanishka Siotia, Khyaati Borah, Darsheel Kalita



TABLE TENNIS

CAPTAINS: SIDDHANT PODDAR | HARSITA BARAL

Table Tennis at The Assam Valley School has become a thrilling and highly competitive sport, captivating the fascination of students year-round. With fast-paced rallies and intense matches, the sport has gained immense popularity, drawing in players of all skill levels. The tables are constantly abuzz with action, from casual games to serious tournaments, where precision, agility and quick reflexes take centre stage. AVS students have not only developed their skills but have also nurtured a strong spirit of sportsmanship and camaraderie. As the game continues to grow in popularity, table tennis has firmly established itself as a key part of the school's sporting culture.



L to R

Sitting: Sparash Choudhary, Shambhavi Jindal, Harsita Baral, Mr. Debajit Dutta, Tanushree Hazarika, Darsh Sharma, Aanavi Ghosh

First Row: Gunika Agarwal, Saya Bamang, Basuri Saha, Jinam Joram, Aryanil Hazarika, Kavyashree Baruah, Tanishka Siotia, Tanishka Roy

Second Row: Kavyansh Agarwal, Abhinav Singhanian, Abhinab Sarkar, Mai Camder, Samhita Sarmah, Bapistha Barkalita

LAWN TENNIS

CAPTAINS: ADHAYAN SAIKIA | ANANYA DAS

Tennis at The Assam Valley School has experienced remarkable growth in recent years. It has transformed into one of the most popular sports on campus. From just two courts in 2014, we now have six state-of-the-art tennis courts, fully equipped to meet professional standards. Tennis, often called a gentleman's sport, reflects discipline, perseverance, and respect—values we uphold at AVS. Our players have begun making a mark beyond the school as well. Most recently, Tanush Gattani and Lakshyaveer qualified for the quarterfinals of the prestigious Tezpur Club Tournament. Our performance in IPSC has also been very successful.

In the All India IPSC Tennis Tournament hosted by The Doon School, Dehradun from 27th September to 30th September 2024, the AVS contingent participated with 26 other schools.

AVS Under-19 Team: Reached the Pre-Quarter Finals

AVS Under-17 Team: Reached the Quarter Finals

Lakshay Gattani: Reached the Quarter Finals in Singles Individual Category

Rajnish Sharma: Reached the Pre-Quarter Finals in Singles Individual Category

Lakshay Gattani: Overall best performer from AVS



BOYS

L to R

Sitting: Manas Jain, Ishan Deka, Adhayan Saikia, Mr. Chandra Shekar, Lakshay Gattani, Prayaash Khakholia, Byabang Dani Dui

First Row: Aahaan Bothra, Jessica Priyam, Kheenam Wahge, Limi Padu, Adhiraaj Jugran, Lakshyaveer Barman, Laksh More, Darsheet Agarwal, Austin Nameirakpam

Second Row: Sidharth Mohata, Abinav Singhania, Chandraneel Choudhury, Hajarimayum Sharma, Arpit Yadav

GIRLS



L to R

Sitting: Jahnvi Sharma, Joyshika Sharma, Ananya Das, Mr. Chandra Shekhar, Kasak Ladha, Vidhi Bajaj, Yakshi Modi

First Row: Ponyo Laishram, Michi Ansi, Ojaswi Hazarika, Tanya Irene Gogoi, Samiksha Chettri, Aarushi Singh, Myralakshmi Shrestha, Myra Bharali, Jiya Jyoti Gautam, Nayanika Borah

L to R

Sitting: Joyshika Sharma, Manas Jain, Adhayan Saikia, Mr. Chandra Shekhar, Ananya Pandey, Lakshay Gattani, Tanya Gogoi

First Row : Chandraneel Choudhury, Aahaan Bothra, Myra Bharali, Jahnvi Sharma, Lakshyaveer Das, Kasak Ladha, Myralakshmi Shrestha, Laksh More, Nayanika Borah

Second Row : Ishan Deka, Paari Hajarimayum Sharma, Parison Langpoklakpam, Byabang Dui, Yakshi Modi, Austin Nameirakpam, Abhinav Singhania

IPSC TENNIS



VOLLEYBALL

CAPTAINS: DEBANGAN NATH | MEMIN TAM

Volleyball is a dynamic team sport that requires skill, coordination, and quick reflexes. It promotes physical fitness, teamwork, and discipline while enhancing concentration and strategy. Played both indoors and outdoors, it is enjoyed by people of all ages worldwide. The spirit of volleyball lies in unity, sportsmanship, and the drive to excel.

Our school proudly participated in the IPSC Volleyball Under-14 Girls Tournament held in September 2025 and secured an impressive 2nd position. It was a moment of great achievement for our young team. Additionally, our school hosted the Inter-House Volleyball Championship, which created an atmosphere of enthusiasm and teamwork. The results were: Kopili-Dhansiri secured 1st place, Bhoroli-Lohit came 2nd, Subansiri-Namdang stood 3rd, while Jinari-Manas achieved 4th position.



L to R

Sitting: Ashmit Phukan, Aditya Gargo, Bornil Phukan, Debankan Nath, Ms. Jean Melanie V. Haymo, Woto Z Wotsa, Khumreingam Ramungnao, Tanishk Sharma, Imchalong Longchari

First Row: Kuku Bajaa, Imsor Longkumar, Neilginryan Das, Kaanu Kinimi, Kagam Tech, Sarthak Mahatta, Nihal Debnath, Thungbenthung Kikon, Arhaan Das, Padi Piimh

Second Row: Devansh Gupta, Dagba Angu, Chenmai Chang, Wilson Hangsing, Imlinur Jamir, Geet Saikia, Niyor Kashyap, Nathan Hajarimayum, Avneesh Saikia



L to R

Sitting: Nazifa Noorine, Nang Myinthy, Memin Tam, Ms. Jean Melanie V. Haymo, Purvi Kejriwal, Anjali Pandey, Vania Singh

First Row: Leah Chopi, Naisha Baruah, Rido Jessica, Yaongsenti Chang, Badapbiang Kshiar, Ayopre Waii, Spriha Kashyap, Sotile Seb, Namisha Agarwal

Second Row: Nangram Remum, Nicia Basumatary, Radar Leenam, Mainow Goyary, Ananya Das, Jael Konyak, Mayuri Bordoloi, Thokchom Neala, Japneet Kaur, Michi Ansi

Third Row: Nayanika Borah, Ashwika Mahanta, Sherlyn Hazarika, Shivangi Sharma, Anusha Agarwal