



R. B. MAGOR TROPHY

CULTURAL TIES



L to R

Sitting: Lavanya Garodia, Ruhi Kalita, Norzin Lhamu Bhutia, Nuklasen Aier, Anikaith Anant Joshi, Dr. Priyanka Joshi, Abhinashni Eon Baruah, Aakanksha Kumar, Tasmin Yushra Ahmed, Atoti Zhimomi, Dhani Poddar

Row 1: Aaryan Kumar Shullai, Abhinav Agarwal, Miriam Lalfakzuali, Priashi Khakholia, Pratiti Barua, Anukriti Kashyap, Sooryansh Prithani, Mahiya Khemani, Donensangla Chang, Dharini Karwa, Niyar Nayana Kashyap, Anushka Jitani, Bariskem Khyriem Pohti

Row 2: Changkham Phukan, Sneha Ngangom, Kanyaka Tamuli, Natasha Billimoria, Myskina Deka, Tanishka Saraf, Zaheen Rafia Shah, Swastika Boruah, Trismita Borah, Reetisha Daimari, Debimita Hazarika, Archana Yumnam

Row 3 : Drishan Jatin Bora, Vaibhav Baheti, Priyam Bagaria, Shorya Kanda, Shreyashree Chaurasia, Mashunsing Keishing, Tanveer Ahmed

SCHOLAR'S TIES CLASSES VI, VII & VIII



L to R

Sitting : Urja Jain, Aaradhya Eon Baruah, Kayna Dhingra, Ngaoveine Sha, Dr. Kuljeet Singh, Ms. Meenakshi Baruah Das, Sernya Myra Karki,
Tame RikhamTarh, Lakshyaveer Das Barman, Viraj Kumar Gupta

Row 1: Nilav Prajapati, Arpit Yadav, Meshan Azarel Jyrwa, Jiya Jyoti Gautam, Jassvee Agarwala, Anushka Iyer, Khushi Bakliwal, Chello Jangam,
Jignasa Bora, Lakshay Gattani, Gunika Agarwal

Row 2 : Shreyaa Jain, Samhita Sarmah, Sreestee Paul, Khyati Nahata, Nishika Patodia, Ashwika Mahanta, Aanavi Ghosh, Nayanika Borah

SCHOLAR'S TIES CLASSES IX, X, XI & XII



L to R

Sitting : Pratiti Barua, Anoushka Singh, Aira Thoudam, Norzin Lhamu Bhutia, Dr. Kuljeet Singh, Mr. Taufique Alam Ansari, Mahiya Khemani, Dharini Karwa, Dhani Poddar, Anushka Jitani

Row 1: Urvee Rathi, Ngangom Mithoi, Pranhita Jain, Tanishka Siotia, Dweepaneeta Nath, Suvechha Borah, Pradanya Kashyap, Advika Agarwal, Shabhat Sabir Ansari, Dhvani Agarwal, Vidhi Bajaj, Adrika Dey, Eeksha Saikia

Row 2 : Aalmas Maibam, Jaagrit Agarwal, Hritvi Bagaria, Vivaan Agarwal, Khushi Todi, Twesha Agarwal, Ananya Yadav, Pahal Bajaj, Jivitesh Agarwala, Vidhi Chopra, Yakshi Modi, Mainow Goyary

Row 3 : Vimetuo Kerhuo, Aditty Ghosh, Tanush Gattani, Garv Agarwal, Aarohi Agarwal, Nikunj Narayan Bajaj, Tanay Pansari, Tanveer Ahmed, Prayaash Khakholia, Yeasel Lamtha

Row 4 : Ashmit Phukan, Vidhan Fogla, Aayat Hazarika, Devansh Agarwal, Soham Agarwal

SPORTS TIES



L to R

Sitting : Anikaith Anant Joshi, Nuklasen Aier, Yuvraj Thounoujam, Anuran Paul, Mr. Sanjay Kumar Pathak, Manonta Kalita, Violina Baruah, Tanveer Alom Chowdhury, Farhad Mustak

Row 1: Darsheel Kalita, Agastya Jaju, Hansika Agarwal, Zisel Rumina M Sangma, Adrika Dey, Kimeri Kitinaro Patton, Naisha Nandini Gogoi, Lakshay Gattani, Khumreingam Dilbung Ramungnao

Row 2 : Ayan Kumar Saha, Jasrani Thokchom, Arnab Lodh, Lilovi V Sema, Nani Niko, Archan A Bailung

SCHOOL COLOURS



L to R

Sitting : Lavanya Garodia, Anikaith Anant Joshi, Abhinashni Eon Baruah, Arnav Dutta, Dr. Amit Jugran (Headmaster), Aakanksha Kumar, Rompiti Patton, Pradyumn Bhajanka, Abhinav Agarwal

Row 1: Shuhail Ali Ahmed, Violina Baruah, Dhani Poddar, Pratiti Baruah, Priashi Khakhoklia, Anukriti Kashyap, Atoti Zhimomi, Norzin Lhamu Bhutia, Tasmin Yushra Ahmed, Anushka Somani, Anushka Jitani, Manas Keleng

ACTIVITIES MAJOR COLOURS



L to R

Sitting : Kritartha Koushik, Yuvraj Thounaojam, Norzin Lhamu Bhutia, Violina Boruah, Aira Thoudam, Prishaa Agarwal, Anikaith Anant Joshi, Dr. Lipika Borah, Dr. Priyanka Joshi, Abhinashini Eon Boruah, Aakanksha Kumar, Anushka Jitani, Sia Kejriwal, Niyar Nayana Kashyap, Bariskem Khyriem Pohti, Manvi Agarwal, Manonta Kalita

Row 1 : Arushi Jakhmola, Zaheen Rafia Shah, Adrika Dey, Priashi Khakholia, Pratiti Barua, Lavanya Garodia, Rinie Taipodia, Anukriti Kashyap, Dharini Karwa, Ruhi Kalita, Aakriti Chaliha, Anoushka Singh, Atoti Zhimomi, Ujjala Sonowal, Archana Yumnam, Mahiya Khemani, Geyin Tayeng, Donensangla Chang, Natasha Billimoria, Chandraneel Choudhury, Aliden Jahzara Ovung

Row 2 : Pallabi Dey, Jahnvi Sharma, Dhanasiri Thingujam, Pezavi Rio, Aanya P. Sarkar, Badapbiang Kshiar, Unnati Agarwal, Yashasvi Sharma, Anushka Iyer, Viraj Kumar Gupta, Zavino Nakhro, Harsita Baral, Mirianna Lamin, Suvechha Borah, Rishita Baruah, Erik Angie Riba, Ishita Rahman, Alphonsa Elishaba Pakyntein, Swastika Boruah, Harshita Das

Row 3 : Ross Taba, Vivaan Agarwalla, Mashunsing Keishing, Pahal Bajaj, Urvee Rathi, Karma Kalzang Wangdi, Tanesha Pegu, Dayanita Das, Shambhavi Jindal, Samarth Jain, Zerayah Cadessa Syiem, Shambhavi Chauhan, Aanya Gupta, Rianna Lingjel Irom, Sreestee Paul, Jestina Kalita, Kartik Dudheria, Changkham Phukan, Vidhi Chopra

Row 4 : Tanishk Sharma, Soham Agarwal, Kushal Thounaojam, Kingshukban Das, ImSOR Longkumar, Aalmas Maibam, Jaagrit Agarwal, Sujoy Das, Prapti Prarthona, Tanveer Ahmed, Mrinmay Kalita, Keshav Sultania, Tania Saikia, Rayan Dutta, Ashmit Phukan

Row 5 : Devansh Agarwal, Pranjal Jaiswal, Rukben Dulom, Aayat Hazarika, Archit Phukan, Khichu Kath, Drishan Jatin Bora, Dagba Angu, Nameirakpam Henba, Aninda Raj Konwar Borah

ACTIVITIES MINOR COLOURS (LOWER SCHOOL)



L to R

Sitting : Taelin Dawe, Lansing Keishing, Ritwik Mundhra, Aaradhya Eon Baruah, Basuri Saha, Dr. Lipika Borah, Dr. Priyanka Joshi, Ridhaan Hatimuria, Urja Jain, Ayushi Mazumdar, Viraj Kumar Gupta, Aahil Faraj, Alok Koch

Row 1 : Marcia Das, Tajar Passang, Zoya Kharchandy, Jignasa Bora, Maira Mystica M. Sangma, Jassvee Agarwala, Vuvoka Ahozhe, Aghaka Sema, Baibhav Dutta, Agrata Phukon, Tanishka Roy, Tanisha Sharma, Sambhi Dey, Mohit Routh, Pratham Bajaj, Deepshika Mukherjee

Row 2 : Navdeep Singh Hanspal, Samhita Sarmah, Keemaya Bajoria, Pragyashi Shrivani, Sujash Basumatary, Rudrakshi Bharadwaj, Sujana Jamal, Khyaati Borah, Ayana Borah, Nishika Patodia, Anasta Zia, Rozlin Fiza Amin, Kanav Agarwala, Nayanika Borah, Umang Pran Gogoi

ACTIVITIES MINOR COLOURS (UPPER SCHOOL)



L to R

Sitting : Geyin Tayeng, Jyoti Liyak, Dharini Karwa, Sia Kejriwal, Abhinashni Eon Baruah, Dr. Lipika Borah, Dr. Priyanka Joshi, Aakanksha Kumar, Anushka Jitani, Prishaa Agarwal, Suryanandini Sarma, Tivona Narzary, Bariskem Khyriem Pohti

Row 1 : Prapty Borah, Ananya Das, Kriti Minda, Carlynda Bahun Lyngdoh, Adya Rakshit, Myskina Deka, Shabahat Sabir Ansari, Tanishka Saraf, Harsita Baral, Dikshita Sharma, Meghna Baruah, Nandika Dutta, Astarebeni Choudhury, Tanishka Siotia, Mahi Choudhary

Row 2 : Spriha Kashyap, Amania Agitok Sangma, Naisha Nandini Gogoi, Kimeri Kitinaro Patton, Jentina Yaomei Shangkhui, Khushi Agarwal, Zisel Rumina Sangma, Alphonsa Elishaba Pakyntein, Eeksha Saikia, Jahnvi Sharma, Pallaabi Dey, Niharika Goswami, Dweepaneeta Nath, Arushi Jakhmola, Urvee Rathi, Atoti Zhimomi

Row 3 : Kriday Jajodia, Garv Agarwal, Chello Mwiji, Shrishti Baid, Pahal Bajaj, Khushi Todi, Aanya Gupta, Akriti Kanoi, Dayanita Das, Tanesha Pegu, Jhalak Todi, Tonmoyee Buragohain, Twesha Agarwal, Jessica Priyam, Lilovi V Sema, Tenzin Choening

Row 4 : Nathan Sharma Hajarimayum, Dagba Angu, Archit Phukan, Soham Agarwal, Tanishk Sharma, Farha Mustak, Ross Taba, Vidhi Chopra, Sneha Ngangom, Rajkumari Anya Devi, Bhumika Ranjan, Nivisha Malik, Samiksha Modi, Tanveer Alom Chowdhury, Prayaash Khakholia, Jivitesh Agarwalla

Row 5 : Neev Kejriwal, Chenmai Chang, Siddhant Poddar, Siddhi Priyadarshini, Aalmas Maibam, Chayank Haloi, Mashunsing Keishing, Aarohi Agarwal, Taba Nikum, Vidhan Fogla, Ashmit Phukan, Sanchit Ruthia, Hitesh Ruthia

SPORTS MAJOR COLOURS



L to R

Sitting : Chenmai Chang, Khumreingam Dilbung Ramungnao, Selene Epao, Rajnish Sharma, Krishna Agarwal, Yuvraj Thounoujam, Mr. Sanjay Kumar Pathak, Kritartha Koushik, Anuran Paul, Astarebeni Choudhury, Kanyaka Tamuli, Manonta Kalita, Nathan Sharma Hajarimayum

Row 1 : Nilav Prajapati, Alphonsa Elishaba Pakynten, Marcia Das, Priyam Das, Pradanya Kashyap, Aaradhya Eon Baruah, Alok Koch, Tame Rikham Tarh, Lakshyaveer Barman, Shania Riddi, Dweepaneeta Nath, Niharika Goswami, Raisah Yesmin, Ahona Chowdhury

Row 2 : Abhiraksh Saroha, Ishan Deka, Sujoy Das, Sarthak Mahatta, Atreya Joy Das, Darsheel Kalita, Shreyaa Jain, Tanush Gattani, Dagba Angu, Siddhant Poddar

SPORTS MINOR COLOURS



L to R

Sitting : Garv Gattani, Prapti Prarthona, Ashmit Phukan, Ross Taba, Rinie Taipodia, Anushka Jitani, Mr. Sanjay Kumar Pathak, Suryanandini Sarma, Shruti Dutta, Tanveer Ahmed, Gumku Niti, Nonika Meitram, Neev Kejriwal

Row 1 : Mayank Shah, Ayushi Mazumder, Chello Jangkam, Pura Donya, Nyasa Bora, Aayansh Dhar Gautam, Aahaan Bothra, Basuri Saha, Joyshika Sharma, Yashwantika Paree, Pasang Lhamu, Aghaka Sema, Purab Deka, Kunal Sahewalla, Ritwik Agarwal, Ved Kunal Domai

Row 2 : Akoijam Patricia Chanu, Bhumshri Basumatary, Sujash Basumatari, Asheesh Mittal, Jaden Liam, Lomitoli Jakhalu, Khyaati Borah, Niraan Adi, Mohit Routh, Sambhi Dey, Dhanasiri Thingujam, Kanishk Rathi, Ananya Das, Priyanka Narzary, Jahnvi Sharma

Row 3 : Kanav Agarwal, Kriday Jajodia, Chello Mwiji, Atoliu Jakhalu, Eeksha Saikia, Taru Lunia, Zgyaana Mynsong, Karma Kalzang Wangdi, Adrika Das, Sernya Myra Karki, Ashlee Mutum, Enzeelya Mynsong, Tivona Narzary, Jhalak Todi, Amania Agitok Sangma

Row 4 : Woto Z Wotsa Sema, Marcus Mandal, Aditty Ghosh, Asif Mullah, Pranit Nahata, Nayanika Borah, Jestina Kalita, Suchan Malik, Shivangi Sharma, Vaibhav Kumar, Garv Agarwal, Mrinmay Kalita, Sanchit Ruthia, Henba Nameirakpam



Victor Banerji
Wit, Wisdom & More

In the chronicles of any great institution, there are names that appear in records, neatly inscribed for posterity. And then, there are names that live in stories—passed down from one batch to another, remembered in laughter, admiration, and the occasional “Did you know...?” For The Assam Valley School, one such name is that of Mr. Victor Banerjee.

An actor, philanthropist, polyglot, raconteur and an unrepentant charmer, Mr. Banerjee has been associated with AVS for more than two decades. For someone who grew up amidst the rolling hills of Shillong, this part of the world has always been close to his heart, and his bond with the school has been no less than family. When he joined the Board of Governors, it was not just as a figurehead or a celebrated name, but as someone who carried with him the rich experience of being the founding force behind the Moran Blind School. That, perhaps, is what set the tone of his involvement with AVS—education not merely as instruction, but as a living, breathing journey grounded in empathy, creativity, and spirituality.

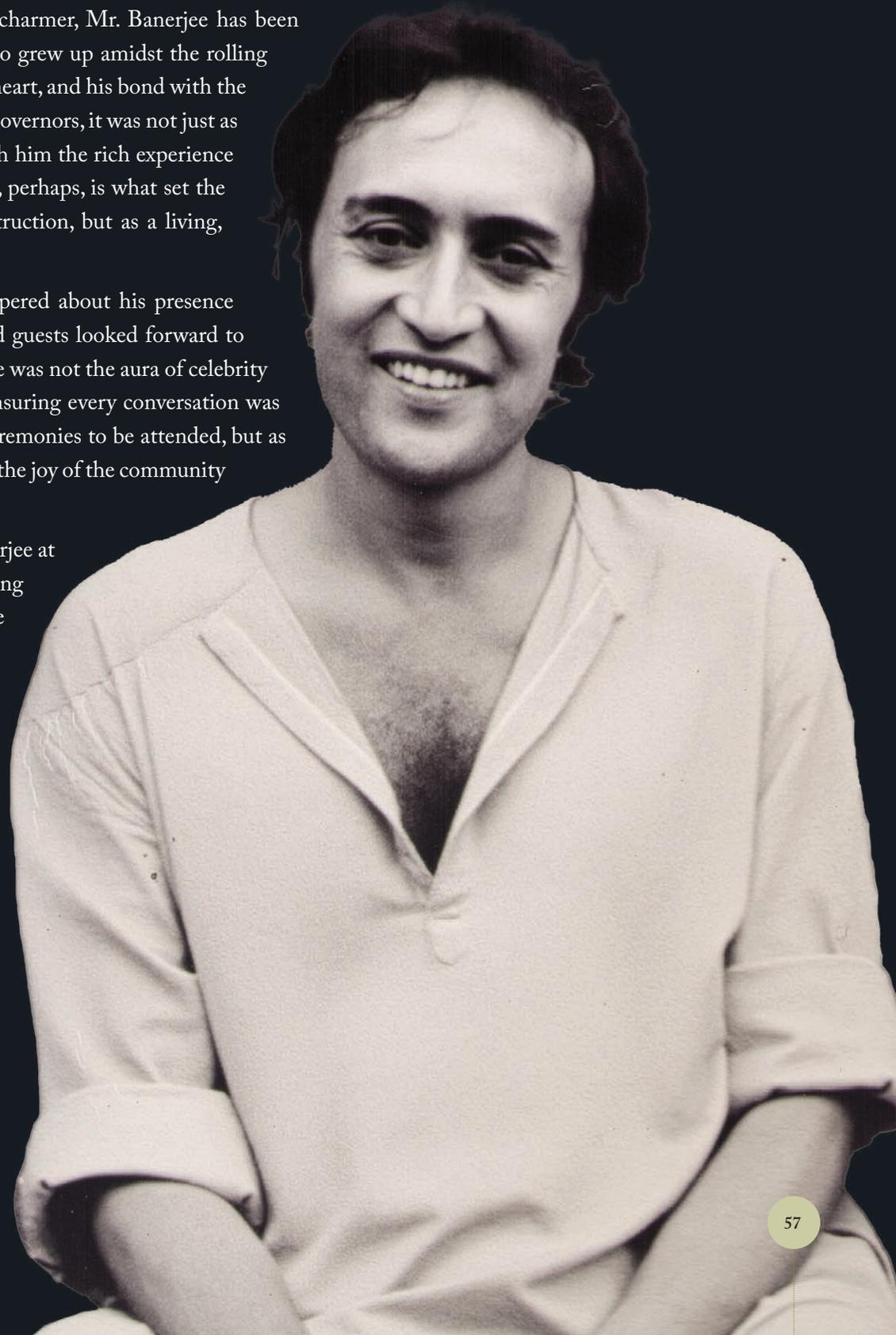
Every Founder's, his arrival was an event in itself. Students whispered about his presence long before he set foot on campus, teachers smiled knowingly, and guests looked forward to catching a glimpse of him. Yet what made his visits truly memorable was not the aura of celebrity he carried, but the way he dissolved it with charm and humour, ensuring every conversation was as human as it was unforgettable. He treated celebrations not as ceremonies to be attended, but as shared experiences to be lived fully—immersing himself as much in the joy of the community as the community did in his presence.

And then, of course, came his legendary wit. To encounter Mr. Banerjee at an exhibition was to invite both thrill and dread. It became something

of an AVS legend to prepare not just for the exhibitions, but for his questions. They were famously tricky, delightfully mischievous, and always designed to test whether you were truly thinking about your subject or merely reciting it. Students

would later huddle together, comparing notes, and laughing nervously about who had dared to answer and—better yet—who had actually got it right. Whether it was science, humanities, photography, or CDT, he spared no one. Yet far from intimidating, he left behind gems of wisdom disguised as questions—thoughts that lingered and blossomed into insight long after he had moved on to the next stall.

ee at AVS & Wonder





His affection for the arts, however, was of a different order. The Art Hall was his sanctum, a place he visited with the keen curiosity of a connoisseur and the generous heart of a patron. He would pause at canvases, tilt his head as if peering into the very soul of the student-artist, and ask questions about brushstrokes, colours and inspiration. It was never casual—it was as though he was in conversation with the painting itself. And true to form, he rarely left without taking a piece with him, ensuring that somewhere, in his collection, AVS art continues to live proudly.

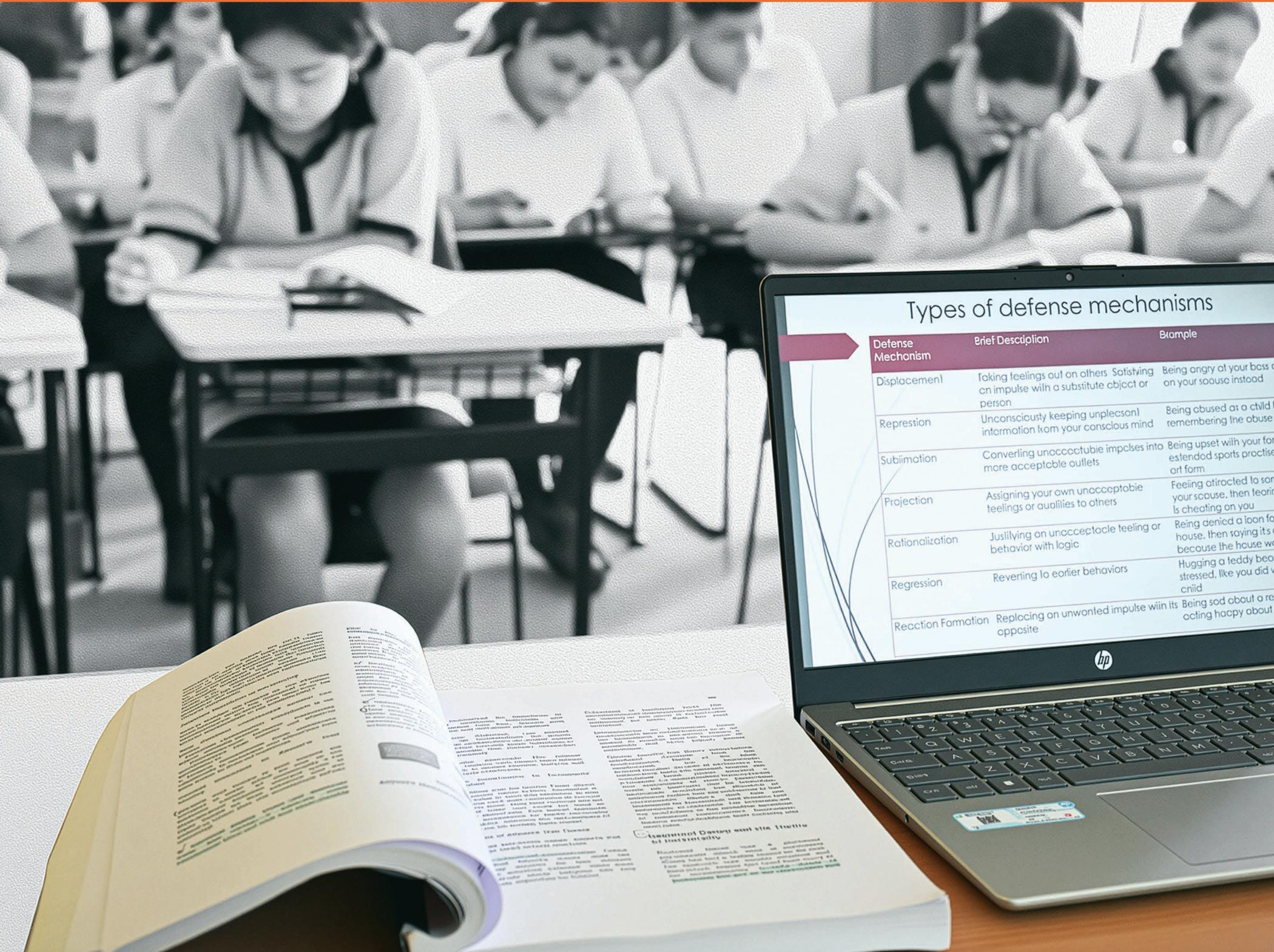
The theatre, too, never escaped his attention. Mr. Banerjee never missed a Founder's production, and every curtain call was followed by warm words of encouragement. Cast or crew, lead or backstage hand, he had a knack for making everyone feel seen and valued. His appreciation was not the generic "Well done!" of a polite guest, but specific, genuine and deeply affirming. In those moments, students discovered that applause from an actor of his stature could feel like sunlight—it warmed, it encouraged, and it made you want to strive harder the next time.

What endeared him most to the community, however, was his eternal boyishness. With students, he was a co-conspirator, with teachers a thoughtful colleague, and with guests, a perfect host. His laughter was quick, his words sharp yet kind, and his presence filled the school with an energy that was at once grounding and uplifting.

Had he ever been a teacher at AVS, there is little doubt that the school would have had its very own Dead Poets' Society. He would have been everybody's beloved Mr. Keating, inspiring generations to climb on desks and whisper, "O Captain, my Captain." While fate didn't cast him in that exact role, he has, in many ways, already lived it—guiding with wisdom, nudging with wit, and leaving behind a legacy that will be remembered long after.

In the story of AVS, Mr. Victor Banerjee's chapter is written not just in words, but in laughter, in applause, in the sparkle of a tricky question, and in the quiet pride of a young artist whose work he chose to cherish. For that, and for so much more, he remains not just a member of the Board of Governors, but a part of the very heart of The Assam Valley School.

ACADEMICS



Types of defense mechanisms

Defense Mechanism	Brief Description	Example
Displacement	Taking feelings out on others on impulse with a substitute object or person	Being angry at your boss on your spouse instead
Repression	Unconsciously keeping unpleasant information from your conscious mind	Being abused as a child but not remembering the abuse
Sublimation	Converting unacceptable impulses into more acceptable outlets	Being upset with your father but excelling in sports practice or art form
Projection	Assigning your own unacceptable feelings or qualities to others	Feeling attracted to someone but then accusing them of cheating on you
Rationalization	Justifying an unacceptable feeling or behavior with logic	Being denied a loan for a house, then saying it's because the house was too expensive
Regression	Reverting to earlier behaviors	Hugging a teddy bear when stressed, like you did as a child
Reaction Formation	Replacing an unwanted impulse with its opposite	Being sad about a relationship but acting happy about it