

SWAMI
VIVEKANANDA
COLLEGE 69th Edition

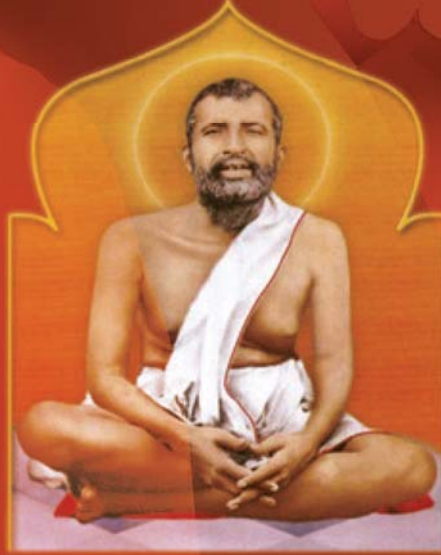


Our Prayer

Om
Asato Maa Sad
Gamaya Tamaso Maa
Jyotir Gamaya Mrityor
Maa Amritam Gamaya Om
Shanti Shanti Shanti Hari Om
Tat Sat
O Lord, Lead Us From Untruth To
Truth
Lead Us From The Darkness Of
Ignorance
To The Light Of Knowledge Lead Us
From Death To Everlasting Life Of
Divine Peace And Bliss
May There Be Peace Within Ourselves
May There Be Peace At Home And Around
May There Be Peace Everywhere, In The
Hearts Of All Beings



नमः श्रीयतिराजाय विवेकानन्दसूरये ।
सच्चित्सुखस्वरूपाय स्वामिने तापहारिणे ॥
Salutations to that king of renouncers
and controller of passions, the sage,
Vivekananda who is Sachchidananda, Itself,
the spiritual perceptor, the remover of distress !



ॐ स्थापकाय च धर्मस्य सर्वधर्मस्वरूपिणे ।
अवतारवरिष्ठाय रामकृष्णाय ते नमः ॥
O Ramakrishna, founder of religion universal,
and the emodiment of all world religions!
To Thee, the noblest of Divine Incarnations,
I offer my salutation.



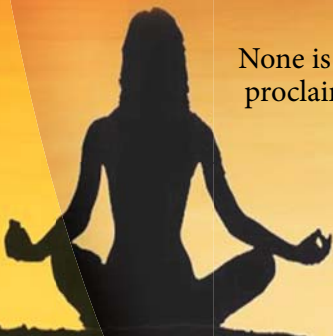
जननीं सारदां देवीं रामकृष्णं जगद्गुरुम् ।
पादपद्मे तयोः श्रित्वा प्रणमामि मुहुर्महुः ॥
O Ramakrishna, the Teacher of all,
And Mother Sarada, Goddess Divine!
In bosom holding your Lotus Feet,
Salutations to both e'er be of mine.

Daily Invocation

Let every man and woman and child, without respect of caste or birth, weakness or strength, hear and learn that behind the strong and the weak, behind the high and the low, behind every one, there is that infinite soul, assuring the infinite possibility and the infinite capacity of all to become great and good. Let us proclaim to every soul: arise, awake and stop not till the goal is reached. Arise, awake! Awake from the hypnotism of weakness.

None is really weak; the soul is infinite, omnipotent and omniscient. Stand up, assert yourself, proclaim the god within you, do not deny him! De-hypnotise yourselves. The way to do that is found in your own sacred books.

Teach yourselves, teach every one his real nature, call upon the sleeping soul and see how it awakes. Power will come, glory will come, goodness will come, purity will come and everything that is excellent will come when this sleeping soul is roused to self-conscious activity.



Editorial Forward

Pleasure in the job puts perfection in the work - Aristotle.

It gives us immense pleasure in bringing out the 69th edition of the college magazine. This souvenir is indeed a pious attempt to make our budding talents give shape to their creativity and learn the art of being aware because we believe that our success depends upon our power to perceive, the power to observe and the power to explore.

We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by us will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure. This task of editing this school magazine would not have been possible without the sincere support of my co-editor who has helped throughout the process to ensure that articles are well sorted and edited before a fair draft could be produced by our team.

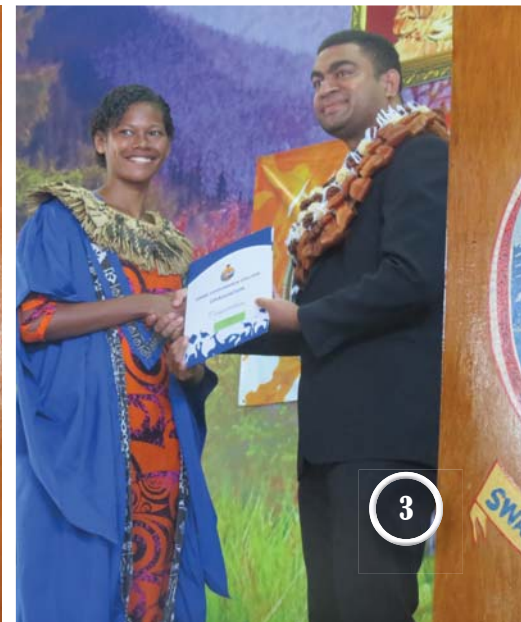
It is a fine thing to have ability but the ability to discover ability in others is the true test. I am really thankful to our respected Administration team for entrusting us with the responsibility of being a part of the college magazine.

We hope all our readers continue to benefit from the published material, and we extend our sincerest thanks to our authors and readers and wish all a successful year.

Sheenal Devi
Editor



Convocation 2019



RKM MEMBERS OF BOARD OF MANAGEMENT



Swami Bhadreshananda
PRESIDENT



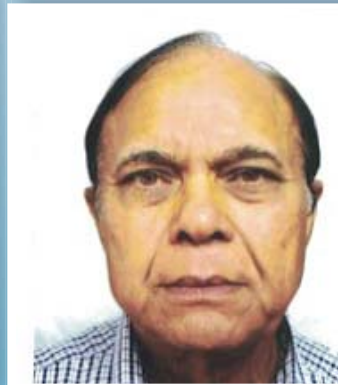
Swami Shrivasananda
VICE PRESIDENT



Guruvarananda Swami
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Jitesh Pala
TREASURER



Harish Ratanji



Umakant Patel



Nitin Hiralal



Sat Narain



Anil Pillay



Arvind Raniga



Dharmesh Motiram



4 **Hitesh Shivalal**



Krupesh Patel



Prakash Pala



Ajay Raniga

MESSAGE FROM THE PRESIDENT

I joined the management of Swami Vivekananda College in February 2020, just before the Covid-19 lockdown. As soon as I entered the main gate, I was just amazed to see the Majestic Statue of Swami Vivekananda the Patriot Saint of SVC. Swami Vivekananda is well known in the United States of America and Europe as a "Saint Philosopher" from India who spread the doctrine of "Harmony of Faiths" and "The Divinity of Man". But Vivekananda was also a great teacher who widely travelled all over the US and Europe. His ideas on Education are very practical and universal, and hence they are applicable to Fiji too.

"What is education? Is it book-learning? No. Is it diverse knowledge? Not even that. The training by which the current and expression of will are brought under control and become fruitful is called education." (Complete Works of Swami Vivekananda, IV. 490). He wanted "Man-Making & Nation-Building" education by which this world would transform into a paradise, where everyone would be happy and peaceful. This is exactly what our students pray everyday as our SVC prayer... "May we go from untruth to truth, from ignorance to knowledge and from death to immortality."

Education forms the backbone of every nation as every citizen is a product of the "National Educational Policy". If any nation has to progress, it must do so with its own citizens. Every individual citizen must be a responsible and awakened citizen. This can happen if each and every person develops a strong will power to be productive, thereby increasing our GDP (Per capita gross domestic product (GDP) is a metric that breaks down a country's economic output per person and is calculated by dividing the GDP of a country by its population). Our vision is to see that every student at Swami Vivekananda College becomes an awakened Fijian, committed to national prosperity. Our students are our "National Property", and our focus is on their holistic development. Not just book-learning and knowledge gathering, not just sports and discipline, but to see that they are able to develop a strong productive "Will-Power". We are very happy with our team of dedicated teachers and a very responsible Principal Mr. Rajesh Krishna, who is very professional when it comes to leading his team to achieve our goals.

This College has produced a galaxy of successful persons in various fields, whether it is doctors, engineers, businessmen, educationalists, or government employees. Many of our alumni have settled down all over the globe, especially Canada, The United States, Australia and New-Zealand. Right from its inception by Revered Swami Rudrananda the mantle was carried forward by Swami Damodarananda, Swami Bhaktirupananda, Swami Aparokshandna and Swami Tadananda. With their persistent efforts the progress has been steady and stable. The "Universal Meditation Centre" is a place where our students learn to meditate and that is unique to SVC. Along with the physical, emotional, intellectual, and moral development, will-power has to develop to hold on to the positive and reject the negative. This is what meditation does. During this present Covid-19 crisis, we look forward to forging our way towards a more steady and stable academic year. I take this opportunity to thank our principal, teachers and our ancillary staff members who spare no pains to maintain an atmosphere of healthy learning at SVC.



**What is education?
Is it book-learning?
No. Is it diverse
knowledge? Not even
that. The training by
which the current and
expression of will are
brought under control
and become fruitful
is called education."
(Complete Works of
Swami Vivekananda,
IV. 490).**

FROM THE PRINCIPAL'S DESK...

We believe that the child's learning involves and revolves around an effective partnership between home & school. ”

Love and Logic may seem like two contrasting forces. While love helps nurture trusting relationships, where students feel respected, appreciated and loved by the teachers, logic helps develop in student's personal responsibility, self-control, good decision-making skills, self-confidence, and character building with high moral values.

We believe that the child's learning involves and revolves around an effective partnership between home & school. We know the stronger the partnership is the more your child will benefit.

Aristotle once said that, *"Educating the mind without educating the heart is no education at all."* Even as we impart education to match the advancement in technology and globalization, we march our children ahead with SVC's ethos of moral values and principles. We endeavour constantly to instil these qualities in our children. We pride ourselves to help them grow and develop into sensitive and responsible citizens of the future.

A committed and supportive management, dedicated teachers, caring and co-operative parents blend harmoniously to create a child-centric school. Teamwork is the hallmark of our College. I am very sure through collaborative effort we can achieve more to benefit our students who are the future leaders of tomorrow.

RAJESH KRISHNA



Welcome to the 69th Edition of the College Magazine.

As the Principal of this prestigious College, I feel honoured and privileged to be part of an educational institution where every stakeholder is a learner and every day is an opportunity to learn and discover. We look at ourselves as a community of learners, where everyone learns including our teachers, parents & staff.

We strongly believe in upholding high standards with an absolute commitment to strive for excellence and understand and improve the educational process, using team strategies, while our main focus is on student achievement.

We as a team at the College adapt two diverse strategies that are of Love and Logic to foster a positive learning environment for all our students.

FROM THE VICE PRINCIPAL'S DESK...

Greetings.

2020 is a year like no other. The challenges of COVID 19 continued but we were confident that with the experience, support, skills, optimism and team work we would get through the difficult times and continue to see excellence in all aspects of our school community.

Our college offered the following subjects with suitable combinations to meet the current and predicted future demand job opportunities:

YEAR 9 AND 10

English, Mathematics, Basic Science, Social Science, Commercial Studies, Agriculture, Home Economics, Basic Technology, Office Technology, Vosa Vakaviti and Hindi.

YEAR 11 , 12 AND 13

English, Mathematics, Biology, Chemistry, Physics, Accounting, Economics, Office Technology, Agriculture, Applied Technology, Technical Drawing, Computer Studies, Geography, History, Home Economics and Vosa Vakaviti.

Students also take Family Life Education, Physical Education, Art and Craft, Careers Education and Meditation.

The school community has truly come together to ensure our students are supported and their learning journey continues in a positive and meaningful way.

Online and Home Learning had been a challenge to students, parents and teachers. Additional learning material was provided to students via mVuli enabling access to notes, revision material and also get in touch with their teachers. We continued the teaching and learning process despite the obstacle.

Our experiences this year has built a new level of skills and abilities.

Term 3 is a busy term as always. We had a tremendous start with



students settling into routine quickly with calm classrooms preparing for examinations.

This term is a time to farewell our Year 13 embarking on their journey to tertiary institutions. We look forward to the 2020 Awards function to take time and acknowledge the learning and progress students have made this year.

We, as a school are challenged not only to accept the current standards as the norm but rather use them as a benchmark, as a minimum, and then work together to exceed our previous standards and strive for personal bests for each student.

Best wishes for Christmas and a safe 2021.

ARRIVING AT ONE GOAL IS THE STARTING POINT TO ANOTHER
- JOHN DEWEY

BHAWINI NARAYAN

“The school community has truly come together to ensure our students are supported and their learning journey continues in a positive and meaningful way.”

FROM THE ASSISTANT PRINCIPAL'S DESK...



2020 has been a year of challenges for the students and teachers everywhere in the world and we in Fiji were not spared. Our students this year are unfortunate in terms of participation in extra-curricular activities and sports activities.

During the pandemic when the school was closed for nearly 3 months, our teachers worked on online education through **mVuli** where most notes for year 9 to 12 was uploaded which allowed self-study for students who had access to internet. Students also learnt basic survival skills such as cooking, baking, gardening, fishing etc, while at home and most of them also learnt to appreciate what little we have to survive. It also gave opportunity for families to be together and an opportunity to learn and survive with each other. Healthy eating and also home cooked meals

brought families together.

Fiji50 challenge allowed students to celebrate Fiji Day with a variety of in house activity such as videos, posters, essay and poems. Tailasa of Year 11A won an award for the Western Division Secondary School Competition. Children's Day was celebrated with students showing dancing talents. IDADAIT week also allowed students for participation in within school activities.

It is a great challenge for our Year 13 this year for TELS and TOPPERS acceptance since competition is high and numbers have been reduced and standards have to be lifted. Careers Education has been a priority in all forms. Students have been educated well on priority areas for their future studies, employment and career opportunities. Most students are showing interest

in going to tertiary institutions like USP, FNU and UOF. It is unfortunate that this year there won't be courses offered in some fields such as Medicine, Pharmacy and Pilot training and also no overseas scholarships are given due to the borders being closed.

Most of our parents and children were affected by this pandemic in terms of job losses or reduced hours since Aviation and Tourism had the greatest impact in Nadi. Nearly 150

Meditation has also helped students who have been affected mentally due to problems at home.

students have been assisted in Term 2 and 3 with cooked lunch provided by Ramakrishna Mission through donation from well-wishers and ex students and teachers.

We are very lucky in Fiji since COVID19 cases are limited and most people are not affected in terms of health due to restrictions and curfew.

Meditation has also helped students who have been affected mentally due to problems at home. Family Life Education classes has also educated students on various social issues and ways to solve problems such as drug and illicit substances.

Despite the ups and downs we did celebrate Holi, Diwali, Pinktober, Movember, Father's Day etc with togetherness, fun and laughter as a SVC family. Hoping for 2021 to be a better year for all.

Merry Christmas and Happy New to everyone.

GEETA KRISHNA

FROM THE CHILD PROTECTION OFFICER



The true character of a society is revealed in how it treats its children

-Nelson Mandela

Children are gift of God. Every child has the right to be protected from abuse, neglect, harmful cultural practices, any forms of violence, inhumane treatment and punishment, and hazardous and exploitative labour. Child abuse has risen rapidly in Fiji, not only in homes and on the streets but also in schools. Unfortunately, researches strongly suggest the degrading and long-term effects of such abuse on

the victims like; shock, fear, guilt, shame, depression and inability to trust others. Besides, there is also the social shame attached to abuse. This intensifies and increases the traumatic experiences of the victims and it is exacerbated by the indifferent negative responses of those who should report the abuse or those to whom the report is entrusted.

In these trying times of COVID 19 there has been a massive rise in various forms of child abuse out of which many have gone unreported.

As individuals, there has to be support provided to every child in school and homes. The environment must be pleasant in order to ensure the child develops a positive mind, promote learning and to love his life. Be



a nurturing parent so that the children know that they are special, loved and capable of following their dreams.

ROHIN ALI

FROM THE IT ADMINISTRTOR ...

Information and Communication Technology is a significant research area for many scholars around the globe. It has gained groundswell of interest as we are all in the computer era. Everything is done through computer today.

Launching our online teaching and learning platform mVuli was a major achievement of Ramakrishna Mission Fiji. Piloted here at Swami Vivekanand College, we had a positive outcome. While the schools were closed during the Covid-19 lockdown the school still managed to provide notes and learning materials to the students through the mVuli Platform.



mVuli is equipped with world's most comprehensive digital K-12 curriculum in Mathematics, Physics, Chemistry and Biology for Levels from 9 to 13 with hundreds of interactive lessons, teachers are also able to create their lessons taught in the classroom and deliver to the students.

This is the 10th year of eLearning at Swami Vivekananda College. There is still more scope where both teachers and students can benefit from. The school continues to improve its e-learning methods so the students can get the most out of it.



RAJESH KRISHNA



BHAWINI D. NARAYAN



GEETA KRISHNA



SANJESHNI B. MANI



ASHNA ASMITA SINGH



SHEENAL SANJANI DEVI



LAISA TUINAKAVUDRA



ANJANI RAJ SINGH



RONESH REDDY



VEKASH PRANIL CHAND



VINITA VANDHANI LATA



NAVNEET PRASAD



JITESHNI MALA REDDY



RAHUL RAM



SHARUNA DEVI



ALSAFIA SHAFEEN



MADHUR LATA



DIVESHWAR PRASAD



RENAL R. SHARMA



MAHENDRA NAIDU



KRISHNIL CHAND



BACHAN TINKU



SANJESH GOUNDER



VISHAL VINIT KUMAR



ILIESHA DRAUNIVI



VINEETA V. CHAND



ASHNEIL R. NARAYAN



JAFFREEN MORIDA HAKEEM



ANCILLARY STAFF



MALINI RAJU



SAVITA DEVI



NARITA PRITIKA



Staff 2020



NAOMI VILASH ROKOBIRI



PRIYA CHAND



MARIA TURAGA



SHARON SARIKA DEVI



KAJAL KRITIKA CHAND



MANISHA GOUNDER



DEEPAK NADAN



VARSHA RONIKA LATA



FANNY MAKARITA TOHO



SENIAMILI B. REDDY



WILASHNI BHAVANA SWAMI



RACHNARANJEETA PRASAD



MUNI KANTA NARAYAN



PRIYA DARSHIKA SINGH



KOMAL DEVI



RACHNA RIKHA CHAND



SAMINA BIBI



VIKA BAKEWA



DEEPAK NARAYAN



ROHIN NISHA ALI



SOPHIA CAGINANUA



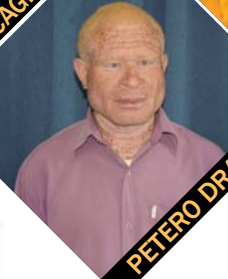
SHARMILA CHAND



JOTIKA RAO



ROSHLIN ASHIKA PRASAD



PETERO DRASALI

स्वामी विवेकानंद College



JAGAND SINGH



VIKESHWAR KUMAR



SURESHNA MAHARAJ



MOHAMMED MUKTADDEER



Another year of academic excellence has come to an end and I have been blessed by being given the opportunity to lead the student council body. I would like to thank the team for their extreme hard work.

All these memories, some dim, some elusive and some clear as crystal, tell me that school is

so much more than just grades, uniform, discipline and assignment.

I can't believe that such a long time has passed and it sends chill down my spine just when I think how beautiful and amazingly this institution has served all.

Finally, to all my juniors and fellow peers of SVC, I'd like to end my

message by saying cherish what you have learnt here at SVC and also remember to maintain positive relationship with everyone.

Have a successful 2021 and may god bless you all.

Abhishek Prasad



Year 13 Senior Prefects

Standing (L-R): Ashnal, Vishanth, Samisoni, Shivnesh, Dwayne, Nohal, Manish, Rithikesh
Sitting (L-R): Abhishek, Sainiana, Shakshi, Prishal, Sheenal, Deepashna, Elizabeth, Marica, Nikhil



Year 13 Level Prefects

Standing (L-R): Fredrick, Pranit, Elimi, Tristan
Sitting (L-R): Everlyn, Priyanshu, Ane, Akosita



International Senior Prefects

Standing (L-R): Harin, Jane
Sitting (L-R): Lena, Chen



Level Heads

Standing (L-R): Suhana, Isaia, Priyena, Ryan, Lynette
Sitting (L-R): Raynesh, Vaarish, Abhishek, Alia, Tarlay, Zu Feng



Year 11 Senior Prefects

Standing (L-R): Tailasa, Kavitesh, Eparama, Sharvesh
Sitting (L-R): Taniya, Joan, Shruti, Seungmin



Year 11 Level Prefects

Standing (L-R): Isoa, Monil, Prasheel, Aayush, Melvinesh, Viliame
Sitting (L-R): Heather, Sheekha, Riha, Gabrielle, Dyvia, Samantha



Year 11 Interim Form Prefects

Standing (L-R): Basilio, Sailosi, Ritik, Melvinesh, Pranav
Sitting (L-R): Siteri, Trinity, Felicia, Firau, Bharti, Varanisee

Head Girl's Message

Prefectorial Board

Another year of many joyous experiences as well as challenges has now come to an end. I was blessed this year with the greatest honor of becoming the Head Girl of the college, a role that has opened doors to new experiences and ways of thinking. 2020 ushered in one of the biggest challenges being the global pandemic that is COVID-19, where the teachers and students both worked together to ensure

that learning gaps were bridged to see a happy end to another successful academic year.

I would like to extend my most sincere thanks to the Principal, Vice Principal, Assistant Principal, and all the teachers and staff of SVC for placing their trust in the Student Council to play their roles as student leaders. I would also like to thank my dear Level Heads

and Senior Prefects of the Student Council for their continuous hard work to uphold the ideals of the College.

Lastly, to my successors, I wish you nothing but the absolute best in your journey to take the college to new heights as you play your roles to the best of your ability.

Alia Dean



Interim Heads

Standing (L-R): Sharvesh, Joan
Sitting (L-R): Raynesh, Zu Feng



Interim Senior Prefects

Back Row (L-R): Prasheel, Lindberg, Isoa, Tailasa, Kavitesh, Abdul, Eparama, Viliame, Rusiate, Dylan, Monil, Prasheel, Aayush
Middle Row (L-R): Priyanka, Cecelia, Rachael, Shruti, Riha, Seungmin, Tanya, Samantha, Harin
Sitting (L-R): Gabrielle, Sheekha, Heather, Sharvesh, Raynesh, Zu Feng, Joan, Elizabeth, Lena, Dyvia



Year 12 Senior Prefects

Backrow (L-R): Ulaiyasi, Waisea, Krishanth, Santosh, Shaayar, Yash, John, Yuvkesh
Middle Row (L-R): Yu Shu, Yogeshni, Divyashna, Shreya, Mere, Maria, Ren'ee, Shipali, Jennifer
Sitting (L-R): Yelin, Tisha, Ashley, Katherine, Tiana, Maeva'ata, Genevieve, Isoa



Year 12 Level Prefects

Standing (L-R): Vimal, Jacob, Deral, Manasa, Manoa, Aniketh
Sitting (L-R): Julia, Victoria, Margaret, Adleen



Year 10 Level Prefects

Standing (L-R): Rishikesh, Akash, Ethan, Zephaniah, Keith
Sitting (L-R): Ayesha, Raina C, Timaima, Zara, Raina K, Asena



Year 9 Level Prefects

Standing (L-R): Eremasi, George, Josaia, Vinayak, Rishan, Enhesh
Sitting (L-R): Krysha, Shaila, Shyna, Ranshika, Janelle, Prisha

YEAR 9 TOPPERS 2019



ZARA CAMA-DEAN

OVERALL HIGHEST AND HIGHEST IN SOCIAL SCIENCE, BASIC SCIENCE, OFFICE TECHNOLOGY, COMMERCIAL STUDIES



RAINA KUMAR

ENGLISH, BASIC SCIENCE



KIM YEON

MATHS



SANDRA KIRPAL

HOME ECONOMICS



DEESHIKA REDDY

AGRICULTURE

YEAR 10 TOPPERS 2019



ZU FENG LIU

OVERALL HIGHEST AND HIGHEST IN MATHS, SOCIAL SCIENCE, BASIC SCIENCE, OFFICE TECHNOLOGY



TAILASA BALE

ENGLISH



SEUNGMIN PAIK

COMMERCIAL STUDIES, BASIC SCIENCE, MATHS



YOUNGEUN CHO

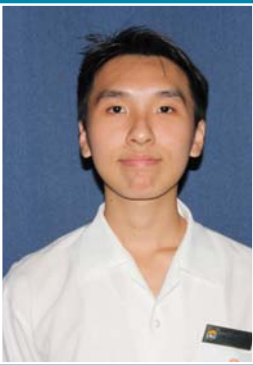
MATHS



VILIMAINA BAINIVALU

VOSA VAKAVITI

YEAR 11 TOPPERS 2019



YU SHU CHUNG

OVERALL HIGHEST AND HIGHEST IN ENGLISH, BIOLOGY



RYAN KUMAR

MATHS, PHYSICS, CHEMISTRY, PHYSICS



JOHN GUAN

ACCOUNTING, ECONOMICS, COMPUTER



JENNIFER ROVALA

OFFICE TECHNOLOGY



MARIA BALE

HOME ECONOMICS



MERE CATANASIGA

AGRICULTURE



TIANA KITIONE

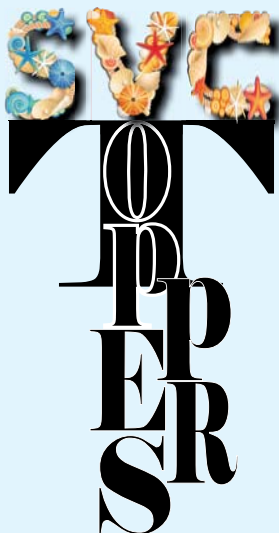
HISTORY



ZHONG YELIN

ECONOMICS

YEAR 12 TOPPERS 2019



PRIYANA MISHRA
ECONOMICS, COMPUTER



DEEPASHNA CHAND
ENGLISH



REHA KUMAR
AGRICULTURE



AVISHA NARAYAN
BIOLOGY



KRISHA PALA
OVERALL HIGHEST AND HIGHEST IN PHYSICS, CHEMISTRY



RATU TEVITA TAUKEI
MATHS, TECHNICAL DRAWING



NIUKAI VEIQARAV
HOME ECONOMICS



DWAYNE SINGH
APPLIED TECHNOLOGY, TECHNICAL DRAWING



ROSEMARIE ROA
OFFICE TECHNOLOGY



ALIA DEAN
HISTORY, GEOGRAPHY



SAKSHI KUMAR
ACCOUNTING

YEAR 13 TOPPERS 2019



JAYZON REQUINA
HIGHEST IN OFFICE TECHNOLOGY



ROSHNI PANDA
HIGHEST IN BIOLOGY



RAHUL SHARMA
HIGHEST IN TECHNICAL DRAWING



SMRITHI REKHA
HIGHEST IN ECONOMICS



ZAIN ALI
HIGHEST IN ACCOUNTING



DEV KALAVADIA
OVERALL HIGHEST AND HIGHEST IN MATHS, PHYSICS AND COMPUTER



SAIVORA DRIU
HISTORY



ISABELLA VAKADRANU
HOME ECONOMICS



AMELIA TAMOI
CHEMISTRY



JOSEVA KUISUNAVANUA
APPLIED TECH



AKASH PRASAD
AGRICULTURE



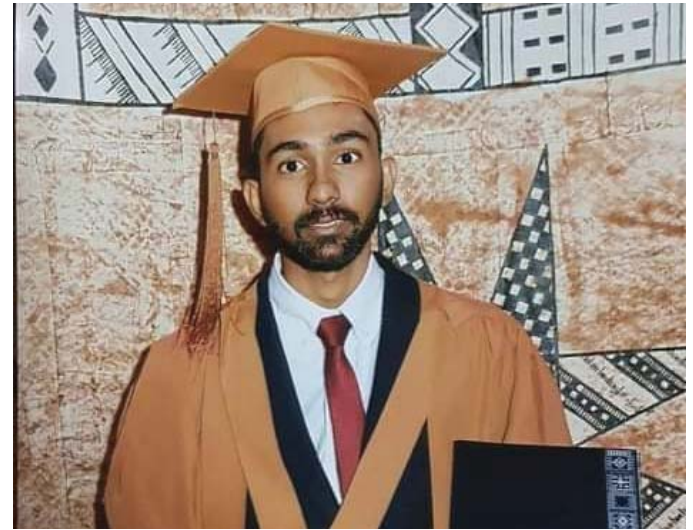
LORETTA MCGOWAN
ENGLISH

EXScholars



Komal Kant

BCom majoring in Accounting and Finance at USP. Achievements; gold medal for outstanding student in finance 2019.



Nikhil Narayan

B.Com Accounting graduated from USP in Finance 2020. Achievement; Gold Medalist in both ACCOUNTING & FINANCE. Currently Working at KPMG and currently doing CA from Deakin University.

Shavil Prasad

2017-2019 Attended the University of Auckland studying BCom majoring in Accounting and Commercial Law Achievements; volunteer for International Student Association, Class representative for multiple courses, teaching assistant/ Tuakana Tutor for Accounting, Executive member of Commerce Association of Maori and Pacific, was part of NZ Golf's Business Student Mentoring Programme, received the judges award for Maori and Pacific Island Student of the year, received and accepted the job offer from KPMG on 25th October 2019, joined the company in February 2020, currently in the Corporate and Enterprise Audit division, mentor for the KPMG KIWA Mentoring Programme (mentoring program for Maori and Pacific Island University students) and June 2020 started studying for CA - will continue till 2022.



Vikash Goundar

Bachelor of Commerce (Accounting and Informations System) at the USP . Achievements; Gold medal in Accounting and Information Systems



Sheral Shivanjali

Bachelor of Finance at University of International Business and Economics, Beijing, China. Achievements; awarded the 3rd prize for Excellence in Academic

Performance. Years 2018- 2020, was the class captain and in 2019, was chosen as the Head of office Department for Univerisity's International Student union

TEACHER AND STUDENT

Awards 2019



SVG Functions & Events

Fire Drill



FLE Mother Language



TERM2 END UNCH



SVG Functions & Events

Holi



Swami Bhadreshananda

Swami Tadananda

Welcome For New Swamiji

Swami Ji's Farewell



VALENTINES DAY

mVULLI workshop



BSP LIFE REP

SCHOOL FARM COMPETITION LAUNCH



Police Visit



SVG Functions & Events

International Women's Day



Shivratri Pooja



Commemorative 50c coin distribution



FNU VIRTUAL OPEN DAY



SVG Functions & Events

Interim Prefects Induction



IDADAIT WEEK



FATHERS DAY





PROFESSIONAL DEVELOPMENT



SVC Functions & Events

Teachers Day



Childrens Day



Fiji50 Day



Tailasa Bale of year 11A receiving his award for the best artwork for Fiji50 Artwork competition from the Hon. Minister.



Functions & Events

ORAL HEALTH



Student Free Days



Levels Meeting



Pinktober



Diwali



Sharon's Farewell





MATHS AND PHYSICS DEPARTMENT 2020

Standing (L-R): Manisha Goundar, Ronesh Reddy, Mr Rajesh Krishna, Vekash Chand, Vinita lata
Standing Back(L-R) : Sharuna Prasad, Anjani Singh (HOD), Deepak Nadan, Navneet Prasad, Varsha Lata, Mala Reddy

Effects of Covid-19 on Teaching and Learning

Today's students will be the "COVID generation" of the future. Students were substantially affected and unable to cope in Mathematics which requires a lot of coaching. After the three months of school closure, students lacked the basic knowledge of Mathematics and Physics despite the provision of worksheets and mVuli curriculum. (online studies)

Students entered school with more variability in their academic skills than under normal circumstances. Therefore, teachers considered ways to further differentiate instruction and provide opportunities for individualized learning.

Students often had difficulty concentrating and often manifested symptoms of depression. Many students faced greater food insecurity, loss of family income and fear of catching the virus themselves.

Regardless, the students had to show probably greater initiative and efforts due to COVID-19 during the 2020 academic year. Therefore, teachers worked with students to catch up and set learning goals for the year that were ambitious but obtainable.

Anjani R Singh





SOCIAL SCIENCE DEPARTMENT

Front L-R: Naomi Rokobiri, Madhur Lata (HOD), Priya Singh, Kanta Narayan
Back L-R: Komal Devi, Ashna Singh, Shivnil (trainee), Renal Sharma, Diveshwar Prasad, Kajal Chand, Laisa Tui

EFFECTS OF COVID -19 ON TEACHING AND LEARNING

Covid 19 a pandemic, a phenomenon has not only gripped the whole world but has also had disastrous effect on life and economy here in Fiji. The education sector felt the full brunt of the pandemic resulting in realignment of coverage and external exams schedule.

Social Science Department being well aware of the plight of the parents who were made jobless and the bearing on the student's livelihood was quick to respond accordingly to the qualms of the students. It's now that our students need us more than ever, therefore, we are committed in deliverance at the utmost level. It is hoped this pandemic will teach people the new norm and drive towards self-sufficiency and sustainability.

Mrs. Madhur Lata

ISN - MODEL UNITED NATIONS





Maria Rabuka
insert from 2019
language dept.

LANGUAGE DEPARTMENT

Standing F - B : Sanjeshni Prasad (HOD), Priya.Singh, Sheenal Devi, Priya.Chand, Laisa Tui, Komal Devi, Madhur Sharma , Ashna Singh, Kajal Chand , Naomi Rokobiri, Renal Sharma

The Impacts of Covid-19 are many and varied, but its pronounced impact on language learning and teaching has been perplexing.

Foremost is the unanticipated early and extraordinary school break during the onset of the pandemic, which lasted for over 3-months. Amongst the students, the pandemic-induced school break was perhaps received with mixed response, whereby the coterie cognizant of academic importance and the role schools play in their development milestones met with anxiety and uncertainty. Eventually, upon school restart, a lack of interest in the initial days was noticeable amongst all students.

The disruptions aftermath left teachers to squeeze, and to a considerable extent, summarize teaching and learning so as to fit the revised school calendar year. Additionally, teachers had to understandably assume responsibility for supervising and ensuring the students adhere to the new normal guidelines. However, despite the challenges, the language department has nonetheless maintained its momentum and continues to effectively carry out its core duties of imparting education.



Mrs Sanjeshni Prasad



SCIENCE DEPARTMENT

From Left to Right: Bhawini Narayan, Rachna Prasad, Mala Reddy (HOD Science), Mr. Rahul Ram, Alsafia Shafeen, Seimili Reddy, Fanny Tolo-Taukave.

Science department is committed to helping students becoming critical consumers of scientific information related to their everyday lives. As stated by Oscar Wilde “Success is a science; if you have the conditions, you get the result.”

During this tiring time of COVID- 19, the department teachers have ensured that students are fully engaged in the teaching and learning process while keeping in mind the wellbeing of the child. Overall, the department teachers are committed to provide the adequate conditions for our students to maximize their learning.

Mrs. Mala Reddy





COMPUTER DEPARTMENT

From Left to Right: Sharmila Chand [HOD], Vineeta Chand , Jaffreen Hakh, Ashneil Narayan

How COVID-19 exposed challenges for technology in education

School doors of Swami Vivekananda College had been closed for several months to contain the spread of the COVID-19 pandemic. During this crisis we have seen an incredible amount of large-scale efforts to use technology in support of remote learning. At the same time, this crisis has exposed the challenges for technology in education, including many inequities starting with the lack of access to computers and the internet for the students of SVC.

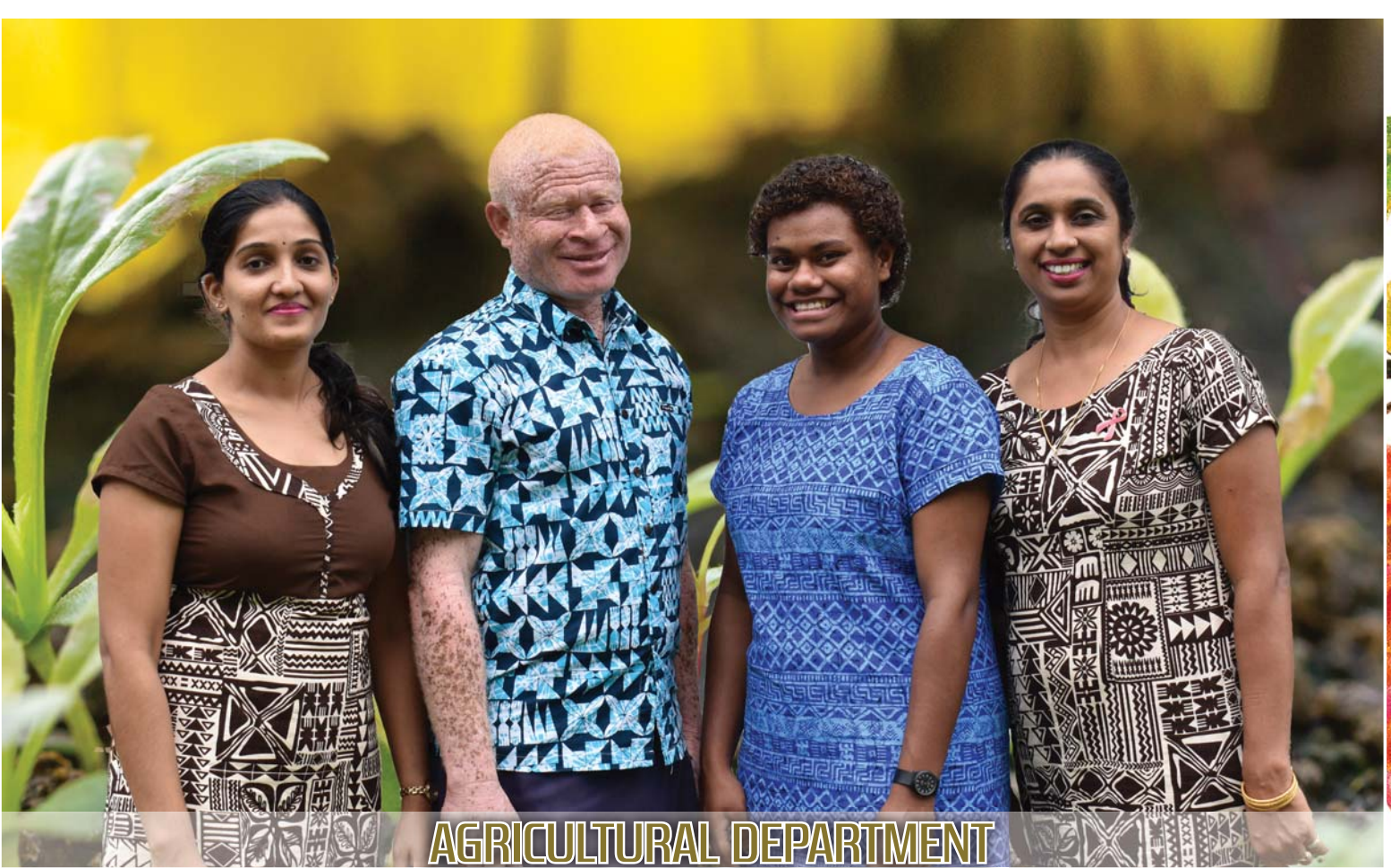
The department teachers gave additional support to students to cover prescribed course given by MOE. Digital technology helped boost the role of my department teachers.

“WE ARE TECHNOLOGY CHAMPIONS WHERE WE CAN SHARE BEST PRACTICES WITH COLLEAGUES. THEREFORE WE ARE INVALUABLE IN THIS REGARD”.

Sharmila Chand



Group Activity



From Left to Right: Roshlin Prasad, Petero Drasali, Ivamere (Trainee), Jotika Rao (HOD)



*“Farming looks mighty easy when your plow is a pencil, and you’re a thousand miles from the corn field.”
— President Dwight D. Eisenhower*

In other words, unless you’ve lived it, you don’t know as much as you think you do.

The COVID-19 pandemic has put a spotlight on food security in Fiji. There are many successful initiatives to help farmers raise their productivity and incomes, improve their communities and amass capital to expand agricultural output and start small businesses. It has also enhanced communities to practice organic farming, permaculture, container gardening and many other aspects of sustainable agricultural practices.

All of this can be done in an environmentally sustainable manner that builds resilience to external shocks, including climate change and even pandemics. If agriculture goes wrong, nothing else will have a chance to go right in the country. Agriculture not only gives riches to a nation, but the only riches she can call her own.

Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness. In teaching, sometimes you cannot see the fruit of a day’s work. It is invisible and remains so, maybe for twenty years. If I can give a child confidence and self-worth then I have accomplished much. Teach a child to plant a seed, nurture the plant, and enjoy the harvest and they shall always have a tool for survival.

This year 2020 has brought high hopes and challenges for better performance with skills for life. I wish you all a blessed and healthy life.

JOTIKA RAO





From left to Right: Rohin Ali (HOD), Sophie Caginivanua

Home Economics allows students to learn how to live a healthy lifestyle that will positively impact their health and wellbeing. It teaches students how to become informed and responsible consumers, develop creativity and design skills. It is a subject that develops students who are environmentally conscious and dedicated to a sustainable and responsible way of life. With this students are able to solve everyday challenges using a blend of knowledge and skills acquired from its content.

The learning experiences in Home Economics develop flexibility and adaptability in students, prepare them for a consumer-oriented society and provide a learning foundation for a wide range of careers in food, textiles, science, design, social studies and tourism.

2020 has given a bigger challenge as Novel Coronavirus is forcing people to survive on limited budgets and limited supplies. The internal assessments at senior levels have been waived out which has put pressure on the Department to work extremely hard to produce good results in the external exams.

On behalf of the Home Economics Department, I wish all the very best to the students for their final exam. God bless and Stay Safe!

MRS. ROHIN ALI

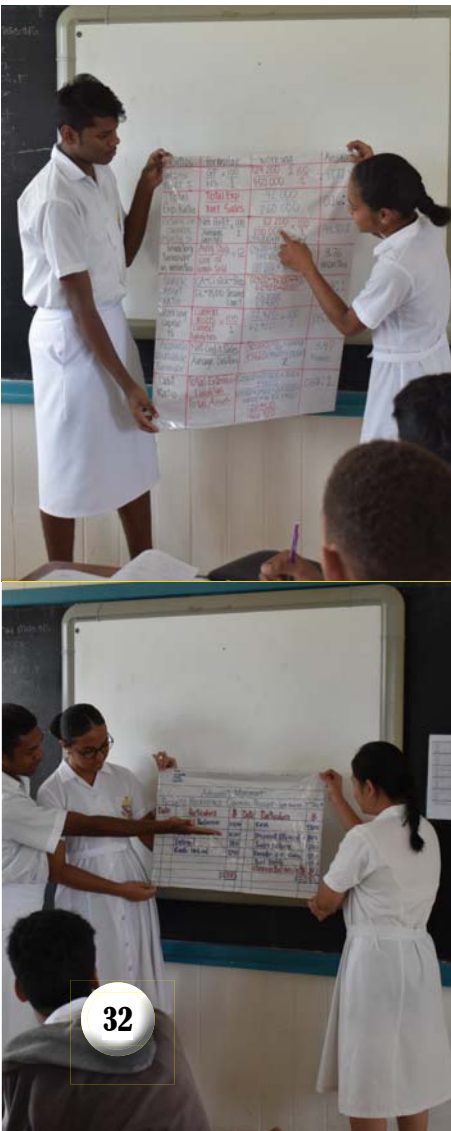


Impact of COVID-19 Pandemic on Commercial Education System at the College



COMMERCE DEPARTMENT

Front Row Left to Right : Mahendra Naidu (HOD), Geeta Krishna
Back Row(L-R): Krishnil Chand, Samina Bibi, Kanta Narayan, Rachna Chand, Vika Bakewa.



This corona virus outbreaks of infectious diseases have prompted widespread school closings around the Fiji, with varying levels of effectiveness in sickness and other symptoms. The commercial students were affected through this pandemic in our college relating to the class attendance, completing of academic work, participating in classroom learning, assessment tasks, scholarship applications and goal achievements for year 2020 as to fit in the right employment area.

Additionally, in some cases, the reopening of schools after a period of closure has resulted in increased larger number of commerce students staying home due parents terminated from their employment and also from reduced hours at the contracted job. Our students were affected emotionally and socially because of this crisis which has led to domestic issues and therefore children were not able to participate effectively in the commercial classes as to achieve their daily objectives. This will lead to greater number of dropouts in future years. The students were also not able select a better career path due to the pandemic effect. Our commercial students also not able to share learning resources in the commercial classes due to income problem and parents are unable to meet the children's basic needs for learning process.

Moreover, the impact on academic integrity has been observed within our commercial students and by their families. There was a rise in contract cheating and academic notes sharing, and exam cheating were identified as particularly problematic. This impact has drastically affected the learning environment of children and students at all level of commerce classes in our college. The academic results as per term analyzed has shown a below average performance in some of the commercial students due to this pandemic.

The realigned syllabi by the Ministry of Education and the content delivery of Syllabi was to suit the needy students in commercial classes from year 9 to 13. This was done so that students are not deprived from learning programs and encouragement is given to continue their left-over learning schedules. Our students were not in a position to apply for National Toppers scholarships and TELS due to below average performance in the internal exams.

Finally, our commercial students are shocked mentally and emotionally from this COVID-19 pandemic issue which has affected largely. The Ministry of Education is implementing all possible policies and measures as to keep our children focused towards their future career.

Industrial Arts Is Path To Economic Recovery In The Coping Phase Of This Covid 19 Pandemic.

INDUSTRIAL ARTS DEPARTMENT

From Left to Right: Vishal Kumar Iliesea Draunivii Sanjesh Gounder (HOD)

Like every year comes to an end, so has the year 2020.

The goals and targets had to be re-aligned to the new curriculum and new strategies done for the coping phase of COVID 19 Pandemic.

2020 has been a year with a lot of challenges for the Industrial Arts Department. What we set out to achieve in terms of academic is a big challenge as this year projects have been removed at all levels.

School-based learning had been largely affected by the COVID-19 crisis that hit the nation this year. Departments strong emphasis on acquiring practical skills creates additional challenges. Practical skills are often acquired through learning-by-doing, which occurs in school-based workshops.

The coping phase of this pandemic has disrupted the departments programs by removing Projects at of all levels to classroom-based learning hence, a weak substitute for competency-based learning.

Since all schools had closed due to COVID-19 measures, teaching and learning had been moved from classrooms to remote means, facilitated by the printed materials that had been given to the students during the lockdown period. Also opening schools safely required introducing physical distancing and hygiene and sanitation procedures that allow for students and teachers to interact while limiting health risks.

The Department is adhering to such measures by reducing group sizes by creating sub-groups in class and putting up notices in workshops. After a significant period of closure, and given economic pressures associated with deteriorating labor markets, income losses and overall economic downturn, many students especially the most vulnerable are still not regular to school, others have returned to the school, but not right away. In anticipation of this issue, it was important to try to identify students or types of students who may be at particular risk of dropping out in order to reach out as soon as possible. For some students, reassurance of safety and motivational messages has been sufficient to bring them back, but for others, more significant support was needed hence, lunch is given by school to these students on daily basis.

As economies recover, workers who lost their livelihood and new labor market entrants will be looking for jobs, department can contribute to the economic recovery by encouraging students to use the skills learnt into home garden projects.

Sanjesh Gounder



*Term 1 – Repair/
Maintenance Work –
Practical – Year 12/ Year 13*



PEMAC DEPARTMENT

From Left to Right: Deepak Narayan(HOD), Bachan Tinku



EFFECTS OF COVID-19 ON SPORTS MIND

Sports activities have created opportunities for students to be able to interact and find themselves to grow and progress. Due to corona virus (covid19), all school organized competitive sports have been stopped for this year.

Students have been impacted in many ways; they are undergoing hormonal changes since they use sports as a way to help reduce stress, control anxiety and depression.

Sports cancellation may also have caused disappointment, missing team mates and worry that they will get behind/ lose skills without practice.

Fear, anxiety, boredom, frustrations and elevated rates of stress are among the concerns faced by children this year. Depression and loneliness can cause alcohol/drug abuse. It can also lead to self-harm or suicidal tendencies.

Therefore, parents and teachers play a vital role to keep children motivated. The main thing is to understand, when talking to students about the pandemic, we need to stay supportive towards children and keep encouraging them to stay positive.

Parents and family members can duplicate the role of team mates and get involved in games to keep children active and motivated.

Wishing all a festive season and a rewarding 2021.

A Sudden Stop

This has got to be a year to remember with the many challenges we continue to be faced with since the lockdown period due to COVID19. The closure of schools and our boarders resulting in the massive impact on the service industry, be it the Airline and Hotel Industry, retail shops and businesses being adversely affected. The list goes on and continues to do so with the worst yet to be realized. As a God-fearing person, I believe that the scriptures have foretold that this is only the beginning and must come to pass before the end, and that the worst is yet to come.

Many employees from the respective service industry institutions are the direct victims with the termination of their employment unceremoniously. How even more disappointing, are those who were just at the threshold of retirement when they were to receive retirement packages that would've seen them through a transition, from a busy daily routine of an 8-hour job to a lifestyle of relaxation and entering a new chapter in life to enjoy with the family. A sudden stop in any source of income that they once enjoyed, to the sudden realization that whatever was put aside in the form of savings or superannuation was now going to be needed to sustain them and their families – and not to be enjoyed for travel and leisure as originally planned.

As the VotCity Flea Markets Manager, I have been preoccupied with the task of seeing to providing opportunities for these terminated workers. An initiative of the Nadi Town Council (NTC) and the IFGTC (International Full Gospel Tabernacle Church) at Votualevu, and the brainchild of Mr. Raj Nand the Director of Nands Construction Contractors Limited (NCCL) who donated the huge white marquee to kick-start the market with two vendors only now to a maximum of 215, all consisting of these unemployed service industry workers. From a situation of absolutely no hope to one that has opened up windows of opportunity compelling them to embrace this change and develop new skills in order to survive. Skills of entrepreneurship utilizing whatever skills they have been gifted with and turn them in to sustainable revenue generating businesses.

Challenges faced during the lockdown period

This period was a great learning curve for the family as we were compelled into looking at our daily lives differently where daily tasks were assigned, ensuring there was no conflict that was inevitable if there was no particular order in the house. In fact, it had more positive outcomes than anything else because of the sharing of skills as well as multiskilling turning the four siblings in to an effective team where each one complimented the other. One now is an expert cook and even now takes care of the family meals, the other just loves to clean, one handles the laundry and our only son takes care of the maintenance of the yard and the constant cleaning of the family car. The lockdown, despite the sudden stop! has been a blessing more than anything because it literally helped our spiritual development as a family unit.

Parental involvement in their child's education

Of course, the difficulties that came with this was that period of uncertainty. What had to be done in the meantime was to facilitate them an environment that was conducive to one of learning once they settled in to reading books and carrying out activities that was educational and that would assist them in that transition period. It was difficult for us as parents, as we had to exercise a lot of patience and just allow them to develop the desire to settle down doing their studies. The facilitation of that learning environment did help a great deal. It is my wish that our children will see through the year successfully and that they will achieve their goals in life. Only time will tell. I have to express my sincere gratitude to the SVC Management and Teachers for the great discipline and patience they have demonstrated on the students to ensure they achieve the highest level of education. I can testify to this as our two older children are now in university as a result of this discipline imparted to them.

God Bless SVC.

Vili Finau (Parent of Sefanaia and Nolani Finau)

How To Prioritize Your Time as an High school Student

I as an year 9 student have to cope with 7 subject. So to cope with school and several other things ,I have learnt how to manage my time wisely by using the following tips :

1. "By making to-do lists"
By making to-do lists ,it effectively helps you to complete your assigned tasks. This means that you are more likely to get things done and feel even motivated after placing a tick next to your agenda :).
2. "Keeping all your electronics away while grinding"
In this century keeping a distance away from your gadget is tough. Having your mobile phones around is one of the major distraction, so keeping it away from your study table prevents you from constantly scrolling through 'social media' etc.
3. Getting at least 8-9 hours of sleep each night
Getting enough sleep will help you to recharge your mind and give you enough energy to complete the tasks of the upcoming day.

Conclusively, time management is a very important skill to be learned to lead a better/stress free lifestyle. By managing your time well your tasks will be done on time and with great quality

Kashish Jeet 9A

Smarter Faster Better

Time management was really important during lockdown because the holiday was quite long and most people completely lost track of time. Some ways of managing time is making schedules, setting time limits, planning ahead, start with the most important tasks and there are many other ways. If you fail to manage your time effectively you can miss deadlines, have inefficient workflow, be in a lot of stress due to incomplete work and many more. Those who manage their time effectively would increase quality of work as they would not have to rush to complete tasks at the last minute. The key of managing time wisely is to work smarter, not harder so you will get more work done in less time. From my experience I have learnt that we should be focusing on one task at a time instead of dividing our attention between so many tasks. If you continue managing your time wisely you will to get better opportunities to achieve life and career goals.

Nishita Sinha 9F

THE SECRET TO SUCCESS

The question is will I succeed? Looms so large on the minds of people that many aspiring youth despite their qualification and expertise for a particular adventure fall back for fear of a failure they go on looking for an occasion where they are doubly sure of the success but still apprehensive of their failure. The first secret of success in life is self confidence in ones abilities for a particular activity .As Albert Einstien said "winners are not people who never fail but people who never quit".

Honest dealings in everything, wherever you put your hand in, are the next secret of success. Honesty is the best policy. If a person is honest in his words, deeds and to himself he can accomplish anything.

The other important secret of success is to have an open mind. People with closed minds look everything with suspicion around them. As Swami Vivekananda said "you are what you think". So live life to fullest and focus on the positive?

I would like to conclude with a quote from Swami Vivkananda, "Purity, patience and perseverance are the essential to success and above all is LOVE"...

Yuvkesh Naicker-12B

Time Management

An average student spends around four hours a day being unproductive. That may not seem like much but when you consider the fact that lady Gaga made millions from a song that she wrote in 10 minutes, it starts to look like a gargantuan amount. This shows that wasting even a minute could result in the loss of a fortune. Time is money, quite literally. Don't people who work overtime get extra pay? Unfortunately, this connection goes unnoticed and so much un-replenishable time is wasted. Most people fall victim to procrastination, it is like a brick wall that needs demolishing. An easy way to do this is by having a schedule, but schedules are seldomly followed. Having a schedule that incorporates short breaks, has desirable incentives and sets realistic deadlines is proven to be much more effective. To attain true productivity, ones priorities must be identified and placed in front and centre. It is also much better to be early than to be late. Would you rather be waiting longer for the bus, or miss the bus entirely? It is detrimental that initiative is taken and people learn how to spend their time wisely, the only possible result is success.

By Raynesh (IIB)

The Life Behind The Great Legend

Long long ago, when the rest of the world was uncivilized, a great kingdom rose from the golden desert. Varsha Lata, the supreme of gods and goddesses, creator of the kingdom of Flame stone created Nature, Music and Beauty. Deep in the green forest ruled by the Goddess of Nature Lusiana, and her three environmentalists Ishika, Samir and Shruti. Whoever destroys nature they will be turned into tree by the black diamond. Beauty spread over the land by the Goddess of Beauty Harin, and her three beauty queens Riya, Karla and Marisela. Whoever showed their beauty selflessly to the goddess will be turned into Meduza by the Black Pearl. The god of music Joape, this is when all the trouble started. His two companions Esala and Ricky, were so loud that it made the thunder goddess Heather and Siteri the anger converter and Neha the fire spirit and not forgetting Naca the lightening bolt to struck the music temple with lightning bolts and thunder. War began. Mosese the god of war and his warriors Eleni, Atama and Russ spread chaos across the kingdom. The god of food and art Basilio helped the mortals with food and protection in order to survive and the three best fighters Atelini, Rodwyn and Alinda protected the mortals. In the middle of the war, the goddess of the sea Noellani launched a large and powerful wave along with the dangerous sea creatures led by Natasha, Pauliasi and Shivaeka. The waves was about to reach the edge of flame stone kingdom. The god of time Isoa appears from the future, with Tuliana appearing from the past and Maraia in the present. Froze the wave and then the god of death the powerful and the master of destruction Api. Followed by the twitches Lilian and Rose from the dark and powerful realm and whatever they touched turned into ashes. They destroyed everything and turned the kingdom into ash and dust.

By Year IIF



YEAR 9A



YEAR 9B



YEAR 9C



YEAR 9D



YEAR 9E



YEAR 9F



YEAR 10A



YEAR 10B



YEAR 10C



YEAR 10D



YEAR 10E



YEAR 10F



YEAR 11A



YEAR 11B



YEAR 11C



YEAR 11D



YEAR 11E



YEAR 11F



YEAR 12A



YEAR 12B



YEAR 12C



YEAR 12D



YEAR 12E



YEAR 12F



YEAR 13A



YEAR 13B



YEAR 13C



YEAR 13D

COLOUR POSTER HARRIS DICKINSON P.12



WEDNESDAY, FEBRUARY 19, 2020 Young minds in action Issue No. 6

INSIDE!

Jokes, riddles and more... pg 2

Prefect induction in pictures pg 3



SVC head girl Alia Cama Dean (front left) with head boy Abhishek Prasad and other prefects after the induction. Photo: SBAJSET Singh

2020 Chosen ones P.3-8

LYRJES MR. VEGAS & BILLIE EILISH P.11

CONTACT US: kaila@fijitimes.com.fj or sbradburgh@fijitimes.com.fj



Maria Kulkuga Balvankaloloma (middle) is congratulated by her friends Makalaki Soikava, Serewala Kostana and Mere Kab Akoma after the induction at SVC in Nadi. Photo: SBAJSET Singh

Need for parental support

I WANT students to be the best person they can be, says Swami Vivekananda College head boy Abhishek Prasad.

The 18-year-old was elected to lead more than 950 SVC students this year alongside 11 school head prefects and 60 senior prefects. He said students should be able to be themselves without feeling judged.

By supporting them to pursue their dreams through education is the best thing a leader can do," he said.



By REPEKA NASIKO rnasiko@fijitimes.com.fj

"I'm very proud of this moment and I hope to make my parents - especially my father who is a police officer - proud." Chief guest and former head boy Ben Daveta said leadership was never easy. "Because upon you is always the overbearing responsibility to see an example to those who look up to you," he said. "It is therefore vital to be mindful of the actions you take and the words you utter because that comes from you being a leader."

Prefects Induction Ceremony



SVC prefects with guests and teachers after induction in Nadi. Photo: SBAJSET Singh

By TOMASI BOGINISO

NADIKO District School inducted each class with a boy and a girl leader to guide them through the school year 2020.

The presence of parents, guardians, friends and their teachers was a joyous occasion for each student.

They have taken on responsibilities that would make them good leaders of tomorrow. The parents were overwhelmed by the induction of their children and thanked their teachers for trusting their children to carry out the task to lead the students.

Tomasio Boginiso is a Kaila contributor.



SVC prefects with guests and teachers after the induction in Nadi. Photo: SBAJSET Singh



SVC prefects after the induction. Photo: SBAJSET Singh



Abhishek Prasad with Vismath Krishna, Shivansh Kumar and Nikhil Singh after the induction. Photo: SBAJSET Singh

SUN | MONDAY, NOVEMBER 9, 2020 | FIJISUN.COM.FJ

SPORTS 31



From left: Nadi Airport Golf Club president Ashok Gounder, Coca-Cola Paradise Beverages Nadi Open men's champion Abid Hussain and women's champion Raina Kumar at the Nadi Airport Golf Club on 8.20.20. Photo: Waisea Nasokia

Hussain records fourth Nadi Open title win

Waisea NASOKIA

ADI

Nadi businessman Abid Hussain shot one under par 139 to claim his fourth straight win of the Coca-Cola Amatti '11/ Paradise Beverages sponsored Nadi Open Championship at the Nadi Airport Golf Club yesterday. Hussain took an overnight lead one over par with a neck to neck

battle with his son, Baron, the 2014 winner who settled for second spot with 143. "This is one of the toughest course in the West, hope the other nine holes can be fixed which is very costly," Hussain said. "I'm feeling great to win my fourth straight title. The competition was above par and it's a long time to have such a good field." Mohammad Rizwan was in third spot with 150 after 36 holes hit-out.

In the women's category, Swami Vivekananda College student Raina Kumar claimed her first title at the course. The national rep shot 140 gross ahead of Sony Matthews, Lilian Allen, Amy Soban, Sulu Brook and Susie Yee. "I had a grand weekend of golf with some of the veteran women golfers. I loved the field and my game is growing," Kumar said. Paradise Beverages sales and corporate affairs Team Leader (West)

Jennie Osborne said this is their second year to host the event. "This our fourth golf tournament for 2020, and this is part of our corporate social responsibility. "During these hard times we can continue to sustain our roles. "Golf is also part of social partnership other than rugby and yachting. "We are happy to support this event in this difficult time. We are

also grateful to Government for the COVID-19 initiatives which enabled us to have sporting activities." Nadi Airport Golf Club president Ashok Gounder said the two-day event had attracted 80 amateur golfers. Gounder thanked Coca-Cola Amatti Fiji and Paradise Beverages for the support. Edited by Leone Cabenatabua

Dedicated Leaders Want To Serve, Work Together

Fiji Sun - 15 Feb 2020 - Waisea NASOKIA Edited by Percy Kean Feedback: waisean@fijisun.com.fj



Leaders are not only people who serve, but those who can work together to produce what is best for our school. This was a sentiment raised by the Swami Vivekananda College head girl Alia Cama Dean who was bagged alongside head boy Abhishek Prasad. They will lead the school roll of 959 students. "We as leaders are here not just to serve but to work together to achieve the best for our school," Alia said. "It is not something I ever think of becoming. Our main role is to uphold the ideals and traditions of SVC. "To stand up to all expectations and fulfill our duties with complete dedication. "Members of the entire student council will continuously help each student in every possible way to release their true potential." The Year 13 Arts student hopes to pursue a profession in Law, preferably in Environmental Law. Head boy Abhishek on the other hand wants to "take our school to greater heights of success". "We will travel this road together and work in union to keep SVC's name high in the sky with love, dignity and grace." The Year 13 Arts student is always motivated by his dad, a Police officer. "The dream and the determination all came from him," he said. Front from left: Head girl Alia Cama Dean, head-boy Abhishek Prasad with prefects on Friday 14, 2020. Officiating at the induction were 2013 head boy, Ben Daveta, and 2013 head girl, Jashlita Singh. Both urged the students council to display leadership that is responsibility than one of power.

SVC Visual Arts Exhibition





Vivekananda

Innovative Design and Delivery of

Vivekananda Technical Centre (VTC), managed by Ramakrishna Mission, is registered under Fiji Higher Education Commission. It focusses on training the farmers. It offers Certificates in 'Production in Horticulture' (Levels 2, 3 and 4) which are accredited on the Fiji Qualifications Framework.

Unique features of VTC programs:

- The courses are developed and designed to suit the needs of the farmers.
- Hands on training is delivered
- The training is delivered to the clusters of farmers directly on their farms.
- Teaching pattern - competency based Teaching and Assessment
- Knowledge and skills gained help farmers to move from subsistence farming to commercial farming.
- VTC's qualified and experienced instructors use the latest information technology to deliver training



Farmer Day Workshop

Enrolment numbers (Enrolled, completed)

Courses Offered	Total Students (Farmers)
Certificate in Production Horticulture (Level 2)	44
Certificate in Production Horticulture (Level 3)	35
Certificate in Production Horticulture (Level 4)	35
Certificate in Agriculture (Spice Production) (Level 2)	33
	147



Distribution of perennial trees to build food security in nearby locality.

Impact of the program

- Farmers gain knowledge and skill-sets in better farming practices.
- Their knowledge and skills are recognized through accredited qualifications on FQF.
- Farmers plan and grow crops to meet market needs.
- Better quality, safe, fresh vegetables available in local markets.
- Significant increase in income, ranging from 50% to 100 %, due to new farming skills and knowledge.

Innovations:

Technology innovations

VTC has developed with the help of TECHWORLD, an IT company an online platform for interested farmers who are staying out of the Nadi zone to enable them to access new farming knowledge and skills. There are -

1. E-Learning platform - this is an educational platform where Certificate in 'Production in Horticulture' Level 2, 3 & 4 are delivered online with online assessment strategies. This is especially made for those who are out of Nadi zone.



Instructors getting trained on stages of turmeric processing.



Fruit tree grafting at VTC.



Inspection of farmers peanut field

Technical Centre

of Agriculture Training to Farmers

2. **Farmers HUB** - this is a Social Networking system which links farmer to farmer for easier communication and exchange of information which can benefit all the farmers. This network also links farmers to a digital market and provides greater exposure of farmers products, resulting in more income for them.

Newly Developed courses:

ITEC experts from India helped to develop new courses in VTC -

Two ITEC experts in Agriculture from India have joined VTC in February 2019. VTC utilizing their expertise has developed Courses in -

1. Certificate in Agriculture (Spice Production) (Level 2)
2. Certificate in Food Processing (Level 2)

Both courses have already been accredited by Fiji Higher Education Commission (FHEC).

Plans for Future Developments -

Short courses in particular crops focusing on off Season Production, Spice Production, Apiculture, and Resilience farming with Changing Climate, and Organic farming

Contribution of AVP Volunteer

A volunteer under 'Australian Volunteer Program' (AVP) had joined VTC towards the end of 2019 and helped VTC in restructuring current courses offered by VTC. This volunteer has been repatriated in March 2020 due to COVID-19.

FARMER WORKSHOPS

During 2019 the following workshops were conducted: -

1. Introduction to e-Learning platform for farmers.
2. Farmers HUB training for Level 4 Farmers- this workshop was for farmers to familiarize them to the new online platform which will help farmer to get information instantly from remote places.
3. Farmer workshop on Value adding – this workshop was done to help farmers to gain insight on post-harvest management and focus on value addition on their produce for better income and prolonging the shelf life of the produce.
4. Workshop was conducted on Agribusiness and Micro-Nursery – the main purpose of this workshop was to enable farmers to become entrepreneurs.

For expression of interest in the programs please contact the Principal Mr. Divikash Anal Nair at Vivekananda Technical Center, Malolo Nadi. (M) 8987127 or 6700340 or Email: vtc@rkmfiji.org or principal.vtc@rkmfiji.org



Soil testing in progress



Instructors had Visited Naduruloulou Research Station to get exposure to Spice farming being carried out.



Educational tour to Jack's farm (Aquaponic farm)

Instructor Inspecting farmers pineapple farm



Farmer Day Workshop

VOICE OF STUDENTS

DESPAIR

"Depression is a prison where you are both, the suffering prisoner and the cruel jailor".

The word depression is not something very new or unheard for the youth generation today-which involves us. According to the world health organization nearly 246 million people worldwide of all ages are affected by depression and most of suicidal cases include the age groups of 15-29 years. Placing the facts aside we all know that many teenagers whom we may know, now at the moment might be dealing with depression. The covid-19 on the other hand may have increased the cases of depression because many people worldwide have lost their families, their friends, jobs and many other things. Depression causes one to be less interested in activities that he or she may have previously loved to do before, insomnia, lack of appetite or increased appetite, restlessness, irritability, poor concentration, poor self-image or even anxiety in certain cases. No one knows who around us maybe depressed. Many people usually think that depression is a bad thing or people dealing with it are seriously mentally ill, which is not true because not everyone know about how the person dealing with depression feels like "if you know, you know".

Moving on, there are students as well in the school system who have a lot of potential and capability in themselves to excel in any work given, but depression may be an obstacle. However, everyone must work hand in hand to support and help our friends or even random people come out of depression, because together we can. "One of the hardest parts of life is deciding whether to walk away or to try harder"

Jenita Raniga 12A

Organize Tomorrow Today

Time management simply refers to the way we organize and plan on spending our time. Not only in organizations but as well as in our personal life time management has a key role. It is very essential for everyone to have a well-managed time. Good time management allows you to achieve more in a very short period of time. We as students need to have a very proper time management so that all our school work and tasks are completed and are up to date. Doing this so would enable us to have more time for other activities, assignments and projects. Planning or making a timetable is a very perfect way of utilizing our precious time. Time management will definitely help us to cope with depression and anxiety as our work would be complete and we would have leisure time. It is always the best thing to have time managed because there is a saying "Time Is Money".

Pritanshu Prakash - 9F

productive. It is wanting to have friends but hate to be socializing. It is wanting to be alone but not wanting to be lonely. It is caring about everything yet caring about nothing. It is the feeling of everything at once and then feeling paralyzingly numb. People who are spiritual minded tend to suffer more from depression because their eyes are open to a world that is in need of repair. They literally have an increased ability to feel the emotions around them. Most of the times it is the pain that changes people. It makes them trust less, over think more and shut people out, therefore, sometimes the worst place you could be in is your own head. What human nature fails to understand is that you can sound confident and yet have anxiety, you can look strong from the outside yet feel weak from within, you can look happy every day and be miserable inside. So be kind to one and all because every person is fighting a battle you know nothing about.

It's Not The End

When a person is suffering from depression, there is huge lack of motivation to do anything because the person is in low state of mind.

If we dwell deep into the root cause of depression and understand our thoughts, then we can immensely deal with depression. And to do that firstly, we must develop the habit of meditating for 15 minutes each day. Researches prove that deep meditation connects our inner self to our mind, apparently we can find solution to all our problems within ourselves. Secondly, to fulfill our psychological needs such as to be appreciated, we must be self-reliant. We should never expect someone to make us feel valued or appreciated. If we do so, to an extent it leads to disappointment and eventually to depression. "No one is responsible to fulfill any of our needs except us." Thirdly, helping and caring for others not only boost confidence but also helps in healing our own mental wound. Apart from these, maintaining a healthy lifestyle, efficiently involving in physical activity like sports, staying active and including certain healthy food in our diet like banana, pineapple, mango and so forth helps in coping with depression. Adding on to this, listening to soothing music and motivational speeches can increase your self-esteem. Furthermore, it is wiser to devote your time on things you enjoy doing the most, that can boost your self-confidence example artwork. This is all about how we can cope with depression with our own effort. We must also keep in mind that if we are still not able to feel better after trying these techniques and still have chronic depression and persistent suicidal ideation, then it is very important for you to seek professional help.

Prisha Shynika Chand. Year 9A

Coping with Depression

Having depression is like being scared and tired at the same time. It is the fear of failure but no urge to be

COPING WITH SITUATIONS BROUGHT BY COVID 19

Covid 19 is here to stay for many months and years. Even when the vaccine is made available it will be hard for smaller countries with even smaller economy like Fiji to procure the vaccine for its citizens. However, the power and passion to defeat the pandemic lies in our very hands. I reckon the desire to live should keep the torch burning. During these times of adversity, it is only you who can help yourself. With hundreds and thousands already having lost their source of income directly or indirectly, the onus lies with every individual to tap into their talents to look for new opportunities to generate income. It's time we become innovative and become entrepreneurs than employees. This way not only are we creating job opportunities for others but helping yourself become an investor in your own economy.

Early signs of job losses were quite visible as people all of a sudden turned to cash cropping, backyard gardening. This was of course propelled by the Ministry of Agriculture which had distributed free seeds for those in need. There were also initiatives by the private sector and the NGOs to raise funds for the poor and the needy. Some other initiatives to have stolen the lime light were "BARTER FOR BETTER FIJI" as well as food vouchers courtesy of some generous business houses. The Ministry of Women and Poverty Alleviation had increased its contribution towards the recipients for two installments which was a relief to most elderly and the dependents in the family. On the other hand, FNPF had paid those employees who had been laid off on a fortnightly basis. Looking at the bigger picture every individual needs to think outside the box to combat the effects of Covid 19 in their own way and not just rely on others to bail you out. We also remember the souls lost to Covid 19 in our prayers and those hospitalized for faster recovery. May God Almighty shower his blessings on all.

Sophie Cagi- IID

Mentally Challenged

It has undoubtedly been one of the most mentally challenging years, especially with the ongoing global pandemic. Thus, all of us need to have some sort of coping mechanism; otherwise our mental health will be severely impacted. One of the major issues that many struggle with is depression. There are many ways people cope with depression; eating, cooking or baking, singing along to their favorite songs (disregarding the fact that they may not be a good singer), playing video games, reading and talking about their feelings with someone. Point here is, different people have different ways of coping. Therefore, during this time, everyone should be kind to each other because you do not know what the next person to you is going through.

Shreya Chand- 12A

Depression – An Evil Spirit

Depression is an Evil Spirit
That destroys both heart and soul.
It tortures one every minute
And consumes its victim whole.

It cripples and disables an individual,
Making its life miserable.
It takes away all hope and peace
And leaves them being suicidal .

Depression can be nurtured
Through violence and neglect
And fists used only to degrade
And words used to reject.

It's hidden in those bullies
Who torture and demean,
Who use their words like weapons
To destroy all self-esteem.

It's fueled by drugs and alcohol,
That are used to help escape.
From that endless pain depression brings
But chews up their lives and leads them to be slaves

Yes, Depression is a vulture
That will make anyone its prey.
There is no one who deserves it,
And there is no one to blame.

We don't need to make a judgment,
But we need to be aware
That those who suffer through this pain
Just need the world to care.
We need to rise and identify the people who are suffering
Just come together and help them by pampering
Never lose hope and think about the people that love you
Clear your thoughts, forget evil and eliminate few

YEAR 13A

People of Fiji, Arise! Awake!

There is a new killer in town.
Who thinks of us as clown
The world population continues to minus
Yes! because of the goon 'Coronavirus'
18th of March it was
When the fear of covid,made Fijians behave like they
were some kind of bus
I know that right now it seems
That you're lost in a dizzying maze
This passing phase
Giving you panic so intense
Calm down guys
Think about it twice!
Why do you think we need to fear
When the WHO guidelines are here?
Things like handwashing
And maintaining social distancing
People of Fiji, Arise! Awake!
Don't join the rest of the world and make the same
mistake
Before our fellow brothers and sisters start to elim-
inate
Let's squeeze the lemons of Coronavirus and turn it
into Lemonade.

Yuvkesh Naicker-12B

TIME MANAGEMENT

Managing time is of utmost importance to be able to conduct projects effectively. We all have the same hours every day, the reason why others achieve more is not only because they work harder but they also manage their time better. Managing your time effectively will maximize your productivity. Setting priorities may not be easy, but prioritizing is good for time management.

Firstly, some ways to effectively manage time is strategies for getting more work done in less time. After you've prioritized, planned, and delegated, you need to focus on increasing your efficiency so that you can get more done in less time. Timeboxing is a great method to focus on work more.

Secondly, time management isn't the problem our attention span is. Research shows we're responsible for 50 percent of the distractions that incapacitate our focus. It does not matter how well we manage our time if we cannot focus our minds on what we want to accomplish.

Furthermore, plan ahead. One of the worst things that you can do is wake-up without a plan for the day. Instead of focusing on what needs to be done, you wander aimlessly and take care of more trivial matters. We must have a plan of the day, so that every second is not wasted.

Moreover, time is one of life's most valuable possessions, as it is something you can never get back. Subsequently, one of the most essential life skills to master is time management. After all, time management is really life management

To conclude one of the worst things that you can do is wake-up without a plan for the day. Instead of focusing on what needs to be done, you wander aimlessly and take care of more trivial matters.

Ayush Kumar 10B

Manage Your Time, Don't Let It Manage You

In order to be successful in life, knowing how to manage your time is essential. Time management is prioritizing to ensure that enough time is available to accomplish every task that is to be done. Therefore, the quality of the work increases as the person is not rushing to complete it.

Goal setting is the first step to becoming a good time manager. This allows you to clearly understand your end goal and what exactly you need to prioritize to complete it. Secondly, staying organized; this helps you maintain a clear view of what you need to do and when. Not forgetting, prioritizing, arranging your tasks from most to least important, according to the deadline.

When you have practiced the steps, you will come to notice the benefits. Managing time can directly reduce stress. When you are in control of your time, things become easier hence less stressful. This practice helps you free up more of your time and provides you with more productivity as well.

In conclusion, good time management allows you to accomplish more in a short period of time. It helps you focus which leads to success that you may be seeking in life. It can be life changing.

Nivdita Mani - Year 12A

The Desire for Greatness

The desire to be great is the longing to surpass the boundaries of mediocrity, to attain a high level distinction and preeminence. Such is a high goal to attain, yet it has never stopped anyone from dreaming to be great. The saying "dreams are for free" is true in the context of imagining great realities, but that freedom only seems to exist within the mind.

Obviously, there are awe inspiring individuals that live out great lives we can only admire and wish to have, but how can a desire for greatness escape the content of our minds and become the authentic reality of our lives?

This common desire, not commonly spoken off, is great not because of its eminence but simply because it inspires us to go beyond the limitations of our education level, our physical appearance or any other external or internal boundary.

The free opportunity to hope for more. To answer the question of how to be great is not opposed due to the lack of skill or accomplishments, it's a wonder that finds its discovery in courage to take a course of action, despite the fear of lacking.

The desire for greatness therefore is attainable through the development of courage that one is born with.

Lynette Atama - 12F

TIME

As students, time management is important, it is the way we decide the arrangement of how we spend our time. It ensures us that we are always on time, that our work is always updated and not delayed, it saves our time and saves money. From day to day experience, I find that a lot of students tend to not complete their work because of how they manage their time. Therefore, it is safe to say that time management prevents us from being growled by our teachers because of incomplete work. Time management enable us to arrange our study timetable and follow it thoroughly, it enable us to finish our work on time(whether it is chores, homework and studies), it enable us to be in school on time and most importantly "to do things on at the right time".

Dilitia Tinaikawai (10F)

VOICE OF STUDENTS

Inspiration

People usually say that education and hard work is the key towards one's success. Well, perhaps it is true, but I think that inspiration is the tool that awakes us to new possibility by allowing us to transcend our ordinary experiences and limitations. It is the way we perceive our capabilities and measure our talent and ability to do a particular task. It just not only helps us in over-coming situations but shows us how it can activate capture and manipulate some major out comes for the better. Therefore, we all should inspire each other and make ourselves leap high and progress in life.

Sheekha Year IIE

The New Normal

It has affected all of us in one way or another. Most of us have simply called it the 'new normal'. Covid 19 has had a tremendous impact on our lives. From a massive decline in the economy to the mental health issues faced, it is now more important than ever before to be resilient and cope with the situation. Because of the standstill in the tourism industry, over 40,000 people have been laid-off. During this crucial time, survival is essential. Knowing that basic needs are necessary, people have gone back to the traditional lifestyle of subsistence farming. Barter system has been reintroduced along with sharing land to do farming. This is a time when everyone has to work together to survive. Hearing new words such as 'social-distancing' and 'flatten-the-curve' may get overwhelming. Suicide rates have also risen. Although the advancement in technology has taught us so much, mental health is still something we need to work on. Meditation, exercise and healthy foods are a few things one must keep in mind. It is important to eliminate all expectations and understand that nothing is permanent. To survive this new normal, everyone must work together.

Raina Kumar 10B

Project creep, slipping deadlines, and a to-do list that seems to get longer each day — these experiences are all too common in both life and work. With the new year resolution, many people are boldly trying to fulfill goals to "manage time better," "be more productive," and "focus on what matters." Development goals like these are indeed important to career success. Look no further than large-scale surveys that routinely find time

Aesthetics of wait

Fiji is one of the few blessed countries where citizens can freely move on around the streets without facial masks, a lot of celebrations and school events got cancelled for safety this year. I personally miss Kula Art a lot. I am confident to say that all the art students in Fiji were disappointed too. Kula Art competition is a pretty unique one as it securely supports the students who trace a narrow track of art never to give up. All the materials needed for art work is provided and theme is also free choice (up to the participants), pushing students' backs gently to try whatever they have dreamed of. No limitation in working style at all! Moreover, witty mentor and talented competitors from the whole country in the workshop would definitely help you to widen your horizon and break the frame of art style through the energetic activities. (I should not forget to mention prize money too!). Although art competitions this year were mostly cancelled, it does not mean you have lost all the opportunities in art. Fine artworks and master pieces always require pots of tears and sweats. Plan your time wisely and do a lot of practice. Get ready to fly up high next year. Practice makes it perfect!

Seungmin Paik, IIB

Yun Kwan Young IIB

COVID-19

COVID-19 is a respiratory infectious disease that first occurred in Wuhan, China in December 2019 and has spread throughout China and around the world.

Initially, it was known only as a respiratory epidemic of unknown cause. However, the World Health Organization (WHO) revealed that the cause of pneumonia was a new type of coronavirus (SARS-CoV-2, named on February 11 of the International Virus Classification Committee).

When infected with COVID-19, after an incubation period of about 2 to 14 days (estimated), fever (37.5 degrees), respiratory symptoms such as cough or shortness of breath, and pneumonia appear as main symptoms. In addition, symptoms of muscle pain, fatigue, and diarrhea appear, but asymptomatic infection cases are not uncommon.

To prevent COVID-19 infection, firstly, you must thoroughly wash your hands under running water for at least 30 seconds. Secondly, follow precautions such as wearing a mask when going out or visiting a medical institution. For hand washing, washing your hands under running water for at least 30 seconds is most effective, but when you are active in a place where there is no sink, it is better to wash your hands frequently with alcohol hand sanitizer.

Time Management

It seems that there is never enough time in the day to complete assigned tasks, but everyone gets the same 24 hours, so why is it that some are able to complete work and achieve so much in life than others? The answer to this is good "TIME MANAGEMENT" skills. During this time of a global pandemic, time management is really essential for students in order to allow them to achieve their goals. Time management does not only help set future goals more efficiently but also helps remove distractions which may hinder the path to achieve goals. The most efficient way to manage time is by focusing on one task at a time rather than focusing on two or three tasks so that you can have your full concentration on one work to meet deadlines. Managing time isn't that hard, it's just simple as making a "To Do List" or making a weekly or monthly planner to keep track on which assignments and work has to be done. With time management comes determination and hard work and with hard work comes success. Remember that nobody is too busy, it's just a matter of priorities.

Krishna Khatri 10B

Time Management

management skills among the most desired workforce skills, but at

the same time among the rarest skills to find. So how do we become better time managers? There is certainly no shortage of advice books and blogs, hacks and apps, all created to boost time management with a bevy of ready-to-apply tools. Yet, the most frustrating reality for individuals trying to improve their time management is that no matter how effectively designed these tools might be, they are unlikely to work. Simply put, these tools presume

a person's underlying skill set, but the skills comprising time management precede the effectiveness of any tool or app. For example, would anyone seriously expect that purchasing a good set of knives, high-end kitchen equipment, and fresh ingredients would instantly make someone a five-star chef? Certainly not. Similarly, using a scheduling app without the prerequisite time management skills is unlikely to produce positive time management outcomes. Fortunately, there is a wealth of research that delves into the skills that undergird time management. Here, time management is defined as the decision-making process that

structures, protects, and adjusts a person's time to changing environmental conditions. Three particular skills separate time management success from failure:

- Awareness: thinking realistically about your time by understanding it is a limited resource.
- Arrangement: designing and organizing your goals, plans, schedules, and tasks to effectively use time.
- Adaptation: monitoring your use of time while performing activities, including adjusting to interruptions or changing priorities

Abishek Prasad 13C

ROSEMARIE ROVA



Participated in seven individual events and two relays at the 2020 Long Course Age Group Nationals. I was able to achieve 5 gold medals, 1 silver and one bronze in the 17 year and over age group and for the relay leg I was able to achieve 1 gold and 1 silver. *due to COVID-19, this is one of the two major swimming events for the year. However, I have still managed to keep my spot in the platinum squad by Fiji Swimming and secure a scholarship (rewarded after performance at the 2019 Pacific Games) till the end of this year.



Sports Achievers

RAINA

- Raina's golf achievements
- 2017 Bronze medal at Pacific Mini Games
 - 2019 Participated in Pacific Games
 - 2020 Winner of East vs West Competition
 - 2020 Net Winner of Denarau Club Championship
 - 2020 Nadi Open Champion

Fiji 50 Art Competition





Sarada Medical Centre

A Charitable Service of Ramakrishna Mission Fiji

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Sarada Medical Centre (SMC) Malolo



Sarada Medical Centre, an outpatient medical service was started in mid-2012 and has to date SMC has served more than **78,000** patients. Ramakrishna Mission has a partnership with the Ministry of Health through a formal MoA, which is being implemented in collaboration with the Nadi hospital.

Since March 2018, Sarada Medical Centre has collaborated with Ministry of Health (Nadi Hospital) to implement the following provisions of the MoA:

1. General Outpatient Department (GOPD) Clinic at SMC
2. Dispensing of Free Medicines from SMC
3. Special Outpatient Department (SOPD) Clinic at SMC- *(Yet to Mobilise)*
4. Health Outreach and Patient Education (SMMS) – *(Started in 2020)*

General Outpatient Services and Free Medications from SMC

The General Outpatient Free services provides services from 8.00am – 4.00 pm (Mondays- Fridays) RKM looks after management, administration and operations of SMC while a Registered Nurse and Doctor is provided by Nadi Hospital. All outpatient services are free of charge. These services include NCD Screening, consultations, injections, dressings, suture, ear syringing etc.

SMC also provides free medication, as a part of the MoA with Ministry of Health, there is a collaboration, which focuses on Public Health Care Delivery.



Sarada Mobile Medical Services (SMMS)

Nadi Hospital has a public health program wherein a medical team is available to deliver outreach medical services in the community.

The team from Nadi Hospital includes a Medical Officer, 2 Registered Nurses, Physio, Dental Officer, Dietician and a Driver. At times a nurse who specialises in Ophthalmology joins the team. Ramakrishna Mission provides the transport and all logistical support.

The following table shows the patients and types of services provided during the Medical Outreach from July 1st – September 30th 2020.

Outreach Areas	Total No	Total Pts. Seen in Wellness Screening
Communities/ Settlements	37	2399
Villages	19	1231
Working Places	1	68
Public Places	3	241
Grand Total	60	3939

Julie Lacanivalu
Practice Manager

Swami Guruvarananda
Manager