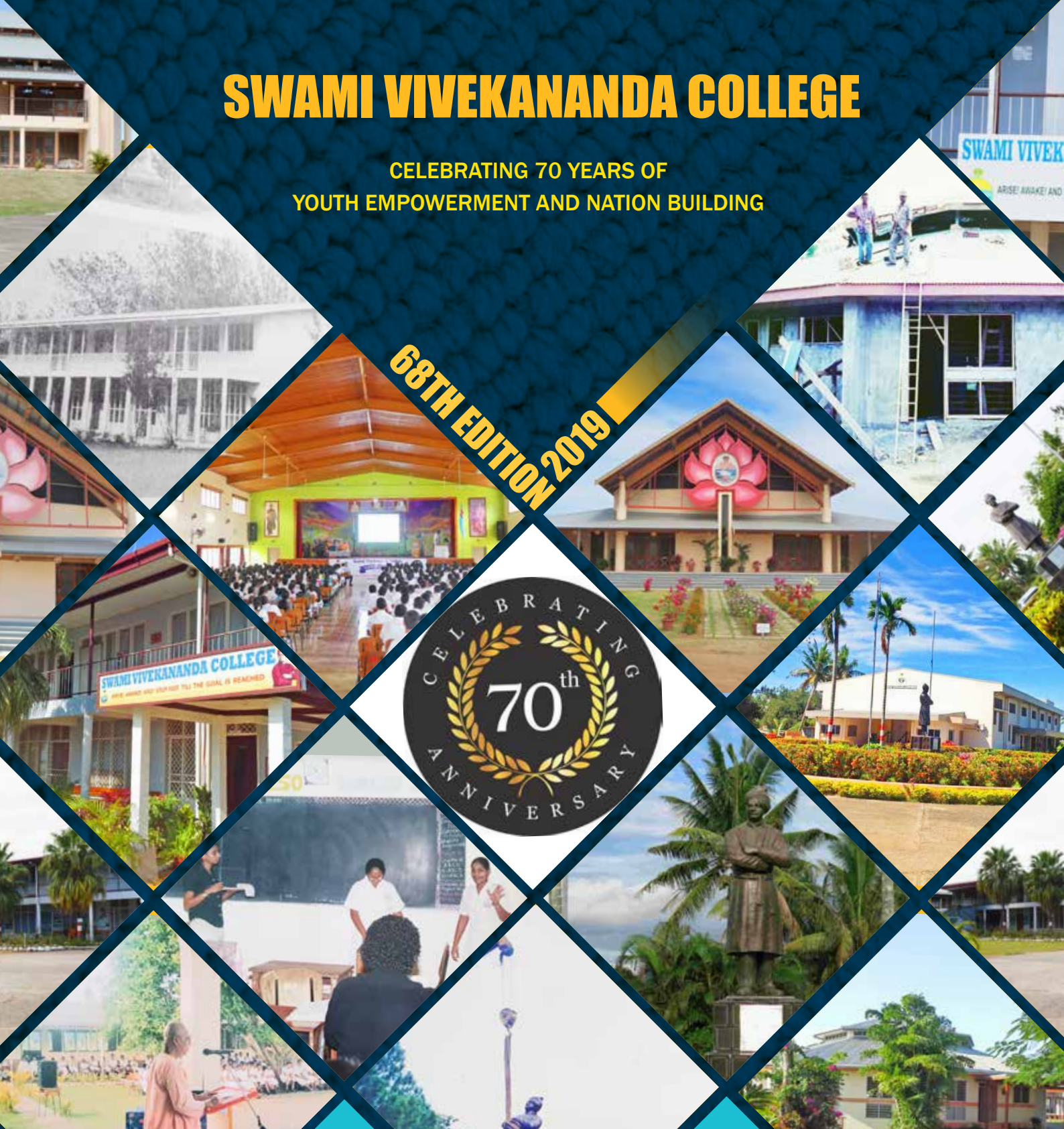




# SWAMI VIVEKANANDA COLLEGE

CELEBRATING 70 YEARS OF  
YOUTH EMPOWERMENT AND NATION BUILDING

68TH EDITION 2019





# College 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

## AWAKENING THE LION WITHIN DAILY INVOCATION



नमः श्रीयतिराजाय विवेकानन्दसूर्ये ।  
सच्चिन्मुखस्वरूपाय स्वामिने तापहारिणे ॥  
Salutations to that king of renunciators  
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.



जननी सारदां देवीं रामकृष्णं जगद्गुरुम् ।  
पादपद्मे तयोः श्रित्वा प्रणमामि मुहुर्मुहुः ॥  
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.

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 this 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 everyone his real nature, call upon the sleeping soul and see how it awakens. 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.



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## EDITORIAL

Welcome to the 68th edition of the annual magazine of our college. Celebrating its 70th anniversary, we are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out this year's magazine, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of the school.

With the new editorial team of 2019, we have been given the opportunity to combine our ideas and bring forth this edition. Sincere gratitude goes out to all those who have contributed in making this issue a success.

We are thankful to the team who dipped their oars into the turbulent water of the journal and have sailed it to the shore of publication. We heartily wish all the readers our best wishes and hope this souvenir will enjoy your critical acclaim.

**Sheenal Devi**  
Editor



# Convocation 2018





# Board of Management of Ramakrishna Mission



SWAMI TADANANDA  
PRPRESIDENT



SWAMI SHRIVASANANDA  
VICE PRESIDENT



GURUVANANDA SWAMI  
SECRETARY



HARISH RATANJI



UMAKANT PATEL



JITESH PALA  
TREASURER



NITIN HIRALAL



SAT NARAIN



ANIL PILLAY



ARVIND RANIGA



DHARMESH  
MOTIRAM



HITESH SHIVLAL



KRUPESH PATEL



PRAKASH PALA



ROMIL PATEL

# Message From The President

## The Need for a Holistic Education System



The aims of education for which our College was established has been clearly expounded by Swami Vivekananda, the Patron Saint of our College, who said, “Well, you consider a man as educated if only he can pass some examinations and deliver good lectures. The education which does not help the common mass of people to equip themselves for the struggle for life, which does not bring out strength of character, a spirit of philanthropy, and the courage of a lion – is it worth the name? Real education is that which enables one to stand on one’s own feet. Perfecting the instrument and getting complete mastery of my own mind is the ideal of education. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library.”

Every person may be described as having five dimensions of their personality; viz. spiritual, moral, intellectual, emotional and physical. Of these, the spiritual dimension is the foundation and the source of our existence, knowledge, happiness, freedom, beauty, purity etc. That infinite inner power within us all manifests through the subsequent layers of our being.

The founders of faith-based schools all had such noble vision and mission. For many decades these schools contributed to producing generations of wonderful citizens who have served our nation so well. What we need is a more holistic education for the healthy development of all aspects of our being as desired by Swami Vivekananda.

Unfortunately, the education our students receive in schools is limited mostly to the intellectual and physical dimensions of their personality. This partial development is responsible for most of the short comings people face when they face the challenges in life. These could be emotional and mental health issues, moral and ethical dilemmas and existential issues such as the meaning and purpose of our existence.

In the best interest of our students and future of our nation, it is desirable that people involved in the current education system review the same in the light of the above ideals and create the necessary space for all to work together in harmony for the common goal of serving our people better. Our children need and deserve a more holistic education. Let us all “Arise, Awake and stop not till that goal is reached.”

I take this opportunity to thank our teachers, parents, students, stakeholders and well-wishers for their support throughout the year and wish you all a safe holiday and a blessed new year.

**Swami Tadananda**  
President  
Ramakrishna Mission

*“The education which does not help the common mass of people to equip themselves for the struggle for life, which does not bring out strength of character, a spirit of philanthropy, and the courage of a lion – is it worth the name?”*



# From The Principal's Desk...



I am extremely happy and profoundly privileged to lead this great institution while it is celebrating 70th anniversary of its existence. On this occasion, I, along with the entire Swami Vivekananda College family, salute the efforts of all those Principals chronicled in the annals of the College history and fondly remember all the great stalwarts who led this great institution to its glory. It is a pride to see Swami Vivekananda College growing into maturity and stability and reaching out to all sections of the society. Its alumni are taking positions of great responsibility and honour across the country and abroad. They are contributing to our society in many ways.

“A school does not consist of buildings and latest instruments only. It is the teacher who makes the school”. The backbone of every educational institution is its committed bunch of teachers who ignite the imagination of their students and give wings to their dreams. In any institution, it is the group of dedicated and committed teachers who have the potential to break down the barriers and reach into the souls of the students. I gratefully remember all the teachers, past and present, and sincerely appreciate and value the efforts made to empower the students with a strong sense of self, enabling them to

*“An institution that has been an edifice of knowledge for 70 years now can only stand tall and take pride in the galaxy of students who have walked through the sacred portals of Swami Vivekananda.”*

acquire new skills and shape a better tomorrow.

Today, the role of a school is not only to pursue academic excellence but also to motivate and empower its students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society. More than a decade back SVC pledged to transform education. The school that is being run under the aegis of well-established Management “Ramakrishna Mission Fiji” has earned its own niche not only in Fiji but across the globe. At SVC we provide an atmosphere to our students for multifaceted development, where children are encouraged to channelize their potential in the pursuit of excellence. This can only be possible in a holistic, student-centric environment. The talents, skills, and abilities of each student need to be identified, nurtured, and encouraged so that he / she is able to reach greater heights. Students need to be provided with a platform to think, express, and exhibit their skills. It is necessary to empower them to negotiate several issues that confront them, with the teacher being a facilitator.

The College is striving hard to make the best possible efforts to inculcate strong values combining



with academics and extra-curricular activities in the children. No wonder, a student harnessed in such an atmosphere has every hope and possibility of becoming a responsible, balanced and a mature adult and is able to live in to contribute and to shoulder responsibilities of the society, of which he forms an integral part. Children need a supportive environment at home and at school. They need to set goals, within their reach until they gain confidence and determination. They should re-examine their priorities, set clean goals and make specific plans to achieve what they desire. Focusing on specific goals, helps them move forward purposefully in life. They would, thus, have the pleasure of watching their dreams into reality.

While academic excellence is our major thrust, the school is also devoted to prepare the students for life, groom them to face the challenges of tomorrow, and encourage them to be socially relevant. We constantly endeavour to always live up to this

ideology and inculcate this into everything we do, with the aim that we will be able to ensure that the children grow to their full potential, while constantly being groomed to pass out as men and women competent to bear responsibility in all walks of life. The parents are the most strengthening power in moulding the future of children. Their consistent support empowers us to do more and more. I pay my gratitude to them for their faith in us.



**RAJESH KRISHNA  
PRINCIPAL**



# From The Vice Principal's Desk...

**W**ith proud legacy of 70 years, the college has excelled in every field.

I consider myself very fortunate to work with many dedicated, innovative and caring staff members, parents and students. Each day is filled with new experiences, learning for all, and the ability to make someone's day better.

The practices at Swami Vivekananda College are consistently reviewed to ensure that we are following the most updated best practices, meeting all regulations, and addressing the future needs of our students.

Our staff consistently follows current trends and in collaboration with administration, creates a plan of action to incorporate those trends into our classrooms.

Our innovative teaching methodologies encourage students to develop critical-thinking and learn through enquiry and reason, to exchange thoughts and ideas, to develop key personal and social values, to take ownership for his/ her choices and to set goals to realize their own unique potential.

The subjects offered at our college are:

## YEAR 9 & 10

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

## YEAR 11- 13

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

## CORE CLASSES

Meditation, Family Life Education, Art and Craft, Physical Education and Careers Education.

In addition, the students are offered many opportunities to explore their interests and investigate new ideas. We offer many academic and extracurricular activities that our students can participate in which allows them the opportunity to grow at their own pace in a safe, nurturing environment. Our list of sports and extracurricular offerings are broadened each year in hopes to have something that interests each student.

The College has 54 sanctioned staff, 9 ancillary staff and 916 students comprising of 411 males and 505 females. Children from New Zealand, India, Australia, Korea, China, Japan, Tonga and Papua New Guinea are our students this year.

It has been an exciting year and I am looking forward to facing another year of enhanced learning and teaching.

**BHAWINI NARAYAN**  
**VICE PRINCIPAL**



*“Learning to treasure  
that follows its owner  
everywhere.”*

Chinese Proverb



*“The task of the  
Modern Educator is  
not to cut down jungles,  
but to irrigate deserts”.*

C.S. Lewis



# From The Assistant Principal's Desk...



Congratulations to Swami Vivekananda College (Shri Vivekananda High School) for completing its 70 years of dedicated service to the youths, community and the nation as a whole. Platinum jubilee celebration was marked by launching the mVuli app which is the 21st century learning tool using mobile phones. During the Platinum Jubilee celebration the Youth conference for the Year 9 and 11 students demonstrated their oral communication skills by presenting solutions to the problems faced by youths.

Word of advice to all present and future students of SVC; to achieve success, one should have discipline, dedication and determination which has been my motto from the time I was a student. Self-discipline is paramount and students can become more focused and concentrate in their studies through meditation practice. Students who have disciplinary issues and have to be counseled by teachers and administration all the time have many disadvantages. They have the negative energy flowing through words uttered by the counselling teacher plus it is a waste of time for both the teacher and the student. Teachers are also reminded all the time to show love and care since the students stay with them for 8 hours during the day and some students come from broken families or

shift work parents who don't spend time with them. We as Administrators and leaders guide the teachers to show affection and care which can help them succeed in life.

*“Word of advice to all present and future students of SVC; to achieve success, one should have discipline, dedication and determination which has been my motto from the time I was a student.”*

Opportunities must be given to students to participate in all types of non-academic activities such as sports, Visual Arts, Performing Arts, essay writing competitions, oratory and many more. These activities will allow students to have better public relations, develop teamwork, enhance communication skills and also allow critical thinking and problem solving skills. However students who participate in such activities must have a high level of self-discipline, no late arrival and absenteeism and they must give in 100% to win and be awarded. Also parents must support students who participate in sports activities.

As a careers counsellor and teacher, I feel students need to apply to all universities and TELS and Toppers and even look for scholarships to China, Korea and other countries as the applications open. Parents need to encourage and guide their children on possibilities of applying to new and varied courses that are priority areas for our nation. In this competitive world students should focus on careers which will land those jobs and good financial return.

Student leaders need to rise and do peer coaching and counselling and take their role with pride and more commitment. Most youth problems like truancy, late arrival, smoking and bullying will be reduced if all student leaders play an active role. Flexible leadership should be the way to go.

Teaching 12E-Accounting and 11D-Economics was a challenge for me this year. Attendance, punctuality and discipline were contributing factors to achieving good results. Children of 21st century only learn by doing. This becomes a challenge at times since approximately 10% students don't want to do much of the work that we give. Also monitoring by parents is very important today. Parents need to take away distractions such as mobile phones and TV. Monitoring of study timetable is very important. Providing essentials such as calculator and stationery is also a factor

contributing to numeracy and literacy problems in schools. Parents together with teachers should guide their students/children to read story books every day.

So all teachers, students and parents, let us all remember that our thoughts become our words and our words become our action so let us all be positive, have good thoughts and do good for ourselves and others.

Merry Christmas and a happy 2020 to you all!



**GEETA KRISHNA**  
**ASSISTANT PRINCIPAL**

# Achievements



## NZ Essay Competition



Honourable Mention Award- Shreya IIA



Participants

## Science Competitions



Science Competition Team



Titration



Chem Quiz

## Team Mathematics Competition







**SVC STAFF 2019**



# The Child Protection Officer



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.

Furthermore, 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.

Keeping students safe is everyone's responsibility. A child protection policy has been designed by Ministry of Education as well as Ramakrishna Mission to provide guidelines for schools to create safe environments for children.

Some of the issues that we look at are:

- All forms of physical or mental abuse (violence), neglect or negligent treatment, maltreatment or exploitation, including sexual abuse
- Torture or other cruel, inhuman or degrading treatment or punishment
- Promote their physical recovery, social reintegration and compensation in the event of any abuse or maltreatment.
- Any work that is detrimental to the child's health and physical development.

MRS. ROHIN ALI

*“A child protection policy has been designed by Ministry of Education as well as Rama Krishna Mission to provide guidelines for schools to create safe environments for children.”*

## Libraries

### A DEDICATION TO BOOKS

There are times  
When we don't have much  
to do  
Then we should turn to  
books to spend our time  
We are all part of  
Tomorrow's world  
And we ought to know  
As much as we can  
We are the ones  
We hold the future  
We are the ones  
Who will lead the world  
Of tomorrow  
And to gain the qualities  
We must learn to read more  
books.  
And we are likely to know so  
many things.

Oh, it's for our-own good  
So gain the knowledge  
That the magic of books can  
give you  
As life is hard  
We must strive for the best  
And we can do this by  
Turning to good books.  
We are the ones.  
When we're feeling down  
We can turn to books for help  
And if we do this  
We have surely got a chance  
Let's realize  
That we hold the future  
And tomorrow is in our hands  
We are the ones

MALINI RAJU



## Library Monitors

**STANDING:(L-R)**

Sheeka, Shreena, Neha, Riha, Adi

**SITTING:(L-R)**

Shayyar, Mrs Malini (Librarian), Ifraaz

# ICT Report

In this era of computers, here at Swami Vivekananda College we provide best ICT infrastructure to our teachers and students to experience 21st century teaching and learning tools.

2019 started off with some major upgrade in the ICT infrastructure which includes :

Firstly, moving from the domain setup to remote setup. The School has bought new Terminal server which the teachers can access remotely within the school network and as well as outside the school network.

Secondly, upgrading the projectors in the classrooms and Labs with a 55inch LED TV screens.

Currently we have a Terminal Server, File Server, ESET Antivirus Server, 2x Network Attached Storage for backups, a firewall system and CCTV surveillance system which covers the whole School boundary.

## Major Achievement

The major project of Ramakrishna Mission for this year was the launching of mVuli, an online curriculum for the students not only in Swami Vivekananda College but for all students throughout Fiji. It brings directly to students the world's most comprehensive digital K-12 curriculum from Learnetic in Mathematics, Physics, Chemistry and Biology from year 9 to year 13 with hundreds of highly interactive lessons. The school has immensely grown in terms of upgrade on ICT assets and digital learning facilities.

Mohammed Muktadeer  
ICT Administrator



*Learnetic in Mathematics,  
Physics, Chemistry and Biology  
from year 9 to year 13*



Officially Launched by Hon. Aiyaz-Sayed Khaiyum





# Prefectorial Board



**A**nother 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 salute the team for all their hard work, dedication and sacrifice which have paved the way through the impossibles.

I was fortunate enough to work with a cooperative Head Girl and sincere gratitude to all my level heads as well as senior prefects who gave their undying support to the college and being the ideal role models.

Finally to the SVC family, enjoy the moments you have spent in the school and cherish what you have learnt here and also remember to maintain a positive relationship with everyone.

All the best to my successors and to the students in their studies. Have a successful 2020 and may God bless you all.

**Dev Kalavadia- Head Boy**



**A**nother year filled with roller coaster rides of ups and downs has finally ended and so has my role as the head girl of the college. This journey, from being a Year 9 form captain to the head of the student council has certainly been a memorable and great experience.

I would like to extend my sincere gratitude to the Principal, Vice Principal and Assistant Principal for choosing me for this role and for their constant guidance. I would also like to thank my fellow student council members for being supportive and meeting the high expectations that had been set for the student council.

Finally, I would like to wish my successors best of luck for their roles and hope that they take the college to new heights.

**Roshni Panda - Head Girl**



**Front (From Left To Right):** Dev, Roshni, Jessica, Amber, Alia, Priyena, Abhishek .  
**Back (From Left To Right):** Kata, Damien, Ryan, Katherine, Zain .



## INTERIM PREFECTS



**Sitting:** Shayaan, Ashlye, Ryan, Katherine, Genevieve, Nickhil  
**Middle Row:** Suhana, Ulaiyasi, Lynette, Shipali, Maria, Jennifer, Maeva'ata, Tisha, Adi Merewalesi, Mere, Yogeshni, Ren'ee, Divyashna  
**Back Row:** Isoa, Niko, Awaitia, Manasa, Sefa, Yash, Waisea, Yuvkesh  
**Absent:** Krishant, Isaia, Yushu, Tiana, Shreya, Avish, Yelin

## INTERIM HEAD PREFECTS



**Sitting:** (L-R) Suhana, Katherine  
**Standing:** (L-R) Isaia, Ryan

## YEAR 9 PREFECTS



**Sitting Left-Right:** Marsha, Gyeong, Krisha, Raina, Elizabeth  
**Standing:** (Left To Right) Ayush, Shiveel, Nathaniel, Ryan, Keith

## YEAR 10 PREFECTS



**Sitting Left-Right:** shruti, Cecilia, Priyanka, Taniya, Seugmin, Shanita  
**Standing:** Left-Right Auyush, Sharvesh, Prasheel, Raynesh, Kavitesh, Abdul

## YEAR 11 PREFECTS



**Sitting Left-Right:** Ashlye, Silvia, Tisha, Jennifer  
**Standing:** (Left To Right) Yuvkesh, Santosh, Isoa, Micheal

## YEAR 12 PREFECTS



**Sitting Left-Right:** meri, Mereini, Prishika, Alisi, Jiosifini, Tarlay  
**Standing Left-Right:** sakaia, Aisake, Aaron, Shamal, Acura

## YEAR 13 PREFECTS



**Sitting Left-Right:** Lusiana, Alisi, Manishika  
**Standing Left-Right:** Mataiasia, Anare, Jayzon

## SENIOR PREFECTS



**Backrow:** (L-R) Anushanth, Shanik, Vishanth, Ashnal, Shivnesh, Samisoni, Nathaneal, Callam, Tevita  
**Middle Row:** (L-R) Dwanyne, Vaarish, Saleniata, Adimarida, Vika, Doris, Saniana, Maryanne, Rikesh, Ritikesh, Manish  
**Sitting:** (L-R) Nuimai, Avisha, Prishal, Shakshi, Sheenal, Mereani, Shasna, Elizabeth

# TOPPERS 2018

## YEAR 9



**ZU LIU**  
Overall highest & Basic Science, English, Agriculture, Commerce, Office, Technology And Social Science



**Tailasa Bale**  
English



**Seungmin Paik**  
Mathematics



**Riha Rani**  
Home Economics



**Raynesh Charan**  
Office Technology & Commerce



**Rachel Ram**  
Office Technology



**Villimaina Bainivalu**  
Vosa Vaka Viti



**Shruti Kumar**  
Office Technology

## YEAR 10



**Yu Shu**  
Overall highest & Basic Science, Commercial Studies, Social Science, Basic Technology.



**Jethro**  
Mathematics



**John Guan**  
Basic Science



**Shreya Chand**  
English and Mathematics



**Suhana Jeet**  
Social Science



**Elizabeth**  
Vosa Vaka Viti



**Tisha Vinod**  
Office Technology



**Shyna**  
Agriculture



**Yuvkesh Naicker**  
Hindi

## YEAR 11



**Deepashna**  
Overall Highest & Biology Chemistry



**Dwayne**  
Physics & Technical Drawing



**Shakshi**  
Office Technology



**Tevita**  
Mathematics



**Priyana Mishra**  
English & Computer



**Niklesh**  
Applied Technology



**Nuimai**  
Home Economics



**Alia Cama**  
History & Economics



**Dev Kalavadia**  
Overall Highest  
& Mathematics



**Roshni Panda**  
Bology & English



**Heenal Smeeran**  
Biology & Chemistry



**Rahul Sharma**  
Physics & Technical  
Drawing



**Jessica Chen**  
Accounting



**Smrithi Rekha**  
Accounting



**Zain Ali**  
Economics



**Jayzon Requina**  
Office Technology



**Dawson Newton**  
Applied Technology



**Sinal Devi**  
Geography



**Sonali Shivani**  
Overall Highest & English



**Taichi Vakasama**  
Biology, Chemistry, Physics  
& Mathematics



**Kaitlyn Taylor**  
Office Technology



**Ashwindra Nath**  
History



**Priyanka Mishra**  
Economics



**Yash Kumaran**  
Applied Technology



**Lydia Atama**  
Geography



**Youvashni Narayan**  
Accounting



**Vikranth Gounder**  
Technical Drawing



**Priyanta Chetty**  
Computer



# Agricultural Science Department



**Standing: (L-R):** Petero, Jotika (HOD) & Roshlin.

*“The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you’re in control of your life. If you don’t, life controls you.”*

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.



# Office Technology & Computer Department



**Standing: (L-R):** Sharmila (HOD), Jaffreen, Vineeta C, Ashneil

## TECHNOLOGY TAKING OVER READING: IS IT GOOD OR BAD?

### WHAT IS THE EFFECT ON YOUNG YOUTH?

In the 21st century we are experiencing digital technological age. Technological blessings like the internet, smart boards, tablets and e-readers are reshaping our reading and learning habits entirely.

Technology is anything that enhances classroom learning. It is changing the ways we read and purchase books. Age of searching through dusty library shelves for books to find one piece of information is long gone. Now, one can access hundreds of resources on almost any subject with just a click of a button. Using a search engine to find specific information is much more practical and efficient. Technology had made everything fast and accessible.

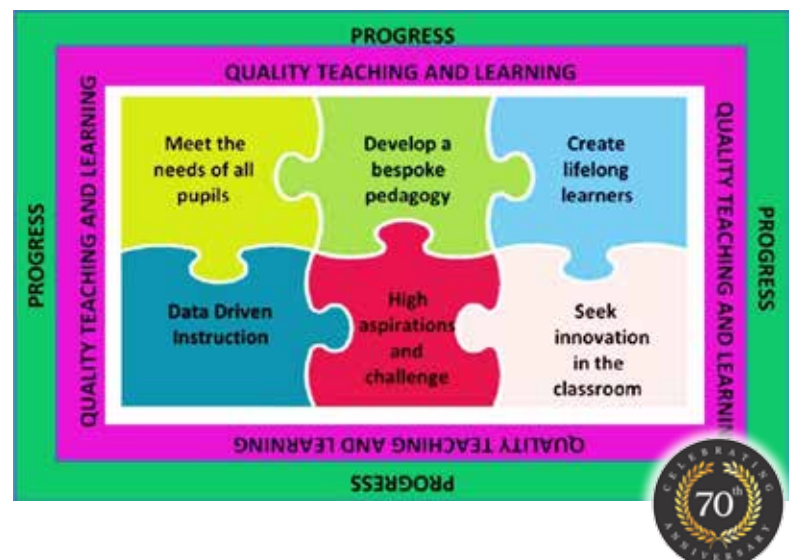
Technology has even changed the way we use libraries. Searching the shelves one by one, we can reserve the book you want online, before picking it up in person. This saves a lot of time.

Technology is also eliminating traditional classroom teaching and activities as in Swami Vivekananda College. Blackboards being replaced by smart boards. Other technological devices like projectors, computers, and television screens are also being used.

People tend to emphasize the bad much more than the good. Children are unable to solve situations on their own. Technology has also affected our kids' social skills.



*Technological blessings like the internet, smart boards, tablets and e-readers are reshaping our reading and learning habits entirely.*



# Commerce Department

## FINANCIAL EDUCATION SHOWS PATH OF SUCESSS TOWARDS OUR DAILY LIVING

**C**ommerce department is the axle of our admired institution. The subject of commerce staples the most dynamic integration of all of us towards the Social development, Economic Analysis and Reforms, Political adjustment and Financial Management as it mirrors the path for our economy growth and development where the students will be a major contributor.

Firstly, the department incorporated forums such as the Commerce Week which echoed the importance of prudent financial management along with creating investment smart plan interest among students at all levels. This alerts that our Savings and Investment is a vital component in the success principle on which the living standard is being measured. If the tender minds are taught the right mechanisms for investments; the department can change the earning and expenditure culture of our society, communities and personal commitments.

In addition, Financial Literacy Education amongst the students and teachers has given a material knowledge as how to plan the daily income and do a smart investment as to upgrade the living standard. As playing our role in the developing economy, Commerce Department is able to invest equally in education and let our economy grow sustainably. Financial goals will show us ways to manage personal finance. The objectives or guidelines towards financial investments plans includes start with goals, create a plan stick to your budget get out of debt and don't be afraid to ask for advice.

A smart consumer will share the risks involved in each investment, and help him or herself to find products that match their comfort level while helping themselves work towards achieving goals as quickly as possible. We must remember that financial investment is a long-term strategy towards building wealth. Inclusively Commerce Club has been playing an integral part in the Commercial education and activities at the college. Students were encouraged to participate in doing internal small business transactions where they brought items and products to sell and make money. Department has taken responsibility to give extra support to students who need special attention in commerce subjects and help them to prepare for the exams as to achieve their academic goals

Finally, commerce department has been playing a vital role in educating the students on financial literacy and providing students a challenging role to fit in the job market either it be domestic or international. Also the department is encouraging all individuals to accept progressive values for life achievement goals, and be committed towards long term financial plans.



### Sitting (L-R):

Vika, Samina, Geeta, Rachna, Muni Kanta, Krishnil.

### Standing:

Mahendra (HOD)

### Departmental Goals-2019

- Progress plans of child's money smart program.
- Investment plans for Year 9 &10.
- Financial education for life long support scheme
- Building healthier returns for our life in terms of money.

### DEPARTMENT TARGETS– 2019

- 100% Acedemic results.
- Develop deparment teachers socially , morally and educationally.
- Showing the path for future career in commerce for our students.
- Encouraging the students to attain maximum education in commerce at tertiary levels.
- Be a good labour out in the fields of commerce.



# Home Economics Department



GOOD HEALTH IS THE FOUNDATION OF HAPPINESS

People struggle most to find happiness if their health problems are interfering with their daily life. They have serious intentions of getting healthy but they become frustrated or life gets too busy. Either way, their health issues linger longer than they intend. Their happiness suffers.

With some simple lifestyle changes you can start to feel healthier and happier within days:

- Increase your fiber intake and easy on the treats especially sugary foods
- Be active to help improve your mood and bring a sense of greater self-esteem
- See the glass as full that your outlook on life may be a big factor in your health.
- Connect to be happier and more secure
- Give is the smallest acts of kindness can improve your mental health
- Be mindful to be positive to change the way you feel about life
- Get help so you do not have to struggle to be healthy



**Standing: (L-R):** Sophia, Rohin (HOD)





# Industrial Arts Department



**Standing: (L-R):**  
Sanjesh (HOD), Iliesa, Vishal

**I**ndustrial Arts Department is focused on the relevant skills needed for the job market. The ability to do a job well is becoming an important factor to private sector growth in Fiji. Economic reforms together with structural and technological change are bringing about new business opportunities and with them the demand for new skills. Hence, the department is looking into new and relevant skills that are needed to help increase productivity, job creation, and wages. The policy makers of the country are also coordinating strategies around skills training to guide students make informed decisions, timely and relevant.

In addition, the school adopts supports this view to skills training by incorporating literacy and numeracy to improve students general problem solving skills and the ability to work independently while communicating and collaborating at the same time. The objective of the department is to use new and relevant skills to stimulate productivity, job creation and wages which will eventually narrow the skills gaps.

The department would also like to convey this important message to all stakeholders that quality of skills are formed from early childhood, through education including appropriate training systems, and on and off the job in adult life, rather than merely education levels in schools. For these reasons all Industrial Arts student needs actively take part in repair/maintenance work carried out at home under proper supervision of parents and experts.

**INDUSTRIAL ARTS IS A PATHWAY TO INCREASE PRODUCTIVITY, JOB CREATION AND WAGES**





# Maths And Physics Department



## Standing: (L-R):

Vineeta, Manisha, Mala, Ronesh, Rajesh, Navneet, Vekash, Deepak, Anjani (HOD), Varsha, Rajneeta, Vinita.

To be numerate means to be competent, confident, and comfortable with one's judgements on whether to use mathematics in a particular situation and if so, what mathematics to use, how to do it, what degree of accuracy is appropriate, and what the answer means in relation to the context.

Given our interest in the wider concept of numeracy, the results of maths exams should not be the only indicator of numeracy levels.

Most academic exams test a narrow concept of what numeracy is and how it should be done.

Poor numeracy makes people's lives more difficult and is damaging to the economy and to wider society.

Negative attitudes towards numbers are widespread. People are happy to admit if they dislike maths and struggle with it, and this is a significant barrier to improving skills.



# Language Department



**Standing: (L-R):** Sheenal, Komal, Renal, Madhur, Sanjeshni (HOD), Kajal, Naomi, Maria, Sharon, Priya C, Ashna, Priya S, Laisa.

*“Literacy is one of the greatest gifts a person could receive” Jan Selinsky*

**M**y sincere and humble greetings to you all.

As the curtains of the academic year, 2019 draws to a close gradually, one may reminisce on the journey's experiences. Being part of a new and very dynamic team at SVC allowed me to take up the challenges with an open mind.

The department participated in various competitions this year. Shreya Chand of Year 11A took part in New Zealand Essay Competition and won the honorable award. In addition to this, sixty students participated in Poster competition organized by University of Fiji. It was a proud moment for the school to receive an outstanding award for the highest number of entries and cash prize as well. I take this opportunity to convey my appreciation to the respective institutions for the awards. Apart from these competitions, the department organized inter-form competitions as well. An oratory club has been formed to train students to improve their oral language skills and confidences.

My hearty appreciation to the school administrators for the professional support given to the department throughout the year.

I wish all the readers a very blessed Christmas and a successful New Year.



Language Department Kalavata for Fiji Day/ Teachers Day/ Children's Day



Students engrossed in learning during English Tutorial



# Science Department



**Standing: (L-R):** Rajneeta (HOD), Bhawini, Mala, Rahul, Wilashni, Somal, Senimili, Fanny

*“ The whole of Science is nothing more than the refinement of everyday thinking ”*  
- Albert Einstein

**N**ine teachers we started with  
To educate scientists of SVC.  
Filled with enthusiasm and sarcasm  
In Basic Science, Chemistry and Biology.

In Term 2 we farewelled Mrs. Rekha  
Who went on a different journey  
While the remaining educators continued  
Educating and preparing for CSSP.

The zone competitions were a success  
As we qualified for the finals  
The students geared up in preparations  
To succeed in the upcoming battles.

Term 3 saw the joining of Mrs. Repeka  
Who adopted the culture with ease.  
Our students did well in the finals  
And achieved the results of their zeal.

With exams around the corner  
We prepare with diligence  
Inquisitive minds of young scientists  
To achieve their dreams in the journey of science.





# Social Science Department



**Front line(L-R):** Kanta, Kajal, Madhur (HOD), Komal, Laisa, Ashna  
**Last line (L-R):** Diveshwar, Priya.S, Renal

*“The social sciences offer equal promise for improving human welfare; our lives can be greatly improved through a deeper understanding of individual and collective behaviour.”*

**S**ocial Sciences help explain the world in which we live. Much like science teaches children to observe the physical aspects of life, Social Sciences encourage children to open their minds to the many places humans live on this planet. Not only does the Social Science curriculum teach physical Geography, but as students learn about different places, they also become aware of the many cultural differences of the world’s populations through the study of sociology and anthropology.

Studying Social Sciences help students figure out their role in society as well as their place in history. By studying the past, students learn how institutions, traditions and ideals change as society modernizes. They also learn how cause and effect influence relationships between individuals, groups and nations. As students mature, the study of history gives them the chance to develop their research skills and the ability to think critically.

The Social Sciences curriculum also compares other types of government institutions found outside their own country. Civic education allows students to analyze foreign governments while at the same time developing an appreciation for the freedom accorded via Constitution.

Civic lessons cross interdisciplinary lines and are often a part of geography, history and social Science lessons in schools.



# PEMAC-Department

## ACADEMIC EXCELLENCE THROUGH SPORTS

For a long time, sports has been viewed as a way to stay healthy and in shape, but its importance goes much further. In fact, playing sports teaches discipline, responsibility, self-confidence, accountability and teamwork.

Studies have shown that exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulated creativity, and better developed problem-solving skills. In short, playing sports helps your brain grow and it makes it work better.

From a social standpoint, sports is a powerful tool that brings people together and creates a sense of community. They develop connections that brings together students from different backgrounds in school.

In addition, exercising is a great way to get out of the stressful life that is all about homework, presentations, and group projects. In fact, playing sports helps students relax and reduce anxiety. Health care professionals recommend physical activity as a key ingredient to any stress management activity.

The reason most students do not participate in sporting activities is that they feel lazy about it and do not have the energy for it. However, the belief that the intense exercise of sports will leave you exhausted has been proven wrong by research. Since exercise pumps more oxygen through your blood and makes your entire system more active, the benefits of playing sports actually include giving you more energy to accomplish everything else you need to do in order to manage your busy school schedule.

To sum up, playing sports in school has some serious benefits. Besides just being fun, sports can help students perform better in school, relax more and worry less, deal with setbacks, work better with others and increase energy – all of which helps students achieve better results in school and everything else in life.



**Standing: (L-R):** Tinku, Deepak (HOD)





# Our Teams



## Nadi Zone Winners



## HOCKEY





## SOCCER



## GIRLS SOCCER





**BOYS  
BASKETBALL**



**GIRLS  
BASKETBALL**



**RUGBY**



# NETBALL

## Our Teams



# SWIMMING



# 70th Anniversary Functions & Events



## Mother Language Week



## Prefects Induction





*Saraswati Pooja*

*Easter*



*Holi*



*IDADAIT Week*



# 70<sup>th</sup> Anniversary Functions & Events



*DEAR Program*

*Diwali*



*School Employment Exposure Program*



*Farewell of school staff*





## *Tooth Brushing Day*



## *Youth Conference*



## *Empowerment Drive*



# 70th Anniversary Functions & Events



## Fiji Day



## Teacher's Day



## Pinktober



## Children's Day





*Parents Day*



*Gender Meeting*



*FNU Visit*

*Health & Wellness*





# DYON

The Kaila! Design Your Own Newspaper (DYON) is a competition set up by the Fiji Times for all the high schools in Fiji, it is a great platform that encourages students to put their writing, photography and creative skills to a test. SVC's DYON entry for the year 2019 goes under the name 'Vivekananda Voice', it represents what a good newspaper should do; inform. The DYON club members really had to brainstorm to think of unique topics to write on and as well as consider the viability of a picture that would perfectly correspond with the article itself. Eventually the team was able to produce seven splendid articles along with an editorial, each on different topics. There was a lot of hard work put into completing Vivekananda Voice. The team would like to thank their Teacher-In -Charge Mrs. Ashna Singh for her continuous support. Next year the team plans on expanding SVC's DYON community, to build on what was done this year and to make something even more remarkable next year.



# Duke

Duke of Edinburgh Award concept is one of individual challenge. It presents to young people a balanced, non-competitive programme of voluntary activities which encourages personal discovery and growth, self-reliance, perseverance, responsibility to themselves and service to their community. Under this programme we as a group managed to visit places like a rural Kindergarten, rural communities and Wailoaloa beach to carry out our service to the community.







Cynthia Sharan receiving best actress award



## Reel of Twisted Fate

2019 Swami Vivekananda production "Twisted Fate" tells a story of a girl born to a wealthy family, Jenny is the unwanted first-born daughter of Sam and Lily who goes to great lengths to win her father's approval but never succeeds. School received two awards; best actress and best director. We are lucky lucky that the school provides such a platforms wherestudents can showcase their given talents.



Ifraz Ali receiving best director award





THE SCHOOL IS WORKING ON 3 COMPONENTS WITH NADI TOWN COUNCIL

- COMPONENT 1-RAISING ENVIRONMENTAL AWARENESS
- COMPONENT 2-SCHOOL COMPOSTING
- COMPONENT 3-RUBBISH SEPARATION AND RECYCLING.

**ROLE OF THE COMMITTEE**

- TO MAKE DECISIONS REGARDING THE PROPER DISPOSAL OF RUBBISH.
- COMMUNICATE WITH STUDENTS, TEACHERS AND ADMINISTRATION IN RELATION TO WASTE MANAGEMENT
- MONITORING AND SUPERVISION.

**ACHIEVEMENTS**

- ZERO BURNING
- CLEAN UP CAMPAIGN-WAILOALO BEACH
- COMPOUND BEUTIFICATION IN SCHOOL
- MAKING ORGANIC COMPOST
- PROPER RUBBISH SEPARATION IN SCHOOL.



# MODEL UNITED NATIONS (MUN) DEBATE COMPETITION



Model UN is a simulation of the UN General Assembly and its other multilateral bodies where students perform an ambassador role while debating topics such as gender equality, climate action, global health, and more. This year's debate was the 3rd edition which attracted wider interest from the western based schools. All this was possible as the organizers (Edupia Company) provided the cash awards with trophies, transportation, refreshments and lunch respectively. Here are some highlights of the 2019 debate competition.

**DATE:** 23RD MAY, 2019.  
**HOST:** SVC

**THEME:** HOW CAN THE REFUGEE ISSUES BE HANDLED?

## PARTICIPATING SCHOOLS

- SVC
- Natabua High School
- Xavier College
- SSKMC-Nadi
- Nadi Muslim College
- Maharishi Sanatan College
- Jasper Williams High School
- Korovuto College
- Lautoka Central College
- Saint Thomas –Lautoka
- Votualevu College
- Sabeto College
- Lautoka Andhra College
- Magodro Secondary
- Ratu Navula College
- Tilak High School
- Drasa Secondary School

## SVC's ACHIEVEMENTS

- BEST SCHOOL
- BEST RESOLUTION
- THIRD BEST DELEGATE

## DELEGATION SVC MUN 2019

1. Roshni Panda
2. Savik Chand
3. Reha Kumar
4. Shrutika Kumar
5. Jessica Chen
6. Abhisekh Prasad
7. Shreya Shyam

## CREDITS

- Min Paik
- Lindberg Requina
- Dutchy



## ISN –MUN CONFERENCE 2020

The SVC MUN Delegation will for the first time take part in the ISN MUN 2020 Conference. This will give the students even bigger platform to voice their concerns and understand the work of the United Nations. SVC delegation has already attended one of the training workshops which will aid us in preparing for the conference proper in 2020. The team wishes to thank the ISN Nadi coordinator for extending the invitation to SVC as well as the College administration for giving us this opportunity to work towards being global citizens.

## ISN MUN 2020 DELEGATION:

- Alia Cama-Year 12F
- Akash Year 9E
- Zufeng-Year 10F
- Su Min Park Year 10B
- Raynesh Charan-Year 10D
- Eprama-Year 10B
- Tanya Nand-Year 10D
- Harin Choi -Year 10C
- Akash Kumar-Year 9E
- Lena -Year 10A
- Savik Chand-Year 12D
- Reha Kumar -Year 12A

## Committee Members:

- Mrs.Madhur Lata
- Mr.Renal Sharma
- Mrs.Ashna Singh



# PARENTS RESPONSIBILITY TOWARDS THEIR CHILDREN

## SKILLS THAT CHILDREN ESPECIALLY LEARN FROM FATHERS ARE



I think it is pretty safe to say that parents have the biggest and most vital role in the education of a child. Education does not only mean studies. Education encompasses manners, etiquette, manner of speaking, kindness, love, dealing with problems of all kinds, the ability to think.

The environment a child inhabits and learns from, that is provided by the parents. What the child finally becomes as an adult is almost entirely dependent on that environment; and it is the parents who are responsible for providing that environment.

The following are some of the responsibilities a parent has towards the education of their children: Spend time with their kids, encourage and support their child, love and care about their child, parents must meet their children's basic needs for food, clothing, housing, medical care and education.

Therefore, it is the parent's sole responsibility to establish the behavioral expectations and boundaries for the child before he/she interacts with people outside the home. Parents MUST take a proactive approach and role in the learning of their children from birth to school age.

Adleen Kumar

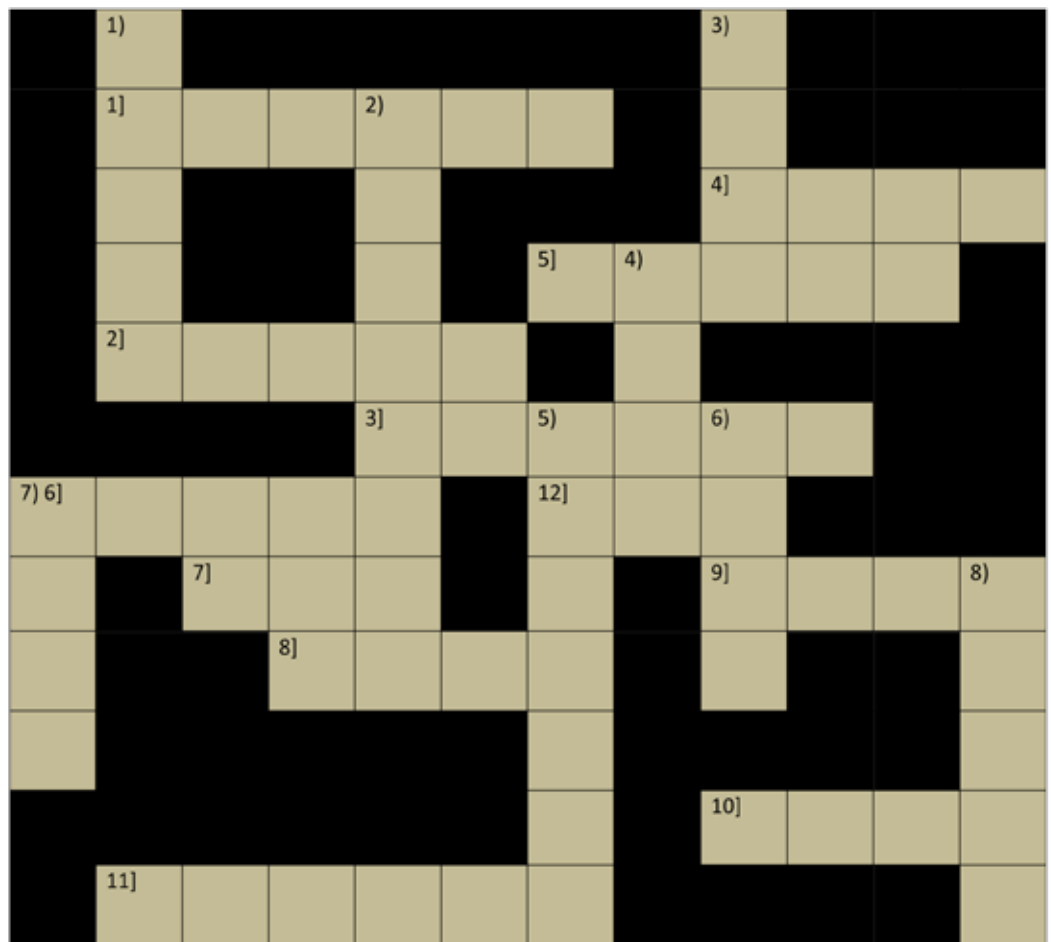
## CROSS WORD PUZZLE

### HORIZONTALS

1. Big boss of SVC
2. When it stops, you die
3. HOD of Maths
4. Form teacher of 10B
5. What you do during DEAW programme
6. Reason you are coming to school
7. Highschool defending swimming champions for the past 4 years
8. Same aged group students
9. Daily duty of form prefects
10. Most common boy's uniform in SVC
11. Most AWAITED day of the week
12.  $(270+310 \times 0) \times (-1)0 = ?$

### VERTICALS

1. People have on celebrities
2. Where Swami Ji statue located in
3. Jet set town
4. Interim Head boy in 2019
5. Begins with a single step
6. Nickname for smart people
7. Awakening the OOOO within you
8. What you visualize during meditation



# Gender Equality

The issue of gender equality has been generally examined in philosophical literature and broad communications sources. In any popularity based society, sexual orientation equity is viewed as a significant good rule that ought to be trailed by all individuals from society. Looking into moral hypotheses, it is conceivable to apply the centre standards of every one of the speculations to the issue of sex balance so as to recognize the moral hypothesis that gives the most attractive good response to the issue and the moral hypothesis that gives the least agreeable response to the issue of sexual orientation correspondence. There are a few moral speculations that could be utilized to answer the issue of sex correspondence. The three speculations that will be examined in this paper incorporate utilitarianism, prudence morals, and women's activist hypothesis. Thinking about the key standards of these moral speculations, it is conceivable to distinguish the most dominant hypothesis that could be utilized to deal with the issue of gender equality. Proposition explanation: Feminine hypothesis catches essential good bits of knowledge in connection to sexual orientation correspondence since it features the need to address ladies' rights, giving rules to profound quality and moral consistency. This hypothesis is the most agreeable good response to the issue of gender equality, contrasting and utilitarianism and virtue ethics.

The issue of equality, particularly gender equality, is a significant moral issue that requires appropriate examination so as to discover arrangements. The issue of gender equality is related with human qualities and the socially built procedure of creating esteems in people. Also, the issue of gender equality joined with the development of social developments may result in the advancement of sex correspondence at the worldwide dimension. As indicated by Cady Stanton (2007), numerous associations are centered on the advancement of ladies' rights. Besides, the immensity of the issue of sexual orientation balance is reflected in ordinary circumstances. Gender equality is related with various sex job frames of mind and spot accentuation on the need to deal with this issue in a legitimate manner. Gender equality can be found at home, at work and even in schools. These expressions demonstrate the presence of generalizations brought about by gender equality: "You only a lady with a little cerebrum" or "On the off chance that I take you on, you don't utter a word, you don't address me ... in light of the fact that you are a young lady" (d snook). Also, different female generalizations displayed in Disney Films show ladies various things that are related with sexual orientation imbalance. For instance, in Beauty and the Beast, young ladies are educated to acknowledge that men are prevailing seeing someone.

There are the two qualities and shortcomings, which can be distinguished for every one of the moral speculations as connected to the issue of gender equality. So as to distinguish the moral hypothesis that gives the most acceptable good response to the issue, it is important to allude to the qualities of the moral speculations talked about in the past segment of the paper. To begin with, the qualities of utilitarianism incorporate two significant attributes of the hypothesis. To begin with, utilitarianism is "a solitary guideline, an outright framework with a potential response for each circumstance" (Pojman). Second, this hypothesis "appears to get to the substance of morality" (Pojman). These qualities are centered on the helpfulness of activities as righteousness morals has its qualities. The qualities of temperance morals incorporate the noteworthiness of individual honesty. The real quality of ethicalness morals is that it gives a chance to people to decide. Besides, goodness morals is firmly associated with down to earth morals, strengthening the self-sufficiency of people.

In addition, ladylike morals has its qualities in connection to various issues. The essential standards of women's activist morals incorporate the advancement of the attributes and qualities that are attached to ladies. The quality of a female way to deal with morals incorporates the impression of ladies' encounters. This moral hypothesis is gone for putting the plan of freedom, freedom, and correspondence in the bleeding edge (Jaggar). Along these lines, it is conceivable to distinguish the hypothesis that is superior to anything others on account of gender equality correspondence is a ladylike hypothesis. This moral hypothesis clarifies the need of the battle for equivalent rights in the working environment, at home, and in other open spots. This hypothesis advances the expanded job of assorted variety in human culture. Women's activist methodology is the most palatable good response to the issue of sexual orientation fairness as a result of promoter's changes in human culture dependent on the interests of ladies. Ladies' rights in various areas ought to be equivalent to men's rights.

So as to distinguish the moral hypothesis that gives the least palatable response to the issue of gender equality, it is important to allude to the shortcomings of moral speculations. The significant shortcoming of utilitarianism as connected to the origination of equity is that it is centered on specific rights and commitments and decent amounts of assets. The shortcoming of prudence morals is that this hypothesis isn't arranged to rule based morals. Righteousness morals may make certain social issues (Louden). The shortcoming of ladylike hypothesis is centered on the way that it manages mistreatment and segregation of ladies. Contemplating the shortcomings of the moral speculations examined in the paper, it is conceivable to recognize the moral hypothesis that gives the least tasteful response to the issue of gender equality. Virtue ethics is an ethical theory that may praise some virtues that are considered to be immoral. Besides, virtue ethics does not involve fundamental concepts, such as duty, obligation, and rights. As a result, this theory cannot deal in a proper way with some significant issues. Virtue ethics does not highlight the role of what makes the act or behaviour right and what makes it wrong. According to Louden, virtue ethics is dependent on the final end which influences human lives, but it may not be virtuous. The issue of equality requires promoting moral principles in relation to women.

Thus, it is necessary to conclude that ethical theories can be applied to different issues of public concern, including the issue of gender equality. The feminine theory is focused on basic moral insights in relation to gender equality because it highlights the necessity to handle discrimination of women, providing guidelines for morality and ethical consistency. This theory is considered to be the most satisfactory moral answer to the issue of gender equality, comparing with utilitarianism and virtue ethics.



# Kula Art

# At Midnight



One full moon night, the night was far advanced, even ghosts fell asleep, and all the small naughty elves came out without anyone seeing. The elves wearing tiny jumpsuit just like their short legs with moon-shiny hat on their small tiny heads had forgotten to look around whether anybody was still awake since they were so excited to fly lanterns. After a long while, when most of their lanterns were flying away, the girl who had been sleeping on her desk was woke up due to its bright light. The elves lost their heads and ran around to find somewhere to hide them in a hurry. Behind a laptop, a coke

can, a pen holder, and a teddy doll. One little elf in his hurry forgot his shiny hat in front of the girl and hid behind a clear water jar. They all covered their faces and bent themselves low not to be seen. In spite of their effort, they were reflected on the window mirror clearly because of their shiny hats. She would wake from sleep soon but little kids yet hadn't noticed themselves on the window. I am afraid what would happen when she wakes up.

Have you ever suddenly woken up when you were sleeping on study table feeling tired? Sometimes I have and I imagine silly that an elf or a fairy woke me up. Early morning moon yawning, my dreaming mind leads me to an imaginary world. Even though I know that it is just a childish thought, I smile thinking 'perhaps.. .' and 'I wish so.' coming back to face reality. When we think about busy, stressful and tiring reality it comes up 'I want to go back to that time'. That time when you got praised just by innocent smile and loved by fantastic idea.

In my painting, the girls waking up the one you are looking at now. She is sleeping uncomfortably and tired of her pressing everyday life. Slovenly hiding elves are half-forgotten child's heart you have. Just like the hid elves are reflected being seen, I would seem a little girl very clearly though I assume mature. The reason for that background is night, and night time is the best to be alone and active since only 'I' am keep awake and nobody bothers me. Whatever I think, draw, paint or write, I am alone so I could concentrate on it. Flying paper lantern is one of what I wanted to do someday but I couldn't do still lingering. If somebody asks me to do now, I will say no once 'It's too childish' but get one and fly it with my wishes.

If somebody asks me why I chose this childish topic then I would answer that we shouldn't forget that childlike mind and memories. We are working hard and busy enough and have qualified to look back and relax. It is said generally whatever you do, you need to take a good rest.

I enjoyed painting this. I had a good resting time by browsing my old diaries and letters to get some information.

I want to ask you. Do you have warm memories that make you smile, too?

**DONE BY: Seungmin Paik**



Seungmin Paik with her Art work



Mr. Diveshwar Prasad (Teacher In-charge, Krisha Khatri, Lindberg John Gonzales Requin, Principal Mr. Rajesh Krishna, Seungmin Paik, Seung Ji Paik, YoungEun Cho



Seungmin Paik Won the Best Painting Award in the Fiji Link Kula Art Award 2019. Sungmin Paik with the Teacher Incharge Master Diveshwar Prasad.

# Commerce Week



## Financial Literacy Week

**Theme:** Financial Knowledge for Life Long Learning and Your Money Matters

Commerce Week was successfully organised in Week 7 of Term 2 from 17th to 21st of June 2019.

### Debate

- Debate for Year 11's was organised on the topic: Government Policies Implemented to Increase Economic Growth.
- Debate for Year 12's was organised on the topic National Budget 2019 – 2020.
- Debate for Year 13's was organised on the topic: Economic Effects of Climate Change Sustainability
- Prizes and certificates were organised.

### Market Day

- 26 stalls were arranged for the sellers (One stall per form).
- Venue – Area in front of the Library.
- Almost all forms participated actively with wide variety of baked food items, pastries, fruits, handicrafts, and jewelries.

### Financial Literacy Display

All forms took part in Financial Literacy Display competition.



# Year 9A



**Front-row(L-R):** Bridget, Ramit, Semi, Joseph, Elizabeth (Year Prefect), Mrs Vinita Lata ( Year Teacher), Keith (Year Prefect), Ilaisa, Rishikesh, Rishika  
**Middle-row(L-R):** Ashwini, Jada,Katarina, Taina, Debra, Lanietta, Asena, Ayesha, Ballina, Teresia, Sereana , Juliet , Shriya  
**Back-row(L-R):** Riya S, Tanisha, Myrtle, Luisa, Mereseini L, Darshana , Prishika, Jade, Meredani, Riya P, Merewalesi, Kesaia, Riya K, Sandra, Delicia



## Global Warming

Global warming, global warming  
 A real concern for all  
 With humans out polluting  
 Creating problems for all

Global warming, global warming  
 Trees disappearing like flash  
 Forest burning, Earth warming  
 Turning into ash

Global warming, global warming  
 Can be reduced  
 Try afforestation and stop the burning  
 Why are you confused?

Global warming, global warming  
 People! Get your minds together now  
 Pay heed to the warning  
 And discuss the questions – How...?

**By: Ayesha, Bridget, Rishikesh, Delicia**







**Front-row(L-R):** Paulini, Nevedita, Laniana, Bilqis, Krisha (Year Prefect) , Mrs. Fanny Taukave ( Year Teacher), Nathaniel (Year Prefect), Ifraz, Nivaan, Peceli, Peni.  
**Middle-row(L-R):** Sophia, Krishant, Ayush, Daniel, Navneel, Ittai, Hamzah, Hudson, Aaron, Wesley, Zephaniah, James, Luisa, Seunji.  
**Back-row(L-R):** Dilitia, Raksha , Setaita, Kaseti, Jiya, Mereani, Elizabeth, Anushika, Victoria, Julene, Tamarisi, Priyanka, Bulou, Raina, Makelesi



## RIDDLES:

Why do we drink water? – because we cannot eat it.  
 Who said English is easy? Fill the blanks with “yes” or “no”:  
 (i) \_\_\_\_\_ I don’t have a brain.  
 (ii) \_\_\_\_\_ I don’t have sense.  
 (iii) \_\_\_\_\_ I am stupid.

By Krisha Khatri 9B.

## QUOTES:

There is no elevator to success, you have to take the stairs.  
 The beautiful thing about learning is that no one can take it away from you.  
 Think left, think right, think low, think high – Oh! The things you can think up if only YOU TRY!

By Elizabeth Moceacagi





*Before*



Swami Vivekananda College formally known as Shri Vivekananda High School was the brainchild of Swami Rudrananda, Mr. A. D Patel and Kappuswami. In 1939, Swami Rudranandaji was sent to Fiji by the Ramakrishna Mission Headquarters in India, Shri Vivekananda High School Humbly opened its doors to 19 student in one classroom on the 9<sup>th</sup> of march 1949, the date which coincided with the birth of Shri Ramakrishna. Over the decades the school has grown immensely. Now the school has 27 classrooms, library, 12 specialized labs, Conference room, lecture room, Canteen, music room, GYM, Server room, Auditorium, Universal Meditation Center and a total of 912 students.

**"ARISE! AWAKE! AND STOP NOT TILL THE GOAL IS REACHED"**





Staffroom



Students Meditating in Meditation Center



Auditorium



Universal Meditation Center



ICT Lab



Front Building



55" TV Screens Installed In Classroom



Main Building Frontage



Canteen



Swami Vivekananda College

Launching of mVuli an online curriculum for students all over Fiji.

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ONLINE CURRICULUM FOR FIJIANS

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COMPUTERS

# Year 9C



**Front-row(L-R):** Ashneeta, Salanieta, Mereani, Ryan (Year Prefect), Miss Kajal (Year Teacher), Marsha (Year Prefect), Mererai, Mareta, Nitika.  
**Middle-row(L-R):** Raynald, Tamarisi, Vikaili, Mereula, Neli, Cornell, Cristiana, Julia, Zara, Susana, Shamiya, Akanisi, Faiza, Riya, Sailosi  
**Back-row(L-R):** Epeli, Po'oi, Daniel, Simione, Kolinio, Zenti, Zechariah, Semesa, Rachit, Aveshal, Necani, Roshil



## BELIEVE IN YOURSELF

For some, swimming is just a sport but for me it's a way of life. My body and my mind benefit from swimming as it requires not only physical fitness, but also self-belief, discipline and commitment. I find that one of the biggest challenges for me is when I am training or competing, I get tired and weary before the end of the event. At that point I can be my own worst enemy when I feel like giving up or slowing down. That's why I need to be able to conquer my mind, believe in myself and be true to my goals. Without commitment, self-belief and discipline, you cannot be successful in swimming. Hard work is worthless for those that don't believe in themselves.

**By: Zenti**





**Front-row(L-R):** Sainiana, Seinvilili, Challote, Ayush (Year Prefect), Mr. Renal Sharma –(Year Teacher), Yeon (Year Prefect), Timaima, Mere, Ana  
**Middle-row(L-R):** Joeli, Tanish, Ayanth, Vivek, William, Govind, Adi Vani, Shreya, Akisi, Neell, Avishal, Haimish, Ayush, Darrel  
**Back-row(L-R):** Edwin, Viknald, Shivaan, Deepak, Sulou, Josaia, Krishal, Krishneel, Rishab, Saheel, Ethan, Varunesh, Aryan



## CIVIC PRIDE IS MY PRIDE

Civic pride means different things to different people. It could be as simple as sweeping a sidewalk, volunteering for a local organization, discouraging litter and graffiti, buying a box of Persians to share with friends and saying no to negative comments. It's about recognizing traditions and what makes the community unique, and working together to make it better.

On a higher level, civic pride is a part of many city departments, encompassing active transportation, progressive urban design, the overall branding of the city, historic preservation and city planning. A well-designed city fosters community and neighbourhood development.

A concerted effort needs to be made from a municipal level so that people in the community understand the value of civic pride and how it can benefit the entire city.

When individuals feel a strong sense of civic pride, amazing things happen. They have a drive to take action to improve or support the well-being of the community. Civic pride results in individual responsibility, community improvement and self-sufficiency.

**By: Sainiana Voli**



# Year 9E



**Front-row(L-R):** Natasha, Jaanvi, Navdurgeshni, Shiveel(Year Prefect), Mrs. Vineeta Chand (Year Teacher), Raina (Year Prefect) Litiana, Vidhi, Nalin

**Middle-row(L-R):** Priyaashna, Anisha, Salome, Palvi, Agnes, Deeshika, Barbra, Munisha, Filomena, Repeka, Naomi, Shasmeen, Neha, Aradhna

**Back-row (L-R):** Jonasa, Seremaia, Karan Philimoni, Dev, Tukana, Jeseffa, Peniasi, Devishek, Isoa, Akash, Anish



## IMPORTANCE OF MULTICULTURALISM

Ignorance of our fellow man is, perhaps, the most important challenge facing humanity. Without the intervention of differences, humans cannot appreciate what each of us has in common. Only then can we work towards a truly egalitarian world.

Multiculturalism is important because it dilutes and dissipates the divisiveness of ignorance. It is important because it encourages dialogue, often between radically different cultures that have radically different perspectives. It is important because it softens the indifference of tolerance, and embraces it with the genuine humanity of acceptance. It is a bridge between the division of tolerance and acceptance.

Differences aside, human beings, regardless of their specific culture of origin, strive to provide the best they can for their family and to live in a peaceful and harmonious world as possible. These two goals unite us all. Multiculturalism makes the ideal and altruistic notion of loving our fellow man a tangible possibility, rather than a nebulous philosophical concept.

**Anisha**

I look around  
I see my beautiful Fiji  
And again I am proud to be  
The Fijian I am

I go to town  
And I'm solely let down  
To see the people suffering from poverty  
Beg for money  
In front of you and me

I see the struggle  
I feel the pain  
And yet that is the reality  
Of today

Let us stand together  
In developing our country  
Fighting crime, drugs and poverty  
Hand in hand  
Side by side  
Better than ever  
My Fiji forever

Matila Leah

## JOKES

- Chocolate comes from cocoa, which makes it a plant... so chocolate is a salad!
- OMG, I have finally discovered what's wrong with my brain: on the left side, there is nothing right and on the right side, there is nothing left!
- What if the Algebra teachers are really pirates and are using us to find the 'X'!
- Our phones fall, we panic. Our friends fall, we laugh.
- Human logic: cut the trees, made paper with them and write "SAVE THE TREES"
- Where does all my money go?? – its like hocus pocus, I'm brokus.

Krishna

- A Blonde girl enters a store that sells curtains. She asks the salesman if she could have pink curtains for her computer. The surprised salesman replies, "but madam, computers do not need curtains" to which the blonde girl replies, "Helloooo, I've got windows!"
- A: why are you crying?  
B: the elephant is dead.  
A: was he your pet?  
B: no, but I'm the one who must dig his grave.

Nathaniel

Road accidents are the leading cause of death by injury and the tenth leading cause of death globally.

It's the developing countries that bear a large share of the burden and because road traffic injuries affect mainly males between 19 and 44 years old, this burden creates economic hardships due to the loss of family breadwinners.

Road traffic injuries are predictable and preventable, but good data are important to understand the ways in which road safety interventions and technology can be successfully transferred from developed countries where they have been proven effective.

Some prevention interventions include managing risk exposure with land use as there is rapid motorization, coupled with poor road conditions, rapid population growth, lack of safety features in cars, crowded roads, poor road maintenance and lack of police enforcement. Improving public transportation systems can also reduce exposure. Planning and designing roads for safety as well as designing visible, crashworthy, smart vehicles are also ways to help prevent road accidents. But the basics are still just as important – know your road safety rules and buckle up. The latter is often ignored and could help save lives if enforced more. As a simple saying goes: "It is always better late than never arriving at all."

Nathaniel

## IMPORTANCE OF RECYCLING

Recycling is one of the best ways for you to have a positive impact on the world in which we live. Recycling is important to both the natural environment and us. We must act fast as the amount of waste we create is increasing all the time.

The amount of rubbish we create is constantly increasing because:

- Increasing wealth means that people are buying more products and ultimately creating more waste.
- New packaging and technological products are being developed, much of these products contain materials that are not biodegradable.
- New lifestyle changes, such as eating fast food, means that we create additional waste that isn't biodegradable.
- Harmful chemicals and greenhouse gasses are released from rubbish in landfill sites. Recycling helps to reduce the pollution caused by waste.
- Habitat destruction and global warming are some of the effects caused by deforestation.
- Recycling reduces the need for raw materials so that the rainforests can be preserved.

Huge amounts of energy are used when making products from raw materials. Recycling requires much less energy and therefore, helps to preserve natural resources.

Akash



# Year 10A



**Front-row(L-R):** Abednego, Dev, Krishal, Melvinesh, Sharvesh (Year Prefect), Miss Komal Devi (Year Teacher), Denziel, Rahil, Lepani, Ratu Epeli, Nikhil  
**Middle-row(L-R):** Nikita, Neha, Youngeun, Asena, Noellani, Timaima, Farisha, Lilian, Maraia, Gabrielle, Sereana, Naomi, Astha, Lusiana  
**Back-row(L-R):** Miheer, Tailasa, Esala, Kitone, Alvish, Iliesa, Steven, Epeli Ledua, Mukanepau, Pranav, Edward, Nacaneli



## 10A TOUR

Caroline the "PRINCESS"  
 Esala's "ABSENTEEISM"  
 Lusi & Naomi the "short story FREAKS"  
 Denziel & Naca like "making teachers MAD"  
 While Steven & Muka sleep like "BABIES"  
 Tyler and Noellani the "BOSO"  
 The "TWIN" Epeli's, make perfect "MONKEY ZOO"  
 Neha and Astha the "makeup queen"  
 And Dev and Abednego the "master Chefs"  
 Watch Out for Timaima and Sereana, "KITKAT" is the proof  
 Iliesa & Edward the "SAVUSAVU" boys  
 While Pranav & Melvin choose "SOCCER" as their choice,  
 Kitone & Lepani their "P.E" stubborn  
 And Nikita whose "ACCIDENTS" are current,  
 Nikhil, Lena & Leslie are the "silent ones"  
 Farisha and Alvish as "REPUNZEL"  
 While Rahil & Krishal are the "TEACHERS PETS",  
 Miheer the "UNTUCKED MAN",  
 Asena & Maraia the "NADRO BAND"  
 Tailasa the "ARTIST"  
 Lilian and Gabby the "BASKETBALL CHAMPS"  
 Not forgetting our "HARWORKING PREFECTS" Cecilia & Sharvesh and  
 The "ZOOKEEPER" Ms Devi.







**Front-row(L-R):** Elama, Tekake, Lindberg, Kavitesh(Year Prefect), Miss Sheenal (Year Teacher), Seungmin(Year Prefect), Ema, Ishika, Riha  
**Middle-row(L-R):** Joape, Selena, Shania, Meresiana, Josephine, Adi K., Talei, Adi V., Lotaini, Alivani, Neha  
**Back-row(L-R):** Sekonaia, Kwan, Jone, Jese, Eparama, Pene, Elijah, Pio, Penaia, Usaia, Waisale



## The world of numeracy

A world of Numeracy!  
 A world of Numbers!  
 A world of Mathemagic!  
 I find numeracy very surprising  
 Numeracy is all to deal with numbers

What can we do with numbers?  
 You can turn them into pieces and squares,  
 And into irregular rings  
 You can split them into piles,  
 You can give them funny names,  
 You can make them into puzzles  
 You can put them into games  
 You can add on them forever  
 You can make them smaller than small or bigger than big.  
 In fact, you can do, with a number or two

Numeracy is not hard but fun; we should know the basics of

Numeracy as it will opens a lot of wonderful doors in future, and always remember that we live in a world of numeracy

**SHANIA**

# Year 10C



**Front-row(L-R):** Apisai, Supriay, Atelini, Akanisi, Abdul (Year Prefect) , Mrs. Roshlin Prasad (Year Teacher), Shanita (Year Prefect), Alevina, Harin, Riya, Krishal  
**Middle-row(L-R):** Josifini, Elizabeth, Isabella, Patricia, Shruti, Avini, Grace, Makirina, Alanieta, Danelle, Deborah, Alisha  
**Back-row(L-R):** Manasa, Tevita, Melvin, Josaiha, Shahil, Charlie, Nuinui, Joji, Mosese, Savenaca, Joseva, Aryan, Peni, Aayush



## BEAUTIFUL COLLEGE!

(**ABDUL FARHAN, SHANITA PRASAD**) -Best experience in SVC. (**ELIZABETH**) - I can't put my feelings for SVC into words. (**SHAHIL**) - I love this place.(**PENI**)- It was an honour to be a part of this institution.(**AVINI**) - Thank you.(**JOJI**) - It was a different experience.(**ISABELLA**)- SVC has gifted me many wonderful experiences. (**NUINUI**) - SVC gave me good experiences. (**SHRUTI**) - SVC will always be special. (**KARLA**) Never - ending experiences to learn. (**DANELLE**) -A different feeling about the college .(**JOSAIHA**)- SVC gave me a lot of memories with my friends .(**RIYA**)-Thank you SVC for giving me beautiful moments in life. (**GRACE**) - Good moments of life. (**ALISHA**)Big thanks to my teachers and friends. (**MAKIRINA**) - I got lots of sweet moments to cherish. (**SUPRIYA**) - It was a different experience. (**TEVITA**)- Best experiences. (**ARYAN**)- Days in SVC is colorful .(**APISAI**)- I love this place. (**PATRICIA**) - I have changed alot. (**AKANISI**)- Thankful to SVC for giving great opportunities .(**JOSIFINI**)- SVC a place of hope .(**DEBORAH**) -Thank you SVC for giving me an opportunity to study here.(**ATELINI**) - SVC gave me a lot of good memories and experiences(**ALEVINA**) - I just want to say, "Thank You" for the memories.(**ALANIETA**) -A place that helped me to grow. (**HERIN**)- SVC has moulded me. (**JOJI**) - Beauty which captures the heart .(**MELVIN**)- A better person. (**JOSEFA**)- SVC is my second home.(**AAYUSH**) - The place which transformed my life into something wonderful. (**PAULIASI**) - Peaceful atmosphere.(**CHARLIE**) - Happiness, strengths and talents within me.( **KRISHNIL**)- personal and professional learning.( **MANASA**) - Helped me to grow .(**SAVENACA**)- I should thank SVC for giving me beautiful memories. ( **KRISHAL**)- It was a wonderful experience.



**Front-row(L-R):** Dilan, Manvi, Jashika, Taniya (Year Prefect), Ms Rachna Chand (Year Teacher), Raynesh (Year Prefect), Felicia, Rachel, Dhruv.  
**Middle-row(L-R):** Diya, Adi Laite, Milika, Siteri K, Siteri N, Mereani, Mere, Melaia, Eleni.  
**Back-row(L-R):** Ratu Meli, Viliame, Sevuloni, Ronish, Alok, Isoa, Basilio.



## 10D FORM DESCRIPTION

The Kingdom of 10D is a rich and prosperous kingdom, filled with loyal and hardworking citizens. 10D is governed by their Queen RACHNA CHAND .The queen is strict and fair but she’s very busy. Whenever she’s gone the kingdom is ruled by the intelligent prince RAYNESH and the warrior princess TANIYA .MILIKA, the royal translator always teaches the royals new words and never forgets to chew on a pack of gum. The prince’s royal advisor is DHRUUV, he’s more talk than action. The princess’s royal advisor is RACHEL, she is extremely hardworking and helpful .MANVI CHETTY, the kingdoms tattletale, loves to report everything to the royals, she honours justice. The queen also has a third adopted child, SITERI KURU, she’s the drama queen of the kingdom. The kingdoms army is led by two assassins, DILAN and DIYA. Diya is the fearless unicorn lover who talks too much and Dilan is the innocent one so everyone believes. The kingdom has many royal knights. FELICIA is a very reliable and hardworking knight. RONISH and MARK are very powerful knights, they love taking trips to the washroom, Mark is the queens favorites. VILLIAME is the knight of incomplete notes. RATU MELI the darkest knight, is loud and playful but he’s mostly sleeping. The last knight is SITERI NAKUBU, she can never crack a joke. Our kingdom’s magical department is headed by the Wizard BASILIO, he has been cursed with the loudest laugh of the kingdom. The head witch is MEREANI, she’s shy but full of surprises and dark secrets. ADI is the witch’s bored apprentice. The most popular person in the kingdom is ISOA, the Prince of Kadavu. MERE is the kingdoms artist, PHILLIP is the kingdoms musician. JASHIKA is the royal dresser a.k.a ‘pillow’. The hairdresser is MELAIA. ELENI is the kingdoms cleaner who always volunteers to clean. SULUANA is the kingdoms athlete. ALOKH loves to scratch his head (he is always lost in his own world). SEVULONI is the silent one.



# Year 10E



**Front-row(L-R):** Monil, Luke, Atama, Priyanka (Year Captain), Mrs Ashna Singh (Year Teacher) , Prasheel (Year Captain), Ritik, Samir Adil, Eric, Pranav  
**Middle-row(L-R):** Sophie, Karina, Simran, Alinda, Illaisa Russ , Joeli, Viliame, Tomasi, Asheriya, Angeline, Samantha, Natasha  
**Back-row(L-R)** Shiwanka, Rose, Lavenia, Trinity, Joan, Heather, Litia, Saini, Sheekha, Tuliana, Marisela, Vasiti

## 3R AWARENESS

The hard fact of today's world is that global warming and deforestation are taking their toll on the health of our planet. Garbage build ups and energy consumption created from the purchasing of new products is a major contributor to global warming. It is better to buy a green product than not, but buying nothing at all is better than buying green.

## DRUGS AWARENESS

We live in a world where addiction is as much a trend as a disease. Statistics show that death by overdose has been steadily increasing. By raising drug abuse awareness and backing it with irrefutable facts, we can fight this statistic through the implementation of prevention programs for impressionable kids and teens.

## ABOUT 10E

Everyone learns every day in 10E. Year 10E is under Mrs. Ashna Singh, she has always been performing her role as a teacher and has always been supportive to the students. The students of year 10E has always been working together as a team whether it would be extracurricular activities or any academic work.





**Front-row(L-R):** Sachal, Angel, Aayush(Prefect), Mrs Priya Singh (Year Teacher), Shruti (Prefect), Bharti, Shivaeka  
**Middle-row(L-R):** Alisi, Rusila, Salaseini, Remivani, Crystal, Jeshlyn, Zu Feng, Divya, Nainshika  
**Back-row(L-R):** Sailosi, Ranish, Ratu Nailatikau, Simone, Sakiusa, Ishaan, Yankai, Sukuri



Teachers are the instruction  
Notes are the tools  
Test paper is the battle field  
Pen is the warrior  
Question is the enemy  
Answer is the bullet  
Error is a bomb  
Marks are the points  
Is Education similar to Video games?

*Dyvia*



# A Teachers Promise

Each and every day I show up in their classrooms,  
with a relentless sense of optimism.

To deliver my best and create a sense of realisation,  
mould and motivate each individual to be a good citizen.  
To love each other and their country showing patriotism

Despite the complicated challenges of schools,  
I come to and remain in the profession  
inspired by a conviction  
that through education I can move individuals  
to a more promising future and get rid  
of unnecessary addiction

With a promise a fend  
Never will I betray the trust  
of a student  
No matter what the situation  
be I will stand with you till the end.

*Mrs. Priya Chand*

## J KES

- Teacher:** why are you sleeping in class?  
**Student:** because your voice is so sweet.  
**Teacher:** then why are the others not sleeping?  
**Student:** because they are not listening to you ma'am.
- Why do plants hate maths?** – because it gives them square roots!
- “Dear Maths, please grow up and solve your own problems, I’m tired of solving them for you.”**
- SCHOOL LIFE:** most irritating moments – my morning alarm, most difficult task – getting ready, most dreadful journey – my way to class, most lovely time – meeting my friends, most tragic moments – surprise test in 1st Period, most wonderful news – TEACHER IS ABSENT ?



Elizabeth

# SCHOOL LIFE

School is a daily routine for us.  
In the morning, we're sure to make a fuss.  
Even when the sun is still not up,  
Here we are, awake at 6am sharp.

We feel that school is such a bore.  
We feel that school is such a chore.  
Parents say, "School's great! Now, go!"  
We say, "Well, what do you know?"

Late a minute and we have to run.  
Eyes half open, shoelaces undone.  
We reach school and we see our friends.  
Immediately, the torture ends.

We have a chat and go with the flow.  
Then the bell rings; it is time to go.  
We may at times find school stressful.  
To have some fun, we have to bend some  
rules.

Talk back to teachers, and detention we serve  
No doubt, it is sometimes what we deserve.  
Sometimes they are as cold as ice,  
And other times they're actually really nice.

They teach us and give us a helping hand.  
They're forever ready to listen and be a friend.  
They have built much confidence in us.  
Just not when they are being really harsh.

Over the years of education,  
Never have we had so much learning with  
action,  
Such as camps, experiments, concerts, and  
activities.  
We've learned so much and even saved the  
trees.

A wise teacher once said aloud -  
Success is failure turned inside out,  
So stick to the fight when you're hardest hit.  
Rest if you must, but don't you quit.

Some may see school as a torture chamber.  
Some cannot wait for the holidays in  
December,  
But it depends on how we look at school.  
Honestly, positively, school is cool!

YEAR 10B



**Front-row(L-R):** Jenita, Divyashna, Riya, Suhana, Ms. Manisha Gounder(Year Teacher), Yushu (Year Prefect), Adleen, Ayoshna, Shreya  
**Middle-row(L-R):** Maria, Akeneta, Bulou, Manoa, Akuila, Gabriel, Vailato, Vinkesh, Ulita, Elma, Sital, Penaisia  
**Back-row(L-R):** Olimiva, Losalini, Nivdita, Aalia, Sabiana, Alumita, Shyna, Tulia, Fiona, Mere, Ethelwyn, Ashlisha



## SOCIAL MEDIA

Social Media is all forms of electronic communication (such as websites for social networking and micro blogging) through which users create online communities to share information, ideas, personal messages and other content (such as videos). Social media plays an important role in every student's life. It is convenient to access information, provide information and communicate via social media. Teachers and students are connected to each other and can make good use of these platforms for education.

On the other hand, the negative impacts of social media platforms include issues like increased levels of depression and anxiety, poor sleep quality, dissatisfaction with body image and stress which can have a negative impact on your health. Some common examples of social media are YouTube, Facebook, Instagram, viber, twitter, WhatsApp, and many more. Being addicted to that can arrest attention, time, and concentration which can lead to lower academic grades and achievements.

Time management is very helpful. Social media can help one to understand processes and concepts it can help students with career paths. Not only that, experimenting and trying to invent new things apart from wasting ones precious time and effort on unnecessary things will benefit ones life and education.

In conclusion, social media is, and will continue to be, controversial, unless used positively. The power it has over people is dangerous and often goes unnoticed, even if the user is not psychologically affected by social media, they are still in danger.



# Year 11B



**Front-row(L-R):** Alena, Vasiti, Melanie, Alainah, Ashlye(Year Prefect),Mrs W.Chand (Year Teacher), Yuvkesh(Year Prefect), Ellin, Shipali, Shreena,Timaima  
**Middle-row(L-R):** Isaia, Yash, Jacob, Rich, Samar, Aaron, Jashneel, Ryan, Krishanth, Shaayar, Sahil, Musashi, Aniketh,  
**Back-row(L-R):** Shahel, Karan, Aniketh, Shahil, Nittin, Setariki, Osea, Villiame, Callaghan, Chen, Apinesa, Mosese, Dipkesh



## FORM ACHIEVEMENT

1. COMMERCE WEEK DEBATE
2. DRUG AWARENESS DISPLAY
3. BEST BOOKMARK
4. 3R CORNER DISPLAY
5. YOUTH CONFERENCE
6. LITERACY WEEK DISPLAY
7. OHS ORATORY WINNER
8. SHOR STORY COMPETITION
9. BEST CLOTH BAG AND DECORATED RUBBISH BIN FOR 3R WEEK
10. CULTURE DAY CHARACTER PARADE WINNER







**Front (L-R)** Jasmita, Aamelia, Apolonia Donna, Sylvia (Year Prefect), Mrs Sharon Devi (Year Teacher), Santosh (Year Prefect), Jethro, Wilson, Mesake  
**Middle (L-R)** Timoci, Adi Vasiti, Ren'ee, Ashley, Genevieve, Miriama, Margaret, Aritema, Romil, Simeli, Semiti  
**Standing (L-R)** Edwing, Zachery, Avaitia, Manasa, Leone, Lodoviko, Niko, Semisi, Ratu Vuama, Dylan, Maika, Nickhil



## DRUG FIGHTER

Time is consuming  
 I struggle eliminating  
 Enticement and grief for a healthier tomorrow

Life is mystifying  
 I am weary of trailing  
 In faiths that I will find some peace in my mind

Distorted insight  
 Feelings of dishonesty  
 Memories that are lingering of the drug I am still wanting

Intricate conditions  
 Unreasoned ideas  
 Consumed by terror from the voices I hear  
 To quit fighting

Let go of my indignity  
 Break free from this agony  
 For the chance to grasp life without despair

Succeeding I will leave you behind  
 And never reverse to suicidal rejection  
 Now I can smile  
 Knowing I am FREE  
 Because I've FINALLY FOUND ME!



# Year 11D



**Front-row(L-R):** Raniya, Kirti, Aastha, Shanisha, Jacob(Year Prefect) Mrs. Laisa Tui (Year Teacher) Makelesi (Year Prefect) Mellissa, Priyanshu, Maryrose, Yogeshni.  
**Middle-row(L-R):** Shreya, Vnashika, Yelin, Isoa, Vimal, John, Avish, Sefanaia, Netani, Yash, Eun, Seruwaia, Maria T.  
**Back-row(L-R):** Vasemaca, Maria B, Julia, Rudy, Shristi, Mereisi, Maeva'ata, Selina, Akanisi, Edleen, Lynette, Tiana, Sulueti, Alitia.



## Welcome to 11D!

Mu Cola Vina, Ni sa Bula, Ara na Yadra, Bula Sia, Bula Re, Noa'ia, Namaste, Ni hao, Annyeonghaseyo...

Where the diversity of minds exists, seated in a confined space of 44 students, reflects 44 different cultures, mindsets, problems and wants.

The effort in togetherness, the push to socialize have brought cherishable memories. Times we fought, times we laughed, times we wished we could've changed forms. The unrehearsed and impromptu moments, forging new bonds. A peculiar bond, hoped to last. At least longer than some students' presence in class. Wishing you a Merry Christmas and a Prosperous 2020! Ni sa Moce, Faiaksia, Alavida, Zaijian, Annyeong.





**Front-row(L-R):** Karishma, Fiona, Shayal, Kotobalavu, Abhishek, Mrs Bakewa(Year Teacher), Ulaiyasi, Waisea R., Kawaqa, Adi Mere, Saleni.  
**Middle-row(L-R):** Michael(Year prefect), Kalesi, Mereani, Tokasa, Torika, Sera, Lolohea, Amelia, Stella, Victoria, Adi Merewalesi, Elizabeth, Clairette, Alisimere, Ului, Jennifer (Year Prefect)  
**Back-row(L-R):** Taufaa, Jainil, Venaia, Petaia, Divnesh, Andrew, Deral, Maika, Sonal, Waisea, George, Jonasa, Josivini.



## Discipline At 11E

Discipline means training of the mind and character. It is obedience to rules and an orderly behaviour. The absence of discipline brings disorder and chaos in the classroom. If the form prefects report that two students are wearing improper footwear, students affected should already know that there are some rules that control our activities. If students do not respect these rules, students life will definitely be disorderly.

Students of 11E understand that RESPECT starts from home. If students do not obey their parents at home, it will definitely show in their behavior in school. Before showing respect, students should first and foremost have SELF RESPECT. With self-respect, they are able to respect others and be obedient.

Should exams be the only way to determine a student's future?

Well if I was to answer I would definitely say no! I certainly believe a piece of paper and pen cannot determine how successful will someone be in future. I do understand that education plays a vital role in our country but there are students with different caliber who may not be good academically but are good in extra- curriculum activities. If a piece of paper and pen had to decide a person future we would never had people like Albert Einstein and Bill Gates. People say if you fail English, you fail the whole exam and is not fit to be in the job market as they believe that the effectiveness of work decreases. But you know what they are wrong. For instance look at prospering countries like china and India whose primary focus is on their mother tongue and is still progressing at a much faster rate than Fiji. I believe that everyone is unique in their own way and should be given the opportunity to explore their talents but due to the exam oriented curriculum their talents doesn't get appreciated. Dear readers,  $4+5=9$  and so does  $8+1=9$  thus everyone thinks in a unique way and it is really important that we appreciate everyone's way of thinking.

YUVKESH - 11B

## CRUELNESS OF FORMAL EDUCATION SYSTEM

## BULLYING

As I walked along the corridor  
Towards my classroom door,  
I heard them whisper and giggle  
It all made me suspicious, more than  
just a little.

Felt like something wasn't right,  
Like I was in a negative spotlight.  
That's when they came up to me  
And looked me right in the eye.

I felt scared, I really was  
But I tried not to show.  
Then they picked me by the collar  
And pinned me to the wall.

Blow after blow rained down on me  
As everybody stared.  
Soon I had a black eye  
And this little question in my head  
"why"?

That night as I stared into darkness,  
Thought piled up more and more  
Until they formed Mount Everest.  
That's when I knew... I had to end it  
all.

So I wrote a note and  
left it on my desk,

Got a handful of pills  
And swallowed them all in one  
breath  
Then I was out cold.

Woke up few days later  
On a hospital bed,  
Had a terrible headache  
Couldn't make out what anyone said.

Five years later, here I am  
Helping to make a change.  
Just so you know, you can too  
There is no limit or range.  
The little change you make today  
Can save a person's life  
And help their soul stay intact  
And help it to ignite.

Alainah Shah 11B

## EXAM FEAR

Listen o my dear leave exam fear  
Work hard and feel confident  
Give it your best and God will see the rest  
In any situation never leave your cheer

No one does best always in exam  
Mistakes do occur in reality realm  
They give us training to always do better  
Never lose your heart and don't shatter  
Learn from your mistakes and improvise  
You will thus become more and more wise  
People will admire and success will come near

Nothing is certain in ever changing life  
Only good exams will never suffice  
Problems don't declare their sudden arrival  
Strength is needed for a peaceful survival  
Practical learning is equally essential  
It brings out your real potential  
Opportunities lie in so many spheres

Listen o my dear leave exam fear  
Work hard and feel confident  
Give it your best and God will see the rest  
In any situation never leave your cheer

11B Students



- Teacher:** why are you sleeping in class?  
**Student:** because your voice is so sweet.  
**Teacher:** then why are the others not sleeping?  
**Student:** because they are not listening to you ma'am.
- Why do plants hate maths?** – because it gives them square roots!
- “Dear Maths, please grow up and solve your own problems, I'm tired of solving them for you.”
- SCHOOL LIFE:** most irritating moments – my morning alarm, most difficult task – getting ready, most dreadful journey – my way to class, most lovely time – meeting my friends, most tragic moments – surprise test in 1st Period, most wonderful news – TEACHER IS ABSENT ?

Elizabeth





**Front-row(L-R):** Ashmeet, Josaia, Johnson, Emosi, Callum, Tristan, Manish, Aniketh  
**Middle-row(L-R):** Isabella, Shruthi, Ro Mere, Shanaya, Akosita, Mr. R. Ram (Year Teacher), Paulini, Raluve, Ashal, Marica, Harshika  
**Back-row(L-R):** Alisi (Year Captain), Deepashna, Sekaia (Year Captain), Matila, Daiana, Maryanne, Shasna, Rithikesh, Naomi, Reha



## ODE TO YOUTH! ODE TO 12A, 2019!

There is no future good enough  
for what we hope to be,  
nor a world with windows wide  
enough  
for what we hope to see.  
Yet when we turn to  
compromise

the dreams with which we wake  
we'll glimpse behind a memory  
which we cannot forsake

How beautiful this time of youth?  
That is so quickly gone!  
We came to learn together and  
in moments, alas! we are done

How long will we remember this?  
brief time when life would wait  
upon the true perception that  
comes always far too late.



# Year 12B



**Front-row(L-R):** Isaac, Jolame, Abishek, Elimi, Leonard, Terrance, David  
**Middle-row(L-R):** Grace, Niumai, Mary, Miliana, Tarlay( Year Captain), Mrs Priya Chand(Year Teacher), Acura( Year Captain)  
**Back-row(L-R):** Doris, Ane, Priyeshna, Ema, Simran

**Back-row(L-R):** Ibrahim, George, Akshay, Vishant, Nikhil, Reigin, Ray, Shivnesh, Tevita, Sahil, Richard, Epi



## Precious Diamonds

Like many precious diamonds,  
Good teachers are hard to find  
Yet sometimes one can discover  
A rare and priceless kind,  
It's not like all the others  
For ours out-shines the rest  
There's no star you cannot reach  
In every situation, they help you see differently  
They make each subject an adventure  
As the world you travel around  
In Chemistry, they make you feel  
You've lived and breathed the times  
And Math is not sums, but puzzles  
To stretch and tone your mind  
In English they encourage you  
To not just write, but feel  
So that each one of your stories  
Will read as if it were real,  
If you ever have a question  
You call and they are there  
With patience and understanding  
Your problems are theirs, they care  
There's usually one in every school  
Superior to the rest  
For they're the 'Star of Education'  
And as such are totally priceless!



**Front-row(L-R):** Tiani, Avisha, Raveena, Kirsten, Mereani (Year Prefect), Mr. Ronesh Reddy (Year Teacher) Aaron (Year Prefect) Vani, Ana, Krisha, Akansha.

**Middle-row(L-R):** Shruti, Samisoni, Nohal, Dwayne, Niklesh Reddy, Asaeli, Niklesh Kumar, Nathan, Ryan, Christian.

**Back-row(L-R):** Shaun, Noa, Ilaisa, Akshay, Sachin, Prateek, Hrithik, Ashnal, Etuate, Epeli

## Unity is Success

A day like any other, started out with NATHAN filling the roll accompanied by NOHAL. Both hand in hand skipped along to the resource room, they stumbled. A letter written to DWAYNE from MEREINI. The letter had little tear drops in it, They quickly ran to CHRISTIAN and PRATEEK to analyze who the tear belonged to.

It was AVISHA'S! SACHIN and AKSHAY heard about what was going on and began to spread the word. As soon as word got to KRISHA, she stood up and slapped SAMISONI on the face. It took him by surprise and wonder as to why she slapped him. So ASAEI leaned over and told him "weilei lewa you know I heard that RYAN told DENZEL that NIKLESH KUMAR told SHRUTI you were best friends with AKANSHA, Who was having lunch with ANA, and said that you wrote the letter". But in The truth no one wrote the letter, so they gave it to AARON and TIANI to further investigate but was no match for ETUATE and EPELI'S sources- HRITIK and RAVEENA AKA- the silent ones. These two happen to know and were see all and came to the Conclusion JANE and ILAISA had written the letter, this made NOA really angry with KIRSTEN because during this time his lunch went missing but later found out that VANI and NIKLESH REDDY were the ones who ate it. Anyways in the letter wrote "Meet me at the bus stand ". In the end all investigators held a meeting and concluded that it was ASHNAL'S handwriting and SHAUN'S tears disguised as AVISHA'S. The perpetrators were taken away by Mr REDDY.



# Year 12D



**Front-row(L-R):** Shavik, Anushant, Mr. Narayan (Year Teacher), Abhishek, Ammiel (Year Prefect), Vaarish  
**Middle-row(L-R):** Titilia, Losana, Salanieta, Misimisi, Kata, Shirly, Mere (Year Prefect), Amelia, Lucy  
**Back-row(L-R):** Kavishna, Shakti, Suliana, Shaina, Prishal, Priyena, Raniya, Shivangli, Rishita, Nirvani, Ashita, Priyanshu, Sindika, Everlyn, Sheenal



## SPORTS AND UNITY

Sports is something that Fiji is recognized for throughout the globe, whether it be rugby or athletics. Sports is a division of different games, the games played are always thrilling. This feeling creates love and respect for sports. Later on, every person starts liking it and then unites people. International Tournaments like Olympics, commonwealth, friendlies, world cups and events are a factor of unity. If it hadn't been these events, people across each continent wouldn't have been united.

A good example is the HSBC seven's series, whereby in all tournaments a Fijian fan supports our national team and sometimes we get to see they share tickets and a 'bilo' of kava with other teams supporters.

Whenever a game is played there is obviously a team. Each team trains and works hard, look after each other and helps each member of a team to achieve their one goal, that is winning. If this goal is achieved then we can say many things, but unity is something unique. In SVC whether it be TMC, bio battles, athletics, soccer or rugby and even swimming. Our identity in the society is our 'team bonding'. It is our unity that declares us as 'Swamarians'. Every competition we take part in, we prepare as a team and then achieve our mission. The unity is what each team must possess, only then they can perform well.

Otherwise, its individual play. Every stakeholder must talk to students and even from the students the captains must unite the team.

**Vaarish Chand**





**Front-row(L-R):** Shane, Rikesh, Pranit, Prisheeka (Year Prefect), Mrs. Naomi Rokobiri (Year Teacher), Aisake (Year Prefect), Jacob, Viliame, Peter.

**Middle-row(L-R):** Tyrone, Rosemarie, Serafina, Ilisapeci, Vasenai, Luisa, Vika, Fane, Mereani.

**Back-row(L-R):** Heatley, Shakshi, Ashweeta, Reha, Sharon, Lice, Susan, Silipa, Kshal

## HOW EATING HABITS AFFECT ACADEMIC PERFORMANCE

Today's education system is concerned with the academic results and getting that 100% target (that is pasted in all classroom's notice board) reminding students, with different IQ levels, that it has to be achieved when the external result comes out. Teachers, for that matter devise certain teaching pedagogies to make all students pass. However, it fails to take into consideration the eating habits and nutrition of students which plays a vital role towards their cognitive development.

The rising obesity and malnutrition rates among the students in Fiji are alarming as a research by the Ministry of Health shows that it has increased from 8.5% to 32.1% since 2002, and it will be even more surprising to see the latest data to be revealed. So, how exactly does eating habits affect academic performance?

Recent studies have shown that nutrition affects students' thinking skills, behaviour, and health- all factors that impact academic performance. Undernourished children tend to have decreased attention, poor school attendance, and poor energy levels, amongst other chronic illnesses. The Education Ministry, through schools have devised canteen policies to address this matter, whereby junk and oily foods with fizzy drinks are totally banned from the canteen shelves. Some schools, like ours, have lunch assistance given to students who do not get lunches to school.

Therefore, parents and relevant stakeholders should work together in ensuring a healthy learning environment for our children.



# Year 12F



**Front-row(L-R):** Prashil, Lui, Jiosifini (Year Prefect), Mrs Kanta Narayan (Year Teacher), Shamal (Year Prefect), Kaushik, Toga.  
**Middle-row(L-R):** Mere, Alyssa, Sainiana (Senior Prefect), Merelini, Vikaili, Grace, Rosa, Simran.  
**Back-row(L-R):** Carrie, Alia (Senior Prefect), Saimone, Raymond, Nemani, Ilaitia, Salaseini, Kalyani.

## THE EFFECTS OF SOCIAL MEDIA ON YOUTHS

Social media is a platform where every individual can communicate with others and also to socialize locally and globally. However, the present generation, tend to misuse and abuse this creation and not using it for its rightful purpose.

At one point social media is good as it can be used for communication, research projects, socializing (making new friends). The misuse of social media by youth can cause serious damage socially, emotionally and also psychologically. For instance serious damage socially means rumors and a "spoilt" reputation. Emotional damage means being insecure about yourself especially when seeing a picture of someone better looking or with a huge amount of "likes". And psychological damage means that looking at your phone can cause mental damage researchers has shown that when looking at the screen of the phone for too long kills the BRAIN CELLS.

To conclude this article ,since getting out of social media is harder than getting into social media as a suggestion manage your time wisely when on your gadget or out of your gadget. Another suggestion is to use more time with family or reading or even getting involved in SPORTS, because sports is stress free, enjoyable, healthy and so much better than just sitting in your room all day and looking at other people's lives.



JIOSIFINI



# RICE KRISPIE TREATS

## INGREDIENTS

1 packet marshmallow  
1 packet rice Krispie cereal  
Cooking chocolate  
Peanuts and caramel (optional)

## UTENCILS

mixing bowls  
spoon  
baking pan  
Butter  
parchment paper

## METHOD

1. Put the marshmallows in a bowl with the butter. Microwave for 5 minutes (in intervals) then mix
2. Pour rice Krispie cereal into a bowl and mix with the marshmallow and butter mixture and fold with a spoon until you can shape with your hands
3. Pour rice Krispie treats mixture into baking pan and make sure it is level .Put into refrigerator until cooled completely.
4. Heat cooking chocolate until melted completely and pour over rice krispie treats. Let cool completely.
5. Cut into squares and take out of baking pan. (OPTIONAL) put the peanuts + caramel mixture on top of chocolate.
6. Put on plates and ENJOY!

**SIMOLI**



*Recipe*

## Precious Time with Children Are Lost

In majority of the houses, parents are so busy providing the needs and wants of the family that they lack time for the children. Older children might be able to understand the situation the parents may be in, but the young ones are not capable yet.

It is very important for parents to spend time with their children to build trust. Trust is the foundation of each and every relationship. Hence, parent's attendance is required in a developing child.

In a child, the years from 13-19 are the most difficult stage, therefore, there should be someone that the child can reach out to. When parents lack time, there are no memories of togetherness when the child thinks of the past. As for teenager's, they prefer assistance in decision making and life planning. Parents are to prioritize their time. Taking out time for children to do basic activities will make big difference in their life.

Basic activities simply refer to as having meals together, watching a movie, assisting in school projects and so on. Everyone may not know but small things do matter in a person's life.

I hope my views are regarded as a public concern and are taken into consideration.

**Nivdita Mani**

## Technology — How it can help in education

*“The Science of today is the technology of Tomorrow.” - Edward Teller.*

Technology is the machinery and equipment developed from the application of scientific knowledge. These two distinct subjects work hand-in-hand to achieve specific tasks.

In this 21st century, technology is important everywhere. In the classroom, it has the ability to enhance relationships between teachers and students to promote better understanding. Students are constantly engaging with technology outside of the classroom; thus, it is becoming part of their lifestyle. Technology, if used wisely can be an important resource in schools and a great help in education.

We the 9B students of 2019 are filled with gratitude to be one of the forms in SVC with a television. It has been beneficial to us in that it motivates us to learn better.

**Raina Kumar**





# Year 13A

**Front-row(L-R):** Ashriya, Makereta, Ifraz, Peggy(Year Prefect), Mrs. Mala Reddy, Inia(Year Prefect), Ravuama, Litiana, Nairai  
**2nd-row(L-R):** Cynthia, Ravisha, Latileta, Smhriti, Rinika, Isabela, Roshni, Adi Ana, Catherine  
**3rd-row(L-R):** Leon, Sikeli, Aylwin, Yu Shao, Ashil, Joseva, Esala, Adrian, Alipate, Kritik  
**4nd-row(L-R):** Jonetani, Ratu Epi, Paul, Sevanaia, Dawson, Aisea, Anal



## Your Best

If you always try your best  
 Then you'll never have to wonder  
 About what you could have done  
 If you'd summoned all your thunder.

And if your best  
 Was not as good  
 As you hoped it would be,  
 You still could say,  
 "I gave today  
 All that I had in me."





## Year 13B

- Front-Row(L-R):** Sakiusa, David, Sitiveni, Manishika (Year Teacher) Prefect, Mr. Deepak Nadan ((Year Teacher) , Heenalshradha, Ratu Tini, Sakarai, Darreial.
- Middle-Row(L-R):** Fanny, Merewalesi, Aaliya, Elenoa, Shahanah, Christine, Roselyn, Asilika, Loretta Amber, Amelia, Josephine, Amisha
- Back-Row(L-R):** Nikhil, Prashant, Sarthik, Keishan, Rahul, Ratu Timoci, Paula, Dev Kalavadiya (Headboy), Mohammed Ibrahim, Neeraj, Jian, Shivnay, Akash.



### Technological Error

My computer got a virus.  
(I didn't know it could.)

I gave it orange juice.  
(It just seemed like I should.)

I put it in a chilly bath  
(the way my mother would.)

And now it won't wake up at all.  
This isn't looking good.



## Year 13C

**First Row ( L-R):**

**Second Row (L-R):**

**Third Row (L-R):**

**Forth Row (L-R):**

Asenaca, Repeka, Miliakere.

Punam, Lovleen (Senior Prefect), Noame, Vive, Vani, Swashna, Alisi (Year Prefect).

Darchna, Manshika (Senior Prefect), Vivian, Shreya (Senior Prefect), Mr. KrishnilChand (Year Teacher), Vutaali, Sereima, Lusi.

Sulia, Laniana, Joana, Kishan (Senior Prefect), Shane (Senior Prefect), Zain (Deputy Head Boy), Samal (Senior Prefect), Jayzon (Year Prefect), George.



## Sports – A Building Block for the World

Sports require you to move your body and it is a commonly known fact that exercise is good for your health. Sporting activities helps to control weight, boost energy, promote better sleep and combats many health conditions such as obesity. But is sports only used to promote better health conditions? Does it have other important roles? Needless to say, apart from religion, sports are the only forum that can bring people together for a common goal. In sporting events, athletes of all races strive to bring victory to their country. This helps to create mutual understanding among each other and instills a sense of respect for one another.

“Sport has the power to change the world, the power to inspire, to power to unite people in a way that little else does” – Nelson Mandela.

Sports activities can act as a means to promote national unity. It can be used to promote health by preventing drug and substance abuse. Such activities can also help in the development of mental health and physical fitness of the body. Through participation in sports and games, thus, one is able to develop his/her personality.

In addition, the benefits of engaging in sports are limitless. People are able to learn about hard work and that through hard work, success can be obtained. Other important skills and learnings include:

- Teamwork
- Sacrifice
- Goal setting
- The ability to deal with success and failure
- Overcoming adversity

The Olympics can be seen as one of the major building platforms for many nations. It helps to celebrate our similarities as well as our differences. Conclusively, sports can be used to achieve and promote peace at local, national and international levels.

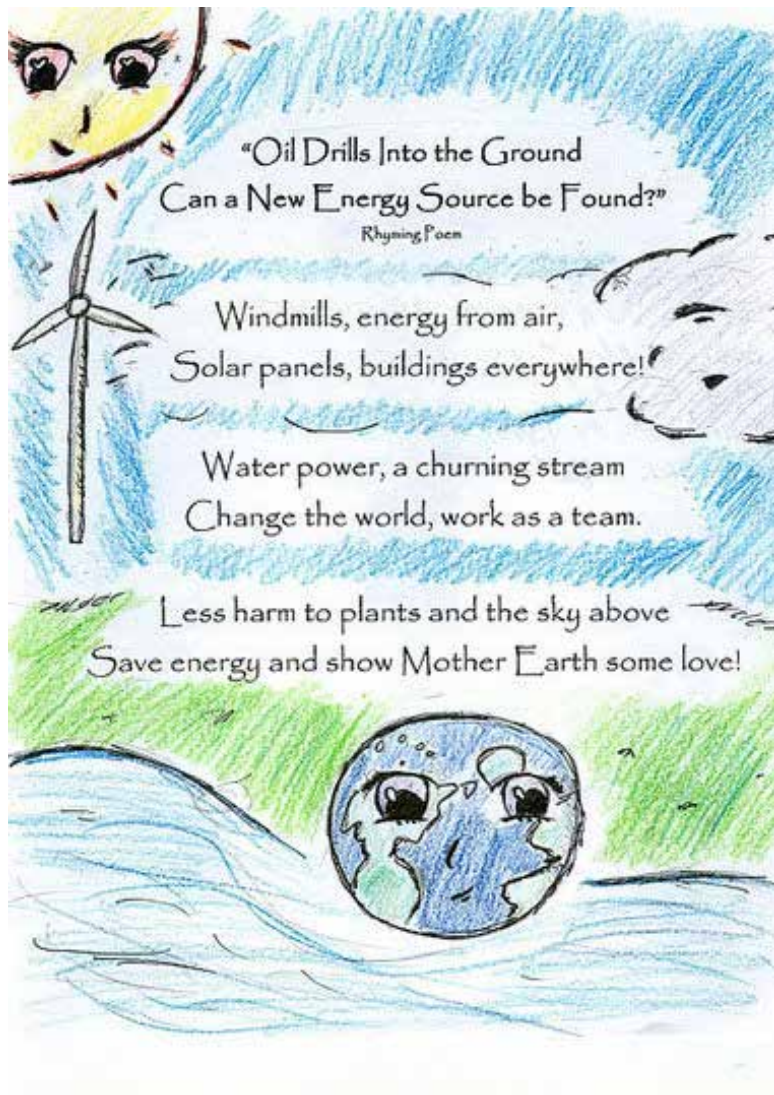
**Zain Ali**





# Year 13D

**Front (L- R):** Atunaisa, Dutchy, Mataiasi (Year Prefect), Mr. Diveshwar Prasad (Form Teacher), Lusiana (Year Prefect), Christopher, Ritikesh, Peter.  
**Middle (L- R):** Sera, Kolora, Akisi, Margaret, Jessica, Alice, Valentine, Saivora, Esther  
**Back(L-R):** Smrithi, Shanya Roy, Vikaili, Shivintika, Rashika, Alivia, Sinal, Shriya



# SWIMMING MEDIA



## CLEAN UP CAMPAIGN

### Students and NGO Join the Fight

**WOLLETTENAMBERS**

They have been gathering with the school community to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

There were at least 10 students and staff members who took part in the cleanup. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

Edited by Samira Taha

## Swim preps on track

**GRACE NARAYAN**

The preps for swimmers are getting underway. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

Edited by Lavanya Sathyanarayanan

## School imposes a rethink on rubbish

**BY GINETTE ATAMA**

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

Edited by Samira Taha

## Petero's passion brings pride

**BY BRYANNE CHARAN**

Petero's passion for agriculture has brought pride to the school. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

Edited by Samira Taha

## Self defence

**BY EUPHON LAM**

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way. The school has been organizing a number of activities to help the environment in their own way.

Edited by Samira Taha

**Introducing Hi-TECH COPOLYMER FISHING LINE**

- 8 X Stronger Than Normal Mono Fishing Line.
- Powerful Three Layer of Resin Manufacturing, Line Body Uniformly Smooth, Easy To Cast
- The Knot Strength And Wear Resistance, Compared With The Traditional...



# Be strong and resilient

By RAYNESH CHARAN

“THE ingredients to the recipe for success are quite simple, perseverance, determination and hard work.”

These were the words of Raj Bimal Singh, the director of the ‘Bin Inn Wholefoods’ chain of supermarkets in New Zealand.

“I left school in Year 9,” explained Bimal, “that did not mean that I would waste my time at home.” And it was this attitude that allowed him to become so triumphant in life.

Bimal performed labour intensive tasks on his parents’ farm daily, until he was old enough to work at a formal place.

“I inherited my father’s taxi business and through hard work was able to ex-

pand my fleet from one taxi to three. I also worked at other places, like a Hot Bread Kitchen” stated Bimal.

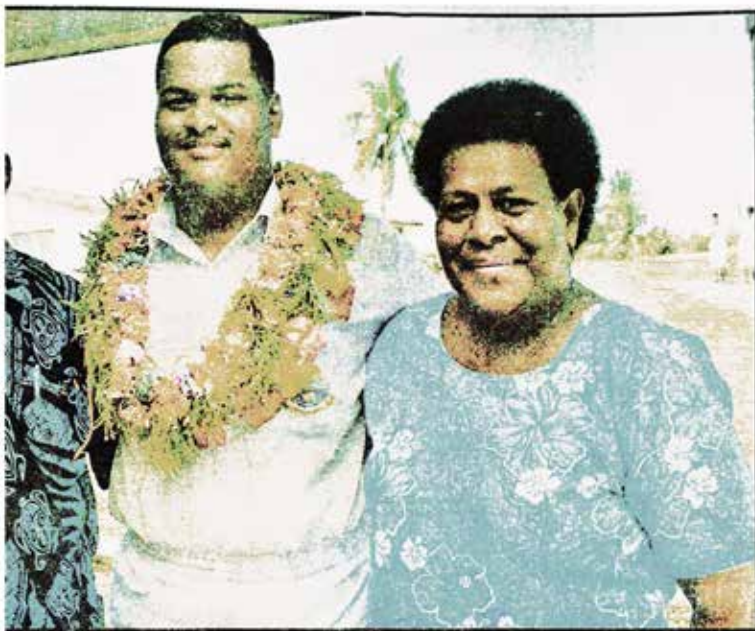
After visiting New Zealand for the first time, with his family, Bimal decided that was where they would want to spend the rest of their lives.

“Starting up a business in a foreign country was very difficult, we had to sacrifice family vacations, overcome financial difficulties and work seven days a week,” stated Bimal.

“Although I didn’t need a formal education to get to where I am today, I still encourage everyone to go to school. Working hard should be everyone’s utmost priority, just do it with your heart, be strong, be resilient, and one day you too will be successful,” stated Bimal.



Bimal Singh, the director of ‘Bin Inn Wholefoods’.  
Picture: SANGEETA SINGH



Ms. Rakula and husband Jyotep Vamsoba at the Swami Vivekananda College prefects’ induction.

## Living a dream

He is my only child and as a mother I always wanted the best for him ... from his young days I have always taught him teachings that will allow him to be a good citizen

In his young days I have always taught him teachings that will allow him to be a good citizen. Her son, Sravanthi Rakula’s election as school senior prefect of the renowned JI institution did not come as a surprise for the Vatakara, Tallevu woman she always had faith in her only child and the belief that he will make her proud

in school and in any work he did. Ms Rakula is a reservations sales agent at the Solitel Resort and she usually takes time out of her busy schedule to support her son’s studies. For the past 14 years, Ms Rakula along to her work with pride, the work she believed would provide for her son’s future and would allow him to pursue his dream career.

In his final year in high school, his dream to become an airline pilot is slowly materialising and with the support of his mother and father Jyotep Vamsoba, the trio believe there is light waiting for them at the end of the tunnel.

Even though she spends more time at work than with her son, she always ensures that he sticks to his daily timetable and house chores before attending to his homework and a few hours game-time with friends.

Her husband, Mr Rakula shared, is strictly church day because it is usually a time to thank God for all he has done to their family and for allowing them to always overcome obstacles daily. Whatever obstacle the family from Nakuru, Nadi may go through, it is their only dream that their son achieve the best in life in the near future.

## Diving into the blue

By LYNETTE ADAMS

PHOTOGRAPH BY: JAYANTA KUMAR  
The Swami Vivekananda College diving team, consisting of 15 members, participated in the 2019 National Diving Championships held in Auckland, New Zealand. The team, led by their coach, Mr. Jyotep Vamsoba, achieved a commendable performance, securing a total of 18 medals, including 5 gold, 7 silver, and 6 bronze.

Medal	Count
Gold	5
Silver	7
Bronze	6
<b>Total</b>	<b>18</b>



Swami Vivekananda College Diving Team members.

## An international experience



The Swami Vivekananda College students participated in an international exchange program, gaining valuable experience and knowledge from their peers in different countries. The program focused on cultural exchange, academic collaboration, and personal growth.

## EDITORIAL

### Smart devices - a blessing or a curse?

By MADON WILSON  
Smart devices have revolutionized the way we live, work, and play. While they offer numerous benefits, such as convenience and connectivity, they also pose significant challenges, including addiction, privacy concerns, and mental health issues. It is essential to strike a balance between the benefits and the risks of smart devices.

## m-Learning: The way of learning tomorrow

By MADON WILSON  
Mobile learning (m-learning) is the use of mobile devices to access educational content and services. It offers a flexible and personalized learning experience, allowing students to learn anytime and anywhere. As technology continues to advance, m-learning is expected to become a dominant mode of education in the future.

## NATIONAL

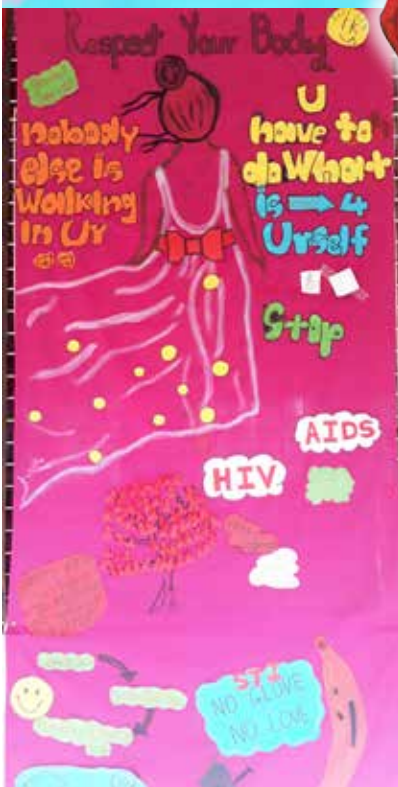
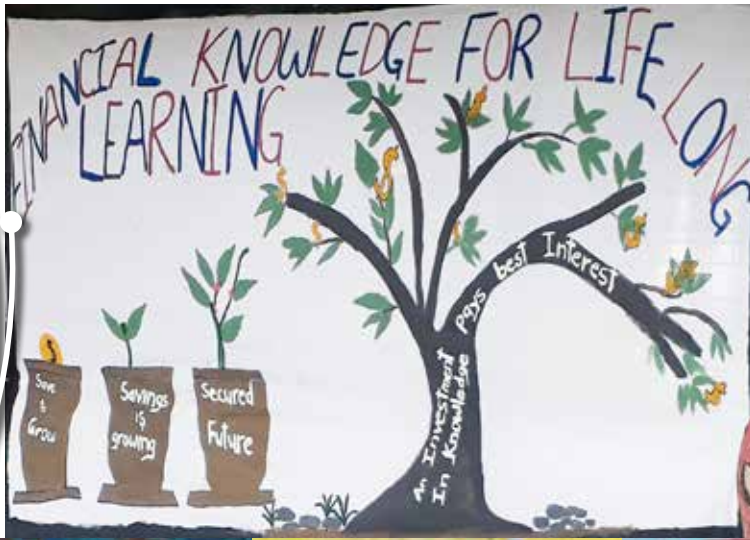
### 'Principles of human rights promote development'

By SARA KUMAR  
Human rights are fundamental to the development of a just and equitable society. The principles of human rights, such as equality, dignity, and justice, provide a framework for addressing social and economic inequalities. Promoting human rights is essential for achieving sustainable development and improving the lives of all people.



Isabella: All were born with compassion, love

By SARA KUMAR  
Isabella, a young girl from Swami Vivekananda College, is a role model for her peers. She is a compassionate and loving individual who has dedicated herself to helping others in need. Her story is a testament to the power of human kindness and the importance of giving back to the community.





# RIDDLES <<<<<

- ① I have married many women, but I have married none. Who am I?
- ② What do you call a deer with no eye?
- ③ The son is behind the father, the father is behind the son. How is that possible?
- ④ A Japanese naval ship consisted of the captain, engineer, cabin boy and the flag barrier, in route to the south pacific. The captain's gold ring gets missing and he asks the three suspects of its whereabouts. The engineer said that he was down in the engine room monitoring the engine. The cabin boy said that he was cleaning the cabins. And the flag barrier said that he was checking if the flag was right side up.

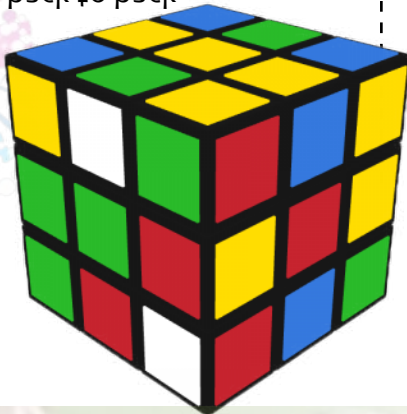
**Who stole the gold ring?**

ಕ೦ಢು

✦ ಲಿಗ್ ರಾಢೀ' ಲಬಾಢೀಗ ಲಿಗ್ ಕಾ, ರೆ ಡೆ ಡಿಢೀ  
 3. ಡಿಲೆ ಗೀ ಒಢೀಢೀಗ ಡಾಕ್ ಫ೦ ಡಾಕ್  
 5. ಡಿ ಡೀ  
 1. ಡಾಕ್

**ANSWERS**

**Ms. Sheenal**



# TEACHERS

Paint their minds  
 And guide their thoughts  
 Share their achievements  
 And advise their faults

Inspire a love  
 Of knowledge and truth  
 As you light the path  
 Which leads your youth  
 For our future brightens  
 With each lesson you teach  
 Each smile you lengthen  
 Each goal you help reach

For the dawn of each poet  
 Each philosopher and king  
 Begins with a teacher  
 And wisdom the bring.

**Krishna**



# Everyday Is Childrens Day

If you were the stars,  
 That weren't expected  
 Back in the universe  
 For a thousand years,  
 We'd wait

If you were the sky and  
 everyone  
 Went inside when you got sad,  
 And started to rain,  
 We'd stay

And if you were the mangoes  
 And the world decided  
 To get rid of all mangoes,  
 We'd pick you up,  
 Put you in our pocket  
 And save you

If you forgot the road,  
 Stopped,  
 And started to wander,  
 We'd steer.

**Ms. Kajal**

# SPORTS & UNITY

Sports are a formidable force for good at any level, positively contributing to the formation of national identity. Throughout history, sports have this power to bring people together even when the country is divided. Sports has changed attitudes and culture in ways that seem ingenious, but that ultimately makes everyone think differently about themselves and who they are.

It is a game and a celebration and has a way, sometimes, of changing hearts in a way that politics or business doesn't. It is also a matter of everyone being able to escape and relax from the difficulties of their days, but sometimes it also speaks to something better in all of them. They also engender national unity and are an important mechanism of foreign policy. Sporting competitions bring together dignitaries, athletes, heads of state, spectators, creating a forum that assists in the development of understanding and cooperation.

When we see this group of folks of different shades and different backgrounds, coming from different communities and neighborhoods across the country, and then playing as one team, celebrating each other and being joyous, that tells everyone a little about the country and what it can be, even when the times are tough. For many countries, sports are a major component of national identity. Often, these countries are defined as much by their sporting pursuits as they are by their politics, economy, and geography. Sports act as a common thread, woven through society to connect citizens to one another. At the country level, sports present a foundation upon which national unity can be built. They are especially important in deeply divided or war-torn nations, where they can offer a much-needed respite from conflict and a common ground from which to begin reconciliation.

**Mr. Deepak**



# Vivekananda Technical Centre

## Innovative Design and Delivery of Agriculture Training to Farmers

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

### Unique features of VTC programs:

- The courses were developed and designed to suit the needs of the farmers.
- **Hands on training is delivered**
- The training is delivered to clusters of farmers directly on their farms.
- **Training** - 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



### Enrolment numbers (Enrolled, completed)

Year	2017	2018	2019
Cohort 1	Cert 3 (35,33)	Cert 4 (33, in progress)	Cert 4 (33, Completed)
Cohort 2	Cert 2 (35,35)	Cert 3 (35, in progress)	Cert 3 (35, Completed)
Cohort 3		Cert 2 (35, in progress)	Cert 2 (35, Completed)
Cohort 4			Cert 2 (43, in Progress)
<b># of farmers</b>	<b>70</b>	<b>103</b>	<b>143</b>



**Certificates awarded by Swami Bodhasarananda**

### 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.

### Initiatives in Progress

- Facilitates linking farmers to market (Supermarket/ Exporter)
- Development of an online platform for Certificate in Production Horticulture (Level 2, 3 & 4) and Ramakrishna Mission **Farmers Hub** for online marketing of produce.

### Plans for Future Developments

- Short courses in Off Season Production, Spice Production, Apiculture, and Resilience farming with Changing Climate, Organic farming
- **Specialized courses** – Certificate in Food Processing and Value Addition (Level 2), Certificate in Spice production and Processing (Level 2)



For expression of interest in the programs please contact the Principal Mr. Ravnil Prasad at Vivekananda Technical Center, Malolo Nadi. (M) 9286756 or 7099127 or Email: [principal.vtc@rkmfiji.org](mailto:principal.vtc@rkmfiji.org)





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Graduation for Farmers 2019



Classes conducted with farmers



Demonstrations



Hands on practical



Farmers Day Workshop

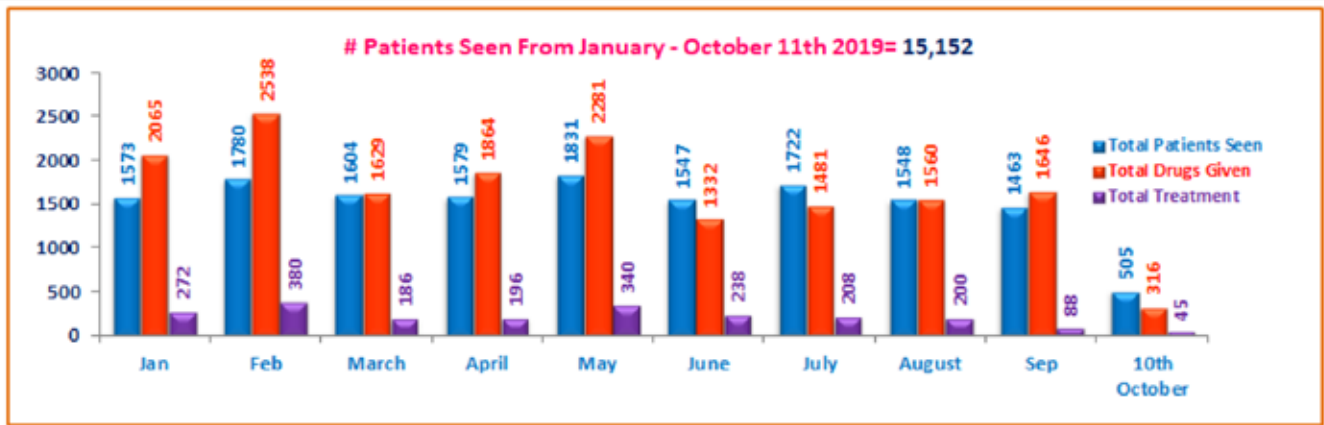


# Sarada Medical Centre

Sarada Medical Centre (SMC) is a charitable medical service of Ramakrishna Mission which has been serving in Fiji since the 1930s. SMC was opened on 2<sup>nd</sup> July 2012 to provide quality health care to the poor and needy. To date **70,913** patients have been served at SMC. The Ramakrishna Mission and the Ministry of Health & Medical Services (MOHMS) signed a MOU on 8<sup>th</sup> Nov 2017 for collaboration.

## General Outpatient Services & Pharmacy Services

1. **Outpatient Services:** SMC provides free outpatient services which includes consultations, nursing treatment and medications. **15,152** patients received medical consultation in from January 2019 to date. SMC is managed using "Evolution" a state of art clinic management software provided as a charity by Medtech Ltd, New Zealand
2. **Admin and Staffing:** RKM provides management and administration through a Manager, Clinic nurse, receptionist and pharmacist. MOHMS provides doctors, a nurse and medication for free distribution. Indian Technical & Economic Cooperation (ITEC) volunteer Dr. Prem Chaudhary joined in August 2019.
3. **Pharmacy Services:** Drugs and consumables are supplied by the Fiji Pharmaceutical and Biomedical Services on a quarterly basis. **16,712** medications were dispensed from the SMC pharmacy since January 2019.



**Other Services:** **Tele-health** services are provided by connecting patients to doctors in hospitals in USA, Hawaii. 9 Patients have been seen through Tele-health since January 2019.

**Support to Nadi Hospital:** Digital Mammogram and a digital EST machines was handed over to Nadi Hospital on 14<sup>th</sup> September by Ramakrishna Mission with a vision that Nadi Hospital Staff can diagnose Breast Cancer and Cardiac Patients early and prevent early deaths amongst the people. Swami Bodhasarananda (Assistant General Secretary RKM, Belur Math, India) was part of the handing over.



**Working together to improve the Health of Fijians**  
*Handing over of the Digital Mammogram and EST machine to Nadi Hospital management*

**Our Generous Donors:** The free services at SMC are possible due to the generous support of the following sponsors: Vinod Patel Hardware Ltd, Resene Paints Ltd, Brij Lal & Co, Nagsun Apparels Ltd, Serve Fiji Foundation (Sydney), New World Supermarkets Ltd and Grand Melanesian Hotel.



## HINDUISM

The vision of Hinduism is unity in diversity. Firstly, Hinduism lovingly embraces all alien elements; second, it tries to assimilate them; third, it tries to expand itself as a whole, with a view to serving humanity and nature.

~Sri Chinmoy~

## SIKHISM

Before becoming a Muslim, a Sikh, a Hindu or a Christian, let's become a human first.

~Guru Nanak Dev Ji~

## JAINISM

Have compassion towards all living beings. Hatred leads to destruction.

~Lord Mahavir~



UNITY

## BUDDHISM

Unity can only be manifested by the Binary. Unity itself and the idea of unity are already two.

~Gautama Buddha~

## ISLAM

Be united "and hold fast, all of you together, to the rope of Allah, and be not divided among yourself..."

~Al-Quran-3:103~

## CHRISTIANITY

How good and pleasant is it when God's people live together in unity.

~Psalms 133:1~



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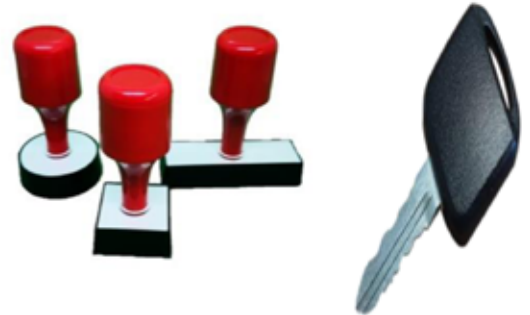
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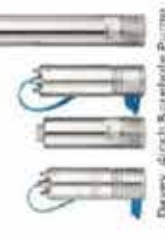
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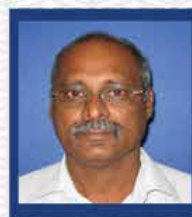
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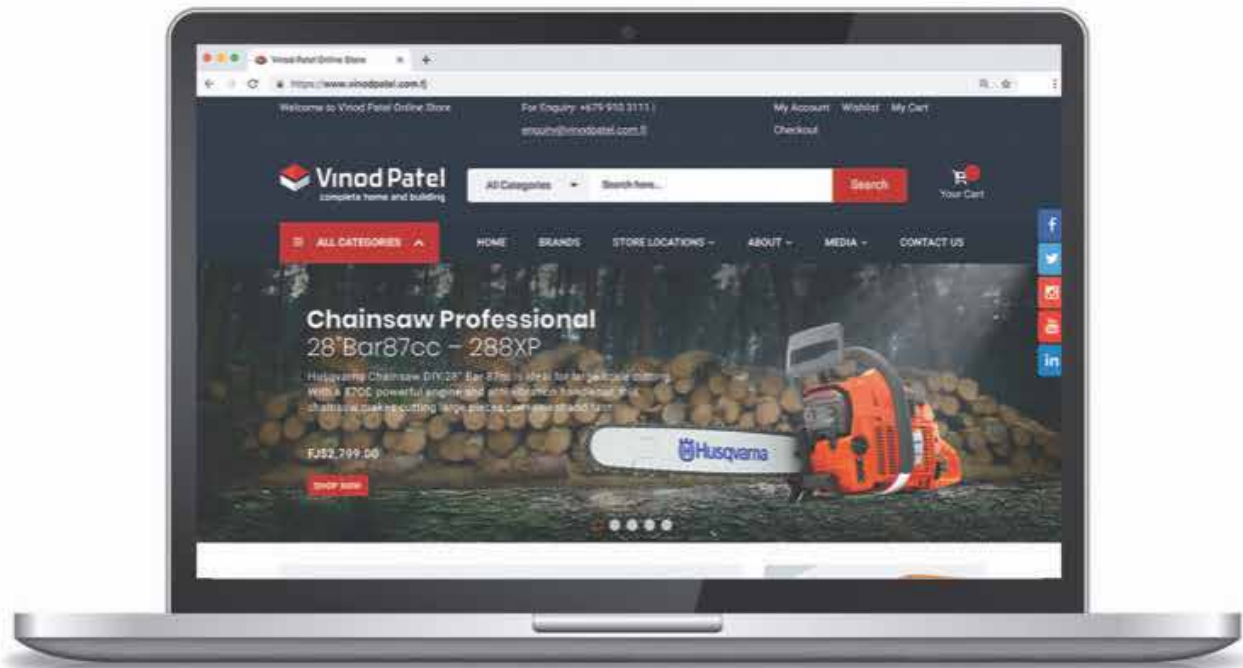


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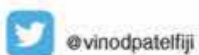
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