

CMNHS

at the

RADU KADAVULEVU
SCHOOL

Science Week

LAUNCH



**Monday
6th July 2026**

THEME

"Exploring the Power of God's
Creation through Biology and
Chemistry,"

TAGLINE

*"Inspiring Faith, Scientific
Enquiry and STEM*





Left to right: school Chaplin- Mr. Sitiveni Tagilala, Hevonihelava (MBBS), Sereima (BPT), Naomi (BMLS), Mere (CLTO), Rajneel (CLTO), Mere (BMLS), Etuate (BPH) and the AP Mr. Masi Saqanavere

The College of Medicine, Nursing and Health Sciences (CMNHS) at Fiji National University was honored to participate at the launch of Ratu Kadavulevu School's Science Week 2026. In the keynote address, students were encouraged to view science as a means of understanding God's creation while embracing curiosity, critical thinking, and innovation. The message highlighted the wide range of healthcare career opportunities available through CMNHS

and urged students to work diligently in their studies, develop strong character and leadership qualities, and prepare early for university. Students were also inspired to use their scientific knowledge with compassion to serve their communities and address the Pacific's growing health challenges, reminding them that with faith, dedication, and hard work, they have the potential to become the next generation of healthcare professionals and leaders.



My name is Hevonihelava Hanisi Doi

REFLECTIONS

I attended RKS in the year 2022 and 2023. Visiting the school again after 3 years was a very humbling experience, it just reminded me of how I was sitting on one of those chairs 3 years ago and looking up to the RKS alumni that visited us in the year 2023. The students were very eager to learn about the different programs we were taking and how we got to where we are today. I'm thankful to the FNU team for giving us the opportunity to give back to the school (RKS). Just hearing them wanting to come to medical school and also join the MBBS program has encouraged me to study more so that I can help them in this challenging path.



My name is Sereima Doi

Walking back into RKS as an old scholar felt like coming home, but this time I was here with the CMNHS team to share my journey—from the chaos of Form 7 to navigating university life. We were there to show them that the path after high school has many roads, and each one is valid.

I opened up about my struggles, the adjustments, and how choosing the right program made all the difference. We walked them through what CMNHS offers—TSLS scholarships, bridging courses, and ca-

reer pathways—hoping to spark something real. What I didn't expect? The reaction to Physiotherapy. For an all-boys school obsessed with rugby, the idea of combining sports with science lit a fire in them. They leaned in, asked questions, and suddenly saw a future they hadn't considered before.

As we left, a young boy ran up and asked, "So I just need Biology and Physics?" That one question said it all. We didn't just inform them we helped open their minds to more programs available at CMNHS.



My name is Naomi Doi

Returning to Ratu Kadavulevu School as an alumnus was a deeply humbling experience. Stepping back onto campus not as a student, but as a mentor, brought a wave of nostalgia and a strong sense of responsibility.

My main goal was to encourage the younger boys and introduce them to the world of Medical Laboratory Science. Many students only associate a science track with becoming a doctor or a nurse. By explaining the vital work that happens behind the scenes, like cross-matching blood and analyzing cellular changes, I watched their eyes light up. Sharing these insights opened their minds to a whole new, high-tech career path in healthcare where they can truly serve our communities. Surprisingly, the experience transformed me just as much as it inspired them. Speaking to the boys forced me to reflect on my own journey and reminded me of the grit and values that RKS instills in us. Seeing their ambition reignited my own drive for my studies and stripped away the exhaustion of daily coursework. Ultimately, giving back made me a more grounded, empathetic, and purposeful person, deeply grateful for my roots and motivated for the future. Personally, I find these type of School visits very beneficial not only for school students but also for the university students who shared their experience as it strengthens their will to keep on striving for excellence and the best



Mere Waqalala (spent 3 yrs in RKS
(2022-2024))

It was a great experience for me and a good opportunity for the students of RKS. We received positive feedback from the students after our one-on-one session. We were able to answer questions that the boys weren't able to ask the lecturers or even during open day. They were really keen to learn more about CMN-

HS. I think that our school (CMNHS) should organize more school visits with the students of FSM, this allows the high school students to take part more during the school visits and clear any queries. Overall, the whole experience was amazing.



My name is Etuate Kamawale BPH

Visiting Ratu Kadavulevu School (RKS) was a milestone journey for me, forcing me to step completely out of my comfort zone and discover a level of inner courage I didn't know I had. As someone who used to find public speaking terrifying, standing in front of a large room full of RKS students was the ultimate test. My heart was racing, and my hands were shaking as I looked out at the sea of expectant faces. However, the moment I opened my mouth to deliver the greetings, everything shifted. I greeted the students with genuine warmth and respect, and the immediate, powerful energy they gave back changed the atmosphere completely. In that moment, I realized that true courage is not about being completely fearless. It is about feeling the fear, taking a deep breath, and speaking your truth anyway. Engaging with the Lodonis boys taught me that public speaking is not just about delivering a perfect presentation; it is about building a real, human connection. Seeing the students smile, nod, and respond to my words gave me a massive wave of confidence. I left the RKS campus transformed. What started as an intimidating challenge became a deeply rewarding experience that completely reshaped how I view my own capabilities. I am incredibly grateful for the opportunity to share my voice, overcome my fears, and connect with such an incredible group of students

RATU KADUVULEVU SCHOOL



CMNHS former RKS students with Mrs. Samani second from left and Mr. Samani in the middle

My name is Mrs. Sainimili Samani HoD-Science Department

Thank you very much for taking the time to visit our school and for sharing such valuable and inspiring information with our Lodoni students. The presentation by the College of Medicine, Nursing and Health Sciences was informative, engaging, and highly motivating. It inspired many of our students, especially those in Years 9 and 10, to consider studying science in the future.

Your visit also had a positive impact on our senior students. Several of our Year 12 and 13 students have stayed back in the science laboratory over the past two days to continue their practical work and learning after the Science Week launch.

We have also received many positive comments from teachers in other departments. They shared that Mrs. Ravunibola's message was powerful and encouraging. Likewise, the experiences, advice, and motivational messages shared by our Ratu Kadavulevu School alumni who are currently studying at CMNHS greatly inspired both our students and staff. Once again, thank you for your time, support, and commitment to inspiring the next generation of scientists and healthcare professionals.

We sincerely appreciate your partnership and look forward to working with you again in the future. May God continue to bless you and the entire College of Medicine, Nursing and Health Sciences team.

CONCLUSION

The visit to Ratu Kadavulevu School was a meaningful and rewarding outreach initiative that strengthened the partnership between the College of Medicine, Nursing and Health Sciences (CMNHS) and secondary school students. It provided an excellent platform to inspire young people to pursue careers in science and healthcare while allowing our student ambassadors to give back to their former school by sharing their personal experiences and academic journeys. Our students even challenged the RKS students with give-a-way FNU-CMNHS merchandizes as prizes for correctly answering Biology, Chemistry and Physics/Mathematics questions.

We sincerely express our heartfelt appreciation to the Dean's Office for the opportunity and for granting us the approval and trust to represent CMNHS at this important event. It was a privilege to serve as ambassadors of the College and to promote the diverse academic programmes and career pathways available through CMNHS. The experience not only encouraged prospective students but also strengthened our own commitment to academic excellence, leadership,

and service to our communities. In addition both staff and students representatives were also compensated for their well spent marketing/outreach.

Based on the positive feedback received from both students and staff, it is recommended that similar school outreach programmes be conducted regularly across secondary schools in Fiji. Greater involvement of current CMNHS students, particularly alumni of the visiting schools, creates a relatable and inspiring connection that encourages meaningful discussions and informed career choices. Future visits could also include interactive demonstrations, career guidance sessions, and hands-on activities to further engage students and enhance their understanding of the health sciences.

Overall, the outreach was a successful and enriching experience for everyone involved. It reinforced the importance of community engagement, mentorship, and inspiring the next generation of healthcare professionals who will contribute to improving the health and wellbeing of Fiji and the Pacific region.





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