

# Breaking Barriers Building Futures



<https://www.fasa.co.za/were-all-in-this-together-as-we-take-the-road-to-recovery/>

## Fiji's First *National* Drug Recovery Facility Underway

By WATI TALEBULA

The Fiji National University (FNU) continues to play a leading role in the fight against drug abuse in Fiji. In collaboration with the Ministry of Health and Medical Services, FNU has submitted a joint proposal to the Korea International Cooperation Agency (KOICA) for the establishment of a national Alcohol and Other Drugs (AOD) Community Recovery Facility. Options are being explored to locate the facility in Tamavua or Nakasi.

Associate Professor of Psychiatry, Dr Odille Chang, said the facility would provide community-based treatment

and support for those recovering from substance use disorders, as well as community education and awareness.

She further noted FNU's ongoing collaboration with the International Society of Addiction Medicine and SVMH to conduct weekly webinars for regional healthcare professionals and students on Substance Use Disorder (SUD).

Dr Chang added that Fiji's current drug epidemic is garnering national attention, pointing out that the issue is not new but is worsening.

"Addressing Fiji's drug problem requires an integrated, innovative, and comprehensive approach that involves

not just law enforcement," she said.

"It is essential that communities take ownership of this issue and are actively involved in developing solutions that are culturally appropriate and contextualised to our local settings, addressing the root causes."

Dr Chang stressed the importance of a unified effort in tackling Fiji's drug problem, involving the health, social welfare, youth and employment sectors, as well as other relevant government ministries, academic institutions, and the wider community, including Civil Society Organisations (CSOs), faith-based organisations (FBOs), and individuals with lived experience.

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## 2025 ROADSHOW

📍 Navua 📍 Nausori 📍 Sigatoka 📍 Ba 📍 Tavua 📍 Rakiraki  
📍 Nadi 📍 Lautoka 📍 Labasa 📍 Savusavu 📍 Nabouwalu

📅 11 Jan - 01 Feb ⌚ 9am - 3pm



# 2024 Fiji Business



His Excellency, Ratu Wiliame Maivalili Katonivere with First Lady, Madam Filomena Katonivere, alongside the FNU Chancellor, Mr Semesa Karavaki, FNU Vice-Chancellor, Professor Unaisi Nabobo-Baba and members of the FNU Council and FNU Senior Leadership Team.

## FNU Celebrates 25 Years of Fiji Business Excellence Award

By NICOLETTE CHAMBERS

The Fiji National University's (FNU) National Training and Productivity Centre (NTPC) proudly marked a significant milestone this year, celebrating 25 years of the prestigious Fiji Business Excellence Awards (FBEA). As a long-time host of this distinguished event, FNU commemorated the occasion with a grand ceremony held at the Sheraton Fiji Golf and Beach Resort in Nadi earlier this month.

In her welcome address, FNU Vice-

Chancellor, Professor Unaisi Nabobo-Baba, highlighted that the FBEA was a shining example of the collaboration between FNU's NTPC.

"We at FNU believe there is no development without collaboration. Our mission is to foster education, leadership, and productivity," said Professor Nabobo-Baba.

"Since the inception of these awards in 1999, we have witnessed the transformative power of business excellence frameworks in shaping industries and helping organisations reach new heights of achievement.

"This Silver Jubilee is a reminder that the pursuit of excellence is not a destination but an ongoing journey – a commitment to continuous improvement that strengthens our economy and our society."

She added that the Fiji National Productivity Master Plan 2021–2036 laid out an ambitious vision for everyone, with productivity and innovation at its core.

The outgoing President of Fiji, His Excellency Ratu Wiliame Maivalili Katonivere, officiated at the celebration and mentioned that the gala event was an opportunity for everyone

to celebrate past accomplishments, reflect on how far they have come, and set their sights on the future of business and productivity in Fiji.

"At the heart of Fiji's productivity journey is the Fiji Business Excellence Awards. Established in 1999 as the Fiji Quality Awards, the FBEA brought together government, unions, and business leaders with a shared goal – to shape a prosperous future for Fiji," said His Excellency.

"Since then, the FBEA has evolved into a national symbol of quality, innovation, and operational excellence."

## Raffe Earns a Spot in the Excellence Awards

By NICOLETTE CHAMBERS

Raffe Hotels and Resorts have made their mark once again in the tourism industry, earning a place as a recipient of this year's Fiji Business Excellence Award (FBEA) 2024.

As one of the leading organisations in Fiji's tourism and hospitality sector, the group's achievement reflects its unwavering commitment to quality, innovation, and exceptional service.

The group is a well-established, family-owned business with over 50 years of heritage in Fiji.

In a statement, the group highlighted that the FBEA represents the highest level of national recognition for performance excellence that an organisation in Fiji can receive. The award celebrates Raffe Hotels & Resorts' dedication to raising standards in Fiji's hospitality sector and contributing to the broader business community.

The group's Manager of Learning,

Capability, and Quality Assurance, Altaab Khan, said he was overjoyed to share the news that Raffe Hotels & Resorts had been awarded this exceptional recognition.

"It is a testament to the dedication, resilience, and unwavering commitment each of you brings to our organisation every day," said Khan.

"This achievement is not just a reflection of a moment but of the daily contributions, integrity, and passion each team member invests into making our organisation one of excellence."

He also acknowledged the FNU's NTPC team for organising a marvellous gala event.

"The awards night itself was a beautifully orchestrated occasion that honoured all participants and shone a spotlight on Fiji's potential for growth and resilience," he added.

"FNU has set a benchmark for excellence, and we are privileged to have been a part of this remarkable journey with you."



Raffe Hotel & Resort's Group Manager of Learning & Capability and Quality Assurance, Altaab Khan, accepted the Business Award from His Excellency the President, Ratu Wiliame Katonivere on behalf of the Group.



# Excellence Awards

## Zens Recognised for Excellence

By NICOLETTE CHAMBERS

Zens Medical Centre Pte Limited, a rising star in Fiji’s medical industry, has once again proven its commitment to excellence by being a recipient of the 2024 Business Excellence Achievement Award at this year’s Fiji Business Excellence Awards (FBEA), held at Nadi’s Sheraton Fiji Golf and Beach Resort.

Commonly known as Zens, the medical business is a private healthcare provider with a strong presence in the industry for 25 years.

Zens’ primary services include medical care, diagnostics, emergency medical response, and specialist

services. In recent years, Zens has expanded its offerings to include education and training, as well as sports and event standby services.

The CEO, Ravitesh Singh, stated that the business’ main goal was to transform Fiji’s healthcare landscape by prioritising patient-centred care, ensuring the highest standards of quality and safety are met.

Singh explained that Zens earned the award in recognition of its ongoing commitment to sustaining the FBEA journey and consistently striving for



Zens Executive Director, Dr Zen Min Low (middle) receiving the award from the Minister for Justice, Hon. Siromi Turaga (left), alongside Zens CEO, Ravitesh Singh.

continuous improvement.

“Zens has made significant progress in creating a stronger and more effective organisation compared to the previous year,” said Singh.

“We invested in training all employees and independent contractors on the seven components of the FBEA

framework, ensuring alignment with quality processes and systems.”

He added that the company focused on continuous improvement by refining internal processes.

“Regular communication and feedback helped keep everyone aligned, driving consistent growth and

contributing to our award-winning performance,” he added.

Singh also highlighted that the future for the organisation involves sustaining the FBEA journey and staying on course with the organisation’s strategic business plan and its deliverables.



Amrish Narayan

## Celebrating Excellence: Narayan Honoured at FBEA's 25th Anniversary

By CHRISTAL KAPOOR

The 25th Fiji Business Excellence Awards (FBEA) celebrated Fiji’s dedication to promoting a culture of innovation and excellence.

Organised by the Fiji National University’s (FNU) National Training and Productivity Centre (NTPC), the prestigious event took place earlier this month at the Sheraton Resort in Denarau.

A highlight of the evening was the recognition of Amrish Narayan, who has served as an evaluator for six years. He was honoured with a five-year recognition plaque during this milestone Silver Jubilee celebration.

“The FBEA is more than an award programme; it’s a movement empowering organisations to reach their highest potential,” said Narayan.

Reflecting on the milestone, Narayan shared that the journey has been transformative.

“The FBEA has not only honed my professional skills but also deepened my understanding of true excellence—one rooted in leadership, strategy, and societal impact.”

As an evaluator, Narayan has been instrumental in assessing organisations on leadership, strategy, customer focus, and

sustainability. His journey, which began as a novice, has seen him rise to leadership roles, mentoring teams and ensuring assessments uphold the highest standards.

“Each evaluation is an opportunity to help businesses uncover their strengths and chart a path to sustainable success,” he shared.

Highlighting the broader impact of the FBEA, Narayan emphasised its importance in fostering innovation and resilience.

“Excellence isn’t about size or resources—it’s about mindset, vision, and determination,” he explained, recounting inspiring stories of small enterprises overcoming limitations to excel.

The FBEA plays a pivotal role in shaping Fiji’s business landscape. Beyond recognising organisational achievements, it nurtures a culture of continuous improvement and alignment with societal and environmental goals.

“The FBEA empowers organisations to realise their highest potential, benefiting not just businesses but the community at large.”

As Fiji continues to grow, the FBEA remains instrumental in championing a culture of resilience, adaptability, and continuous improvement—values epitomised by evaluators like Narayan.



# New Deckhands Set Sail

By WATI TALEBULA

This is the end of one chapter but the beginning of an exciting journey, says Captain Vilivo Valenitabua.

Captain Valenitabua is the Fiji National University’s (FNU) Pacific Centre for Maritime Studies (PCMS) Head of the Nautical Science Department and Acting Director.

Speaking during the Deck Hand Fishing Course graduation ceremony early this month, Captain Valenitabua reminded the 15 graduating students of the role they would play in the maritime industry. He noted the importance of carrying forward the knowledge, skills, and values they have gained during their three-week training.

The graduation was made possible through the partnership between the Fiji National University and World Wide Fund for Nature (WWF) – Pacific.

Captain Valenitabua said the partnership aligned with Pillar 1 of FNU’s 2024–2026 Strategic Plan, focusing on Education for Employability. He said the success of these graduates as they transition into the workforce was a reflection of the university’s commitment



WWF-Pacific Interim Fiji Conservation Programme Manager, Duncan William (middle row-sitting-second from left) with staff and students.

to this goal.

“Together with the PCMS team, we are proud to have been part of your journey,” said Captain Valenitabua. “PCMS is honoured to continue this partnership and help empower our people.”

“As deckhands, you are entering a profession steeped in tradition, hard work, and adventure. The skills you have acquired here will form the foundation of your career, and I encourage you to build upon them with enthusiasm and a

commitment to lifelong learning,” he added.

WWF-Pacific Interim Fiji Conservation Programme Manager, Duncan Williams, congratulated the graduates and highlighted the broader impact of the programme. To date, the initiative has supported 163 Deck Hand graduates and 19 Offshore Fishing Skippers.

Mr Williams said the partnership has transformed lives and contributed to the sustainable future of Fiji’s fisheries.

“The Deck Hand Fishing Programme

emphasises the importance of protecting marine ecosystems and prioritising the conservation of species such as sharks and sea turtles,” he said.

“It equips our graduates with the skills and awareness needed to safeguard our oceans, contributing to a fishing industry that values both environmental stewardship and economic growth.”

Mr Williams thanked the partners and donors, including WWF-UK, the European Union, the Government of Sweden, and the Government of New Zealand.

“Your support has turned dreams into opportunities, providing these students with the career pathways and tools needed to become leaders in ocean conservation,” Williams

added.

Graduate, Laisiasa Loga Kadavi, 21, thanked FNU and WWF-Pacific for the opportunity.

“This is the career path I want to pursue. I’ll now complete my sea time, then continue and work towards becoming like my uncle, Captain Savenaca Kadavi,” Kadavi said.

“I wanted to give it a try to see if I liked it, and I really did. Now, I see myself choosing this field as my future career.”



Mereakuvu Soronagone, one of the fifteen Deck Hand Fishing Course Graduates.

## If Only Father Could See: Soronagone

By WATI TALEBULA

Every daughter’s dream is to make her father proud, but for Mereakuvu Soronagone it will always remain a heartfelt wish.

With tears, Ms Soronagone spoke about graduating from the Deck Hand Fishing course, earning the first certificate under her name.

She said her father would have been proud, though he had never wanted her to pursue the career path she chose. Sadly, she lost him in 2020.

Her father, a Police Officer, had always envisioned a different path for her.

He never wanted her to pursue a career in the maritime industry. When Soronagone was in high school, she told her father she

wanted to become a sailor, but he doubted her and said it was a job for men, not women.

“If only he was here to witness this day, I would have told him that ‘I did it,’” Soronagone said, her voice filled with both pride and sorrow.

“It hasn’t been an easy journey, but I’m glad I took that step and applied for this course after a friend suggested it to me.”

Originally from Rakiraki Village in Yale, Kadavu, with maternal ties to Nukuni Village in Ono-i-Lau, Lau, Soronagone is determined to continue learning and pushing forward.

“I’m not stopping here, I plan to continue my studies at the Fiji National University,” she said.

“I’ve started this journey, and I will keep striving until one day I become a captain, it’s never too late to start, and I believe I can achieve it!”

## Rabi Fisherman Reels in New Skills



A proud moment for Prinz Tawaua after graduating from the Deck Hand Fishing Course.

By WATI TALEBULA

When Prinz Tawaua first heard about the Deck Hand Fishing short course, he knew it was the chance he’d been waiting for.

Now, just three weeks later, the father of two from Nuku Village in Rabi has graduated, joining 14 others at the Pacific Centre for Maritime Studies.

For the 34-year-old fisherman, this certificate represents more than just a qualification, it’s a step towards a brighter future.

“I’m so glad I chose to be part of this course,” he said.

“I learned a lot, especially about safety, which we often overlook as fishermen.”

Safety at sea, Tawaua says, has given him a new perspective on his work and responsibilities.

Having worked on fishing vessels since he was 19, Tawaua has always sought out free courses to build his skills.

“After secondary school, I didn’t have the chance to go to university because of financial difficulties,” he explained.

“So whenever I see a free course, I join, because it’s an opportunity to grow without the cost.”

Tawaua thanked the Fiji National University and WWF-Pacific for making this possible.

“They’ve given me a chance to upgrade my skills and support my family better. For that, I’m grateful.”





Dr Donald Wilson, Associate Dean of Research at Fiji National University's College of Medicine, Nursing, and Health Sciences.



Attendees during the Strengthening Pacific Women's Rights to Safety and Access to Health Through Survivor-Centred and Evidence-Based Approaches project.

# 'Engage Men and Boys to End Gender-Based Violence'

**By WATI TALEBULA**

Engaging Men and Boys as Allies. This topic was discussed during the “Strengthening Pacific Women’s Rights to Safety and Access to Health Through Survivor-Centred and Evidence-Based Approaches” project.

The discussion began with a question from Dr Donald Wilson, Associate Dean of Research at Fiji National University’s College of Medicine, Nursing, and Health Sciences. He asked the panelists how researchers can contribute to addressing violence against women and children.

“Given all that you have deliberated this morning, and considering that what we are launching today is a research project, what do you think are still the gaps in understanding

gender-based violence from a research perspective?” Dr. Wilson inquired.

“What is the perpetrator’s perspective on gender-based violence? For instance, if we ask the 150 men in prison about their frame of mind when the violence occurred, how can we understand their perspective? Women may say, ‘I don’t care, but it happened to me, and I don’t want to waste money on it.’

“From a researcher’s perspective, we need to provide another angle to inform policy decisions and deepen our understanding of the problem. This is just one aspect we’ve discussed several times. In the context of gender-based violence, what else can we do from a research standpoint?”

Mereseini Rakuita, Principal Strategic Lead for Pacific Women and Girls at the Pacific

Community (SPC) and one of the panelists, in her response highlighted the importance of engaging men and boys as allies.

“This issue primarily affects women, but it is men who are often the perpetrators of violence. There needs to be more focus on understanding men not only why they commit violence but also how we can involve them as agents of change,” Rakuita explained.

“I believe this is a powerful force we haven’t fully tapped into, and culture is a key mobilising factor in this process.”

Rakuita then asked the audience how culture could be leveraged as an enabler in the fight against gender-based violence.

“Everyone’s life is deeply influenced by culture in some way, and it shapes our worldview on many issues, including violence

against women and girls,” she said.

“While culture has often been seen as a force that perpetuates violence, it can also be a powerful tool for positive change. How can research contribute to shifting this dynamic?”

She continued, emphasising the role of the health sector in addressing violence against women and girls.

“The health sector can play a critical role by exploring how research can inform responses to violence. We need a more coordinated approach among all responders.”

Rakuita added that it is vital that responders work together and do not operate in silos.

“If they fail to collaborate, we risk subjecting women to repeated cycles of trauma.”



Mereseini Rakuita, Principal Strategic Lead for Pacific Women and Girls at the Pacific Community (SPC).

# Violence Against Women and Girls Should Be Everyone's Business: Rakuita

**By WATI TALEBULA**

Violence against women and girls should be everyone’s concern and should not be treated in silos.

This was the remark made by the Pacific Community (SPC) Principal Strategic Lead for Pacific Women and Girls, Mereseini Rakuita, during the launch of the “Strengthening Pacific Women’s Rights to Safety and Access to Health Through Survivor-Centred and Evidence-Based Approaches” project.

Rakuita is driving gender equality and girls’ empowerment across the Pacific region as part of SPC’s executive team.

“Violence against women and girls is often spoken about in silos as a thing that happens to women and growing up as a young Fijian girl in rural Fiji, it has always been treated as particularly domestic violence as a business of a man and his wife,” Rakuita said.

“It was treated as something acceptable simply because it happened within a marriage or a relationship. It’s so encouraging to see how that mentality has shifted in a significant way, not only in Fiji but across the Pacific.”

Rakuita highlighted the importance of openly discussing the issue.

“We need laws and policies in place, and events like this play a crucial role. It’s also time for us to stop talking about gender-based violence in isolation. It’s not just a social issue, it’s a developmental issue that impacts our economy,” she said.

“For example, in June 2023, Fiji’s Deputy Prime Minister and Minister for Finance estimated that Fiji spends \$300 million every year addressing gender-based violence. That’s seven percent of our GDP.”

She added that meaningful change could only happen if everyone worked together toward a common goal.





A Fiji National University Student during Cocktail Mixology Practicals

# NTPC Aims to Reduce Labour Shortages in the Tourism Sector

By CHRISTAL KAPOOR

The tourism industry in Fiji continues to thrive, yet labour shortages in key areas, such as baristas and mixologists, present a challenge to maintaining high service standards. The National Training and Productivity Centre (NTPC) is tackling this issue head-on with its intensive Barista and Cocktail Mixing short courses, designed to upskill individuals and meet the demands of the dynamic food and beverage sector.

“These courses are a lifeline for the industry,” says the Head of the Tourism, Hospitality, Fashion and Travel Department, Sheileshni Nair. “By aligning training with employer expectations, we are preparing participants to excel in technical skills, customer service, and creativity—qualities essential for success in Fiji’s renowned hospitality sector.” She added that the one-day workshops provide hands-on learning in the NTPC Training Restaurant, ensuring participants gain real-world experience. “Barista trainees master coffee preparation and efficient service techniques, while cocktail enthusiasts learn mixology fundamentals, including ingredient combinations and presentation.” Accessible to all skill levels, the courses are ideal for school leavers, career changers, and professionals aiming to refine their craft. They also offer organisations a chance to upskill their workforce, fostering growth and innovation. “Beyond employment,” the department head adds, “these courses inspire entrepreneurship and continuous learning. Participants leave with the confidence to not only secure jobs but also explore ventures like starting their own café or bar.” By enhancing the workforce’s capabilities, NTPC strengthens Fiji’s tourism appeal, ensuring the industry’s resilience and success in a competitive global market.

# More Awareness Needed on Mental Health: Kumar



Fiji National University College of Humanities and Education, School of Education, Assistant Professor in Inclusive and Special Education, Dr Sunil Kumar

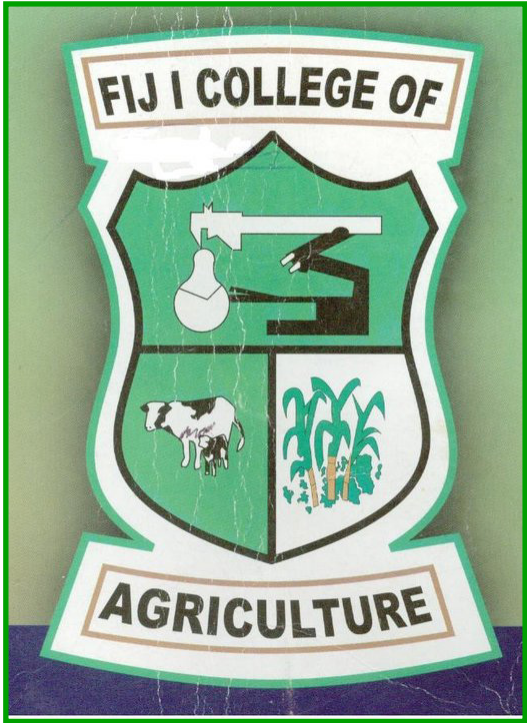
By NICOLETTE CHAMBERS

The first, and perhaps most foundational, step is raising awareness of mental health. This was the statement made by the Fiji National University College of Humanities and Education, School of Education, Assistant Professor in Inclusive and Special Education, Dr Sunil Kumar, while officiating at the closing ceremony for World Mental Health Day at the FNU Natabua Campus in Lautoka. The theme for this year’s celebration was: ‘It’s Time to Prioritise Mental Health in the Workplace’. Dr Kumar shared that mental health could no longer be a topic whispered about in the break room or brushed aside. “Stigma is still one of the most significant barriers to addressing mental health concerns, and it is our responsibility to challenge that stigma head-on,” he said. “Through education and open dialogue, we can create a workplace culture that encourages

people to seek help when they need it, without fear of judgement. “We need more training, workshops, and mental health literacy programmes that help employees and managers recognise the signs of stress, anxiety, and other mental health issues before they escalate.” He said creating a supportive environment was the next crucial step. “A workplace that prioritises mental health must have leaders and managers trained to offer support and compassion and recognise that mental health is a legitimate factor in employee performance and well-being,” said Dr Kumar. “These leaders should know how to approach sensitive conversations and offer resources to help employees manage their mental health. “But let’s be clear: a supportive work environment isn’t just about what happens in HR (Human Resources) offices; it’s about fostering a sense of community in the workplace.”

“A workplace that prioritises mental health must have leaders and managers trained to offer support and compassion and recognise that mental health is a legitimate factor in employee performance and well-being.”





# Inside Story

## A Platinum Celebration of Seven Decades of FCA: A Call to All Alumni

By:



Dr Kaliova Ravuiwasa

■ Dr Kaliova Ravuiwasa is the Dean for the College of Agriculture, Fisheries and Forestry.

If you're alive and you studied at the Fiji College of Agriculture (FCA) now the College of Agriculture, Fisheries, and Forestry (CAFF), you cannot miss this! On the 6th and 7th of December, Koronivia Campus will come alive with a sea of green, marking an extraordinary milestone: 70 years of academic excellence and impact.

This is not just a reunion—it's a platinum celebration, honoring seven decades of achievements, camaraderie, and the enduring legacy of FCA. It's a celebration of an institution that has shaped careers, fostered friendships, and contributed significantly to Fiji's agriculture, fisheries, and forestry sectors. This milestone event promises to be monumental, uniting alumni across generations for two days of reflection, celebration, and

connection.

### A Brief History of the Fiji College of Agriculture

Founded in 1954, the Fiji College of Agriculture began as a modest training institution aimed at advancing agricultural education and practices in Fiji. Located in the fertile grounds of Koronivia, the college was pivotal in equipping students with the skills and knowledge to meet the growing demands of Fiji's agricultural sector.

In its early years, the college focused on core agricultural training, producing graduates who would become the backbone of Fiji's agricultural development. Over time, FCA expanded its scope, incorporating fisheries and forestry into its curriculum to meet the diverse needs of the Pacific region.

Today, as the College of Agriculture, Fisheries, and Forestry, it continues its legacy as a leader in agricultural education and research, fostering innovation and sustainability. FCA's contributions to Fiji and the wider Pacific remain unmatched, and this 70th-anniversary celebration is a testament to its enduring impact.

### Day One: The Homecoming and Celebration

The festivities will begin on Friday, December 6th, at the Koronivia Campus—a true homecoming for alumni. The decision to hold the event on a Friday during school holidays

ensures that teaching alumni can also join in.

The day's theme is connection and celebration, with highlights including:

The day kicks off with a decade march, where alumni from each decade will proudly represent their years at FCA. Decades will distinguish themselves with unique colors while maintaining the iconic green that ties all alumni together.

For example, the 2000s alumni have chosen gold and green, the 2010s will wear purple and green, and the newest graduates are embracing aqua blue and green. Older decades, such as the 1960s, 1970s, and 1980s, are choosing their own unique shades over green. This visual display of unity and diversity celebrates seven decades of progress and pride.

The march will start at the Crop Farm complex, proceed through the highway, and culminate at the main campus, where the official celebrations will take place.

Day one will feature a mix of formalities, tributes, and entertainment. The morning will be dedicated to paying respects to alumni who have passed on, followed by speeches and reflections from key figures.

As the formalities conclude, the atmosphere will shift to one of fun and celebration. Alumni will enjoy live bands, games, and activities organised

by decade groups. Tent setups for each decade will serve as hubs for networking, shared meals, and reminiscing. The vibe promises to be electric, filled with laughter, music, and the unmistakable spirit of FCA camaraderie.

### Day Two: Gala Dinner and Legacy Building

The celebrations continue on Saturday, December 7th, with a glamorous gala dinner at FNU's new gymnasium. This event will blend elegance with purpose, as alumni dress in evening wear to reflect the platinum theme.

Starting at 6 PM, the gala dinner will feature speeches, entertainment, and opportunities to reflect on the institution's achievements. It's a moment to acknowledge the enduring bonds formed at FCA and the transformative impact it has had on its alumni.

The gala will also serve as a platform to launch a significant alumni project for 2025 and beyond. The project, led by alumni for alumni, aims to establish a signature building on campus—a space for alumni to gather, reflect, and contribute to the ongoing growth of CAFF.

Whether it's a coffee bistro, a studio, or a deck for gatherings, this initiative will create a tangible legacy that honors FCA's past while investing in its future.

### The Value of Participation

Tickets for the two-day event are priced at \$100, reflecting

the grandeur of the celebration and the importance of funding future alumni projects. These projects will leave a lasting mark on Koronivia Campus, strengthening the alumni network and enhancing the student experience.

Tickets are already in high demand, with alumni eager to secure their spot at this once-in-a-lifetime event. The \$100 contribution not only grants access to the festivities but also supports the legacy projects that will define FCA's future.

### A Celebration You Can't Miss

This platinum celebration is more than just a gathering—it's a movement. It's a call for all FCA alumni to return home, honor their shared history, and contribute to a brighter future for the institution that shaped them.

As we celebrate 70 years of success, we recognise that this milestone is not just about the past—it's about the legacy we leave behind. For many, this is a once-in-a-lifetime opportunity to reconnect, reminisce, and renew their commitment to FCA's mission.

So, to all FCA alumni: mark your calendars, rally your decade mates, and prepare for a celebration like no other. On the 6th and 7th of December, Koronivia will be waiting with open arms, ready to welcome you back home.

This is your moment. Don't miss it.



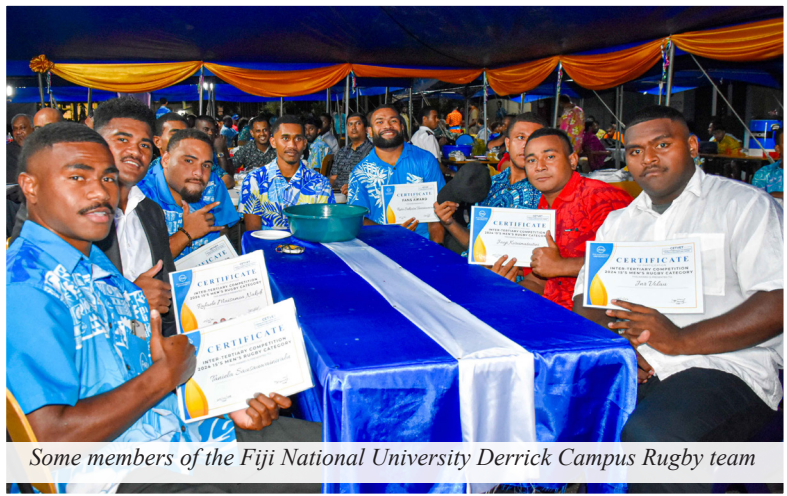


# Health & Hustle



College of Agriculture, Fisheries and Forestry Dean, Dr. Kaliova Ravuiwasa with Coach and Lecturer Adi Asenaca Tuivanuavou.

## Female Coach Leads Rugby Triumph



Some members of the Fiji National University Derrick Campus Rugby team

By WATI TALEBULA

Fiji National University Lecturer Adi Asenaca Tuivanuavou is breaking barriers and making history.

Named the Best Female Coach at Fiji National University (FNU) last month, she's proving that determination and skill know no gender.

Tuivanuavou, an Agricultural Engineering lecturer, earned the recognition during the College of Engineering, Technical, and Vocational Education & Training (CETVET) celebrations at the Derrick Campus in Samabula.

During the Inter-Tertiary competition, she coached the Derrick Campus boys' rugby team to a thrilling victory over the University of the South Pacific.

We sat down with Tuivanuavou to hear her story.

Here's an excerpt from our conversation.

**How did you feel after receiving the award?**

I experienced mixed emotions as I reflected on the challenges we faced as a team, particularly as a woman coaching a men's team. I am incredibly proud of how far we have come together.

**How long have you been coaching?**

I started at FNU Samabula in 2022, initially observing the team as I was new to the sports programme.

I decided to support them fully in 2023 after seeing the potential and the need for guidance. So, it's been two years now, coaching the team with Madam Nanise Rokobani as manager. We've now won back-to-back titles.

**What do you think has been the key to your success?**

The challenges we've faced together as a team have become the foundation of our

strength. Discipline has been the key to bringing us this far.

**How did you help the team overcome challenges to achieve victory?**

As a coach, I make it a point to hold discussions with the boys after training. During these sessions, Miss Nani and I encourage them to reflect on their potential. We remind them that if we, as women, can lead them, they must also rise to the occasion, not just in sports but in academics and any future leadership roles.

Our goal is not only to develop athletes but also to cultivate leaders.

I encourage them to shine on the field, to embrace their talents, and to take responsibility. As captains, I urge them to set an example both on and off the field, fostering a spirit of teamwork and resilience that will guide them throughout their lives.

**What are your thoughts on holding an event to recognise the talents of these young players?**

I am convinced that such an event would greatly boost their morale and bring out hidden potential. It would instill pride as their efforts and talents are recognized and appreciated, inspiring them to strive for greater achievements. Additionally, I believe it would motivate them to balance their academic and sporting commitments.

- Players that received the awards are:**
- Ironman award:** Michael Filipe Ferei
  - Most Valuable Player:** Selema Basau
  - Fans Award:** Ratu Sakiusa Vakalolo Tuivanuavou
  - Coach of the year Award:** Eneri Rokoua
  - Rookie Award:** Taniela Kotoisuva
  - Player of the tournament Award:** Kemueli Mikaele
  - Top Try scorer:** Iosefo Tavitacagi



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**INSIDE FNU** wants to HEAR FROM YOU

INSIDE FNU welcomes submissions by staff and students for publication in the newsletter. Please send your suggestions, comments or articles for consideration to [mprc@fnu.ac.fj](mailto:mprc@fnu.ac.fj)

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