



Nasinu flamingo's during the opening of the FNU Sports day.

Lots of fun and comradeship on show at FNU Annual Sports Day. Nasinu Flamingos crowned Winners

The Fiji National University was commended for adopting a pro-active role in encouraging staff to have a work and life balance through initiatives such as organising annual Sports Day meets as well as allowing staff to take one hour off on either Tuesday or Thursday afternoon for wellness activities.

Speaking at the recent FNU Sports Day held in Lautoka, Chief Guest, Deputy Commissioner of Police, Rusiata Tudravu stated it was important that people are encouraged to live a healthy and balanced lifestyle given the dramatic increase in non-communicable diseases (NCD's) in Fiji.

The senior Police Officer encouraged close to one thousand staff gathered at the meet to live a healthy lifestyle, eat healthy food and exercise regularly to combat the deadly crisis.

"NCDs are becoming the biggest killer in Fiji now and if you look at it globally, over 70 percent of the population which is equivalent to 41 million dies due to NCDs.

"NCD is a time bomb and NCDs have become the biggest killer in Fiji, which affects the lives of many people. We have to look after ourselves well," he urged staff.

Despite the gloomy weather, FNU staff from around Fiji turned in numbers to compete in various sporting activities.

Tudravu stressed that FNU, as a dual sector university needs a productive workforce in this competitive world to provide the best education to the nation's future leaders.

"There is a lot of competition between institutions that render education for secondary students. The need for a healthy workforce is paramount as you are engaging with students who are the future leaders of the country," he said.



Chief Guest, Deputy Commissioner of Police, Rusiata Tudravu at the FNU sports day

FNU Manager Work Safety and Environment, William Mar said that it's important to have some recreation and relaxation activities for staff to break from normal work routine.

"Apart from the health benefits, the annual sports day is a time for team building, getting to know each other and putting a face to the names we usually talk to on the phone or email daily at work," he said.

Mar was overwhelmed with the impressive turnout and the excellent organisation of the sports day.

"The hosts Lautoka were outstanding in their organisation of the games. This had to be the best Staff Sports Day ever since the event started in 2011. The mammoth task was made easy working with the outstanding Lautoka Sports committee and head of Natabua Campus, Professor Unaisi Baba. They have set a benchmark which will be hard to beat," he adds

FNU Natabua Campus Academic leader, Professor Unaisi Nabobo Baba thanked the organising committee for the excellent arrangement for the Annual Sports Day function.

"Nothing as good would have come about without your efforts and the big attendance of our colleagues from the other campuses and units of FNU," she said.

The overall winner of the Sports Day was the Nasinu Flamingos.

The 2019 Annual sports day game winners are as follows:

SPORTS	WINNER	RUNNER-UP
1. Touch rugby	Nasinu flamingos	Derrick Bulldogs
2. Soccer	Nasinu flamingos	Derrick Bulldogs
3. Netball	Nasinu flamingos	Natabua Sugar Knights
4. Volleyball	Nasinu flamingos	Natabua Sugar Knights
5. Badminton Doubles	Natabua sugar knights	
6. Table tennis - Doubles	Natabua sugar knights	
7. Darts	Tamavua chiefs	Koronivia Kulawai
8. Chess	Natabua sugar knights	Derrick Bulldogs
9. Carom board	Babasiga lions	Koronivia Kulawai
10. Cards	Nasinu flamingos	Turtle Guardians
11. Fun Games – Sack Race, Musical Chair, Bun-Eating, Water-Balloon Volleyball	Derrick bulldogs & Nasinu flamingos	
Best Organised Team – Sports Day Parade	Nasinu Flamingos	
Best Dressed Team – Awards Night	Koronivia Kulawai	
Best Team Item – Awards Night	Derrick Bulldogs	
Overall Sports Winner	Nasinu Flamingos	



Zumba session before the actual sports event