

# Friends4FIJI

## 2018 ANNUAL REPORT



Connecting and empowering students across the Pacific as they undertake parallel journeys through medical school, giving the next generation of doctors the skills and networks required to best promote health in our region.





## Our Mission

Friends4Fiji is a grassroots international partnership between medical students in Australia and Fiji, that aims to enhance medical education and health outcomes through material aid, shared experiences and clinical education.

## Our Vision

Before colonial contact, the seas of the Pacific Ocean did not separate the various peoples of the Islands, but rather were highways for the sharing of goods, knowledge and experiences.

Intrepid seafarers would construct large double-hulled canoes of huge trees which, though distinct, were lashed together via a common deck as they travelled in parallel, piercing the oncoming waves in fulfilment of their journey.

We are Australian and Fijian medical students, undertaking parallel journeys through the tumultuous waters of medical school towards the goal of practicing medicine in a way that uplifts people and affirms ourselves.

Though distinct, we are bound together by a common thread, that is Friends4Fiji, sharing the burdens that come with pursuing our passions by sharing goods, knowledge and experiences for the journey and beyond.

*We are the Friends4Fiji Initiative.*

## Our History

- 2009      Founded as a subcommittee of Ignite, the **Monash University** global health society, to support medical students at the Umanand Prasad School of Medicine at the **University of Fiji**.
- 2017      Expanded to include a partnership between medical students at the **University of Newcastle** and Fiji School of Medicine at **Fiji National University**.
- 2018      Registered as an official Charity with the Australian Charities and Not-for-profits Commission.

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## President's Report

Welcome to our very first Annual Report!

It has been wonderful to watch Friends4Fiji grow and develop over the last few years into an official Charity, without losing the passion and grassroots collaboration that characterised our early beginnings. Our partnership began in 2009 with a small subcommittee of medical students at Monash University coming together with one of the very first cohorts of trailblazing young Fijian medical students at the Umanand Prasad School of Medicine. Today, we have expanded our student exchange and material aid programs, added online educational modules and support for student-led health promotion projects, and now also incorporate a second partnership between medical students at Fiji National University and the University of Newcastle.

This has been a year of great change for Friends4Fiji. I would like to begin by first acknowledging the the entire 2017 committee, but most importantly Eshwar Yogakanthi, Assia Commella and James Jiang, for their hard work to register our group as a not-for-profit incorporated association with Consumer Affairs Victoria. Achieving this goal, in September 2017, has allowed us to build upon previous work and ensure our sustainability for the future. It also allowed us to formally register as a Charity with the Australian Charities and Not-for-profits Commission, which allows us to receive tax-deductible gifts and access a wide range of services designed to help not-for-profit organisations achieve their charitable aims.

In the midst of this change, Emma Gard and Ayden Tchernegovski have led the well-established Monash committee through another successful year. In addition to several fundraising bakesales, a movie night, and cocktail evening, the committee arranged an incredible Study Tour for our visiting Fijian medical students - Diana and Aveeral. During their time in Melbourne, the students were fortunate to attend the Australian Medical Students Association Global Health Conference - I hope you enjoy reading their reflections below.

For the first time, we were also able to welcome a student from Fiji School of Medicine on our Study Tour. Shiva Shankar, the inaugural Chair of Friends4Fiji at FSM, joined Diana and Aveeral for the Global Health Conference. Shiva was able to take what he learnt home to FSM, where along with his committee he organised a fundraiser for the victims of the devastating Cyclone Keni, and the educational TED-style “MEDtalks” event.

Shiva and his committee were supported by their colleagues at the University of Newcastle, led by Bal Dhital and Laura Dryburgh. Bal was instrumental in arranging our largest stethoscope donation yet - establishing a new partnership with the Co-Op Bookshop branch in Newcastle that allowed us to provide over 100 heavily subsidised Littmann stethoscopes to students at FSM and UPSM.

And finally, our UPSM committee was reinvigorated by Tui Lasike. Tui worked closely with Dr B P Ram as our online evidence-based clinical practice modules were incorporated into the UPSM curriculum, co-ordinated stethoscope orders and delivery, and arranged a Fijian welcome for our first Patron, Dr Shilpa Jesudason.

Thank you to everyone who has supported us over the past 9 years, and to everyone who continues to help us achieve our mission today. I can't wait to see what we achieve together in the future.

Aidan Kashyap

## An overview of Friends4Fiji

Friends4Fiji is a grassroots partnership between medical students in Australia and Fiji. Our primary aims are to enhance medical education and health outcomes in Fiji and Australia, by facilitating donation of learning and medical equipment, organizing shared learning opportunities abroad, and encouraging clinical engagement with the pressing health concerns of the Pacific region.



## Charitable purposes

### **Advancing health**

Friends4Fiji Incorporated seeks to provide benevolent relief by advancing the education of Fijian medical students, to nurture the next generation of local medical practitioners who will advance health and promote the control of disease in Fiji.

We provide development assistance in the form of education, resources and activities to disadvantaged young Fijian medical students, building their capacity during their journey through medical school and clinical practice. Ultimately, facilitating the best possible training of local healthcare workers is a sustainable solution to controlling disease and meeting the public health needs stemming from poverty and disadvantage in this developing country.

We also encourage Australian medical students to learn from the Fijian students' resilience and clinical acumen. This contributes towards not only to also improving health in Australia, but to nurturing an internationally mobilised workforce that can assist others in the region in times of need - such as following natural disasters.

### **Advancing education**

We supplement the tertiary education of medical students in both Australia and Fiji, by providing educational materials such as textbooks, computers and stethoscopes (either donated or at subsidised prices), facilitating exchange teaching programs between Universities, and facilitating student exchanges between Universities.

We also run online teaching initiatives that advance the education of Fijian medical students. We also educate Australian medical students on health requirements specific to the Pacific Islands, that are often not taught in the formal University curriculum - encouraging them to take an interest in global health.

### **Advancing social and public welfare**

Our activities, described above, aid international development by enabling Fijian medical students to better relieve the poverty and distress of those within their local communities who are sick and therefore most in need.

## **Beneficiaries**

The major beneficiaries of our activities are medical students studying in Fiji, at both the University of Fiji and Fiji National University. We provide development assistance in the form of education, resources and activities to disadvantaged young Fijian medical students, building their capacity during their journey through medical school and clinical practice.

Minor beneficiaries of our activities are medical students studying in Australia, particularly at Monash University and the University of Newcastle. We encourage shared knowledge and experience as Australian and Fijian medical students undertake parallel journeys through the tumultuous waters of medical school towards the goal of practicing medicine.

This broadens the horizons of Australian medical students and exposes them to new cultures and ways of thinking, while also providing education and understanding that they may otherwise not have obtained.

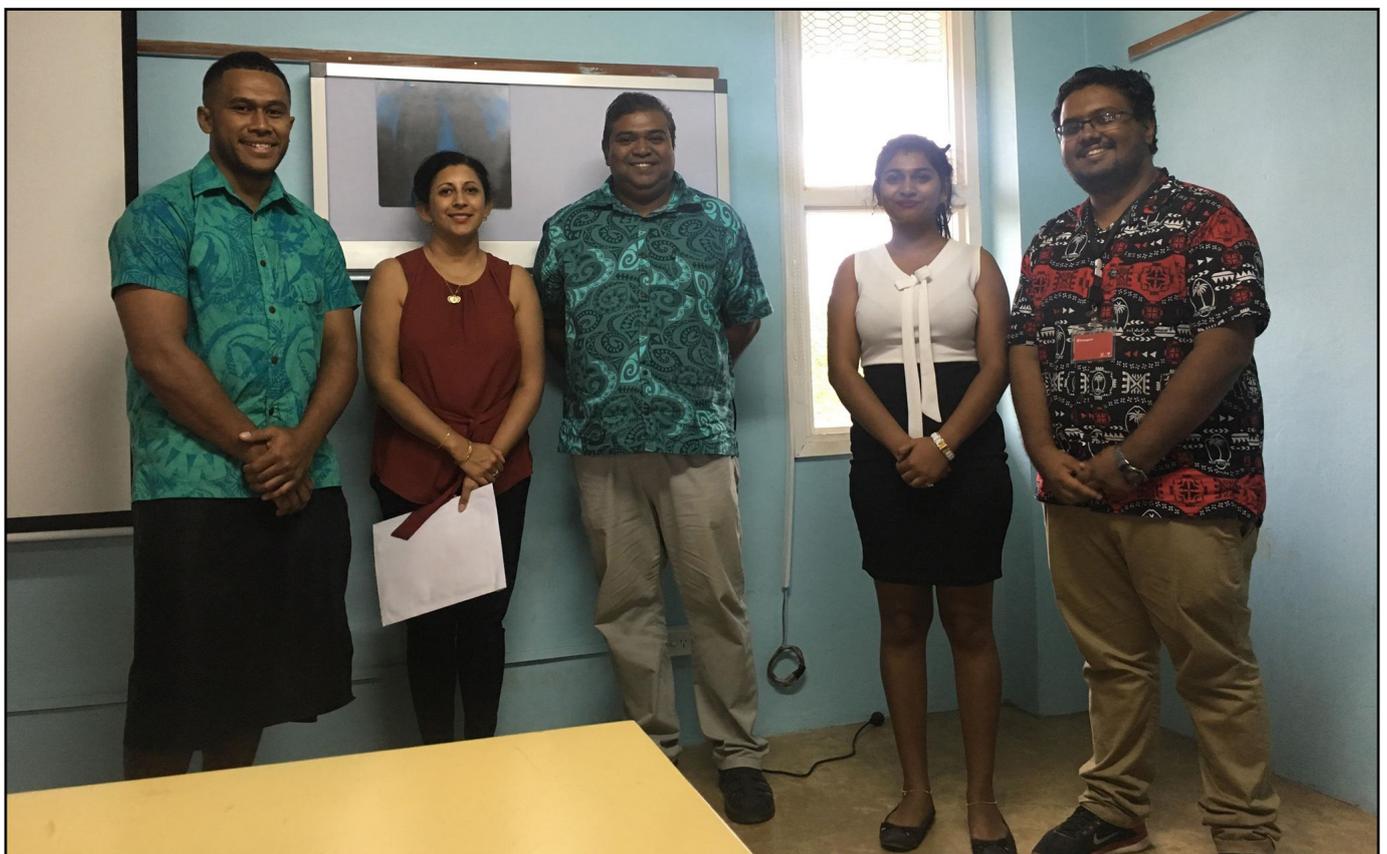
A long-term outcome of our work is that the entire population of Fiji will benefit - ultimately, facilitating the best possible training of local healthcare workers is a sustainable solution to controlling disease and meeting the public health needs stemming from poverty and disadvantage in this developing country.

## Our people

### Patron

In our inaugural year as a registered Charity, Friends4Fiji is proud to announce our first Patron - Dr Shilpa Jesudason. Shilpa is a nephrologist, clinician-scientist, clinical director of Kidney Health Australia, and the daughter of the late Umanand Prasad, who founded and funded the Umanand Prasad School of Medicine (UPSM). Under his guidance, hundreds of ambitious young Fijian medical students were nurtured into the outstanding young doctors they are today. Shilpa hopes to continue his legacy through her support of Friends4Fiji. Shilpa will be supporting our annual Study Tour, that brings two UPSM students to Melbourne for two weeks of clinical placement, networking with their Australian peers, and the opportunity to take part in the Australian Medical Students Association Global Health Conference.

If you would like to support Friends4Fiji as a Patron (through financial support or other means), please reach out to us at [info@friends4fiji.org](mailto:info@friends4fiji.org)



*Dr Shilpa Jesudason with students at the Umanand Prasad School of Medicine*

## Executive Committee

<b>President</b>	Aidan Kashyap
<b>Executive Treasurer</b>	Kishan Chand
<b>Chair, Monash</b>	Emma Gard & Ayden Tchernegovski
<b>Chair, UPSM</b>	Tui Lasike
<b>Chair, Newcastle</b>	Bal Dhital
<b>Chair, FSM</b>	Shiva Shankar

## Local Committees

### **Monash**

Hasini Dheeraseskara  
Hannah Li  
Audrey Khor  
Jordan Lai  
Calvin Fletcher  
Sherihan Goni  
Michelle Truong  
Jeremy Cheng  
Navya Gullapalli  
Nate Flacks  
Helena Ang  
Erskine Chu  
Shekinah Maria Ramos  
Aaron Winn Wey Aw  
Vinay Goel

### **FSM**

Shiva Shankar  
Adarsh Sushil Chand  
Mamta Naidu  
Jeremy Paris  
Munisha Goundar  
Pauliasi Tuamoto  
Nur Zyna Neha

### **UPSM**

Shayal Shivani Pratap  
Sahil Solanki  
Shimal Sharma  
Osama Bin Khalid  
Rahul Ravineel Pathak  
Ashweta Kaur  
Razeen Ali  
Harieta Stephen  
Gennelle Rokoqiqi  
Kavinesh Kumar  
Maca Ratabua  
Ivor Tsika  
Rahul Ravineel Pathak  
Arieta Boseiwaqa  
Shayal Shivani Pratap  
Mohammed Shazeel  
Patrick Lal

### **Newcastle**

Bal Dhital  
Laura Dryburgh  
Pratik Raichurkar  
Darshan Sitharthan

## Our partners

### Co-Op Bookshop

Co-Op Bookshop is Australia's largest member owned retailer, who return all profits to their members through discounts, offers and on-campus support. Co-Op have demonstrated their dedication to assisting students not only in Australia, but worldwide, by partnering with Friends4Fiji since 2014.

Co-Op currently support Friends4Fiji by offering heavily discounted prices on Littmann Classic III Stethoscopes (which are further subsidised by Friends4Fiji).



### FreightNet International

Since 2017, FreightNet International's Melbourne office have been supporting our cause by providing discounted shipping to Fiji - allowing us to ship greater volumes of stethoscopes, second-hand textbooks and other material aid!

## MIPS

MIPS are a not-for-profit organisation who provide personalised clinico-legal advice to members and offer medical indemnity insurance to both medical students and doctors. For the past 3 years, MIPS have supported our annual Pacific Health Education Night, now known as “Dinner with the Experts in Pacific Health”.



## Previous partner: HEAL

Healthcare Education Australia Limited (HEAL) deliver educational opportunities with a multidisciplinary focus to a range of professionals in the healthcare industry, and are a leading player in the education, training and support of healthcare professionals around Australia. HEAL aim to improve access to healthcare education in less fortunate countries, such as Fiji, by providing charitable donations via the HEAL foundation.

HEAL’s funding directly supported:

- Donation of anatomy models
- Donation of clinical skills simulation equipment
- Subsidisation of Littmann stethoscopes
- Provision of computers to UPSM students
- Facilitation of UpToDate access
- Creation of online research training modules
- Health Promotion Grants awarded to final year UPSM students

## Chair's Reports

### Fiji School of Medicine

#### **Shiva Shankar**

Year 2018 was officially the inaugural year for Friends4Fiji at the Fiji School of Medicine. The committee consisted of 6 dedicated medical students who took up the opportunity to engage in student welfare and assistance activities. With very limited resources, virtually no available funds, the enthusiastic group of students set out to lay the foundations for future committees to build up on. Through the stethoscope sales which had a good response from MBBS students, the FSM committee acquired majority of its funds. With the money available, the first initiative was to help the Cyclone Keri victims, a fundraiser was organized and all profits were donated to the victims through the Fiji School of Medicine Students Association. The next big project that Friends4Fiji FSM engaged in was the establishment and organization of MEDtalks FSM, we had 5 speakers from different backgrounds talking about different perspectives towards health, with the theme for this year's MEDtalks FSM being "Lets connect for better health". This is set to be a yearly event under the Friends4Fiji FSM committee. All in all, this being the 1st year and with a very small committee, enough has been done to establish a presence, in terms of gathering resources the local committee has also managed to secure around \$1000 in finances with the Student Association and is available for use for the next committee. Good luck to the next team and Bula Vinaka!

### University of Newcastle

#### **Bal Dhital**

In 2018 the Newcastle Friends4Fiji committee was instrumental in facilitating our annual subsidised Littmann stethoscope program for UPSM and FSM medical students, striking a new agreement with the Co-Op Bookshop Macquarie store.

We continued working towards more firmly establishing the society in the Newcastle environment, and are looking forward to a successful 2019 - our global health society has taken a real upturn this year in commitment and effort, and we are quite confident that there will be even better involvement with Friends4Fiji next year.

## Monash University

### **Emma Gard and Ayden Tchernegovski**

The 2018 Monash committee comprised of 15 hard working individuals spread across different faculties and year groups, working towards a common goal. Together we aimed to raise funds and awareness about Friends4Fiji and our purpose amongst our fellow students at Monash University Clayton Campus.

In preparation for the 2018 study tour, we continued to raise funds through a multitude of events. Following the success of 2017, the 2018 calendar began with a movie night followed by bake sales, raffles and chocolate box sales throughout the rest of the year.

Our annual study tour welcomed Aveeral and Diana from UPSM. Apart from their time at the hospital, during their stay they enjoyed some of the best Arts, Sports and culture that Melbourne had to offer.

The year came to a close with our yearly cocktail event, Friday Night with Friends4Fiji. The night saw 3 speakers share their experiences of medicine and healthcare in the pacific as well as a performance from a local Fijian dance group.

I hope the work of the committee this year laid down solid foundations for the following team to build upon in the year to come.

Good luck to Navya and the team for 2019!

## Umanand Prasad School of Medicine

### **Tui Lasike**

The year 2018 was a good year for our UPSM Friends4Fiji. We received a total of 54 members joining forces and 16 dedicated Executive members leading the frontline and spearheading the group. The support from the school was overwhelming allowing us to broaden the networking amongst the local hospitals.

We were fortunate enough to have the school's full support with the donated materials being included in the school inventory and future discussions of financial support towards the Study tour for the participants that will be selected.

The highly anticipated Dr. Shilpa school visit was one of our major highlights of the year, giving us a chance to acknowledge her contributions to the Friends4Fiji organisation as whole.

All the best to the committee next year which is composed of most of the recent executives committee - keep the flame growing. Vinaka

## Study Tour Reflection - *Diana Baleacagi*

### **Overall, how did you find your stay in Melbourne?**

Staying in Melbourne was a dream come true - eye opening both medically and personally! Challenging with new lifestyle and weather, however it was more than educational. I loved it so much. This is my most memorable lifetime experience so far.

### **What are some things you learnt during your time on the Study Tour?**

1. How to use read, interpret and successfully utilise google map
2. Time management
3. How to openly communicate with people from different parts of the country and listening to their stories
4. How to treat and value everyone irrespective of race, colour or gender
5. The bigger picture of what we have back in my home country
6. Medical system is so advanced yet level of px care is so overwhelming
7. Fiji can do much better

### **What will you take back home to teach your peers at UPSM?**

1. Always keep an open mind about things
2. Make the most of all opportunities, such as this medical tour
3. Be part of this proactive, productive and eye opening friendship, F4F
4. Work together with the F4F committee at Monash University to bring about good and positive changes to our Pacific countries
5. The importance of good nutrition, health and how to tackle NCDs as we have some of the highest rates in the world

### **What was the best part of your placement at Frankston Hospital?**

Delivery room - Obstetrics. I witnessed a delivery in this setting and I couldn't believe it. Each woman had her own room, her own midwife and her own CTG machine. Everything was monitored by the computer, and everything was so efficient. Yet this was still a touching moment, as the whole family got to witness the coming of the new addition to the family. I really appreciated how each doctor and midwife was so cautious with their moves and procedures, yet so loving and caring to each patient.

## **What were your favourite activities?**

Bowling with my lovely friends. It was my first time but I never knew I could be so good at it. Lol! I would love to go again!

## **How did you find your time at the GHC Medical Conference?**

OMG, answered some questions that I always have in mind, like nutrition and health, clinical medicine and so much more. It was so very informative and motivational to achieve equity in global health - it's going to be a challenge, but it's not impossible. It was worth it. I enjoyed every session and the knowledge gained will be very helpful in my journey as an individual as well as a health professional in the near future.

## **Who was your favourite speaker at GHC and why?**

Alessandro Demaio. He revealed the answers to most of my queries about nutrition and health. If we can get these concepts right, I believe there will be less to no need of physicians. Unfortunately, I don't think politicians will agree on the correct solutions - as they will continue to give more money to influential industries, allowing companies to keep producing what they know is detrimental to humans.

## **What was it like meeting medical students from Monash and all over Australia at GHC?**

It was amazing, they were so friendly and were always there for us. My heartfelt gratitude to each one of them for calling us just to say hi, inviting us for lunch, or showing us around the hospital. At GHC it was spectacular, everyone was really beautiful with beautiful hearts to care and guide us through. Thank you Calvin, Emma, Sherihan, Ayden, Hannah, Helena, Mark, Maya, Ibukun, Jeremy and many more of the hardworking, loving, accommodating and tireless committee members for always having answers ready and assistance ready when we needed it. Thank you all so much. I believe it is because of your good leadership, that we were able to really enjoy every moment of our tour with these beautiful people. Thank you all once more again.

# Treasurer's Report

Dr Kishan Chand, UPSM and Aidan Kashyap, Monash

It has been a busy year of expansion for Friends4Fiji. To drive this expansion, in the 2017-18 financial year we incurred a loss of \$8944 and ended the financial year with \$5086 in assets and \$1440 in liabilities.

This expenditure was primarily driven by our material aid and student exchange programs. We incurred a loss of \$3724 to purchase, ship and distribute 113 subsidised stethoscopes to Fijian medical students, and a loss of \$4335 to bring 3 Fijian medical students to Melbourne for our annual Study Tour and the AMSA Global Health Conference.

Our primary income source continues to be revenue from providing goods and services, such as the bakesales, movie night and cocktail event held at Monash University. As we transition into our new structure as a deductible-gift recipient charity, we hope to shift some of our income into philanthropic donations and government grants. We are very excited to announce the first of these major contributions, with \$2500 per annum from Dr Shilpa Jesudason to fund the Study Tour for the next five years.

<b>Previous Financial Position</b> <i>at incorporation, 03/09/2017</i>	<b>Total (AUD)</b>
<b>Total assets</b>	<b>\$10,071</b>
<i>Bank accounts</i>	<i>\$10,071</i>
<i>Physical assets</i>	<i>\$0</i>
<i>Accounts receivable</i>	<i>\$0</i>
<b>Total liabilities</b>	<b>\$0</b>
<i>Accounts payable</i>	<i>\$0</i>
<b><u>Net assets/liabilities</u></b>	<b><u>\$10,071</u></b>

<b>Revenue/Receipts during FY17-18</b>	<b>Total (AUD)</b>
Revenue from government, including grants	\$0
Donations and bequests	\$75
Revenue from providing goods or services	\$13,083
Revenue from investments	\$11
Other revenue/receipts	\$0
<b><u>Total revenue/receipts</u></b>	<b>\$13,169</b>

<b>Expenses/Payments during FY17-18</b>	<b>Total (AUD)</b>
Employee expenses/payments	\$0
Grants/donations made for use in Australia	\$4,335
Grants/donations made for use outside Australia	\$15,808
Other expenses/payments	\$1970
<b><u>Total expenses/payments</u></b>	<b>\$22,113</b>

<b>Current Financial Position at end of F4F registered FY, 31/07/2018</b>	<b>Total (AUD)</b>
<b>Total assets</b>	<b>\$5,086</b>
Bank accounts/cash	\$2,544
Physical assets	\$1,200
Accounts receivable	\$1,342
<b>Total liabilities</b>	<b>\$1,440</b>
Loans payable	\$1,440
<b><u>Net assets/liabilities</u></b>	<b>\$3,646</b>

# Friends4FIJI

## How you can help

Join our committee: [friends4fiji.org/join-us](https://friends4fiji.org/join-us)

Make a donation: [givenow.com.au/fijighc](https://givenow.com.au/fijighc)

Become a partner: [friends4fiji.org/prospectus](https://friends4fiji.org/prospectus)

## Contact us

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Facebook: [facebook.com/Friends4Fiji](https://facebook.com/Friends4Fiji)

