



## San Antonio Indian Nurses Association updates From Aug 2025-February 2026



### **President's Message**

**Dear SAINA team and community,**

I hope this message finds you well. I am honored to have been elected as the new President of the San Antonio Indian Nurses Association (SAINA). I am truly excited to embark on this journey alongside such a dedicated and passionate group of professionals.

As nurses, we play a vital role in the health and well-being of our community. Our unwavering commitment as servant leaders to providing compassionate and high-quality care is at the heart of everything we do. Together, we serve the community and have the power to make significant impact and drive positive changes within our field.



Throughout my career, I have witnessed the incredible resilience, empathy, and expertise that each of you brings to our profession. As President, my vision is to support and advocate for our association's members, foster a collaborative and inclusive environment, and work towards our shared dream of advancing nursing excellence.

In the coming months, I look forward to engaging with each of you, listening to your ideas and concerns, and working together to develop initiatives that will further our mission. I am confident that, with your support and dedication, we can achieve great things and continue to elevate the standards of nursing in our community.

Thank you for your trust and confidence in my leadership. Let's make this a remarkable year for our association and the community we serve.

Warmest regards,

**Preety Khanna - DNP, MSN, APRN, PMHNP-BC**

**President, SAINA**



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### From the Editorial Team

The SAINA Editorial team presents the second newsletter

As the members of SAINA, we are so excited to present the editorial message for SAINA February 2026.

Warm greetings to all our fellow nursing professionals in San Antonio and other States of America. We bring you this month's edition of the San Antonio Indian Nurses Association Newsletter.

We take pride in celebrating the extraordinary strength, dedication, and compassion that nurses bring to every corner of the healthcare system. Indian nurses continue to serve with unwavering commitment - even in the face of increasing challenges.

This newsletter focuses on the San Antonio Indian Nurses' contribution to health care by empowerment through education, leadership, and innovation. The nurse of the 21<sup>st</sup> century is not just a caregiver but a critical thinker, an advocate, and a change maker. We highlight stories of nurses who are driving public health initiatives, leading digital health integration, and mentoring the next generation of professionals.

Let this newsletter serve not only as the presentation and reflection of San Antonio Indian Nurses Association's Accomplishments August 2025 February 2026 but also as a reminder that together, we are stronger. Every nurse is a pillar of healthcare, and every step you take matters for patients, communities, and the future of nurses of Indian origin.

As we reflect on our Journey, we must also look ahead. The future of Indian nursing depends on our collective strength -to advocate for professional recognition, invest in education and leadership, and protect the well-being of those who care for others. The San Antonio Indian Nurses Association remains committed to these goals. To all nurses who serve in SAINA, we thank you for your sacrifice and unwavering dedication. May you feel valued, celebrated, and inspired.

With deepest respect from the Editorial Team

Rupinder Khosa, RN, MSN

Grace Ravichandran BSN, RNC-In Pt OB, C-EFM.



Rupinder Khosa,  
RN , MSN.



Grace  
Ravichandran BSN,  
RNC- OB, C-EFM.



## San Antonio Indian Nurses Association updates From Aug 2025-February 2026



### **SAINA Executive Board 2025-2026**



Preety Khanna DNP, RN, PMHNP-BC  
President



Ven Mallina RN, BSN.  
President-Elect



Dr. Sunanda B. Rajegowda DNP, NP  
Vice President



Grace Ravichandran BSN,  
RNC- OB, C-EFM.  
Treasurer



Feba Jacob, MHA, BSN, RN  
Secretary



# San Antonio Indian Nurses Association updates From Aug 2025-February 2026



## GENERAL BODY COMMITTEE 2025-2026



Dr. Manjusha Tom Maprel DNP, RN  
Doctoral Committee



Dr. Tessy Kadavil DNP, NP  
APRN Committee



Grace Ravichandran BSN, RNC-OB, C-EFM  
Editorial Committee



Rupinder Khosa MSN, RN  
Awards & Scholarship, Editorial committee



Malathi Edwin BSN, RN-BC  
Secretary 2019-20  
Co-chair advisory Board 2021-22  
Fund Raising committee



Shiby T Antony MSN, AANP, MSNCB  
Election Committee



Supreet Kaur, RN  
By-laws committee



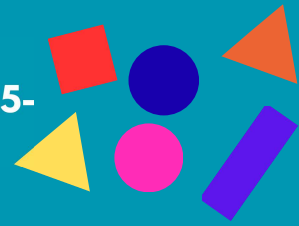
Lenny Jacob BSN, CPN  
Research



Merlin Joseph, BSN, RN  
Membership committee



San Antonio Indian Nurses  
Association updates From Aug 2025-  
February 2026



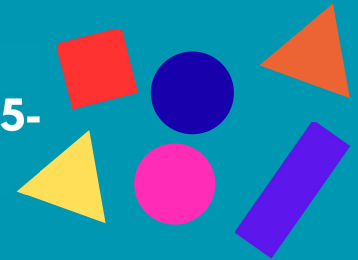
## FOUNDING MEMBERS OF SAINA



**Bottom:** (RT-LT) : Dr.Prassanna Parackal,  
Dr.Nelson Tuazon, Malathi Edwin ,  
**Top:**(RT -Lt) :Mariamma Shaju, Jai Thomas,  
Beena Chorath



# San Antonio Indian Nurses Association updates From Aug 2025-Febrary 2026



## Newsletter - February-2026

### AT A GLANCE

- Community Outreach
- 7th Annual SANC Annual Patient Safety Conference 2025
- SAINA's National Level Achivments
- Central Texas 25 Best Nurses Award 2025 Awards and Recognitions
- Upcoming Events
- Our Sponsors.

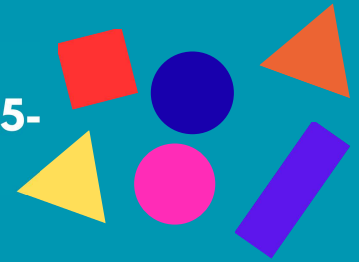
### Community Outreach

Members of the San Antonio Indian Nurses Association (SAINA) remained actively engaged in community outreach by participating in several local cultural and service events throughout the year. During the Onam celebration on September 13, SAINA hosted a First Aid Booth, where Regina, Merlin, Mathely, and Gloria volunteered their time and skills to support attendees. At the Sai Baba Temple event, members Supreet and Sydney Day represented SAINA in community service activities. SAINA members also participated in the vibrant Diwali celebrations across the city, including the Downtown Diwali event where Jai, Thomas, Dr. Preety Khanna, Ven Praveen Mallina, and Rupinder Khosa participated, as well as the October 19 Diwali event attended by Feba and Rupinder. Additionally, SAINA supported the 2nd Annual Walkathon – Hope for Triumph held on October 25 at Wilderness Oak Elementary School, where members Grace and others participated to promote health awareness and community solidarity. Through these events, SAINA continues to strengthen its mission of service, health education, and community engagement.





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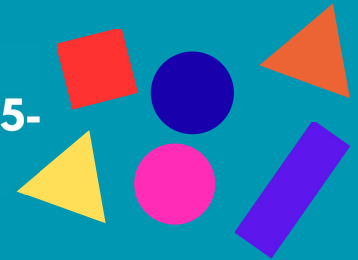
### 7th Annual SANC Annual Patient Safety Conference 2025

Members of San Antonio Indian Nurses Association (SAINA) proudly participated in the 7th Annual SANC Annual Patient Safety Conference 2025 held on September 6, 2025, at the San Antonio Marriott Northwest. This year's theme, "AI in Nursing: Revolutionizing Patient Safety and Practices," highlighted the growing impact of artificial intelligence in enhancing clinical decision-making, improving workflows, and strengthening patient outcomes. The conference brought together nursing leaders, educators, and students to explore how technology and evidence-based practice can work together to advance patient safety. The event was organized in collaboration with Texas Nurses Association – District 8, Emergency Nurses Association (San Antonio Chapter), International Nursing Students Association, and the UT Health San Antonio School of Nursing. SAINA members Dr. Preeti Khanna, Dr. Parsena Parackal, Sam Merchant, Feba Jacob, Rupinder Khosa, Parminder Gill, and Joseph attended the conference, demonstrating their commitment to professional growth and patient safety. We are also proud to congratulate Mishelle Kottage for winning the Best Poster Award at the conference.



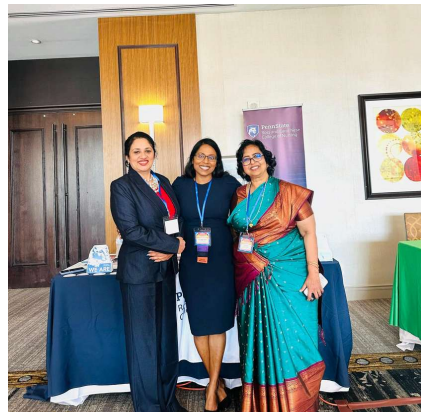


## San Antonio Indian Nurses Association updates From Aug 2025- Febraury 2026



### SAINA's National Level Achievements

The San Antonio Indian Nurses Association (SAINA) also supported continuing education and leadership development opportunities for its members. Sam Merchant conducted a Medical-Surgical Exam Review Workshop at University Hospital on September 20, offering 14 contact hours to help nurses strengthen their clinical knowledge and prepare for certification. In addition, Solymole Kuruvilla from the National American Indian Nurses Association (NAINA) presented an informative online webinar on December 17 titled "Basics of Robert's Rules of Order and Bylaws for Non-Profit Organizations." The session provided valuable guidance on governance, meeting procedures, and organizational leadership, further empowering SAINA members to enhance their professional and leadership skills. Dr Parackal got nominated for ANA election Committee for 2026. Let vote for SAINA leader.



**DR. PRESSANNA PARACKAL**  
Candidate | ANA Nominations & Elections Committee (2026)  
*Empowering Nurses. Transforming Healthcare.*

**Bold Leadership for a Stronger Nursing Future**  
Dynamic nurse leader dedicated to driving meaningful change at the national, state, and community levels.  
A proven advocate for:  
✓ Ethical Leadership  
✓ Strong governance  
✓ Nurse empowerment

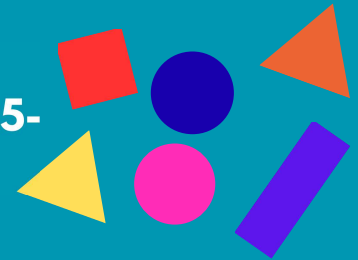
**MY PRIORITIES**  
✓ Empower Nurses Through Leadership  
✓ Advance Evidence-Based Practice  
✓ Enhance Workforce Well-being  
✓ Strengthen National Nursing Voice

**VOTE DR. PRESSANNA PARACKAL**





## San Antonio Indian Nurses Association updates From Aug 2025- Febraury 2026



### National American Indian Nurses Association Conference

The San Antonio Indian Nurses Association (SAINA) also supported continuing education and leadership development opportunities for its members. Sam Merchant conducted a Medical-Surgical Exam Review Workshop at University Hospital on September 20, offering 14 contact hours to help nurses strengthen their clinical knowledge and prepare for certification. In addition, Solymole Kuruvilla from the National American Indian Nurses Association (NAINA) presented an informative online webinar on December 17 titled "Basics of Robert's Rules of Order and Bylaws for Non-Profit Organizations." The session provided valuable guidance on governance, meeting procedures, and organizational leadership, further empowering SAINA members to enhance their professional and leadership skills.

**NOMINATE NOW!**

# 2025

**NOMINATIONS CLOSE: 11.05.25**      AWARDING 12.19.25

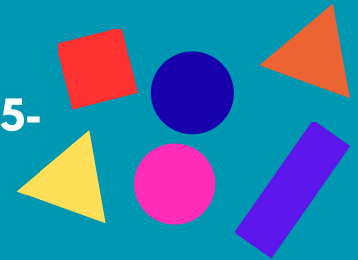
THE NOMINATION

- Nominations for the Best 25 Nurses of South Central Texas can be submitted by anyone (patients, physicians, peers, or administrators) by completing the nomination form.
- Nomination starts: September 15, 2025; Closes: November 5, 2025.
- The nomination entry MUST include a description of how the nominee has inspired, impacted, and influenced the nursing profession in their work.
- Each nomination must address all of the following selection criteria, with a maximum of 500 words.





## San Antonio Indian Nurses Association updates From Aug 2025- Febraury 2026



### SAINA's Upcoming Events

The South Asian Indian Nurses Association (SAINA) is currently offering a 20% discount on both annual and lifetime memberships, providing a great opportunity for nurses and healthcare professionals to join and engage with the organization. In addition, the National Association of Indian Nurses of America (NAINA) will host its 10th Biennial Conference from October 1–3, 2026, in Dallas, organized by the Indian American Nurses Association of North Texas. NAINA will also hold a Virtual Nurses Day Celebration on May 2, bringing together nurses from across the country to recognize their dedication, achievements, and contributions to the healthcare profession.

San Antonio Indian Nurses Association member Feba Jacob has created a survey to gather valuable feedback from SAINA members. The survey aims to better understand members' experiences, suggestions, and expectations in order to strengthen the organization and improve future programs. All members are encouraged to participate and share their input to help guide SAINA's growth and initiatives. Please become SAINA's member and provide feedback. Survey link below.

<https://forms.gle/cZjc8PpthoSb3puN8>

**SAVE THE DATES**  
*Coming Soon*

**NAINA Virtual Rounds** SATURDAY  
Meet NAINA leaders and network with NAINA chapters  
**MAR 28**

**NAINA Virtual Nurses' Day Celebration** SATURDAY  
Celebrate Nurses' day and NAINA's 20<sup>th</sup> Anniversary with us  
**MAY 2**

**NAINA's 10th Biennial Conference & 20<sup>th</sup> Anniversary Celebration** OCTOBER 1-3  
An opportunity to be part of NAINA's vibrant nursing community. Join us in Dallas, TX.

**NAINA Virtual Rounds** SATURDAY  
Meet NAINA leaders and network with NAINA chapters  
**OCT 31**

www.nainausa.com

**THE SAVE DATES**

**10th Biennial Conference**  
**OCTOBER 1-3, 2026**  
**DALLAS, TX**

**NATIONAL ASSOCIATION OF INDIAN NURSES OF AMERICA**

**The Power of Nursing:  
Leading the Future of Care Through Excellence,  
Resilience and Innovation**

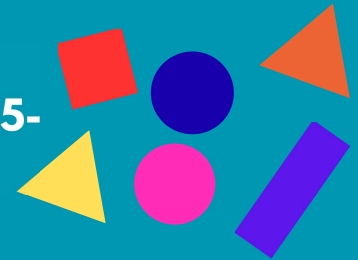
**HOSTED BY THE INDIAN AMERICAN NURSES ASSOCIATION OF NORTH TEXAS**

*Exciting speakers,  
Continuing education, Networking and more*

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www.nainausa.org



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### Our Sponsors



SAINA’s continued efforts reflect the strength, compassion, and dedication of its members who serve both the profession and the community with heart and purpose. From uplifting underserved populations to empowering future nurses, and from preserving cultural heritage to supporting one another in times of need, SAINA stands as a beacon of unity and excellence. As we celebrate our milestones and the achievements of our members, we are reminded that true leadership lies in service. Let us carry this momentum forward, motivated to inspire, educate, and make a lasting difference wherever we go. Together, we rise, support, and lead with pride as Indian nurses in San Antonio.