



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



From the Editorial Team

The SAINA Editorial team presents the newsletter from August 2025-March 2026

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

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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.

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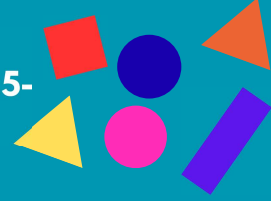
Rupinder Khosa, RN, MSN

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San Antonio Indian Nurses
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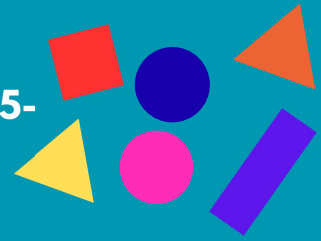
FOUNDING MEMBERS OF SAINA



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Beena Chorath



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Newsletter - February-2026

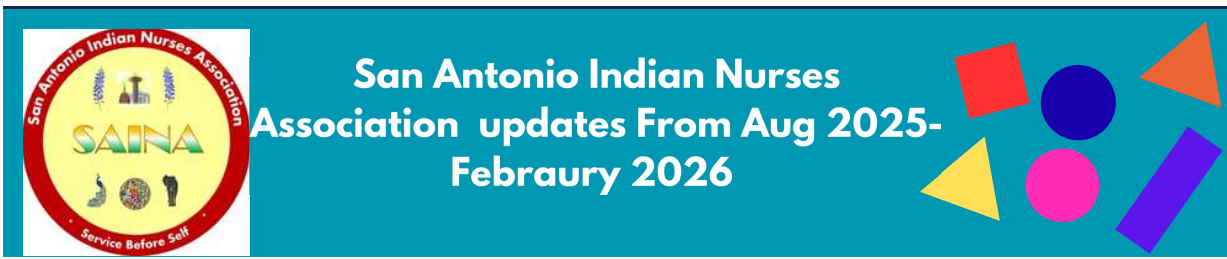
AT A GLANCE

- Community Outreach
- 7th Annual SANC Annual Patient Safety Conference 2025
- National American Indian Nurses Association Conference
- Central Texas 25 Best Nurses Award 2025 Awards and Recognitions
- Upcoming Events
- Our Sponsors.

Community Outreach

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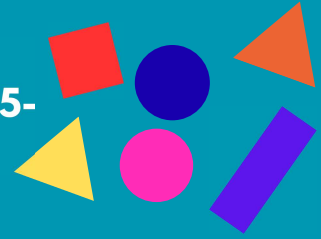
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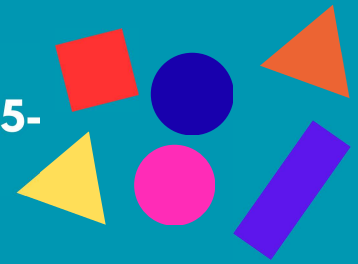
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San Antonio Indian Nurses Association updates From Aug 2025- Febraury 2026



Top Best 25 Nurses of South Central Texas Awardees of San Antonio Nursing Consorstium from SAINA

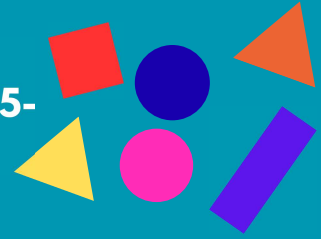


- Jacob Mathew
- Grace Ravichandran
- Rupinder Khosa
- Mishelle Kottage





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



SAINA's Upcoming Events

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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.

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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 20th Anniversary with us **MAY 2**

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

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www.nainausa.com

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DATES OCTOBER 1-3, 2026
DALLAS, TX

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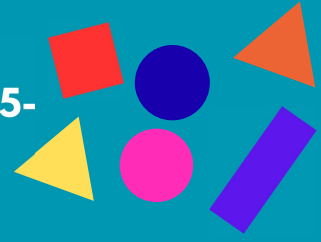
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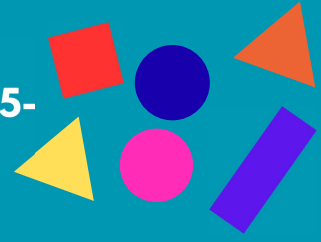


Our Sponsors





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



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
— Your Voice. Your Future. Your Leader. —



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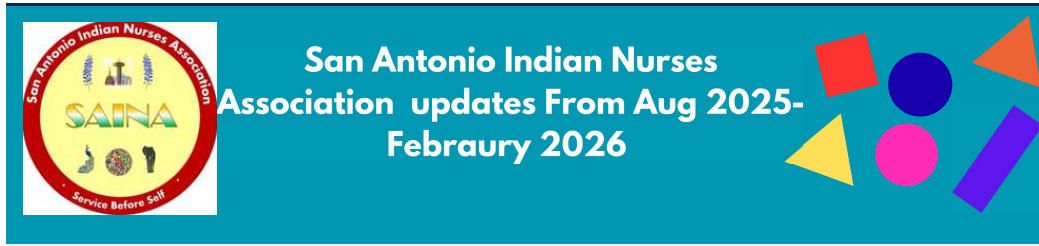
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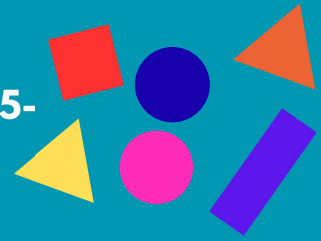
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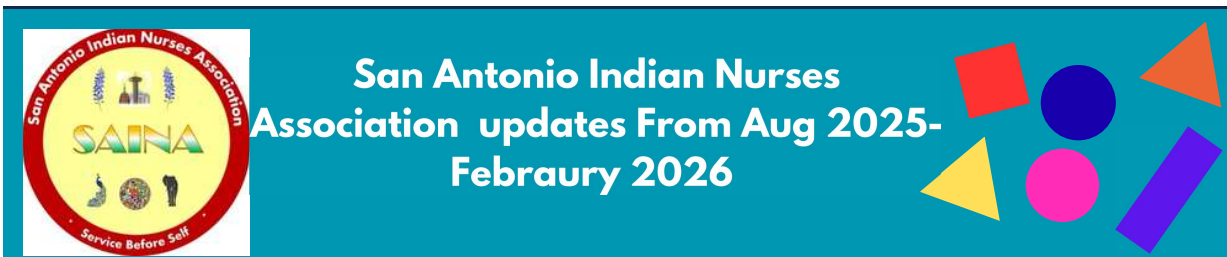
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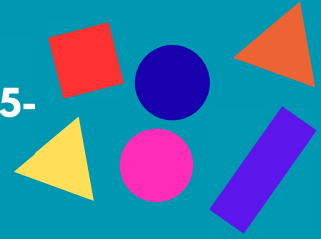
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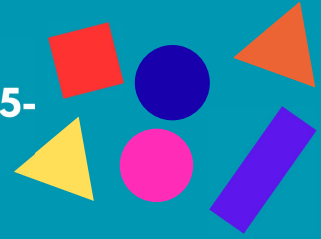
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NOMINATE NOW!

2025

BEST 25 NURSES

NOMINATIONS CLOSE: 11.05.25 **AWARDING 12.13.25**

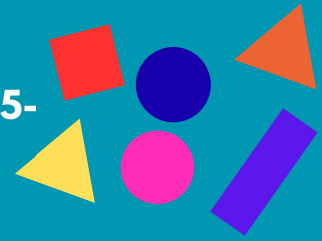
THE NOMINATION

- 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. Close: 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






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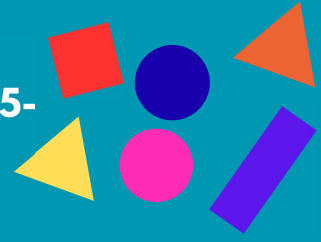
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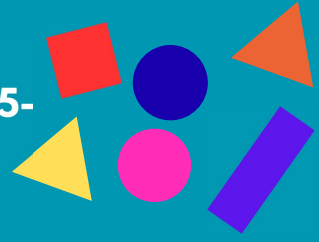
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Devi Sivakumar BSN, MSN -Informatics.



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



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.

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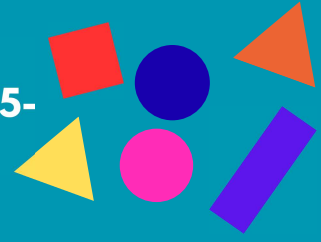
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AT A GLANCE

- Chapter updates
- Community outreach
- Celebration
- Nurse's story
- Awards and recognitions
- Educational Achievements

San Antonio Indian Nurses Association



Newsletter - August 2025

Health Fair

Health fair at the Sikh Center of San Antonio, April 26th



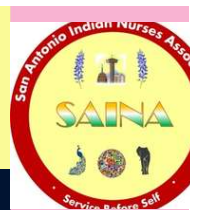


Health fair at the Sikh Center of San Antonio on April 26th..

SAINA assisted in delivering care to more than 150 underserved people and gave training to nursing students and high school students.

Health Fairs on May 10 th

Health fairs On 10 th May



The San Antonio Indian Nurses Association (SAINA) has had a meaningful and eventful year, continuing its mission to serve the community, uplift nurses, and celebrate Indian heritage. SAINA members actively participated in several community health fairs, offering free screenings and health education to underserved populations, while also training student nurses and mentoring local high school students interested in healthcare careers. The organization provided first aid booths at various public gatherings and cultural events, ensuring the safety and well-being of attendees while promoting health awareness.

Health screening in the San Antonio community at Prince of Peace Catholic Church: Checking Vital signs, A1Cs, Lipid Panel, and health consultations was organized by SAINA.





Health screening in the San Antonio community with Basani Charitable Foundation: Checking Vital signs, A1Cs, Lipid Panel, and health consultations, May 10



First Aid Booth :



walkathon



Walkathon, Yoga and teaching on Healthy Eating on March 22 nd

SAINA held a walkathon focused on the health impacts of microplastics and chemicals in everyday products like soap, followed by a healthy millet-based brunch that highlighted the benefits of traditional Indian grains.



WALKATHON

WALK FOR A CAUSE!

Get ready for our 5K Walkathon in support of IDOYOGA! Lace up your shoes, gather your friends and family, and join us in supporting healthy lifestyle, and environmental stewardship as we walk towards a healthier community together!

[Event Details](#) [Register Here](#)

**SATURDAY,
22 MARCH, 2025**

AUM ASHRAM, 07:00 - 11:00
6931 Kitchener Rd. San Antonio, TX 78240

7:00am: Check-in
7:30am: Walk starts
9:00am: Presentation on health impact of microplastics and soap. Take home kit for all
9:30am: Healthy millet based brunch

Your support will bring yoga to schools in underserved communities







REGISTRATION FEE
\$25

Kids Under 13 Free!!

IDOYOGA Sponsorship Levels

- Title sponsorship: \$3501
- Platinum sponsorship: \$2001
- Gold sponsorship: \$1501
- Silver sponsorship: \$251




For more information www.idoyogasa.org
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Celebration

In its commitment to professional growth, SAINA hosted a variety of educational sessions and motivational meetings. These included a special Nurses Week celebration on May 17th, where Dr. Tessy Kadavil, DNP, FNP-BC, presented on dementia care, and Sid McDonald led an informative session on Advanced Care Planning.



Nurses week
Celebrations

Come for the appreciation, stay for the fun, food, and festivities!

Presentations

- Tessy Kadavil DNP, FNP-BC - (Management of Distressing Behaviors in Dementia)
- Sid McDonald
Advanced Care Planning

OXFORD UNITED METHODIST CHURCH
17TH MAY 2025
TIME: 1700 - 2030 CST




SCAN ME



Education

Non Profit Collaboration & Sponsors



Event Coordinator
Dr. Pressanna Parackal, DNP, RN

Speakers



Dr. Divya Singhal, MD



Vaishali Shah Vani - Getfmantra CEO



Dr. Tessa Kadavil, DNP, NP

PANEL DISCUSSION

7:00 PM - 7:30 PM
7:30 PM - 8:00 PM
Dinner



Dr. Guruprasad Krishnamurthy, MD

Ms. Carmina Cardona, BSN, RN

MS Ifecma Niemakolam, MSN NP

Dr. Preetty Khanna, DNP, NP

Ms. Gloria John, MSN, RN




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Biryani Bowl




MJ FINANCIAL SERVICES



Background
The India Association of San Antonio is a non-profit umbrella organization established in 1978 to help unite various Indian cultural associations and groups, project a common identity based on their Indian heritage, and celebrate Unity in Diversity.

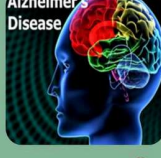
Vision
IASA mandate revolves around 3 pillars - Educate, Celebrate and Collaborate

Membership Plans & Benefits
Free Indian Food




membership@indiasa.org
pressanna@hotmail.com
210 6093975
Visit Us
<https://www.indiasa.org>

8645 Abe Lincoln Rd, San Antonio, TX 78240
June 10, 2025, Tuesday 6 PM - 8 PM
All proceeds will go towards the IASA building fund
EDUCATION & PANEL DISCUSSION FOLLOWED BY FREE DINNER



Alzheimer's Disease




Caring for Alzheimer's Patients

Hospital, Home, and Community Solutions

1 CEU

- Brief overview of Alzheimer's disease.
- Impact on patients families.
- The growing need for comprehensive care options.



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DATE:

Tuesday, March 18, 2025

6:00PM - 7:00PM - Class

7:00PM - 8:00PM - Social hour/dinner

In-Person class



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INDIA ASSOCIATION OF SAN ANTONIO-IASA

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IASA mandate revolves around 3 pillars - Educate, Celebrate and Collaborate.
Educate:

Educate

What makes a project "Fundable?"

Courses

- What Goes in the Cover Letter?
- Mandatory & Optional Attachments
- Packaging your Proposal About Online Applications After the Proposal
- Examples of accepted Grants Resources

Case Study



Neha Bhartiya,
MBA

