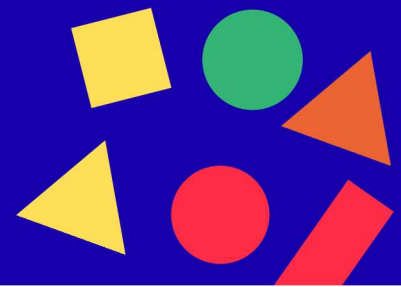




San Antonio Indian Nurses Association Updates Aug 2025



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.

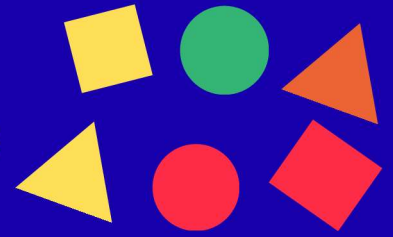
Warmest regards,

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

President, SAINA



San Antonio Indian Nurses Association Updates Aug 2025



Grace Ravichandran
BSN, RNC- OB, C-EFM



Rupinder Khosa, RN , MSN



Devi Sivakumar RN, MSN



From the Editorial Team

The SAINA Editorial team is pleased to present the first newsletter for 2025!

Warm greetings to all our fellow nursing professionals in San Antonio and across the United States! We take pride in celebrating the extraordinary strength, dedication, and compassion that Indian nurses bring to every corner of the healthcare system.

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

It is our sincere hope that this newsletter serves not only as a celebration of the accomplishments of SAINA, but also as a reminder that together, we are stronger. As we reflect on our Journey, we must also look ahead. Let us advocate for each other through professional recognition, investment in education and leadership, and protecting the well-being of fellow nurses. SAINA remains committed to these goals.

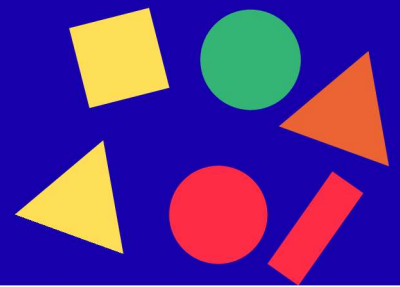
To all nurses who serve in SAINA, we thank you for your sacrifice and unwavering dedication. May you feel valued, celebrated, and inspired!

With deepest appreciation!

Grace Ravichandran BSN, RNC-OB, C-EFM
Rupinder Khosa, RN, MSN
Devi Sivakumar RN, MSN



San Antonio Indian Nurses Association Updates Aug 2025



SAINA Executive Board 2024-25



Preety Khanna DNP, RN, PMHNP-BC
President



Ven Mallina RN, BSN.
President-Elect



Dr. Sunanda B. Rajegowda DNP, NP
Vice President



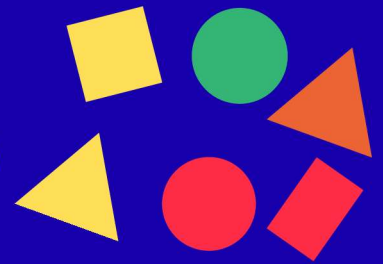
Gloria John MSN, RN
Treasurer



Feba Jacob, MHA, BSN, RN
Secretary



San Antonio Indian Nurses Association Updates Aug 2025



GENERAL BODY COMMITTEE 2024-25



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



Regina Karakkat, RN, MSN
Advisory Board Chair
Saina president 2022-24



Dr. Pressanna Parackal 2019-20
Saina Founding president
Current Advisory CoChair



Missam Merchant Saina president
2020-22
Current Advisory Cochair
MBA,BSN,RN,CENP,
CCRN-K,PCCN,CV-BC,GERO-BC,
NE-BC

Saina Member leaving to Florida for higher education :Ram Gnanasekar ,BSN,RN,CCRN .

We want to take this moment to express our deepest gratitude for all the time and dedication you have given to SAINA Your presence , your compassionate spirit of helping others is appreciated .

Reflections by Ram Gnanasekar, BSN, RN, CCRN

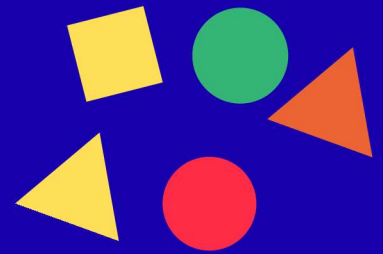


Ram Gnana Sekar,BSN, RN,CCRN

I joined SAINA as a Nursing student with a simple goal: to learn, connect, and give back to the community that inspired me. After graduating, I took on the role of Social Media Chair in SAINA, where I worked to amplify SAINA's voice by highlighting member achievements, promoting events, and engaging our community online like never before. These efforts helped strengthen our organization's presence and attract more members to our mission. Eager to contribute even more, I accepted the role of Secretary and served diligently during the first two quarters. In this position, I focused on improving communication and ensuring our leadership team stayed connected and informed. Unfortunately, I could not continue in this role as I will be starting CRNA school in Florida next year. While this new chapter is exciting, I look forward to returning after school to continue serving SAINA.



San Antonio Indian Nurses Association Updates Aug 2025



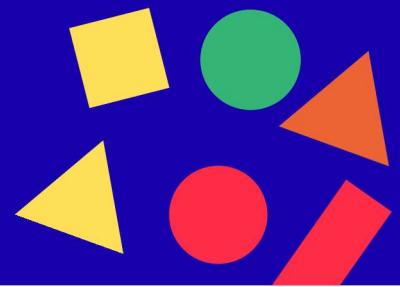
FOUNDING MEMBERS OF SAINA



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 Aug 2025



Newsletter - August 2025

AT A GLANCE

- Chapter Updates
- Community Outreach
- Celebrations
- Nurse's Story
- Awards and Recognitions
- Educational Achievements
- Community Event
- Upcoming Trends in Healthcare

Health Fair

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

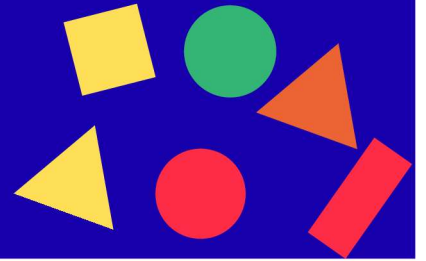


Health fair at the Sikh Center of San Antonio on April 26th..

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



San Antonio Indian Nurses
Association updates Aug 2025



Health Fair - May 2025

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 hundreds of 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, 2025**

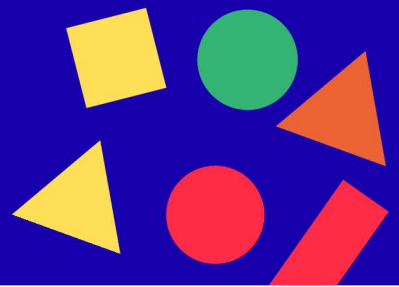


First Aid Booth - April 19, 2025





San Antonio Indian Nurses Association updates Aug 2025



Walkathon



Walkathon, Yoga and teaching on Healthy Eating

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!

REGISTRATION FEE
\$25

Kids Under 13 Free!!

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



IDOYOGA Sponsorship Levels

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

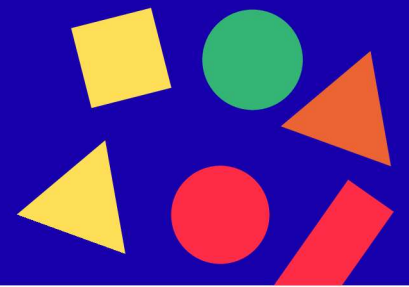


For more information www.idoyogasa.org
Anjana ji Rao +1(208) 585-7343, Neha ji Bhartiya +1(210) 779-3777





San Antonio Indian Nurses Association updates Aug 2025



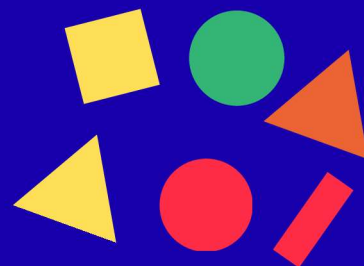
Celebration

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





San Antonio Indian Nurses Association updates Aug 2025



Education

In our commitment to continued learning, SAINA hosted a variety of educational sessions and motivational meetings, open to both members and non-members. A highlight of the year was our Nurses Week Celebration on May 17th, featuring Dr. Tessy Kadavil, DNP, FNP-BC, speaking on dementia care, and Sid McDonald presenting on Advanced Care Planning. Members also engaged in workshops covering several hot topics in healthcare.

Non Profit Collaboration & Sponsors

Event Coordinator
Dr. Pressanna Parackal, DNP, RN
Speakers

Ms. Carmelo Cardona, BSN, RN
MS Rama Nimmakoduri, MSN, NP
Dr. Divya Singhal, MD
Vaishali Shah Vani - Gastroenterology CEO
Dr. Tessy Kadavil, DNP, AP
Dr. Preethy Khanna, DNP, AP
Dr. Gurpreet Gokhramwarty, MD
Ms. Gloria John, MSN, RN

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

Sponsors: SAIYA CATERING, SAIYA BOWLS, MJI FINANCIAL SERVICES

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

Caring for Alzheimer's Patients
Hospital, Home, and Community Solutions
1 CEU

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
210-6093979
Visit Us: <https://www.indiasa.org>

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

2025 SANC ANNUAL PATIENT SAFETY CONFERENCE
presents
AI in NURSING: REVOLUTIONIZING PATIENT SAFETY AND PRACTICES

SEPTEMBER 6, 2025
Saturday | 8AM-3PM

San Antonio Marriott Northwest
3233 NW Loop 410 San Antonio TX 78213

Get Tickets
www.sancsafetyconference.info

NAINA APRN PRESENTS
ABSTRACT WRITING

Abstract Essentials: Crafting a Winning Submission for Nursing Conference

Join us on Thursday, July 10th, at 8:00 pm EST
7:00 pm CST
5:00 pm PST
via Zoom
ID: 9192860411
Passcode: 917067

INTENDED AUDIENCE

- Nurses
- Student nurses

Vinciya Pandyan, PhD, MBA, MSN, ACNP, FCCM, FAANP, FAAN, FFMRCIS

ENROLL TODAY.
ALL IASA BC, REGIONAL & NON-REGIONAL LEADERS AND ANYONE WITH INTEREST ARE WELCOME.

\$10 FOR REGISTRATION. SECURE YOUR SEAT
Our Sponsors: SPICY MATKA

San Antonio, TX 210-560-7838

Alliance of Nurses for Healthy Environments
DATE: Tuesday, March 18, 2025
6:00PM - 7:00PM - Class
7:00PM - 8:00PM - Social hour/Dinner

In-Person class

Dr. Vijaya Parida, PhD
Dr. Pressanna Parackal, DNP
Dr. Krishna Chandraagar, JD

INDIA ASSOCIATION OF SAN ANTONIO-IASA

LEARNING AND NETWORKING DINNER
Crafting Winning Proposals

DR. VIJAYA PARIDA, DR. PRESSANNA PARACKAL, DR. KRISHNA CHANDRAGAR, DR. USHA GURURAJAN, MSN, NEHA SRIVASTAVA, MBA

Learn from the very best at the top writing scholars in the city!

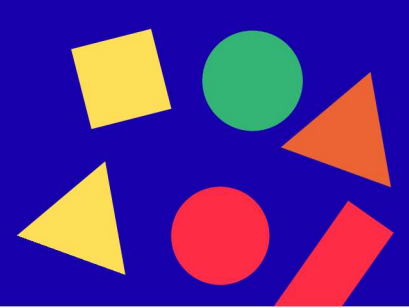
Educate
What makes a project "Fundable?"

Courses

- What Goes in the Cover Letter?
- Mandatory & Optional Attachments
- Packaging your Proposal About Online



San Antonio Indian Nurses Association updates Aug 2025



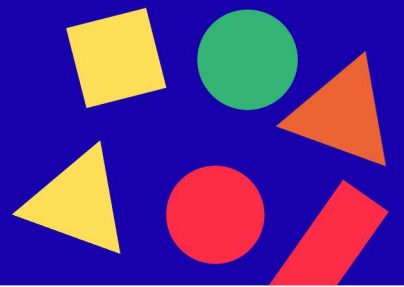
Fundraising

- In 2024, Saina contributed funds towards Kerala Flood relief and the Triumph for Hope organization
- SAINA also demonstrated strong community support through successful fundraising efforts. Through membership drives, Biriyani (food) and plant sales, the association raised funds to support its programs and charitable giving.
- Notably, SAINA extended a helping hand to one of its own by donating \$2,500 to assist an injured member,
- contributed \$500 toward relief efforts for those affected by the Texas floods in July.





San Antonio Indian Nurses Association updates Aug 2025



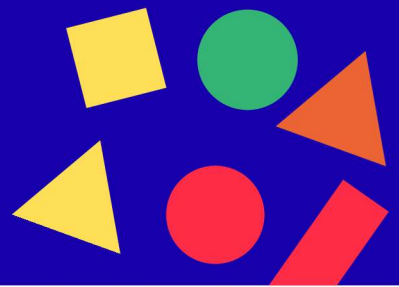
Members' motivational meeting

To foster connection and encourage well-being among members, a motivational session was led by Dr. Prasanna Parakkal, emphasizing resilience and purpose in nursing, spoke on July 8.





San Antonio Indian Nurses Association updates Aug 2025



SAINA Participated with IASA in a Community Event

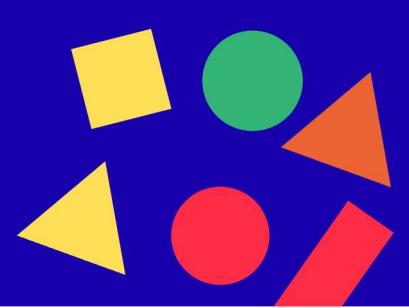
Indian Association of San Antonio (IASA) and SAINA held a vibrant community event, and SAINA actively participated in cultural programs throughout the city, proudly representing the rich and diverse traditions of Indian culture on June 6th.



Through these initiatives, SAINA continues to be a pillar of compassion, cultural pride, and professional excellence in the San Antonio nursing and South Asian communities.



San Antonio Indian Nurses Association updates Aug 2025



Awards

SAINA proudly congratulates Dr. Prasanna Parakkal, DNP, RN, Grace Ravichandran, BSN, RNC-OB, C-EFM, and Gloria John, BSN, RN, Malathi Edwin, who have received an Award Best 25 South Central Texas Nurses Award, being nominated for the 2025 Best 25 Nurses of the Year Award. Grace Ravichandran was also nominated for the Daisy award by Christus Children's Hospital. Sunanda B. Rajegowda was awarded by Brook Army Medical Center "You Make a Difference" award. This prestigious recognition reflects their dedication, leadership, and unwavering commitment to compassionate, high-quality patient care. Their achievements inspire fellow SAINA members and serve as a powerful reminder of the impact nurses make every day.

We are honored to have such exceptional professionals in our association and celebrate their well-deserved success. Their recognition motivates all nurses to continue striving for excellence in care and service to the community.



Daisy Award



Living Values Award





San Antonio Indian Nurses Association updates Aug 2025



Nursing Life Story - Mrs. Gloria John



Hello! My name is Gloria John, and my life has been a journey shaped by a deep calling to serve, teach, and uplift others through healthcare and faith.

I have been privileged to work as a Nurse Midwife for over 40 years and as a Nursing Instructor for the past 18 years. Teaching has been one of the greatest joys of my career and I have had the honor of shaping future nurses at San Antonio College, helping them build not just their skills, but their spirit of compassion and dedication.

My nursing journey has taken me across the world. I worked as a nurse midwife in Kuwait for 5 years and Saudi Arabia for 11 years, caring for women and families from many different backgrounds. These experiences taught me not just about medicine, but about humanity. Coming to the United States, I continued to work as a nurse at the University Health System (UHS), Santa Rosa Hospital, and Methodist Hospital in San Antonio for a combined 20 years. My passion for healthcare extended beyond hospital walls. I founded and operated my own skilled home health agency for three years and spent 7 years working as an infusion home health nurse.

Faith has always been the foundation of my life. I actively participate in religious activities and proudly serve as a Board Member of Calvary Temple Ministries — one of the world's renowned churches based in India. Serving this ministry has allowed me to contribute to a global community of faith, offering leadership and service on an international scale.

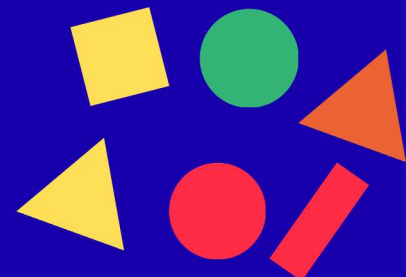
I am honored to be a Life Member and the Treasurer of the San Antonio Indian Nurses Association (SAINA). SAINA has been a vital part of my professional journey, giving me a platform to collaborate with fellow nurses and support our community with a spirit of "Service Before Self."

Looking back, my path has been woven with countless blessings — patients I have cared for, students I have mentored, communities I have served, and faith that has guided me through it all. I continue to move forward with gratitude, knowing that each day brings new opportunities to serve, teach, and make a difference.

Gloria John, RN, MSN



San Antonio Indian Nurses Association updates Aug 2025



Educational achievements

Your SAINA proudly celebrates the educational achievements of its members, whose dedication to lifelong learning continues to elevate the nursing profession. Last year, several members advanced their academic and professional credentials, earning degrees, certifications, and specialty recognitions that strengthen their expertise and expand their ability to serve the community. From completing advanced practice degrees such as DNP and MSN to achieving specialty certifications in areas like perioperative nursing, obstetrics, and critical care, our members exemplify the commitment to excellence that defines SAINA.

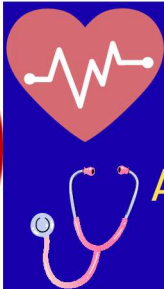
These accomplishments not only enhance patient care but also inspire fellow nurses to pursue their professional growth. We honor their hard work, perseverance, and passion for advancing healthcare through knowledge and skill.

Preety Khanna - DNP

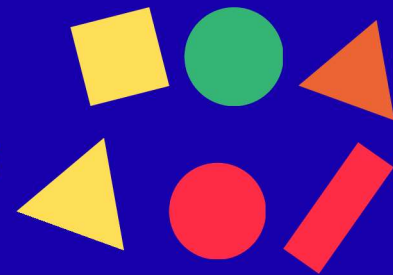
Regina Karakkatt - MSN

Khosa Rupinder - MSN

Grace Ravichandran - C-EFM



San Antonio Indian Nurses Association updates Aug 2025



Article Presentation

AI in Nursing – Contributed by Devi Sivakumar RN, MSN

Artificial Intelligence (AI) is no longer a futuristic concept. It's a present-day force reshaping industries, including healthcare. In nursing, AI is poised to revolutionize care delivery, streamline workflows, and elevate patient outcomes. As the backbone of healthcare systems, nurses stand to benefit immensely from AI's integration, provided it's guided by ethical principles and human-centered design.

Transforming Clinical Practice

AI will fundamentally change how nurses assess, monitor, and respond to patient needs:

Predictive analytics will empower nurses to anticipate complications before they arise. For example, AI can detect early signs of sepsis or heart failure by analyzing subtle changes in vital signs and lab results.

Smart documentation tools using natural language processing will reduce time spent on charting, allowing nurses to focus more on direct patient care. Decision support systems will offer evidence-based recommendations, helping nurses make faster and more accurate clinical judgments. These innovations will enhance safety, reduce errors, and improve the precision of nursing interventions.

Revolutionizing Patient Engagement

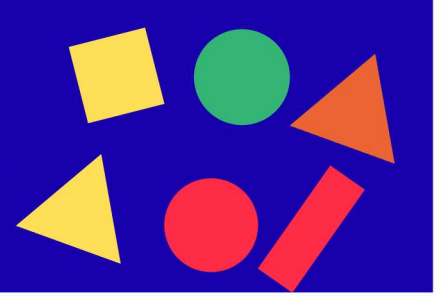
AI will reshape how nurses interact with patients, especially outside traditional clinical settings:

Virtual nursing assistants will provide 24/7 support, answering questions, guiding medication adherence, and offering health education. Remote monitoring technologies will allow nurses to track patients' health in real time, enabling proactive care for chronic conditions and post-operative recovery. Personalized care plans generated by AI will consider patient preferences, behaviors, and social determinants of health, fostering more holistic and patient-centered care.

By handling routine tasks, AI frees up nurses to do what matters most: care for patients. But technology alone isn't enough. Nurses must lead the way, using empathy, leadership, and critical thinking to shape AI that truly supports patient-centered care. Let's build a future where AI empowers, not replaces nurses.



San Antonio Indian Nurses Association updates Aug 2025



Texas Nurses Association Participation from SAINA

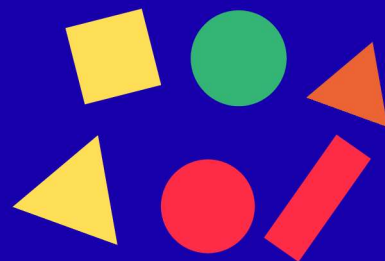
SAINA is proud to share its active participation in the Texas Nurses Association (TNA) on June 7th, further strengthening our presence and voice in the broader nursing community.

We congratulate our esteemed member, Gloria John, on her election as Treasurer for District 8 for the 2025–2027 term, a role that reflects her leadership and dedication to advancing the nursing profession. We also celebrate Dr. Prasanna Parakkal for being honored among the Best 25 Nurses of the Year, recognizing her outstanding contributions to compassionate, high-quality patient care. These achievements showcase the excellence of SAINA members and serve as an inspiration for all nurses to lead, serve, and make a lasting impact.





San Antonio Indian Nurses Association updates Aug 2025



Upcomming Events



SPEAKER:

Sam Merchant, MBA, RN, MEDSURG-BC

This two day course is designed to provide nurses with the tools, confidence, and knowledge to successfully complete the Medical-Surgical Nursing Exam. The exam content outlines and blueprints from the ANCC and MSNCB were used to develop this program.

RN/LPN/LVN/Other 14 Contact Hours
Pending

University Health is an approved provider of continuing nursing education by the American Credentialing Center's Commission on Accreditation (ANCC).

WHEN: Saturday, September 20 and
Sunday, September 21, 2025
8:00 am - 4:00 pm
Registration begins at 07:30 am CST

WHERE: University Hospital,
Adams Conference Room
4502 Medical Drive, San Antonio, TX

COST:
☐ SAJNA members - \$200
☐ Registration is required, no walk-in
☐ allowed
☐ Registration ends September 12th 2025

Encouraging staff to sit for exam 30 days after attending review course.

Register using the following link
<https://bit.ly/SAJNAMS25>
or SCAN QR code



For more information about the event, email missam.merchant@uhtx.com or
Text 210-853-6127

National Association of Indian Nurses of America

**NAINA'S 5TH
Clinical Excellence &
Leadership Conference**

SEPTEMBER
19- 20, 2025

ENGAGE, EDUCATE, EMPOWER:
ADVANCING NURSING EXCELLENCE THROUGH
PRACTICE, LEADERSHIP AND INNOVATION

**NAINA
DAISY
AWARD** Call for Nominations

Submission Deadline
Aug 31, 2025

FOR MORE INFORMATION
<https://nainausa.org/>
nainaawardsandscholarships@gmail.com

Submission portal
opening soon

📍 Sheraton Valley Forge, 480 N Gulph Rd, King of Prussia, Pennsylvania, 19406

National Association of Indian Nurses of America

**NAINA'S 5TH
Clinical Excellence &
Leadership Conference**

SEPTEMBER
19- 20, 2025

ENGAGE, EDUCATE, EMPOWER:
ADVANCING NURSING EXCELLENCE THROUGH
PRACTICE, LEADERSHIP AND INNOVATION

Call for Abstracts

Submission Deadline
July 15, 2025

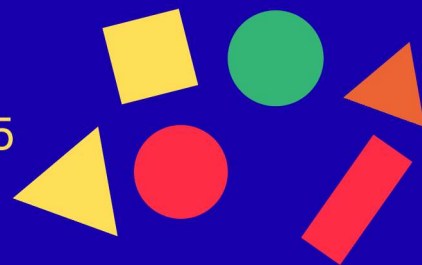
For more information
<https://nainausa.org/>
nainaeducation@gmail.com

Submission portal
opening soon

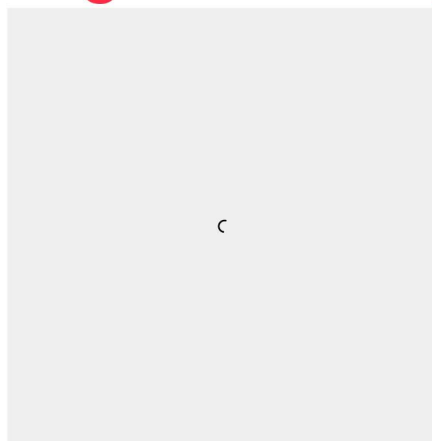
📍 Sheraton Valley Forge, 480 N Gulph Rd, King of Prussia, Pennsylvania, 19406



San Antonio Indian Nurses
Association updates Aug 2025

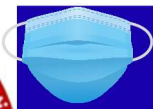


From Texas Board of Nursing Bulletin July 2025 link

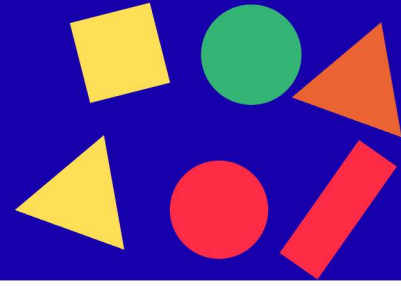


SAINA Goals:

- **Improve Saina membership and engagement**
- **Provide News letters to promote Opportunity for our members to write articles**
- **Active involvement in Social media and communication with members**
- **APRN Group engagement**
- **Education and professional development**
- **Fundraising to support locally and internationally**
- **Maintain Cultural identity**
- **Awards and scholarship**
- **scholarly Articles in Journals**



San Antonio Indian Nurses Association updates Aug 2025



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.