

Membership Benefits

- **Professional Development:** FREE contact hours and certification training.
- **Networking:** Connect and receive mentorship from other nurses of Asian Indian Descent.
- **Leadership Development:** Various Leadership resources and training for career advancement and growth.
- **RightNOW Media:** FREE member only access to 25,000 video library.
- **Tuition Discounts:** Tuition discount for universities like Walden, GCU and Chamberlain.
- **Volunteer opportunity:** Volunteer locally and internationally to serve the community.
- **Awards and Scholarships:** Nomination for various awards and scholarship nationally and locally.
- **Newsletter and Journal:** Opportunity to get published locally and nationally.
- **Academic and references:** Reference for job/school and help from doctoral advisory committee.
- **Advocacy:** Serving local needs and priorities of South Asian Communities and serve as a voice for nurses.
- **Fundraising:** Participate in giving back to the community locally and internationally.
- **Belonging and Family:** Connect with RNs, APRN's and students and belong to an organization that cares about you and your family.

Membership Fees (Eff. March 19th 2021)

- Full membership : \$50 - 1 Year.
- Associate membership : \$45 - 1 Year.
- Affiliate membership : \$45 - 1 Year.
- Student membership : \$30 - 1 Year.
- Retired Nurse membership : \$30 - 1 yr.
- Best Value membership : \$400-10 Year.

MAKING THE DIFFERENCE



San Antonio Indian Nurses Association

@SAINAUSA on all social media. Like, Subscribe, Comment & Tag us.



INTERESTED IN BECOMING A MEMBER?

Please email: sainausa@sainausa.com

Or

Visit our website at

www.sainausa.com and Click on "become a member", fill the form in entirety and pay the required fees.

For any questions, please email or call us at 210-853-6127.



San Antonio Indian Nurses Association

**SERVICE
BEFORE
SELF**



SAINA

The San Antonio Indian Nurses Association (SAINA) mission is to create a community of excellence in nursing through professional development and networking.

GOALS

- Act as wellness advocate and provide health awareness to the community;
- Volunteer to assist in health screening programs;
- Provide access to information to ethnic minorities;
- Collect, analyze and publish information;
- Present scholarly work/papers in seminars, forums, conferences;
- Present seminars, workshops and forums;



FOUNDING MEMBERS: (left to right)

Dr. Pressanna Parackal (Founding President - 2019-20. Advisory Board Chair (2021-22))
Dr. Nelson Tuazon (External Advisor, 2019-20 & 2021-22)
Malathi Edwin (Secretary - 2019-20, Co-Chair Advisory Board - 2021-22)
Mariamma Shaju (Co-Chair Election - 2019-20, Chair Editorial - 2021-22)
Jai Thomas (Treasurer - 2019-20, Moderator - Advisory Board 2021-22)
Beena Chorath (Chair, Election 2019-20)

What does SAINA logo represent?

The logo's Acronym has three colors which represent the Indian National Flag. Above it you can observe the Tower of the Americas a San Antonio Historic Monument and the Texas Nacional Flower, Blue Bonnet, on each side. Under the Acronym you can identify a Peacock, a multicolor globe and an elephant.

The Peacock, India's national bird, represents soft (caring), pretty (in heart) and attractive (knowledge and skilled nurses);

The Multicolored Globe symbolizes the multicultural nurses educated internationally who adapt and emulate with the American Culture.

The Elephant is majestic, elegant and strong (SAINA nurses are strong and their holistic care for their patients is elegant).



The slogan "Service before Self" represents the SAINA Nurses' calling and dedication towards their mission, which is to provide excellent care services to patients, families and colleagues.

The red color, outlining the logo, symbolizes the will power to achieve our goals with full spirit and energy.

The yellow background color indicates prosperity and well balanced work/life;



EXECUTIVE BOARD (2021-2022)

From left to right:

President - Missam Merchant (He/Him/His)
210-853-6127

President Elect - Regina Karakkatt

Vice-president - Preety Khanna

Treasurer - Alfin Milton

Secretary - Amy Thomas