

Membership Benefits

Being part of SAINA comes with benefits such as:

- **Networking:** Opportunities to meet with other Indian descent nurses at professional and cultural events.
- **Leadership, Professional and scholarly Development;**
- **SAINA** will be the official **VOICE** for Indian nurses in America and outside;
- **Educational Opportunities:** 15% discount for SAINA members and their families for Grand Canyon University Fees.
- **Social Media:** Website, Facebook and Newsletter will keep you informed of chapter events and other nursing related topics.
- **Promote Nursing Profession:** By striving to help decrease the healthcare disparities among ethnic, minority and medically underserved communities through our community health initiatives.
- **Personal Satisfaction** gained from being a contributing professional in the association, profession and community!

Membership Fees

- Membership fee \$30 — 1 Year;
- Associate membership \$25 — 1 Year
- Affiliate membership 25\$ — 1 Year
- Students \$20 — 1 Year;
- Retired nurse \$20 — 1 Year;
- Best Value membership \$200—10 yrs

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.



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