

2024-2025 FALL/WINTER
NEWSLETTER

NJ HOSA PULSE



SEPTEMBER - FEBRUARY



TABLE OF CONTENTS

Bios.....	Page 3-5
Seasons' Greetings.....	Page 6
HOSA on the Hill.....	Page 7
Fun at FLC.....	Page 8
Regionals Rage	Page 9
Mailing List.....	Page 10
Running for Office	Page 11
Fall Fest.....	Page 12
Chapter Materials.....	Page 13
We Want You for PSC.....	Page 14
Facing Forward.....	Page 15

STATE EXECUTIVE COUNCIL BIOS



Aryan Garg President

Hey NJ HOSA! My name is Aryan Garg and I am a Senior at the Woodbridge Academy Magnet School, serving as your President this year. I look forward to the unforgettable memories and bonds that all of us will make this upcoming year, as each and every one of you discovers your pathway in NJ HOSA. Along the way, I hope to continue fostering stronger partnerships and further service opportunities for members across our state. Outside of NJ HOSA, you'll typically find me listening to Behind by Unclekamo and drinking Prime Energy Drink.

Tvisha Reikhy President-Elect

Hi NJ HOSA! My name is Tvisha Reikhy, and I am so excited to serve as your President Elect this year!!! I am a junior at Livingston High School, and you can always find me on the dance floor at Diwali parties or going restaurant hopping in the city. HOSA has given me the platform to explore my passions and practice the skills of healthcare leaders, and I will work tirelessly to ensure that you all continue to have these opportunities. I am always just an email away, so please feel free to reach out anytime (but just an fyi, you probably won't get a response after 10pm, I will be fast asleep!)



Soham Shashikumar Postsecondary/Collegiate VP

Hi! My name is Soham Shashikumar and I am your NJ HOSA Postsecondary/Collegiate Vice President. I'm a third year Biomedical Engineering major at NJIT, and I'm concentrating in human biomechanics. In my free time, I volunteer at a local nursing home and at my local EMS squad. I love to play guitar and practice martial arts as a hobby. I really enjoy taking care of people and want to pursue a career as a psychiatrist one day.



STATE EXECUTIVE COUNCIL BIOS



Emma Miller Northern Regional VP

Hey NJ HOSA! It's Emma, your Northern Regional Vice President, and I am a senior at the Academy for Allied Health Sciences. I love helping other HOSA members discover their passion for healthcare and strive to help others in my day to day life. This year, I'm excited to continue working on the mental health initiative and help other people discover the power of a positive mindset. Outside of HOSA, you'll find me on the track or at the beach with my friends and family. I can't wait to see you all soon!!

Sydney Kim Central Regional VP

Hi! I'm Sydney Kim, and I'm honored to serve as the Central Regional Vice President for New Jersey HOSA. I joined HOSA to combine my passion for healthcare and leadership while helping others grow personally and professionally. I am excited to work alongside our amazing membership to cultivate a passion for creating lasting impact. Outside of HOSA, I enjoy playing tennis, cooking, and traveling. I can't wait to meet all of you at upcoming conferences and work together to make this year unforgettable!



Anthariksh Nair Southern Regional VP

Hey NJ HOSA! My name is Anthariksh Nair and I am a senior at South Brunswick High School, serving as your Southern Region VP for this year. My journey with this organization has been nothing short of amazing—I started as an excited member, worked my way onto the board, and eventually decided to take my commitment further by running and being elected as the first state state officer from my school! Throughout my term, my biggest goal is to empower and support every NJ HOSA member, ensuring they have the guidance and resources needed for success.



STATE EXECUTIVE COUNCIL BIOS



Marina Sugrue Parliamentarian

Hi NJ HOSA! I'm Marina Sugrue, a junior at Hopewell Valley Central High School, serving as your state Parliamentarian for this year. I joined HOSA in order to network with students who shared my passions, and I'm so happy to be able to create irreplaceable bonds and memories with this community! In my free time, you can find me binge watching J-dramas while making jewelry, or with my friends singing my heart out to karaoke. I look forward to an amazing year with you all!

Maria Claudia Ramirez Aleman Secretary

Hi! I'm Maria, a senior at the Academy for Allied Health Sciences and I'm excited to serve as your secretary this year! I hope to promote equal opportunities for underrepresented groups in healthcare, whether it be through the level of care given or access to health resources. You might find me enjoying a spirited game of dominoes or exercising with my grandmother in my free time! I can't wait to meet everyone and make this year a blast!



Sujal Dhoka Historian

NJ HOSA! I'm Sujal Dhoka, a senior at the Woodbridge Academy Magnet School, serving as your historian for the 24-25 term! I really like making videos so I'm super excited to make some fun reels and vlogs for you all to enjoy. My #1 hobby is doomscrolling on tiktok but rarely you can find me playing soccer in my backyard or pirating movies online. I'm grateful to have been elected and I hope we all have lots of fun this year!

SEASONS' GREETINGS

BY: SUJAL DHOKA

This summer may have been one of the hottest on record, but nothing's hotter than the energy we're bringing to NJ HOSA this year 🥰 As the best state in the country, NJ is always dedicated to soaring above and making each year better than the last. As we kick off another season, we're continuing to move ahead in our everlasting journey of improvement with our new state theme Flying Forward!

First things first, let's talk about the latest additions to our NJ HOSA flight crew! Please give a warm welcome to Deepa Subramanya and Jaya Singh, our newest staff members! They're here to help guide us through the turbulence of competitions, conferences, and all the exciting events we have planned. With their expertise and enthusiasm, we're more than ready for a smooth (and fun-filled) journey ahead.

Our itinerary for this year is filled with bigger, bolder, and better events! We're planning leadership workshops that will turn you into the future healthcare heroes you're destined to be, regional competitions where you'll put your skills to the test, and of course, our State Leadership Conference, which promises to be an unforgettable experience filled with learning, networking, and maybe a few impromptu dance battles.

While the studying, competing, and medals are definitely key parts of HOSA, the most important part of all is connecting. This year, we're focusing on being one with the membership. Our main goal this year is to ensure competitors thrive, not alone but together.

We hope that our HOSA family is able to support each other and make memories and friendships that last beyond the events.

Whether you're a returning member or first-time contender, we're here to help you flourish! So, fasten your seatbelts, adjust your tray tables, and get ready to fly forward into an amazing year. NJ HOSA, we're going places—and we're bringing all of you with us! Let's make this year one for the books!



HOSA ON THE HILL

BY: EMMA MILLER

This past September, our NJ HOSA state officer team arrived in Washington DC to attend the coveted Washington Leadership Academy (WLA), earning the privilege of meeting the leaders of the hundreds of HOSA chapters across the globe. During the four-day event, our team was able to attend a multitude of workshops run by the IEC along with the HOSA inc. Board of Directors. One of my personal favorite workshops was the Clifton Strengths assessment.

Before the conference, each officer took a Clifton Strengths assessment which described our personal leadership strengths and styles. Each person received their top five strengths, and as we compared and contrasted our top five with other officers, it was incredible to see how not one single person had the same top five strengths as everyone else. I was interested to learn that my number one leadership skill was empathy- succeeded by achiever, learner, competition, and woo (helping others feel seen).

The IEC did a wonderful job at helping us understand how to use our strengths to our advantage, and how each officer's strengths can help improve the team as a whole. Other impactful workshops allowed us to speak to other officers about their unique styles of advocating for HOSA and running their own conferences in their respective states. Other fun workshops included coming up with clever ideas to fundraise for our service project NMDP and creating vision boards for our futures by using stickers, magazine cutouts, and inspiring words.

On the second day, after walking around the lawn to raise awareness for NMDP, our state officer team along with state coach Jaya Singh went to the Museum of Natural History (the dinosaurs were the best exhibit!). On the third day, we travelled to the Arlington Cemetery and saw the changing of the guard. It was a beautiful moment and we were grateful to pay our respects to all of our fallen soldiers. Over the course of the next day, we prepared for our biggest moment- advocating for CTE's and CTSOs at Capitol Hill! Our congressional meetings went exceptionally well, and being able to meet these governmental figures taught us valuable lessons and skills that we will surely bring back to YOU- NJ HOSA!

With every day packed with exciting activities and plans, there was no shortage of new opportunities, events, and workshops that we have brought back from DC and hope to provide to all of you. To visually see our amazing trip, make sure to tune into our YouTube channel. Our experience at the Washington Leadership Academy provided us with amazing friendships, memories made, and lessons learned that have undoubtedly helped us fly forward into forming a brighter future.



FUN AT FLC

BY: MARIA CLAUDIA RAMIREZ ALEMAN



On October 30th, 2024, we had our Fall Leadership Conference (FLC), and it's a memory constantly replaying in my mind. One reason for that might be the incredible vlog created by our Historian, Sujal Dhoka! If you haven't watched it yet, you need to go check it out and allow me to tell you all about the day!

FLC consisted of various workshops, networking, engaging activities, and most

importantly getting to see the backbone of NJ HOSA, the chapters, unite under one roof to share their passion for HOSA. The workshop topics included Reorganize and Resume, Social Media Toolkit, Pitch Perfect: Mastering the Art of Public Speaking, Mindset Magic, and Drive Out of Your Comfort Zone. Personally, I loved the Social Media Toolkit workshop and certainly not because it was the one I ran with Historian Sujal. It's because I enjoyed seeing everyone come together to apply the lessons learned during the workshop by creating a video to advocate for our service project NMPD. So now that you know which one was my favorite, think back to your favorite workshop if you attended and make sure you are applying the lessons learned.

Workshops were not the only source of networking and fun at FLC. The members also danced alongside each other to the videos of Just Dance and even sang a little Karaoke. The Karaoke was started by Historian Sujal Dhoka, who presented Twinkle Twinkle Little Star like a Pop Star. Additionally, during Just Dance, I saw everyone get together and dance with friends they had just made and I loved the way we all vibed to What Makes You Beautiful.

It was amazing to see how everyone came together and learned something new about NJ HOSA, healthcare, Leadership, themselves, and other officers, therefore forming everlasting connections. I have noticed that NJ HOSA has become more than an organization, but rather a family where all the individuals unite despite their differences to create a powerful community. That being said, I hope you remember the day and cherish it because I know I will and I'm very excited to see everyone later at regionals or states!



REGIONALS RAGE

BY: SYDNEY KIM

As the newly elected Central Regional Vice President (CRVP) of New Jersey HOSA (previously Member-at-Large,) I'm thrilled to represent the brand-new Central Region, which includes counties like Union, Middlesex, and Somerset.

This exciting change means that members from these areas will now have a dedicated Central Regional Leadership Conference, where you can expect competitions, engaging guest speakers, and the chance to meet state officers and peers from different schools.

Remember, while the top five in each event receive medals, only the top three from each region advance to the State Leadership Conference. Events at the regional level are also testing only. This means that skills will not be performed during the regional competitions, only written multiple-choice and open-ended questions.

Most importantly, focus on working hard, having fun, and applying what you learn—HOSA is about growth and making lasting memories!



MAILING LIST

BY: ARYAN GARG

Ever feel out of the loop? Don't worry—NJ HOSA will soon deliver the latest news directly to you!

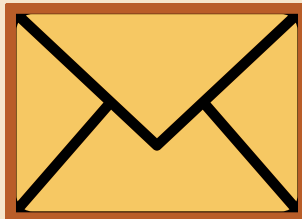
NJ HOSA is launching a brand new mailing list to keep students across the state informed and engaged. Through important updates, event announcements, leadership opportunities, and deadline reminders, all the HOSA happenings will be sent straight to your inbox, once every month.

As NJ HOSA continues to grow beyond 6,000 members, we want to strengthen our connection with you—our members. We know that staying up to date with important deadlines and the latest initiatives can be challenging, so this mailing list will ensure that you never miss an opportunity. Whether you're preparing for conferences, looking for in-person and virtual networking opportunities, or scrolling for a new podcast to listen to, this mailing list will be your go-to source for all things HOSA.

As of right now, all local and chapter officers are encouraged to join our mailing list, in addition to advisors and alumni who'd like to stay in the loop. As the mailing list continues to develop in the coming months, our initiative will soon expand to every member across NJ HOSA (so stay tuned!) Additionally, if your chapter would like to be featured in a monthly email, make sure to submit spotlight requests to NJ HOSA or fill out our upcoming state officer reports. This is an amazing way to show off your chapter's cool initiatives to the state and gain points for the Chapter Standards of Excellence!

Your chapter advisors will be receiving a registration form shortly, so if you're interested in signing up or would like a fellow officer to sign up, talk to your advisor for details.

Our goal is to bring a stronger, more tight-knit community of future health professionals. By joining the mailing list, you'll be the first to hear about exciting opportunities and continue flying forward with our organization!



RUNNING FOR OFFICE

BY: TVISHA REIKHY



What do all these things have in common... unforgettable memories, leadership development, networking, and delicious food? These are all things that come with becoming an NJ HOSA State Officer! Whether it be adapting on the spot at conferences or bonding over the food at our monthly meetings, becoming a State Officer is truly something that you will keep with you all your life. Speaking from experience, simply running for State Office helped teach me so many valuable skills, and this position is helping me implement the change I want to see

across the state. With the application deadline being January 3rd 2025, I highly encourage you all to apply (you can find the different roles available at njhosa.org)! I was in your shoes last year, and although applying might seem overwhelming, just take a chance and don't be afraid to try!! That being said, the application process is extensive, so make sure to complete all the steps! Firstly, make sure to stay in touch with your school advisors as only 5 members can run from each county, and there might be some sort of selection process within your school. After submitting your application, you will take a HOSA knowledge test. If you move on from here, you will enter the interviewing round, and if you move on, the last step will be campaigning at SLC! Here are some tips and tricks you should utilize when running for state office!

1. Show us and the membership what you are passionate about, and stay true to yourself! When it comes to being a leader, nothing is more important than being passionate, as that helps to fuel you through challenges. Don't try to be someone you are not just to try and "impress" the membership, as it will show. Instead, stay true to yourself and your passions during your interviews, and especially during campaigning!
2. Push yourself out of your comfort zone! Whether that be networking and approaching new people or asking questions to the current state officers, don't be afraid to try new things, even if they make you uncomfortable at first. Doing this will help you grow as a healthcare leader, and it will show us your potential as a state officer!
3. Believe in yourself! Don't be afraid to take a chance, and make sure to give it your best!

The current state officers have all gone through this process, and we would love to help you out if you have any questions or need advice! I wish all the candidates the best of luck, and regardless of the outcome, you are all growing as healthcare leaders! I can't wait to see what you all have to offer, good luck to everyone!



FALL FEST

BY: ANTHARIKSH NAIR

Members of South Brunswick HOSA don't just see the organization as a stepping stone for individual success; they see it as an opportunity to connect, inspire, and uplift others. This mindset was on full display at their recent Fall Fest event, which showcased the chapter's commitment to bringing people together and strengthening the HOSA network across New Jersey.

For the first time in their chapter's history, South Brunswick HOSA opened its annual Fall Fest to other chapters across New Jersey, welcoming five different HOSA chapters to participate in a day of fun, competition, and networking. This event was a major milestone, marking the chapter's first time hosting a statewide gathering, reflecting just how much they have grown in three short years.

The event was also attended by NJ HOSA's very own Southern Region Vice President, Anthariksh Nair, and State Parliamentarian, Marina Sugrue.

Fall Fest was a huge success, with over 310 attendees enjoying a day filled with games, friendly competitions, and valuable networking opportunities. The chapter also managed to raise \$4500 to support future HOSA initiatives, demonstrating their ability to not only bring people together but also make a tangible impact on the organization's future. Their dedication and ability to engage with the broader HOSA community played a crucial role in the event's success.



While competitions remain a core part of HOSA's mission, South Brunswick HOSA has shown that the organization can also be a place for collaboration, camaraderie, and lifelong friendships.

With a legacy of excellence, a commitment to its values, and a drive to keep innovating and expanding, South Brunswick HOSA is setting the standard for what a HOSA chapter can achieve. As they continue to grow, one thing is certain: the best is yet to come.

CHAPTER MATERIALS

BY: MARINA SUGRUE

Have you been wondering how to increase your chapter's social media presence? Well you're in luck! NJ HOSA will soon be publishing a social media toolkit with effective strategies on increasing coverage through a variety of templates, tips, and content guidelines. This could include using the HOSA colors, choosing certain themes, fonts, graphics, and other elements. This manual also includes pointers on how to manage your chapter's accounts professionally while still maximizing on engagement within your HOSA community and beyond. With this toolkit, we hope that it will be easier for your chapter to create relevant posts about upcoming events, fundraisers, service projects, and more!

On that note, NJ HOSA will also be publishing a Parliamentary Procedure Handbook in the near future! This handbook provides a comprehensive overview of parliamentary procedure in a simple, easy to understand way so that chapter officers can implement it into their own meetings and ensure that they run smoothly and effectively. Some elements of it include how to start a meeting, raising a motion, meeting minutes, order of business, committees, and more! If your chapter is struggling with managing productive meetings, following through with ideas, or even dividing up work amongst leaders, then this directory would be a great resource to look over. However, please note that this is only a brief overview of parliamentary procedure, and if you are considering taking the HOSA event for this topic, then you should refer to the official manual, Robert's Rules of Order.

All things considered, these kits are sure to cultivate skills in communication, leadership, responsibility, networking, and so much more. Social media is used in nearly all corners of our world today, so understanding how to market your ideas and reach a wider audience is crucial.

Furthermore, being able to work efficiently in a team without confusion or discord is a necessary competence that you can develop through parliamentary procedure. As you grow into future health professionals, there will certainly be several challenges, obstacles, and frustrations that you must overcome; we hope that our guidance through these toolkits will help you in even the smallest of ways in your career pathway and future beyond that.



WE WANT YOU FOR PSC

BY: SOHAM SHASHIKUMAR

To our secondary members in their last year of high school, or those looking into options for colleges, I would like to encourage you all to consider becoming a part of our collegiate division! If you end up attending a college in New Jersey, you are eligible to continue as an NJ HOSA member within our collegiate division. We already have HOSA chapters established at a few NJ colleges, such as NJIT, Rutgers, Princeton, and more! Being a collegiate member offers you much more autonomy in your HOSA experience as our collegiate chapters are often heavily student-led. However, many elements are still the same, such as our conferences and events throughout the year, as well as activities organized by individual chapters.



Something I find particularly useful that NJ HOSA offers for collegiate members is professional development. During our Fall Leadership Conference I held a workshop on resume development that taught students how to construct a resume and common conventions. College is often a time where resumes are constantly being made and revised, and having some guidance in that area is always helpful. Furthermore, our health professions events give students an opportunity to explore a career they find interesting, testing hands-on experience that I believe is incredibly valuable to collegiate students. Finally, we have a strong alumni network not only within NJ HOSA but HOSA at an international level. Developing these connections by attending conferences and being an active member could open many opportunities for collegiate members in the future.

In the case that the college you join does not have a NJ HOSA chapter, take the initiative to start one! Being a local HOSA leader is an incredible experience personally and professionally. You learn a variety of skills in the areas of leadership, delegation, organization, and more! It also opens you and your organization up to many more professional opportunities as previously mentioned. However, NJ HOSA is also a great way to make new friendships with others that share the same interests as you! I personally have met many of my closest friends through both secondary and post-secondary HOSA because of the collaborative environment it fosters.

All in all, to any secondary NJ HOSA members looking into their options for college, for those of you planning on staying within New Jersey, I highly encourage you to either register with your local chapter as a collegiate member or start your own chapter! HOSA does not have to end in high school, and it can be a completely different experience as a college student.

FACING FORWARD

BY: SUJAL DHOKA

As NJ HOSA's Historian, I've had the incredible opportunity to document our journey, capture our best moments, and share our story with all of you. From making vlogs to meeting so many passionate members, this role has given me a front-row seat to the dedication, hard work, and excitement that make NJ HOSA so special. Seeing the energy at our events, the friendships formed, and the growth in every member has been nothing short of inspiring.

But beyond just holding a camera and taking notes, this experience has shaped me in ways I never expected. I've learned that leadership isn't just about standing in front of a crowd—it's about listening, understanding, and uplifting those around you. Whether it's through interviews, behind-the-scenes snapshots, or simply getting to know the incredible people that make up NJ HOSA, I've realized that every story matters. And in sharing these stories, I've not only grown as a leader but as a person.

This year, I encourage each of you to embrace your own HOSA journey, to step outside your comfort zone, and to make memories that will last a lifetime. Whether you're competing, networking, or just finding your place in this community, know that every moment counts. Let's keep Flying Forward together and making this year the best one yet!

See you all at the next event. Or hopefully you can see yourselves in the next vlog!



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New Jersey HOSA



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