

NJ HOSA PULSE



SEPTEMBER – DECEMBER

This season, we kicked off the year with WLA, sparked leadership at FLC, and are gearing up for Regionals. Let's continue Igniting Our Impact across the state. Go NJ HOSA!



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MEET THE 2025–2026

STATE EXECUTIVE COUNCIL



TVISHA REIKHY PREISDENT

Hey NJ HOSA! My name is Tvisha Reikhy, and I am so excited to serve as your State President! I am a senior at Livingston High School, and although my bedtime is 10 p.m., I'm always ready to dance for hours to Bollywood songs and go on movie marathons. HOSA has helped me discover my passions, form meaningful connections, and develop my leadership skills. This year, I hope to bring those same opportunities to all of you. I'm always here to answer any questions or concerns, share delicious recipes, or even just sit down and talk. Please feel free to reach out to me anytime!

JASMINE THAKRAL PREISDENT-ELECT

Hi NJ HOSA! My name is Jasmine Thakral, and I'm excited to serve as your President-Elect this year! I am currently a junior at West Windsor-Plainsboro High School North. A little about me: you can always find me at a local café experimenting with new coffee recipes, and I love volunteering at the Children's Home Society. I'm looking forward to an amazing year of connecting with all of you. My goal is to help create unforgettable memories and continue supporting NJ HOSA—an organization we all love and are proud to be part of!



SAANVI NARALASETTI NORTHERN REGIONAL VICE PRESIDENT

Hey NJ HOSA! My name is Saanvi Naralasetti, and I'm a senior at the Morris County School of Technology. I joined HOSA because it gave me a community that pushes me to grow, speak up, and connect with people I love while making a real impact. As NRVP, I hope to continue building spaces where you all feel supported and seen. Outside of HOSA, you can find me either exploring new places and cities or sleeping in and doomscrolling—there's no in-between. I can't wait to have an amazing year with all of you!

MEET THE 2025-2026

STATE EXECUTIVE COUNCIL



SHIVALI PANDYA

CENTRAL REGIONAL VICE PRESIDENT

Hey HOSA! My name is Shivali Pandya, and I'm a senior at South Brunswick High School. I joined HOSA because I wanted to challenge myself through leadership and academic opportunities in healthcare, and I quickly found a community that pushed me to grow and connect with people who inspire me. Through HOSA, I've learned the value of collaboration and grown as a leader and mentor. As CRVP, I hope to strengthen connections across our region and make everyone feel welcome and empowered. Outside of HOSA, you'll find me hunting for new food spots, planning spontaneous hangouts, or binge-watching Netflix late at night. I can't wait to have an amazing year with all of you!

MARINA SUGRUE

SOUTHERN REGIONAL VICE PRESIDENT

Hi NJ HOSA! I'm Marina Sugrue, a senior at Hopewell Valley Central High School, and I'm serving as your State SRVP this year. I joined HOSA to network with students who share 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 singing my heart out at karaoke with my friends. I look forward to an amazing year with you all!



SHIV SUBBIAH

POST-SECONDARY/ COLLEGIATE VICE PRESIDENT

Hi everyone! My name is Shiv Subbiah, and I'm honored to serve as your New Jersey HOSA Postsecondary/Collegiate Vice President. I'm a student in the Honors College at Rutgers University and am pursuing a degree in Chemistry and Chemical Biology. When I'm not in the lab or studying, I proudly represent Team India in international skiing competitions. I also love playing the violin, gaming, and pulling the perfect double shot of espresso. One day, I hope to become the world's best orthopedic surgeon.

MEET THE 2025–2026

STATE EXECUTIVE COUNCIL

SUMATI GURRAM PARLIAMENTARIAN



Hey NJ HOSA! My name is Sumati Gurram, and I am a senior at the Woodbridge Academy Magnet School, serving as your Parliamentarian. I look forward to the meaningful memories and lasting connections we will build together in the year ahead, as each of you ignites your impact in NJ HOSA. Along the way, I am excited to continue strengthening partnerships and expanding service opportunities for members across our state. Outside of NJ HOSA, you'll typically find me binge-watching a new show, spending all my money at Dunkin', or taking a 30-minute nap (which ends up being at least two hours). I am so excited to watch everyone become Champions of Change during our 50th year of NJ HOSA!

KEVIN BENEDICT SECRETARY

Hey NJ HOSA! I'm Kevin Benedict, a senior at Central Jersey College Prep Charter School, serving as your 2025–2026 Secretary. This year, I hope to meet and network with all our members! I joined HOSA as just another bright-eyed, hopeful kid dreaming of becoming a doctor—now I'm here serving as my school's first state officer! I'm dedicated to ensuring continuous, high-quality experiences through NJ HOSA, and I'll strive to help every member grow and pursue their passions within healthcare. Outside of HOSA, you'll find me either doomscrolling, binging NFL games and highlights, or playing basketball. I look forward to serving all of you this year!



SHREENIDHI RAVISHANKAR HISTORIAN

Hey NJ HOSA! My name is Shreenidhi Ravishankar, and I'm a senior at Woodbridge Academy Magnet School, proudly serving as your NJ HOSA State Historian this year. HOSA has not only given me the space to grow as a leader, but it has also allowed me to find a family that shares my passion for healthcare. As Historian, I'm excited to highlight your stories and take more pictures than I can count! Outside of NJ HOSA, you'll typically find me dancing Bharatanatyam, reading fantasy novels, or with my AirPods in at the highest volume. I can't wait to serve you all this year!



SEASON'S GREETINGS

Tvisha
Reikhy



With the winter weather calling for heavy snowfall and frigid temperatures, NJ HOSA is just heating up as we get ready to Ignite our Impact! As the most spirited state, New Jersey continues to push forward, innovate, and elevate each year beyond the last. Diving into a new year, we're excited to welcome all members, new and returning, into a season filled with fueling opportunity, growth, and connection.

As always, NJ HOSA has been hard at work all season, making sure every member's experience is fully sparked with excitement. Helping us achieve this, we are thrilled to welcome a new addition to the team - our Assistant State Officer Coach (also known as your 24/25 SRVP) Anthariksh Nair! Together, we will continue to serve our members, never letting the flame die out.

The impact schedule for this year ranges from interactive leadership workshops, dynamic conferences, social media, and professional development as we work to support your chapters. Engaging livestreams, comprehensive toolkits, and even a service project competition are just some of the initiatives currently in the works, set to burst like fireworks in a brilliant, unforgettable way.

Since we're all about "Igniting Your Impact," we figured it was time to spark a few changes of our own, but don't worry, nothing's catching fire. New competitions, virtual regionals...although this is different, your state officers are here to support you through every twist and turn, so please don't ever hesitate to reach out.

Throughout these endeavors, we encourage you to continue to light up your network by forming personal connections, which are the heart and soul of NJ HOSA! Connect with your members, your state officers, and other chapters! Create unforgettable memories! Supporting one another, learning together, and building genuine relationships will help you grow not just as future health professionals, but as people.

As we embark on this new season, remember: every effort, every connection, and every act of leadership can light the way toward meaningful change. Here's to a year full of growth, connection, and purpose. Together, let's continue to support one another and ignite the impact we're capable of making—one spark at a time.



NJ HOSA'S GOLDEN YEAR

Shreenidhi
Ravishankar

Guess what, NJ HOSA? This year marks the 50th anniversary of NJ HOSA and HOSA–Future Health Professionals. So, let's take a trip down memory lane in honor of our golden milestone!

Did you know that the initial idea for HOSA–FHP was created right here in New Jersey? In November 1975, the first six charter states met in Cherry Hill, NJ (shoutout to the Southern Region!) to have HOSA's first organizational meeting. One year later, from November 10–13, those six charter states convened in Arlington, Texas for the Constitutional Convention. Presided over by Joan M. Birchenall of New Jersey, HOSA was officially named, its bylaws were adopted, and its national colors were selected. In fact, those national colors still proudly remain today: maroon, medical white, and navy blue!

While many of us look forward to traveling to ILC each year, some of HOSA's biggest moments happened right at home. In 1979, the second National Health Occupations Students of America (HOSA) Conference was held in Cherry Hill, New Jersey. Five new charter states joined HOSA at this conference and proposals for HOSA's first management were put out. Around this time, the second national HOSA Headquarters was even located in our state capital: Trenton, New Jersey, from 1978–1979.



As HOSA continued to grow, so did its mission. In June 2004, HOSA–Future Health Professionals became the official name of our organization. What once began with just 6,000 student members at the first Constitutional Convention has now grown into an organization of more than 7,500 members in New Jersey alone.

So, as we celebrate 50 years of NJ HOSA, we aren't just honoring our past. This year, we're Igniting Our Impact and fueling our future as the next generation of health professionals. We can't wait to see how each of you sparks change in your chapters, communities, and careers as Champions of Change. From Cherry Hill to Indianapolis, Indiana for this year's 49th ILC, we have no doubt that NJ HOSA members will continue shaping the next 50 years of healthcare leadership. Go NJ HOSA!

HIGHLIGHTS FROM WLA

Saanvi Naralasetti

This past September, our NJ HOSA State Executive Council traveled to Washington, D.C. for the Washington Leadership Academy (WLA), where we had the privilege of meeting leaders from hundreds of HOSA chapters around the country. Over the span of four days, we were able to attend workshops, bond with the International Executive Council (IEC), and advocate for NMDP, HOSA's premier service project partner!

Before we even got to WLA, we were requested to complete a CliftonStrengths assessment, revealing our top five leadership strengths: my top five were woo, arranger, communication, positivity, and competition. Each test revealed a unique code about each officer, no two people got the same response. And even if we got the same characteristic, each description could point to different things. While woo to me can be hyping up our members and board, it can mean the ability to help advocate for others to someone else.

The IEC helped us understand how these strengths shape our leadership styles and how to become a more effective team. We also connected with officers from across the nation (we're now best friends with Florida HOSA) during our various workshops. While some were more hands-on like building a puzzle with each of our strengths from the assessment, others were more thought provoking like figuring out how to promote HOSA to our alumni. We also had some teambonding workshops, like a 50th year dance, karaoke, and the "try to say the wrong answer" game.



HIGHLIGHTS FROM WLA

Saanvi Naralasetti



But beyond the workshops, our team went to D.C. specifically to meet our Congressmen and Senators to advocate for Career and Technical Education (CTE) and Career and Technical Student Organizations (CTSO). While most of you are probably from a CTE school, being part of HOSA means you are part of a CTSO. We pushed for the continued support of the Perkins V bill, which is in charge of funding programs like HOSA. Meeting with the congressional offices was incredibly empowering and being able to make a difference in a student's life is the exact reason why I joined HOSA.

We then went on to explore D.C., stopping at the Arlington Ceremony, where we witnessed the changing of the wreath ceremony, and the National Mall, where we advocated to individuals about joining the NMDP registry. Each place we went to in D.C. taught us a valuable lesson, whether it was persisting until success or that rejection is just redirection. Everyday was packed with meaningful experiences that strengthened our team and expanded our vision for the year ahead. To see more of our trip, be sure to check out our Instagram! WLA gave us lifelong memories, new friendships, and lessons that continue to drive us forward as we work toward building a brighter future together.

FALL LEADERSHIP CONFERENCE

Marina Sugrue

With the changing color of leaves and the start of the academic year came the Fall Leadership Conference (FLC), one of the most beloved events NJHOSA has to offer. Bringing excitement and leadership from all regions across the state, this was a truly unifying experience representative of the ambition and commitment that our members continue to demonstrate. As an officer who oversees such enthusiasm and dedication, I am grateful to have been able to provide the opportunity for networking, leadership development, and a little fall fun!



At the FLC, members participated in various workshops led by state officers, including MISSION IGNITE: The Leadership Launch, Code Blue: The Leadership Emergency, and Swim or Sink: The HOSA Shark Tank. All workshops intended to foster growth by giving participants the ability to discover their different leadership strengths and utilize an outlet for creative problem-solving. We were also very fortunate to have had Megan Lloren, the international HOSA Postsecondary/Collegiate Vice President present her own workshop at this conference alongside NJ HOSA!

After a fun afternoon of just dance and karaoke, we wrapped up the conference by announcing the Pin and T-Shirt Design winners, which were Arielle Tu from South Brunswick High School and Marina Sugrue (myself) from Hopewell Valley Central High School, respectively. I am thrilled and grateful to have you all represent the spirit, pride, and unity of New Jersey HOSA at the State and International Leadership Conferences with our designs this year.



Lastly, to wrap up this unforgettable day, we expressed our gratitude and appreciation for our amazing State Advisor, Mrs. Berkemeyer, who will be retiring at the end of this year. As someone who has been at the heart of New Jersey HOSA for decades, her love and support has helped each and everyone of us develop into compassionate, empathetic, and resilient leaders. As we venture down our paths into future health professionals, there is no doubt that her dedication to service and education will play a role in shaping our ability to ignite our impact.

Shivali Pandya

FALL FEST 2025

NJ HOSA's community in South Brunswick High School continues to make its mark as an active and impactful chapter, driven by steady growth and constant involvement in the organization. Their Fall Fest event showed this mentality by encouraging a welcoming environment that promoted connection, collaboration, and shared a sense of uplifting members across the establishment.

With over 300 people attending the event and raising over \$4,400 to support HOSA's plans for the future, South Brunswick HOSA's Fall Fest had multiple marvelous accomplishments. Other HOSA chapters across the state also made an appearance, such as Central Jersey College Prep Charter School, West-Windsor Plainsboro South High School, and Woodbridge Academy Magnet School. This event featured the highly anticipated annual volleyball tournament, which brought together ten teams competing for a prize and served as a foundation for collaboration. In addition to the tournament, attendees enjoyed a variety of interactive games and friendly competitions that encouraged participation and connection, as well as delicious pizza and boba. With this, the popular event is continuing to use its elements that constructed Fall Fest to express its consistent success throughout the years, and make it into more than just a fundraiser.

Overall, the annual Fall Fest has become a meaningful opportunity to strengthen relationships within the HOSA community while advancing the chapter's long-term goals. Its persistent massive attendance has displayed the connections the chapter has fostered and important networking connections that were available. To add, Fall Fest was also hosted by its very own Central Region Vice President, Shivali Pandya, and attended by the State Parliamentarian, Sumati Gurram.

Even though HOSA is centralized around winning competitions, it is so much more than that. South Brunswick HOSA has proficiently shown that the organization is a place to have fun, network with peers, and make unbreakable connections. With the rapid growth they have clearly revealed, there are so many more good things to come.

Another event worth highlighting was South Plainfield's charity volleyball tournament. Piscataway High School HOSA and Woodbridge Academy HOSA were also present at the event. Hosted at South Plainfield High School, the tournament's proceeds were donated directly to the National Marrow Donor Program, previously known as Be the Match! The event also allowed chapters to set up their own concession stands, so they could sell goods to make a profit for their own chapter, or even donate to NMDP! Overall, it was an amazing and well-liked event, with more networking opportunities available within other schools.

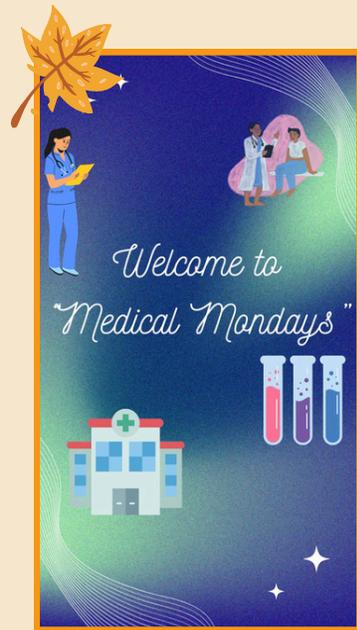


WELLNESS MEETS MEDICAL MONDAY

Sumati Gurram

Future healthcare professional? NJ HOSA allows its members to take a leap into the healthcare field, explore diverse pathways, and discover where they truly belong. This year, your NJ HOSA State Executive Team is excited to launch a new social media initiative designed to educate, inspire, and support our members with information about the healthcare field, Medical Mondays. Additionally, we are continuing Wellness Wednesdays, our social media initiative that provides students with information regarding mental health.

Medical Mondays is a weekly initiative dedicated to highlighting the world of healthcare. Through stories posted every Monday on the NJ HOSA Instagram page, @njhosa, members can learn about healthcare careers, innovations, current advancements, and essential medical knowledge. Whether you're curious about a specific profession, interested in emerging research, or simply want to expand your understanding of the medical field, Medical Mondays offers accessible and engaging content for everyone, no matter where you are in your HOSA journey.



HOW TO BUILD A
Daily Routine

We are also continuing Wellness Wednesdays, an initiative that shares information regarding mental health. Every Wednesday, NJ HOSA shares wellness tips and mental health resources through Instagram stories on @njhosa, encouraging students to prioritize balance, self-care, and emotional health. From stress management strategies to reminders about mindfulness and self-reflection, Wellness Wednesdays creates a supportive space where members can learn how to take care of themselves while pursuing their goals.

Together, Medical Mondays and Wellness Wednesdays reflect NJ HOSA's commitment to developing well-rounded future healthcare professionals. Be sure to follow @njhosa and tune in weekly to stay informed, inspired, and supported throughout the year.

SAVE YOUR COLLEGES:

PS/C HOSA Shiv Subbiah

Hey everyone! If you're a secondary member looking ahead to life in college, I want to ensure that you know that HOSA doesn't have to end after graduation. If you're planning to attend a college in New Jersey, PLEASE continue as a collegiate member in NJ HOSA; we already have active chapters at many of the top schools in the state, such as Rutgers, Princeton, NJIT, Seton Hall, and several others.

Being a collegiate member gives you way more ownership of your HOSA experience. Collegiate chapters are almost entirely student-led, so you get to shape what events, projects, and leadership opportunities look like on your campus. At the same time, you still get everything you love: conferences, competitive events, and chapter activities that keep you connected to the NJ HOSA community.



One thing I've found especially valuable as a college student is the professional development NJ HOSA offers. Whether it's resume workshops, health professions events, or networking with alumni, these experiences are exactly what you need when you're building a career in health or science. And if your college doesn't have a chapter yet, seriously consider starting one. Leading a chapter is one of the best ways to grow as a leader, organizer, and future health professional.

HOSA in college is a different experience; more independence, more responsibility, and more opportunity. If you're passionate about health and want to keep growing, I'd love to see YOU strengthening our collegiate division!

RUNNING FOR STATE OFFICE

Jasmine Thakral



The thrill of a conference, energy of members getting hyped, and the excitement of seeing a vision come to life are the foundation of NJ HOSA. Running for NJ HOSA State Office gives you the chance to be part of that energy, representing chapters across New Jersey to create a meaningful impact while simultaneously building leadership skills that will stay with you for years to come.

NJ HOSA State Office is more than a title, it's an opportunity to lead. State officers play a direct role in shaping NJ HOSA initiatives, conferences, and outreach. Your ideas have the ability to influence thousands of members and help strengthen HOSA's mission of empowering future health professionals. Along the way, you'll learn invaluable skills and laugh at the unexpected moments that only HOSA can deliver. For me, serving in State Office allowed me to grow into my authentic leadership while driving the change I hope to see across the state.





RUNNING FOR STATE OFFICE

Jasmine
Thakral

This year, the application deadline is December 19th, 2025, and I highly encourage all of you to apply! You can find the different roles on our website (njhosa.org) and application packets are available through your chapter advisors. Speaking from experience, applying last year felt like a daunting task. But trust me, no matter how intimidating it may seem, taking the risk is worth it. Serving in State Office has been one of my most rewarding experiences, and I cannot encourage you enough to take this opportunity. With that, the application process is intensive, so make sure you are completing all the steps! To begin, I recommend reaching out to your chapter advisor. Chapters may handle the process differently, however NJ HOSA allows 3 candidates from each chapter to run. After submitting your application, you will take a HOSA knowledge test which assesses your understanding of the organization. The results of this test will determine which candidates move onto the interview round. Here, you will be interviewed by NJ HOSA staff to be slated into different roles. Finally, you will be campaigning at SLC!

Arguably the most exciting part of this process is campaigning! It is a great opportunity to connect with members across the state and share your ideas. You get to show members what you are passionate about and network with all types of different people. Remember to stay authentic and passionate about the issues you are presenting. Being a leader calls for being a change maker, so don't feel afraid to put yourself out there and be genuine as that is what makes a strong leader.

While the whole process may feel long, remember to always believe in yourself! Don't be afraid to try your best and take a risk.

The current State Officers have all gone through this process and we would love to answer any questions or concerns you may have. I wish you all the best of luck, regardless of the outcome I can promise you will all continue to grow throughout your HOSA journey. I can't wait to meet you all in the upcoming year, good luck to everyone!

Kevin Benedict



IGNITE YOUR IMPACT



As the 25–26 NJHOSA Secretary, I’ve had the privilege of meeting so many members from all across our state, and watching our HOSA family truly come alive with excitement. From meeting other State Officers at the Washington Leadership Academy to hosting workshops at the NJ Fall Leadership Conference, I’ve seen firsthand how driven, creative, and passionate NJHOSA members are. Seeing your enthusiasm is what drives me and the rest of the council to create initiatives to further benefit you, the members, and honestly, it’s been one of the most rewarding parts of this role.

The biggest lesson I’ve learned goes beyond planning workshops & hosting events, as I’ve grasped that leadership is deeply rooted in collaboration. It’s the teamwork in which everyone brings together their own experiences, ideas, and strengths. Working alongside advisors, officers, and members, I’ve learned that we achieve the most when we support each other and allow space for all of us to contribute. NJHOSA isn’t just lit by one leader, but rather, it’s ignited by all of us working together.

As we continue into the rest of the year, I encourage all of you to take on new challenges, embrace new opportunities, and step out of your comfort zone to truly grow. Whether you’re preparing for competitive events, or exploring the vast healthcare careers that exist, remember that every single step you take helps you IGNITE YOUR IMPACT. No effort is too small, especially as you grow to exceed your potential.

I can’t wait to see the impacts you all leave this year, and I’m looking forward to seeing all of you at our next conference!



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New Jersey HOSA



NJ HOSA