

## 2010 SARAS – PARTICIPANT’S FEEDBACK

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I REALLY ENJOYED THE SARAS PROGRAM AND ITS GREAT DEPTH AND VARIETY. IT WAS INFORMATIVE AND INTERESTING, AND MORE IMPORTANTLY IT OPENED MY MIND TO A WORLD OF POSSIBILITIES WITHIN THE FIELD OF SCIENCE. I HAVE ALWAYS HAD A GREAT INTEREST IN SCIENCE AND GREAT RESPECT FOR SCIENTISTS. HOWEVER, SOMETHING ABOUT WHAT I PERCEIVED TO BE THE MONOTONY OF THE WHITE LAB COAT AND THE ENDLESS, MINDLESS, SOLITARY WORK ON SOME OBSCURE GENE OR PROTEIN HAS ALWAYS DISCOURAGED ME FROM CONSIDERING A CAREER IN RESEARCH. THIS WAS ALWAYS IN CONTRAST TO THE VITALITY OF MEDICINE; THE ABILITY TO MAKE AN IMMEDIATE IMPACT, SAVING LIVES AND IMPROVING THE QUALITY OF LIFE, AS OPPOSED TO CHIPPING AWAY AT PROBLEMS IN AN EFFORT THAT MAY OR MAY NOT EXIT THE LONG PHARMACEUTICAL PROCESS AS A CURE. AND SO IF YOU HAD ASKED ME ON THE FIRST DAY OF THE PROGRAM WHAT I PLANNED TO BE, I WOULD HAVE UNSHAKABLY RESPONDED “DOCTOR”. HAVING THE OPPORTUNITY TO HEAR FROM RESEARCHERS, HOWEVER, AND TO EXPLORE THE NUMEROUS OPPORTUNITIES WITHIN THE PROFESSION, ITS GOALS, PROCESSES, AND REWARDS, HAS TRULY GIVEN ME A NEW PERSPECTIVE ON SCIENTIFIC RESEARCH AND A LOT TO THINK ABOUT IN TERMS OF MY FUTURE CAREER. THE SENSE OF CREATIVITY AND PURPOSE, WITHIN THE FRAMEWORK OF SCIENCE, EXHIBITED BY A NUMBER OF PRESENTATIONS AT SARAS WAS ONE THAT I HAD NEVER REALLY SEEN BEFORE, WHETHER IN SCHOOL OR IN OTHER SCIENCE-ORIENTED PROGRAMS. I AM TRULY THANKFUL TO ALL OF THOSE WHO TOOK TIME OUT OF THEIR BUSY SCHEDULES TO GIVE US A GLIMPSE OF MODERN SCIENCE AT ITS BEST. WE HEARD FROM INDIVIDUALS WHO HAVE TACKLED REAL WORLD PROBLEMS AND WHOSE INGENUITY HAS EFFECTED REAL CHANGE AND PROGRESS IN TREATING ILLNESS AND BETTER UNDERSTANDING THE WORLD IN WHICH WE LIVE. WHERE OTHER PROGRAMS FOCUSED ON EITHER MINUTE MECHANICS OR GRAND IDEALS, SARAS GAVE ME A COMPLETE PICTURE OF THE SCIENTIFIC FIELD; ONE THAT WAS RICH AND INVITING. I DON’T YET KNOW WHETHER OR NOT I WILL BECOME A SCIENTIST, BUT I CAN HONESTLY SAY THAT I AM NOW SERIOUSLY CONSIDERING IT. THE PRESENTERS WHO BALANCED BOTH CLINICAL AND LABORATORIAL WORK OFFERED AN ALTERNATIVE THAT WAS PARTICULARLY APPEALING TO ME; ONE MORE APPEALING THAN MEDICINE ALONE. I APPLIED TO RESEARCH PROGRAMS THIS YEAR PRIMARILY IN THE SCOPE OF BECOMING A DOCTOR. NOW I HOPE TO HAVE THE OPPORTUNITY TO DO RESEARCH FOR ITS OWN SAKE AND TO GAIN THE FIRST HAND EXPERIENCE THAT WILL ULTIMATELY INSPIRE THE PATH I TAKE IN COLLEGE AND BEYOND. CERTAINLY THE WONDERFUL OPPORTUNITIES OFFERED AT STONY BROOK HAVE MADE IT MY FIRST CHOICE FOR RESEARCH, AND I SINCERELY HOPE TO BE BACK NEXT YEAR

THANK YOU,  
ERIC HIRSCH

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I ENJOYED THE SARAS PROGRAM VERY MUCH. I LEARNED SO MUCH AND AS MANY OF MY PEERS HAD SAID TODAY THE PROGRAM REALLY OPENED MY EYES. IT ALSO INFORMED ME ABOUT ALL THE OPPORTUNITIES IN THE MEDICAL FIELD. THE SARAS PROGRAM WAS A GREAT LEARNING EXPERIENCE, AND WAS JUST AMAZING! MEETING ALL THE DIFFERENT SPECIALISTS/EXPERTS REALLY EDUCATED ME, AND LET ME KNOW WHAT ARE THE POSSIBILITIES THAT I MAY PURSUE. EACH PRESENTATION TAUGHT ME SOMETHING NEW AND MADE ME WANT TO PURSUE IN THE MEDICAL FIELD EVEN MORE.

-KAVITA JAIN #23

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MY FIRST IMPRESSION AND FINAL IMPRESSION WERE BOTH THAT THIS WAS A VERY ACADEMIC AND ENDURING PROGRAM. WELL THIS SUMMER WAS A GOOD EXPERIENCE, I LEARNED QUITE A BIT AND ENJOYED THE LUNCH PERIODS AND PARTICIPATING/LISTENING TO INTERESTING LECTURES/WORKSHOPS. THANKS FOR PUTTING IN A SEEMINGLY TREMENDOUS EFFORT TO MAKE MY 3 WEEKS ONES TO REMEMBER/HELP ME IN THE FUTURE. THANKS AGAIN, HAVE A GOOD SUMMER.

ALEX

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THE SARAS PROGRAM WAS A WONDERFUL AND ENJOYABLE EXPERIENCE FOR ME. THROUGHOUT THE PROGRAM I LEARNED ABOUT THE MANY DIFFERENT CAREERS IN THE MEDICAL FIELD. FROM NEPHROLOGY, NEUROLOGY, ANESTHESIOLOGY, CARDIOLOGY, ROBOTIC SURGERY, RESPIRATORY CARE, HEMATOLOGY, UROLOGY, AND SO MUCH MORE. THE PROGRAM INSPIRED ME TO PURSUE A CAREER IN THE HEALTHCARE RESEARCH FIELD. THE LECTURES DONE BY THE EXPERTS WERE VERY INFORMATIVE AND INTERESTING. I ENJOYED THE MANY DIFFERENT PATIENT SIMULATORS AT THE WORKSHOPS AND OF COURSE THE FOOD. IT WAS TRULY AN UNFORGETTABLE EXPERIENCE FOR ME. I WANT TO THANK EVERYONE WHO ORGANIZED THE SARAS PROGRAM AND THE EXPERTS WHO TOOK TIME OUT TO TEACH US.

-AKASH GUPTA (#57)

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THIS YEARS SARAS PROGRAM HAS OPENED MY EYES TO THE MEDICAL FIELD IN WAYS THAT I COULD NOT IMAGINED. WHEN I FIRST CAME INTO THIS CAMP I WAS NOT SURE WHAT TO EXPECT, I DID NOT KNOW ANYONE THERE AND I DID NOT EVEN KNOW IF I LIKED MEDICINE. THE GREAT THING IS, RIGHT FROM THE BEGINNING, YOU MADE LECTURE HALL 5 FEEL LIKE MY SECOND HOME WITH YOUR WITTY JOKES JUXTAPOSED WITH THE MEANINGFUL LECTURES THAT TAUGHT ME SO MUCH. IN THESE 3 WEEKS I REALIZED THAT I KNEW EXACTLY WHAT I WANTED TO DO AND I NOW HAVE THE TOOLS TO GET THERE. I WOULD LOVE TO BE INVOLVED WITH YOU IN A RESEARCH PROJECT BECAUSE YOU ARE ABLE TO HANDLE BOTH THE SERIOUSNESS OF THE FIELD AND THE ABILITY TO HAVE A COMEDIC PERSONALITY. THE CAMP DID WONDERS FOR MY CONFIDENCE AND I WILL BE PROUD TO TELL MY FRIENDS THAT I WENT TO SARAS THIS SUMMER AND I FINALLY FIGURED OUT WHAT I WANTED TO BE IN LIFE.

THANKS SO MUCH,  
PRADY MANEPALLI

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HERE'S MY FEEDBACK FOR SARAS 2010. AWESOME. HAHA BUT I FIGURE YOU WOULD WANT SOMETHING A LITTLE MORE SUBSTANTIAL SO I CAN WRITE MORE. IF I HAD TO TALK ABOUT DIFFERENT PARTS, I'D SAY THE TOPICS WERE INTERESTING. THEY COVERED SUBJECTS THAT I ALREADY DOZED THROUGH IN APBIO, BUT MUCH MORE IN DEPTH, WHICH WAS INTERESTING, THERE WERE SEVERAL QUESTIONS MY TEACHER DIDN'T ANSWER THAT THE PRESENTERS DID. AS FOR THE FOOD, I ENJOY ITALIAN FOOD. O SOLE MIO WAS A GOOD CHEF, AND I LIKED IT ALOT; EVEN THOUGH WE HAD IT EVERY DAY. BUT THAT'S PROBABLY BECAUSE I'M PRETTY HEAVY ON THE ITALIAN IN ME :). THE WORKSHOPS I ENJOYED AS WELL, PRACTICING ON THE DUMMIES AND SEEING THE EQUIPMENT WAS A GREAT WAY TO END THE DAY. AND THE FINAL CATEGORY, ASIDE FROM YOUR HUMOR THAT EVERYONE TOOK AS SERIOUS, WAS THE FRIENDSHIPS. I DIDN'T MAKE MANY, I WILL ADMIT, AND THE ONE I DID I'LL NEVER FORGET. BETWEEN THE LAUGHS AND MY NEW FRIEND, I REALLY ENJOYED IT. AS I SAID, I LOGGED

ON FACEBOOK WEDNESDAY, AND GOT SOME TERRIBLE NEWS. (PAGE 8 OF NEWSDAY YESTERDAY IF YOU'RE CURIOUS.) BUT THE NEXT THING I DID WAS GET DRESSED AND CAME TO SARAS. ADMITTEDLY I HAD TO LEAVE EARLY, BUT IT WAS JUST WHAT I FELT THE URGE TO DO. NOT JUST THAT MY MOM MADE ME GO TO THE FIRST DAY. THANK YOU FOR AN AMAZING THREE WEEKS OF SUMMER, AND I MIGHT COME BACK NEXT YEAR BEFORE COLLEGE. IF SO I'LL SEE YOU THEN! BYE GOOD LUCK WITH FUTURE PROGRAMS.

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I THINK THE PROGRAM IS EXCELLENT FOR STUDENTS WITH AN OPEN MIND FOR MEDICAL SCHOOL OR ARE SET ON BEING DOCTORS OR IN THE MEDICAL FIELD AND NEED HELP IN DECIDING WHAT TO DO.

JUSTIN

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I HAD A WONDERFUL TIME AT THE SARAS PROGRAM THIS SUMMER. I THOUGHT THE LECTURES WERE EXTREMELY EDUCATIONAL AND I LEARNED A LOT FROM THE VARIOUS PROFESSORS AND DOCTORS. I LIKED HOW YOU SENT OUT EMAILS WITH THE CONTACT INFORMATION OF EACH OF THE SPEAKERS. THIS WAY, IT WAS EASIER FOR ME TO TRY AND CONTACT THEM. IN MY OPINION, THE WORKSHOPS WERE EXTREMELY INTERESTING, AND THEY WERE MY FAVORITE PART OF THE WHOLE PROGRAM. I WOULD HAVE LIKED IT IF WE HAD MORE OF THOSE WORKSHOPS TO DO, I ESPECIALLY LIKED THE ONE WHERE WE DID AN LP ON THE DUMMIES. I WOULD DEFINITELY RECOMMEND THIS PROGRAM TO KIDS WHO ARE YOUNGER THAN ME, I THINK THEY WOULD HAVE A GREAT TIME IN THIS PROGRAM. THANK YOU FOR THIS MEMORABLE EXPERIENCE.

SINCERELY,  
RUCHA ACHARYA

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THE 2010 SARAS PROGRAM WAS DEFINITELY A GREAT EXPERIENCE. I CAME INTO THIS PROGRAM KNOWING WHERE MY FUTURE WAS AND WHAT CAREER PATH I SHOULD TAKE. I KNEW I WAS GOING TO BE A PHYSICIAN BUT I DID NOT KNOW WHAT KIND OF PHYSICIAN I WOULD BE. I WAS VERY EXCITED TO COME ON THE FIRST DAY AND I FEEL THAT GOING TO THIS PROGRAM HELPED ME CHOOSE WHICH CAREER PATH WOULD BE BEST. IT OPENED MY EYES TO STONYBROOK UNIVERSITY, TO THE VAST NUMBER OF MEDICAL CAREERS THERE ARE, AND THE SCHOOLING THAT IS REQUIRED TO BECOME A MEDICAL STUDENT. HOWEVER, I THINK MY FAVORITE PART WAS WHEN SCIENTISTS AND DOCTORS TALKED ABOUT THEIR RESEARCH. IT WAS SO INTERESTING TO LEARN ABOUT NEW BREAKTHROUGHS IN RESEARCH AND TECHNOLOGY. I ALWAYS LIKE TO LEARN MORE AND THIS SUMMER PROGRAM HAS OVERLY SATISFIED THOSE EXPECTATIONS. I WOULD REALLY LIKE TO THANK DR. UNCLE, THE VOLUNTEERS, AND THE FACULTY FOR THEIR WORK IN ORGANIZING THIS REWARDING SUMMER EXPERIENCE

~NAKUL GUPTA

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I THINK THAT THE PROGRAM WAS A VERY BIG SUCCESS, AT FIRST I THOUGHT "WHAT HAVE I GOTTEN MYSELF INTO" WHEN I REALIZED THAT THERE WERE MOSTLY HIGH SCHOOL KIDS HOWEVER THE CURRICULUM WAS VERY WELL PLANED AND I DID LEARN A LOT FROM MANY OF THE DOCTORS AND MEDICAL PROFESSIONALS. I THINK IT WAS A LITTLE ANNOYING TO GO IN EVERY DAY, I WISH WE HAD AT LEAST ONE DAY OFF IN THE WEEK DAY. IT WOULD ALSO BE NICE

TO HAVE THE STUDENTS DO A TOUR OF THE HOSPITAL, DURING OUR LUNCH BREAK MY GROUP (PURPLE) WOULD WANDER AROUND THE UNIVERSITY HOSPITAL AND IT WAS QUITE AN IMPRESSIVE PLACE.

NAZIFA BAKHTARI  
#112

P.S MY PARENTS SAID "YOU ALWAYS COME HOME TALKING ABOUT SOMETHING HEALTH RELATED THAT WE NEED TO CHANGE, SO AT LEAST WE KNOW YOU ARE LEARNING SOMETHING".

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WELL, I THOROUGHLY ENJOYED THE PROGRAM. THE SPEAKERS WERE ALL INTERESTING, YOUR STUDENTS WERE ALL FUN AND A PART OF THE EXPERIENCE, AND THE OTHER STUDENTS WERE ALL SO ENTHUSIASTIC ABOUT ONE THING OR ANOTHER (IF A LITTLE CRAZY SOME OF THEM). I WAS SOMEWHAT NERVOUS ABOUT SUCH A LARGE SIZE GROUP THIS YEAR, BUT IT WAS FINE AFTER I REALIZED THAT THE MAJORITY OF THE 120-SOMETHING WERE SCIENCE FANS LIKE MYSELF. OVER THE DURATION OF THE PROGRAM I COULDN'T HELP BUT THINK "WOW ALL OF THESE PEOPLE WHO ADD THE FINAL FOOTNOTE TO SAY WHAT A GREAT PERSON 'SRINI' IS, AND THEY ARE ABSOLUTELY RIGHT". BE IT THROUGH YOUR OWN SCIENTIFIC VENTURES OR SHARED LIFE LESSONS (I PARTICULARLY LIKED THE POINT ABOUT THE ONE-AND-HALF-FRIEND) YOUR PERSONALITY FITS SARAS SO WELL THAT IT IS HARD TO IMAGINE WHY THE FIRST YEAR WOULD ONLY HAVE 7 STUDENTS.

GAGE MAGIDSON BLUE-92.

P.S. I WISH YOU CONTINUED SUCCESS IN YOUR "3 WEEK TEEN PHOBIA THERAPY PLAN" FOR MANY YEARS TO COME.

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SARAS WAS A VERY ENJOYABLE EXPERIENCE FOR ME. I LEARNED SO MUCH AND MADE A LOT OF FRIENDS THROUGH THE PROGRAM. I HEARD ABOUT THE PROGRAM THROUGH OTHER PARTICIPANTS AND BECAUSE OF THAT I HAD HIGH EXPECTATIONS BUT THE PROGRAM PASSED ALL OF THOSE. THE LECTURES WERE VERY INTERESTING AND INFORMATIVE. THE EXPERTS WERE VERY PATIENT AND EASY TO TALK TO. I HAD NO IDEA WHAT I WANTED TO BE AND I STILL DON'T KNOW BUT SARAS HAS GIVEN ME THE OPPORTUNITY TO EXPLORE. THANK YOU.

SINCERELY,  
SHWETA PATEL

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HI, I'M FRIDOLIN NIMBONA. I WAS REALLY PROUD OF MYSELF BEING ONE OF SARAS PROGRAM. I HAD A GOOD TIME PARTICIPATING AND LEARNING ALL THOSE SPEECH HEALTH SCIENCES. I HOPE I WILL ATTEND NEXT YEAR FOR SARAS, BECAUSE I STILL WANT TO LEARN MORE ON SCIENCES. THANK YOU ALL DOCTORS, PROFESSORS, ETC.. WHO ATTENDED FOR SARAS HELPING US FOR OUR FUTURE CAREER AND OUR DREAMS TO BECOME TRUE. THIS SPECIAL THANKS IS FOR DR. SRINIVAS PENTYALA WHO HELPS US IN MANY WAYS TO BE FREE IN OUR DREAMS AND BE PROUD OF IT. IT WAS A NICE EXPERIENCE TO BE IN SARAS PROGRAM. HAVE A

WONDERFULL SUMMER TO YOU TOO SIR. THANK YOU VERY MUCH.

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THIS PROGRAM WAS REALLY HELPFUL IN EXPLORING ALL THE OPPORTUNITIES IN MEDICAL AND RESEARCH FIELDS. IT WAS AN INTERACTIVE AND ENJOYABLE EXPERIENCE TO MEET ALL THE EXPERTS, SCIENTISTS, AND DOCTORS. IT WAS ALSO NICE TO MEET OTHERS WHO ARE ALSO INTERESTED IN SCIENCE. THERE WERE TOPICS AND I NEVER KNEW ABOUT, AND I FOUND THEM INTERESTING. I ALSO ENJOYED THE CLINICAL WORKSHOPS BECAUSE OF THE HANDS ON EXPERIENCE. IN THE END, IT WAS DEFINITELY WORTH THE THREE WEEKS IN THE SUMMER TO LEARN IN THIS PROGRAM. I WILL ALWAYS REMEMBER THE THINGS I LEARNED AND THE FRIENDS I MADE.

THANK YOU DR. P AND EVERYONE ELSE FOR MAKING THIS PROGRAM POSSIBLE.

KEVIN BYUN 77

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THANK YOU SO MUCH FOR CREATING SUCH AN AMAZING PROGRAM AND FOR ALL OF THE KNOWLEDGE YOU HAVE GIVEN US. I WAS VERY IMPRESSED WITH THE QUALITY OF THE PROGRAM AND THE INFORMATION PRESENTED TO US.

MY FAVORITE LECTURES INCLUDED "DIAGNOSING AND DEALING WITH DEPRESSION," "FALLS AND BREAKS," "DREAMS, NIGHTMARES, AND SLEEP," "ROBOTIC SURGERY," "THE BUSINESS OF BIOTECHNOLOGY," AND "THE POWER OF POSITIVE THINKING." I ENJOYED THE WORKSHOPS, ESPECIALLY THE ONES ON CPR AND PROCEDURAL SKILLS FOR PATIENT CARE. ALSO, THE TEST TAKERS SAT PREP WAS EXTREMELY HELPFUL AND SHOULD DEFINITELY BE ADDED TO NEXT YEAR'S SCHEDULE.

THIS PROGRAM THAT YOU HAVE DEVELOPED IS EXACTLY WHAT I WAS LOOKING FOR AS A STUDENT TRYING TO LEARN ABOUT THE FIELD OF BIOMEDICAL SCIENCE AND RESEARCH. I HAVE LEARNED SO MUCH ABOUT ALL THE DIFFERENT FIELDS AND HAVE DISCOVERED NEW POSSIBLE CAREER PATHS.

BECAUSE OF SARAS, I HAVE ALSO BEEN EXPOSED TO DIFFERENT CULTURES AND RELIGIONS THROUGH THE NEW FRIENDS I HAVE MADE IN THE PROGRAM. I HOPE THAT MANY MORE STUDENTS WILL BE ABLE TO BENEFIT FROM THIS PROGRAM IN THE FUTURE, BECAUSE IT HAS BEEN A WONDERFUL EXPERIENCE FOR ME!

I APPRECIATE THE DEDICATION OF YOU AND YOUR TEAM, AND I AM SO GRATEFUL FOR THE CHANCE TO HAVE LEARNED FROM THE BRILLIANT PROFESSORS, SCIENTISTS, AND DOCTORS AT STONY BROOK UNIVERSITY. I WOULD BE HONORED FOR ANY OPPORTUNITY TO LEARN FURTHER FROM YOU, DR. SRINI.

THANK YOU AGAIN,  
REBECCA MONASTERO

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I THINK THAT THE SARAS 2010 PROGRAM WAS A WONDERFUL, INSPIRING ONE. I ENTERED SARAS WITH VERY HIGH EXPECTATIONS, AND I DIDN'T LEAVE DISAPPOINTED. ALTHOUGH I KNEW I WAS INTERESTED IN THE BIOMEDICAL SCIENCE FIELD, I WASN'T SURE WHAT I WANTED TO DO. THIS PROGRAM EXPOSED ME TO MANY OF THE MEDICAL CAREERS AVAILABLE. THE WORKSHOPS WERE AMAZING TOO, AND WERE VERY INTERACTIVE AND ENGAGING. EVERYTHING WAS SO ORGANIZED, AND I'M SO GRATEFUL TO ALL THE EXPERTS WHO TOOK TIME OUT OF THEIR BUSY SCHEDULES TO COME AND TALK TO US ABOUT WHAT THEY DO. IT WAS VERY INTERESTING, AND I FOUND THE ENTIRE PROGRAM VERY BENEFICIAL. THE LUNCHES WERE GOOD, TOO! I THINK DR. PENTYALA AND HIS TEAM OF VOLUNTEERS MADE THE WHOLE THING A WORTHWHILE EXPERIENCE.

THANK YOU,  
SRESHTA PARANJI #9

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THANK YOU SO MUCH FOR SUCH AN AMAZING PROGRAM. IT HAS REALLY OPENED MY EYES TO THE MANY POSSIBILITIES OF MEDICINE AND IT WAS VERY FUN. THROUGH THIS PROGRAM I'VE MADE A LOT OF LONG LASTING FRIENDSHIPS AND GAINED SO MUCH KNOWLEDGE. MY FAVORITE PART WAS THE TRIP TO THE NURSING HOME, AND THE DAY WHEN WE DID THE IV'S, PT'S, AND ER. I LOOK FORWARD TO COMING NEXT YEAR WITH ALL OF MY FRIENDS AS WELL. I WAS A LITTLE RELUCTANT TO COME TO SARAS BUT AS SOON AS I CAME, I COULDN'T WAIT TO COME BACK THE NEXT DAY. I KNOW YOU'RE REALLY BUSY, BECAUSE YOU ALWAYS TOLD US ABOUT ALL THE THINGS YOU ARE DOING IN THE LAB, AND ALL THE INVENTIONS YOU MADE WITH YOUR SILLY IDEAS, WHICH TURNED OUT TO NOT BE THAT SILLY AFTER ALL. SO, AGAIN, THANK YOU FOR EVERYTHING, IT REALLY WAS A GREAT PROGRAM, AND I WISH YOU THE BEST IN EVERYTHING YOU DO.

MARYAM.

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THANK YOU FOR TAKING SOME TIME OFF YOUR VERY BUSY SCHEDULE TO SPEND ON SARAS. I ENJOYED THE PROGRAM VERY MUCH. I REALLY ENJOYED THE CLINICAL SKILLS WORKSHOPS. I THINK THERE SHOULD BE MORE OF THESE WORKSHOPS. I LEARNED A LOT ABOUT THE BIOMEDICAL SCIENCES AND OTHER SCIENCE/SCIENCE RESEARCH TOPICS.

THANK YOU  
JOSHUA ABRAHAM

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Wow, I CANNOT IMAGINE THAT THREE WEEKS OF SARAS WENT BY SO FAST! I USED TO LOVE COMING IN EVERYDAY AND WAITING FOR THE EDUCATIONAL AND INFORMATIVE LECTURES TO BEGIN. ALL SPEAKERS WERE EXPERT IN THEIR TOPICS THEY TAUGHT AND VERY

KNOWLEDGEABLE IN THEIR AREA. SARAS WAS A GREAT WAY TO OPEN MY EYES TO SO MANY DIFFERENT FIELDS IN HEALTH CARE. I THOUGHT THE SAT COURSES GIVEN ON FRIDAYS WAS VERY HELPFUL ALONG WITH THE WORKSHOPS AND HANDS ON EXPERIENCES WE DID EVERY AFTERNOON. SO MANY PEOPLE INSPIRED ME TO WORK HARD AND ACHIEVE MY DREAMS, ESPECIALLY DR. PENTYALA WHO ALWAYS HAD A SMILE ON HIS FACE AND SHOCKED ME WITH HIS LATEST RESEARCH IDEAS AND HIS STRONG KNOWLEDGE IN SCIENCE. SCIENCE IS MY FAVORITE SUBJECT BY FAR AND IS A GROWING FIELD THAT WILL BENEFIT HUMANITY AS A WHOLE. SARAS PROGRAM IS A VERY WISE AND EFFICIENT WAY TO SPEND THREE WEEKS OVER THE SUMMER. I AM GLAD I DID IT.

THANKS FOR EVERYTHING!!  
SHAINA AILAWADI (ID # 39)

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I WANTED TO THANK YOU FOR ORGANIZING SUCH A WONDERFUL AND INTERACTIVE PROGRAM. THESE 3 WEEKS WERE STIMULATING AS WELL AS EDUCATION AND I WAS GLAD THAT I HAD THE OPPORTUNITY TO PARTICIPATE IN SARAS. THE DIFFERENT LECTURES AND PRESENTATIONS COVERED A WIDE VARIETY OF TOPICS AND THEY REALLY GAVE AN INSIGHTFUL VIEW ON THE DIFFERENT FIELDS. IT WAS A GREAT EXPERIENCE FOR ME, AS A HIGH SCHOOL STUDENT, BECAUSE IT NARROWED DOWN THE CAREER PATH AS I REALIZED WHAT FIELDS I WAS COMFORTABLE WITH AND WHICH ONES WHICH MADE ME A BIT SQUEAMISH. I'D HAVE TO SAY THE WORKSHOPS WERE THE MOST EXCITING PARTS OF SARAS BECAUSE WE HAD A HANDS ON EXPERIENCE WITH THE MEDICAL PROFESSIONS AND IT WAS NICE TO WALK AROUND WITH FRIENDS RATHER THAN JUST SITTING IN THE LECTURE HALL. THIS PROGRAM ALLOWED ME TO MAKE A BUNCH OF AMAZING NEW FRIENDS FROM DIFFERENT PARTS OF NY AS WELL AS ACROSS THE COUNTRY AND ALSO HELPED TO MAKE LUNCHTIME ENJOYABLE. AS FAR AS CONSTRUCTIVE CRITICISM, THE ONLY THING I WOULD SUGGEST IS MAKING SOME CHANGES WITH THE GROUP ACTIVITIES. ALTHOUGH WE WERE DIVIDED INTO GROUPS ACCORDING TO COLORS, I FELT THAT WE NEVER REALLY GOT TO KNOW EACH OTHER. EVEN AT THE END OF THE THREE WEEKS, I HONESTLY DID NOT KNOW MANY OF THEIR NAMES BECAUSE WE WEREN'T ABLE TO INTERACT WITHIN OUR GROUPS AS MUCH AS I THOUGHT WE WOULD. IT WAS A GREAT PROGRAM AND I'M GLAD THAT I WAS ABLE TO LEARN SOMETHING OVER THE SUMMER THAT IS GOING TO BENEFIT MY FUTURE RATHER THAN SPENDING IT AT HOME.

THANK YOU!  
-ROSHNI PANCHAL

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ALL I CAN SAY IS, "Wow".

BY JUST SITTING IN A ROOM BEING LECTURED BY TOP NOTCH PROFESSORS WHO EXCEL IN THEIR PARTICULAR AREA OF STUDY, MY MIND WAS BLOWN. BEFORE I CAME TO THE SARAS PROGRAM, MY PARENTS CONSTANTLY URGED ME TO BECOME A DOCTOR, OR BECOME A DENTIST, OR ANYTHING IN THE MEDICAL FIELD OF STUDY. AND SO FOR THE VAST MAJORITY OF MY LIFE, I WAS ONLY EXPOSED TO THESE TYPES OF OCCUPATIONS. HOWEVER, WITH THIS PROGRAM, I WAS INTRODUCED TO ALL SORTS OF FIELDS, VARYING FROM PEOPLE WHO

RESEARCH AND DEVELOP SYSTEMS TO COUNTER SLEEP PROBLEMS TO PEOPLE WHOSE GENIUS EVOLVES FROM "THINKING CRAP", LOOKING BACK ON THESE PAST THREE WEEKS, THE SARAS PROGRAM REALLY OPENED MY EYES TO A LARGER WORLD.

AND FOR ONE WHO WALKED INTO THE DOORS OF THE STONY BROOK HOSPITAL BUILDING THINKING THIS WAS A WASTE OF TIME, I WAS PROVEN WELL WRONG. I THANK YOU, DR. PENTYALA, AND I THANK ALL THOSE WHO HELPED MAKE THIS PROGRAM A SUCCESS.

SINCERELY,  
DANIEL CHO

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I REALLY, REALLY ENJOYED THE PROGRAM! I ENJOYED THE LECTURES THAT WE HAD, AND I LOVED GETTING THE OPPORTUNITY TO LEARN ABOUT SUCH ADVANCED TOPICS AND RESEARCH THAT I WOULD'VE HAD A HARD TIME LEARNING ABOUT ON MY OWN. TO TELL YOU THE TRUTH, I REALLY ENJOYED LEARNING ABOUT THE INVENTIONS THAT YOU'VE INVENTED IN *YOUR* LAB! I WAS REALLY AMAZED TO SEE THESE HUGE AND FANTASTIC INVENTIONS THAT WERE BEING THOUGHT UP RIGHT NEXT DOOR TO ME!

SO, **THANK YOU** FOR AN AWESOME 3 WEEKS! YOU DID A GREAT JOB AS SARAS COORDINATOR!

ONCE AGAIN, THANK YOU, THANK YOU, DR. PENTYALA!  
-DANA PROHOVNIK, #13

PS. I THOUGHT THE LUNCHES WERE GOOD TOO :)

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I REALLY ENJOYED THE SARAS PROGRAM, GAINED INSIGHT INTO THE DIFFERENT FIELDS OF SCIENCE, AND MADE MANY NEW FRIENDS. DR. PENTYALA'S FUNNY, CREATIVE RESEARCH STORIES AND THE INFORMATIVE LECTURES GIVEN BY EXPERTS HAVE INSPIRED ME TO PURSUE A CAREER IN THE MEDICAL FIELD. THIS PROGRAM LET ME DISCOVER SOME CAREERS THAT I'VE NEVER HEARD OF, LIKE A TRAVEL DOCTOR, AND GAVE ME SOME BASIC FIRST HAND EXPERIENCE ON WHAT IS LIKE TO BE A PHYSICAL THERAPIST, NURSE, AND DOCTOR.

-MONICA THAMBIREDDY

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ASHAY MEHTA, ID #49

HI, THIS IS ASHAY I JUST WANTED TO SAY THAT I HAD LOADS OF FUN IN THIS PROGRAM. I LEARNED ABOUT NUMEROUS NEW MEDICAL AND MEDICAL RELATED PROFESSION. THIS REALLY WIDENED MY PERSPECTIVE OF MY OPTIONS IN THE FUTURE. I AM GOING TO BE A JUNIOR NEXT



YEAR SO THIS PROGRAM REALLY DID A GREAT JOB IN HELPING ME MAP OUT MY FUTURE. I REALLY WANT TO COME BACK NEXT YEAR IF I CAN AND I HOPE YOU KEEP RUNNING THIS PROGRAM FOR YEARS TO COME.

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MY OVERALL **SARAS** EXPERIENCE WAS AMAZING!

THE MANY EXPERTS IN VARIOUS FIELDS OF SCIENCE, *AND THEIR TALKS ON THEIR INTERESTING TOPICS*, HAVE GIVEN ME GREAT INSIGHT UPON EACH SCIENTIFIC FIELD, AND HAVE INFLUENCED ME TO DECIDE UPON FUTURE JOBS AND AND OCCUPATIONS.

THE EXPERTS WERE VERY INTERACTIVE, *SOME SPECIAL ONES WERE HUMOROUS AND AMUSING TO LISTEN TO.*

THE WORKSHOPS AT THE END OF THE DAY, WERE GREAT HANDS-ON EXPERIENCES THAT MANY PEOPLE ENJOYED GREATLY.

ALL IN ALL, THE **SARAS** PROGRAM WAS EXCELLENT AND THOSE THREE WEEKS OF MY LIFE WERE JAM-PACKED WITH TONS OF INFORMATION.

THIS PROGRAM IS ONE THAT I WOULD LIKE TO COME BACK TO, BECAUSE EACH AGE LEVEL HAD SOMETHING TO GAIN FROM THIS PROGRAM.

SOME GAIN JOB INFORMATION, OTHERS GAIN FUTURE JOB PREFERENCES, THE REST GAIN KNOWLEDGE IN FIELDS- BUT I CAN SAY THAT ALL OF US HAVE GAINED AN INVALUABLE EXPERIENCE.

SINCERELY, KEVIN KOO

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I WANTED TO THANK YOU FOR ALLOWING ME TO BE INVOLVED WITH **SARAS** THIS YEAR. THE PROGRAM WAS SO WELL ORGANIZED, AND THE SPEAKERS WERE VERY INSPIRING. I THINK MYSELF AND THE STUDENTS LOVED THE HANDS ON EXPERIENCE, ESPECIALLY WITH THE MEDICAL SIMULATION LAB. THE SIM LAB PROVIDED A SENSE OF THE CLINICAL SKILLS AND THOUGHT PROCESS NECESSARY TO BECOME A DOCTOR. THANKS AGAIN FOR EVERYTHING.  
BEST,  
JULIE

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SUNDIP PATEL

#101

MY EXPERIENCE AT **SARAS** WAS INSPIRING, PHENOMENAL, AND UNIQUE. I HAVE LEARNED SO MUCH ABOUT MEDICINE, TYPES OF DOCTORS, AND THE TOOLS USED BY THE DOCTORS. THIS PROGRAM HAS EXCEEDED MY EXPECTATIONS OF THE AMOUNT OF INFORMATION I WOULD HAVE GOTTEN OUT OF THIS. I ALSO HAD A LOT OF FUN IN THIS PROGRAM AND GOT TO MAKE A LOT OF FRIENDS. RESPIRATORY FIELD GAVE US SOME INSIGHT ON THESE PARTICULAR FIELDS. ALSO WHEN THE TEAMS ENGAGED IN DIFFERENT GAMES AND ACTIVITIES TOGETHER IT GAVE ME A CHANCE TO MAKE MORE FRIENDS AND ALLOWED TO NETWORK. **SARAS** OPENED UP A NEW

DOOR FOR ME AND GAVE ME MORE OPPORTUNITIES IN THE RESEARCH FIELD. THIS EXPERIENCE WAS WONDERFUL IN THAT I LEARNED AND MADE NEW FRIENDS THAT WILL LAST A LIFETIME. SARAS 2010 WAS A BEST WAY TO START THE SUMMER.

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THIS PROGRAM WAS A GREAT EXPERIENCE! I'M GLAD I GAVE IT A CHANCE . LISTENING TO ALL THE INTERESTING LECTURES ABOUT DIFFERENT CAREERS IN THE HEALTH FIELD WAS FASCINATING. I LEARNED A GREAT AMOUNT OF KNOWLEDGE WHICH DEFINITELY ALLOWED FOR ME TO EXPAND MY HORIZONS. THE WORKSHOPS WERE FUN AND EVEN THE FOOD WAS GREAT. I AM CERTAINLY GOING TO RECOMMEND THIS PROGRAM TO ALL MY FRIENDS. THANK YOU  
GRACE

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I WAS VERY PLEASED WITH THE SARAS PROGRAM. I EXPECTED THE PROGRAM TO MAKE ME FEEL LIKE A MEDICAL STUDENT, AND MY EXPECTATIONS WERE MET. I WAS VERY IMPRESSED THAT THERE WERE SO MANY PROFESSIONALS THAT WERE WILLING TO GIVE US LECTURES ABOUT THEIR CAREER FIELDS AND ANSWER THE MANY QUESTIONS WE HAD. I ESPECIALLY ENJOYED THE WORKSHOPS WHERE WE WERE ALLOWED TO WORK WITH EQUIPMENT USED BY RESPIRATORY THERAPISTS, AND PERFORM INTRAVENOUS INJECTIONS AND LUMBAR PUNCTURES, AND WORK IN THE OPERATION ROOM WITH A DUMMY THAT WAS IN CARDIAC ARREST. THE PROGRAM ALSO DID AN EXCELLENT JOB IN INCREASING MY KNOWLEDGE OF CARDIOLOGY; I FINALLY UNDERSTOOD HOW TO READ AN ELECTROCARDIOGRAM. INITIALLY, I WASN'T COMPLETELY SURE IF I WOULD BE WILLING TO SPEND MORE THAN FIFTEEN YEARS OF MY LIFE STUDYING DESPITE THE FACT THAT I COULD NOT SEE MYSELF AS ANYTHING OTHER THAN A HEART SURGEON. NOW, I AM ONE HUNDRED PERCENT SURE THAT I'M WILLING TO DEVOTE MYSELF TO STUDYING MEDICINE FOR ALL THOSE YEARS. MY MOTHER WAS VERY PLEASED WITH THE FACT THAT I WAS ABLE TO ACTUALLY USE MEDICAL EQUIPMENT, AND THAT I LEARNED CPR AT THE PROGRAM. SHE ALSO FEELS THAT THE PROGRAM WAS AN EXCELLENT WAY TO TRAIN ME FOR COLLEGE LECTURES AND MEDICAL SCHOOL IN GENERAL. THANK YOU SO MUCH FOR YOUR HARD WORK IN ORGANIZING THE PROGRAM. I HOPE I WILL BE ABLE TO JOIN SARAS AGAIN NEXT YEAR. THANK YOU AGAIN.

SINCERELY,  
STEPHANIE CHEN

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THANK YOU TO ALL SARAS PRESENTERS AND FACULTY FOR THIS OPPORTUNITY. I FOUND THIS PROGRAM INTRIGUING AND WAS ONE OF THE BEST MEDICAL/BIOMEDICAL PROGRAMS THAT I HAVE PARTICIPATED IN. IT TRULY GAVE ME A DIFFERENT PERSPECTIVE ON THE MEDICAL AND BIOMEDICAL FIELDS. ALL THE PARTICIPANTS AND PRESENTERS WERE PHENOMENAL. THIS WAS MY SECOND YEAR OF THIS PROGRAM, AND BY FAR IT WAS THE BEST THE SECOND TIME AROUND. RICHARD FINE'S "RENAL TRANSPLANTATION" LECTURE, SHOWED THE PROCESS AND HISTORY OF RENAL TRANSPLANTATION AND GAVE ME A GENERAL IDEA OF HOW THE PROCESS WORKS. WADIE BAHOU, "BLOOD DISEASES", SHARED HIS KNOWLEDGE ON BLOOD AND BLOOD PATHOGENS. DR. RAAFAT EL-MAGHRABI, "HOW SWEET ARE YOU", LECTURE REGARDING

DIABETES, REMINDED ME ABOUT THE IMPORTANCE OF DIET AND EXERCISE IN MAINTAINING A HEALTHY LIFESTYLE. AGAIN, ALL PRESENTERS AND PARTICIPANTS WERE INSPIRING AND EXCEPTIONAL AND IN THEIR FIELD OF KNOWLEDGE. THEY ALL HAD AN IMPACT IN SHAPING THE DIRECTION THAT I WILL PURSUE IN THE MEDICAL FIELD. THANK YOU AGAIN, FOR THIS REWARDING EXPERIENCE.

MATTHEW MAYERS #81

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THE SARAS PROGRAM EXPOSED ME TO DIFFERENT FIELDS IN MEDICINE. I AM GRATEFUL TO BE IN THIS PROGRAM. THERE IS ALWAYS ROOM FOR ADJUSTMENT THOUGH, TRY TO HAVE HAVE VERY DIFFERENT EXPERTS. I FELT THAT SOME OF THE EXPERTS WERE SIMILAR TO THE OTHER EXPERTS. LISTENING TO SOMETHING TWICE IS NOT EXCITING. OTHERWISE THE LECTURES WERE VERY WELL ORGANIZED. THE FOOD PROVIDED WERE VERY PECULIAR. I FELT THAT THE INDIAN FOOD WAS NOT THAT PARTICULAR GOOD. I HAVE DIFFERENT LIKES IN FOOD THEN OTHER PEOPLE. TRY TO HAVE A WIDER VARIETY OF FOOD AVAILABLE. ALSO FOR VEGETARIAN THE FOOD CHOICES ARE NOT THAT APPETIZING, THERE SHOULD BE GOOD FOOD CHOICES FOR THEM. I THOUGHT OVERALL THE PROGRAM WAS VERY WELL PUT TOGETHER.

SINCERELY,  
KARISA MOROFF

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### **MERIT GEORGE'S FEEDBACK**

SARAS 2010 WAS AN INSIGHTFUL AND ENJOYABLE EXPERIENCE. TO BE HONEST, I WENT INTO THE PROGRAM WITH LOW EXPECTATIONS, THINKING THAT THE LECTURES WOULD BE FULL OF SCIENTIFIC AND MEDICAL JARGON. HOWEVER, AS THE FIRST FEW DAYS PASSED, I BEGAN TO SEE THE TRUE GOAL OF SARAS- TO PRESENT THE VARIOUS FIELDS OF SCIENCE AND MEDICINE IN A DETAILED YET COMPREHENSIBLE MANNER. THE DEPTH OF KNOWLEDGE AND EXPERIENCE OF ALL THE LECTURERS WAS AMAZING. THE PASSION WITH WHICH THEY SPOKE ABOUT THEIR RESPECTIVE SPECIALTIES WAS INSPIRING TO SAY THE LEAST. MY FAVORITE EXPERIENCE FROM THIS PROGRAM WAS THE VISIT TO THE VETERAN'S HOME. LISTENING TO THEIR STORIES AND THOUGHTS WAS VERY HUMBLING. IT WAS ALSO A GREAT WAY TO EXPRESS OUR APPRECIATION AND GRATITUDE TO THOSE WHO FOUGHT FOR OUR COUNTRY. THE ENGAGING WORKSHOPS WERE MAJOR HIGHLIGHTS OF THIS PROGRAM, MY FAVORITE BEING THE PHYSICAL THERAPY ACTIVITY SESSION.

CLOSING DAY, ALTHOUGH LIGHT ON SCIENTIFIC MATERIAL, WAS JUST AS EXCELLENT. I REALLY ENJOYED MR. GLASS'S TALK AND THE PRESENTATION OF THE DOCUMENTARY "KING GIMP." THE AWARDS AND PRIZES CEREMONY WAS WELL ORGANIZED, AND I LIKED THE PERSONAL FEEDBACK SESSION. THE SHORT TALK WITH STONY BROOK UNIVERSITY'S DEAN OF ADMISSIONS WAS INFORMATIVE, AND I LEARNED MORE ABOUT THE UNIQUE SCHOLARS OF MEDICINE PROGRAM.

TO CONCLUDE, I WOULD LIKE TO THANK ALL THE SPONSORS FOR THE MEALS THEY PROVIDED, THE ORGANIZING COMMITTEE FOR HELPING RUN SUCH AN AMAZING PROGRAM, THE BLUE TEAM FOR SOME MEMORABLE EXPERIENCES AND SOME GREAT LAUGHS, AND MR. PENTYALA FOR ORGANIZING THE ENTIRE SERIES. AS I ENTER MY FINAL YEAR OF HIGH SCHOOL, I LOOK FORWARD TO PARTICIPATING IN MY SCHOOL'S RESEARCH PROGRAM. I TRULY FEEL THAT MEDICINE IS THE RIGHT PATH FOR ME, AND I HOPE THAT OTHERS FEEL THE SAME WAY ABOUT THE PROGRAM AS I DO.

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SARAS HAS BEEN A GREAT EXPERIENCE FOR ME AND I LOOK FORWARD TO COMING BACK NEXT YEAR. I HAVE ALWAYS HAD AN INTEREST IN SCIENCE EVER SINCE I WAS LITTLE AND I HAVE ALWAYS WANTED TO WORK IN THE MEDICAL FIELD. SARAS HAS HELPED INCREASE MY PASSION FOR SCIENCE AND HAS INTRODUCED ME TO NEW WINDOWS AND CAREER CHOICES.

I LIKED HOW THE CAMP TAUGHT ME MANY DIFFERENT TOPICS AND HOW THE EXPERTS EXPLAINED THEIR LECTURES VERY WELL. I REALLY ENJOYED THE ACTIVITIES WE DID BECAUSE IT GAVE ME A HANDS ON APPROACH TO WORKING WITH SCIENCE. THERE WERE SO MANY INTERESTING TOPICS SUCH AS THE GENETIC ENGINEERING LECTURE BECAUSE IT WAS FASCINATING TO ME HOW HUMANS ARE NOW CAPABLE OF CREATING CLONES AND ADDING AND DELETING GENES. IT REALLY SHOWED ME HOW FAR TECHNOLOGY AND SCIENCE HAS GONE.

THE SAT PREP CLASSES WERE EXTREMELY HELPFUL AND IT GAVE ME AN IDEA OF WHAT THE TEST WILL BE LIKE. I WAS GIVEN MANY TIPS, ADVICES, AND STRATEGIES TO HELP ME DO WELL ON THE TEST. I ALSO LIKED HOW SOME OF THE LECTURERS TALKED ABOUT HOW TO GET INTO A GOOD COLLEGE AND HOW TO IMPRESS THE APPLICATION READERS. NOW I FEEL A LOT MORE CONFIDENT ABOUT APPLYING TO COLLEGES. THE PROGRAM RAN VERY SMOOTHLY AND WAS VERY WELL ORGANIZED. THE FOOD THERE WAS ALSO REALLY GOOD. HOWEVER, I WAS A LITTLE TIRED OF SOLE O' MIO AFTER THE CAMP.

THANK YOU FOR CREATING SUCH A GREAT PROGRAM AND HONESTLY, I DIDN'T EXPECT THIS CAMP TO BE SO FUN AND INTERESTING AT FIRST. THANK YOU FOR HELPING ME LEARN MORE ABOUT THE MEDICAL FIELD AND FOR HELPING ME PREPARE FOR MY FUTURE. I WOULD REALLY LIKE TO CONTINUE RESEARCHING WITH YOU AND LEARNING MORE ABOUT SCIENCE.

-CHRISTOPHER KIANG

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THANK YOU SO MUCH FOR THIS AMAZING PROGRAM. IT REALLY OPENED UP NEW OPPORTUNITIES IN THE MEDICAL FIELD. I LEARNED ABOUT SOME CAREERS THAT ARE RARELY HEARD OF THESE DAYS WHICH WERE TRULY INTERESTING. WE LEARNED SO MUCH, FROM THE ABSTRACT VIEWS OF THE BRAIN TO HI-TECH ROBOTIC SURGERY. EACH AND EVERY CAREER WE LEARNED ABOUT WAS INTERESTING. I REALLY ENJOYED THE VARIETY OF LECTURES BY WELL-KNOWN PROFESSIONALS, THE CLINICAL LABS WE WERE ABLE TO TAKE PART IN DURING THIS PROGRAM, AND OF COURSE THE FOOD. BESIDES THE LEARNING, I MADE SOME AMAZING FRIENDS, WHICH MAKES THESE THREE WEEKS VERY MEMORABLE. I NEVER KNEW ONE COULD LEARN SO MUCH AND MAKE SO MANY FRIENDS IN SUCH A SHORT PERIOD OF TIME. ONCE AGAIN THANK YOU TO ALL THE ORGANIZERS FOR MAKING SUCH A FUN AND MEMORABLE PROGRAM.

-FROM PRANAV KARAMBELKAR

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I REALLY ENJOYED YOUR PROGRAM. INITIALLY MY MOTHER HAD PUSHED ME INTO IT, WANTING ME TO "BROADEN MY HORIZONS" INTO THE PRE-MED DIRECTION...

WHAT I FOUND THOUGH, WAS DEFINITELY A WORTHWHILE EXPERIENCE. INSTEAD OF FINDING SOMETHING TOTALLY NEW THAT PIQUED MY INTEREST, I DID SOMETHING JUST AS IMPORTANT-- I AFFIRMED WHAT I ALREADY KNEW, THAT I TRULY AND PASSIONATELY WANTED TO BE A SCIENTIST OF NOVEL DISCOVERIES. I FOUND YOUR SPEECHES, AS A RESEARCHER, VERY

INSPIRING, AS WELL AS THE MANY EXPERIMENTS AND CUTTING-EDGE TECHNOLOGIES MENTIONED THROUGHOUT THE THREE WEEKS.

I ALSO ENJOYED THE "AFFIRMATION" TYPE POWERPOINTS THAT TALKED ABOUT BEING YOURSELF AND STRIVING HARD TO ACHIEVE WELLNESS IN SUCH A JUMBLED SOCIETY. MAYBE FOR OTHER KIDS IT WOULD BE CHEESY, BUT SINCE WE ARE ALL VERY SMART AT SARAS (OR AT LEAST MOST OF US..) I THINK A LOT OF US TUNED INTO THE MEANINGS OF THE QUOTES AND PICTURES. IT KIND OF MADE SARAS NOT JUST A PLACE FOR LECTURES, BUT A COMMUNITY OF YOUNG ADULTS AND ELDER MENTORS THAT SHARE NOT JUST KNOWLEDGE, BUT WISDOM.

I HOPE YOU HAVE A GREAT REST OF THE SUMMER,  
-EVE BYINGTON

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I HAD A WONDERFUL TIME AT THE SARAS PROGRAM. AFTER GOING TO A FEW DIFFERENT SCIENCE BASED SUMMER PROGRAMS, I CAN GLADLY SAY THIS ONE WAS THE MOST FULFILLING. WITH THE ARRAY OF PRESENTERS —PHYSICIANS TO RESEARCHERS TO NURSE PRACTITIONERS — EVERYDAY WAS DIFFERENT AND ENGAGING. I REALLY ENJOYED LISTENING TO THE NEW RESEARCH BEING DONE AT STONY BROOK. IF I HAD TO THINK OF ONE THING THAT WOULD MAKE THE PROGRAM EVEN BETTER IT WOULD BE INCLUDE MORE OF THE SKILLS WORKSHOPS. AS YOUNG STUDENTS WE ARE ALWAYS SEEING AND HEARING ABOUT WHAT DOCTORS AND RESEARCHERS DO BUT RARELY ARE ABLE TO ACTUALLY PARTICIPATE. I AM SO GRATEFUL THAT YOU GAVE US THE OPPORTUNITIES YOU DID. EVEN THOUGH I WILL BE A SENIOR IN SEPTEMBER AND HAVE BEEN THROUGH MORE THAN A FEW SAT PREP COURSES, I STILL FOUND THESE TWO CLASSES HELPFUL. IT WAS NICE THAT THEY CONSIDERED THE FACT THAT MY PEERS AND I HAVE HAD EXPERIENCE WITH THE TEST, AS WELL AS THE FACT THAT WE ALL ARE HIGH CALIBER LEARNERS. THANK YOU AGAIN FOR PROVIDING ME AND MY PEERS WITH A WONDERFUL EXPERIENCE AND FOR OPENING MANY DOORS OF OPPORTUNITIES.  
THANK YOU,

CHRISTINA SMIROS

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I HAD A GOOD TIME AND FELT I LEARNED QUITE A BIT OF INFORMATION DURING THE SESSIONS. I ESPECIALLY LIKED THE ORTHOPEDIC AND PHYSICAL THERAPY PRESENTATIONS SINCE I RECENTLY HAD SHOULDER SURGERY. I ALSO THOUGHT THE PRESENTATION ABOUT SLEEP AND SLEEP DISORDERS WAS EXTREMELY INTERESTING.  
THANK YOU, KYLE DEAK

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I TRULY ENJOYED THE THREE WEEKS I SPENT IN THE SARAS PROGRAM AT STONY BROOK. IT PROVIDED ME WITH AN EXPANDED KNOWLEDGE OF THE MEDICAL FIELD AND IT TAUGHT ME THAT THERE ARE MANY CAREER POSSIBILITIES IN THE FIELD OF HEALTH AND SCIENCE. I APPRECIATE THE TIME AND EFFORT THAT EVERY PRESENTOR HAD PUT INTO THEIR LECTURE. I FOUND MANY TOPICS INTERESTING SUCH AS GENETICS, ROBOTIC SURGERY, AND NEUROLOGY. I STILL WOULD LIKE TO PERSUE MY DREAM OF BECOMING A NEUROSURGEON, BUT NOW I HAVE A GREATER DESIRE TO ENTER THE MEDICAL FIELD AND CHANGE PEOPLE'S LIVES. I WOULD

LOVE TO ATTEND STONY BROOK UNIVERSITY AND I AM EAGER TO ATTEND MEDICAL SCHOOL.

THANK YOU AGAIN FOR THIS GREAT OPPORTUNITY AND I LOOK FORWARD TO WORKING WITH YOU IN THE NEAR FUTURE.

FROM,

GEORGE LAMBADIS

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I WOULD LIKE TO THANK YOU FOR EVERYTHING YOU HAVE DONE FOR SARAS AND EVERYONE IN IT. THANK YOU FOR YOUR TIME, EFFORT, AND STUFFED ANIMALS. ONCE AGAIN THANK YOU FOR EVERYTHING.

FROM,  
ANDRES FLORES #40

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WHILE I WAS AT STONY BROOK FOR THE SARAS PROGRAM, I HAVE TO ADMIT, I WAS RELUCTANT TO PARTICIPATE. I FELT I HAD NO NEED FOR INFORMATION ON OTHER CAREERS SINCE I ALREADY DECIDED ON A CAREER OF PHARMACY, BUT WHILE I WAS AT THE PROGRAM I BEGAN TO FEEL MORE INTERESTED IN OTHER STUDIES. EVEN THOUGH I HAVE NOT DECIDED TO SWITCH CAREER CHOICES, I NOW HAVE A DEEPER UNDERSTANDING ON HOW ALL SECTIONS OF HEALTH CARE COME TOGETHER TO HELP THE PATIENT. I HAVE LEARNED TO RESPECT THE OTHER MEDICAL FIELDS AND HEARD INTERESTING DETAILS OF ONES I HAVE BARELY HEARD OF OR HAVE NEVER KNEW EXISTED. I AM VERY GLAD THAT I RECEIVED SUCH AMAZING LESSONS FROM SOME GREAT INSTRUCTORS AND HOPEFULLY I WILL BE ABLE TO USE THE NEW KNOWLEDGE I HAVE GAINED TO FURTHER MY GOAL OF ENTERING THE MEDICAL FIELD.

TYLER KI

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FOR THE PAST THREE WEEKS I HAVE SPENT MY TIME AT SARAS. THIS EXPERIENCE IS DEFINITELY GOING TO BE UNFORGETTABLE AND WAS ONE LIKE NO OTHER. SARAS PROVIDED A LOT OF INFORMATION AND OPENED A WHOLE NEW WORLD OF OPPORTUNITIES FOR US STUDENTS IN THE MEDICAL AND SCIENTIFIC FIELD. WHEN I WALKED INTO SARAS I KNEW THAT I WANTED TO BECOME A PEDIATRIC CARDIOLOGIST. HOWEVER, THE THREE WEEKS CHANGED MY INTENTION COMPLETELY. I HAVE GAINED SO MUCH KNOWLEDGE FROM THE EXPERTS, WHOM I'D REALLY LIKE TO THANK FOR TAKING TIME OFF OF THEIR BUSY SCHEDULE AND COMING OUT TO SARAS, TO EXPLOIT TO US THE MANY POSSIBILITIES AVAILABLE IN THE MEDICAL FIELD. NOW, WITH ALL THE KNOWLEDGE AND THE POSSIBILITIES I DON'T KNOW WHO TO BE AND ALL I WANT IS TO HELP PEOPLE SOME WAY, BUT THAT DOESN'T REALLY NARROW IT DOWN! SARAS IS A PROGRAM THAT WILL INSPIRE, MOTIVATE, AND ENCOURAGE PEOPLE TO BELIEVE THAT PEOPLE CAN DO ANYTHING AS LONG AS THEY HAVE PASSION FOR IT.

SARAS WAS MORE THAN JUST LECTURES AND INFORMATION. WE GOT HANDS ON EXPERIENCES WITH MEDICAL AND SCIENTIFIC EQUIPMENT AND WE WERE ABLE TO INTERACT WITH MANY EXPERTS AND ASK QUESTIONS. WE ALSO MADE A LOT OF FRIENDS AND THE COMPETITIVE GAMES LIKE FLASH MEMORY REALLY PORTRAYED THE TRU MEANING OF TEAMWORK IN MEDICINE. NO MATTER WHAT WE DID, WHETHER IT WAS SILLY OR EDUCATIONAL, IT ALL PROVIDED US WITH GREAT LIFE TASKS THAT WE WILL SOMEDAY USE.

SARAS IS A PROGRAM LIKE NO OTHER AND REALLY HELPS FILL THE SUMMER WITH SOMETHING EDUCATIONAL AND FUN. IN THE END, I'D LIKE TO THANK DR. PENTYALA AND THE ANESTHESIOLOGY DEPARTMENT AT STONY BROOK FOR ORGANIZING THIS PROGRAM. IT WAS WELL PLANNED AND ORGANIZED. I'D ALSO LIKE TO THANK ALL THE EXPERTS AGAIN FOR MAKING IT SO INFORMATIVE AND INTERESTING. FINALLY, THE SPONSORS AND THE CATERERS DID A GREAT JOB WITH THE FOOD!

THANK YOU FOR EVERYTHING!~ JULIA MULLOKANDOVA

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I FEEL THE SARAS PROGRAM WAS A GREAT OPPORTUNITY TO SEE THE VARIOUS ISSUES/CAREERS CONCERNED WITH BIOMEDICAL SCIENCES. I LEARNED A LOT OF INFORMATION THAT I HAD NEVER KNOWN BEFORE. I WAS VERY CONFUSED ABOUT MY FUTURE BEFORE THE PROGRAM, AND I AM STILL CONFUSED, BUT NOW I AM CONFUSED AND EDUCATED. THANK YOU DR. PENTYALA FOR GIVING US A GREAT OPPORTUNITY.  
MUZAMMIL HYDER #65

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MY OVERALL IMPRESSION OF SARAS IS AMAZING! I **LOVED** GOING TO STONY BROOK UNIVERSITY EVERY DAY, EVEN THOUGH I HAD TO TRAVEL FAR. I TRAVELED FROM AMITYVILLE EVERY MORNING & HAD TO WAKE UP EVERYDAY AT 5 AM FOR 3 WEEKS WAS DEFINITELY NOT MY FAVORITE PART BUT IN THE END I THINK IT WAS WELL WORTH THE EXPERIENCE.

SARAS WAS A GREAT NEW EXPERIENCE WERE I WAS ABLE TO GET TO LEARN AND HERE ABOUT CERTAIN PROFESSIONS I HAVE NEVER HEARD OF BEFORE. SARAS IS A DIFFERENT EXPERIENCE FOR ME.

BEFORE SARAS I ALWAYS WANTED TO B A GENERAL DOCTOR OR DO SOMETHING IN BUSINESS OR BUSINESS ADMINISTRATION. AFTER SARAS I'M THINKING ABOUT BEING A RESPIRATORY THERAPIST OR A DENTIST POSSIBLY.

I ENJOYED SARAS VERY MUCH HOWEVER I THINK MOST STUDENTS WOULD AGREE WITH ME THAT WE WOULD HAVE ENJOYED SARAS EVEN MORE, IF WE WOULD JUST HAVE MORE HANDS ON WORKSHOPS AVAILABLE! (I THINK ITS SAFE TO SAY WORKSHOPS WERE EVERY ONES FAVORITE PART OF THE DAY!)

IN CONCLUSION, I REALLY ENJOY SARAS 2010 IT WAS A SUCCESS!. I HAD LOTS OF FUN AND MADE PLENTY NEW FRIENDS! CONGRATULATIONS ON GETTING SARAS 2010 OVER WITH & MAKING IT SUCCESSFUL! THANK YOU SO MUCH FOR EVERYTHING YOU HAVE DONE!

SINCERELY,  
MAYRA VILLATORO  
(ID #53)

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MY NAME IS IRVIND BUTTAR AND I WOULD LIKE TO THANK YOU FOR THE TERRIFIC EXPERIENCE AT SARAS THIS SUMMER! IT WAS VERY INFORMATIVE AND I LEARNED A LOT AND GAINED AN APPRECIATION FOR SCIENCE THAT I HAVEN'T HAD BEFORE. I APPRECIATE THE AMOUNT OF EFFORT YOU PUT IN THE PROGRAM AS WELL AS EVERYONE ELSE WHO WAS INVOLVED. THANK YOU ONCE AGAIN, IRVIND BUTTAR

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THIS SUMMER HAD STARTED OFF TO A BAD START BUT I WAS EAGERLY WAITING FOR SARAS TO START BECAUSE I HAVE BEEN GOING CRAZY THINKING ABOUT WHAT I WANT TO DO AND WHAT I **HAVE** TO DO TO GET INTO MED SCHOOL. UNFORTUNATELY WHEN I CAME IN ON THE FIRST DAY, I WAS MORE PUZZLED THAN EXCITED WHEN I SAW THAT THERE 99% HIGH SCHOOL KIDS, WHICH STARTED TO SCARE ME EVEN MORE. I MEAN, IF 15 YEAR OLDS ARE HERE THINKING ABOUT THEIR FUTURE, WHY IS SOMEONE ALMOST 6 YEARS OLDER THAN THEM HERE FOR THE SAME EXACT THING?

BUT AS THE DAYS WENT BY I STARTED TO REALIZED I WASN'T THE ONLY PERSON THINKING THIS, AND MAJORITY OF THE PURPLE TEAM ALSO FELT THE SAME WAY (WHICH BY THE WAY WAS VERY HELPFUL TO GROUP ALL THE UNDERGRADS TOGETHER, AT FIRST I THOUGHT THAT I WAS GOING TO BE GROUPED RANDOMLY WITH OTHER HIGH SCHOOL KIDS). I LEARNED A GREAT DEAL FROM SARAS AND AM NOW MORE CLEAR ABOUT MY GOALS AND WHAT I HAVE TO ACCOMPLISH. I JUST WISH I KNEW OF THIS PROGRAM SOONER, THAN LATER. I CAN'T EVEN IMAGINE HOW HELPFUL THIS WOULD'VE BEEN TO ME IF I TOOK IT 2 YEARS AGO WHEN I WAS FIRST ABOUT TO ENTER STONY BROOK UNIVERSITY. BUT NONETHELESS, EVEN BEING MUCH OLDER THAN MOST OF THE PARTICIPANTS, I PROBABLY LEARNED 10 TIMES MORE THAN THEM. THE LECTURERS WERE AMAZING AND THEIR DEDICATION, AND YOUR DEDICATION TO WHAT YOU DO IN YOUR LIFE REALLY INSPIRED ME. THE EXCITEMENT EVERYONE WAS SHOWING TOWARDS THEIR FIELD OF MEDICINE WAS INDESCRIBABLE AND I DO HOPE THAT ONE DAY I FIND SOMETHING THAT IS AS PASSIONATE TO ME AS YOUR JOBS AND RESEARCH ARE TO YOU.

IT WAS AN UNBELIEVABLE OPPORTUNITY TO MEET SOME OF THE BRIGHTEST MINDS, WHO ONE DAY WILL BE CHANGING THE WORLD. THANK YOU SO MUCH FOR FOR EVERYTHING AND FOR MAKING THIS THE FAVORITE PART OF MY SUMMER (IT'S GREAT TO BE A NERD :P). IT WOULD BE A HONOR TO WORK WITH YOU OR ANYONE ONE OF THE DOCTORS AT THE MEDICAL SCHOOL. I LEARNED SO MUCH THIS SUMMER AND HONESTLY THE KNOWLEDGE I GOT HERE WILL ACTUALLY SWAY ME TO MAKE SOME BIG LIFE DECISIONS FROM HERE ONWARD. THANK YOU SO MUCH FOR SETTING UP SUCH A HELPFUL PROGRAM, I CAN ONLY SEE SARAS GETTING BETTER AND BETTER EACH YEAR.

IF YOU EVER NEED EXTRA VOLUNTEERS OR COORDINATORS FOR NEXT SUMMER, I WOULD LOVE TO BE A PART OF SOMETHING LIKE THIS. :) I APOLOGIZE FOR THE LENGTH OF THIS MAIL AND I'M SURE I RAMBLED A LOT, BUT THANK YOU ONCE AGAIN!

- SANAM JAIN  
(ID #111)

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MY EXPERIENCE AT SARAS WAS COMPLETELY DIFFERENT THAN WHAT I INITIALLY EXPECTED. HOWEVER, I FOUND IT TO BE FAR MORE EDUCATIONAL AND ENGAGING. ALTHOUGH I DID NOT MAKE MANY FRIENDS, I ENJOYED NUMEROUS LAUGHS AND LEARNED MORE THAN I THOUGHT EXISTED IN THE MEDICAL FIELD. THE PROGRAM OPENED MY EYES TO THE VARIOUS PATHS A LIFE IN MEDICINE HAS TO OFFER. I WOULD DO IT AGAIN IN A HEARTBEAT.

NICOLETTE SIRINGO

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I'D JUST LIKE TO SAY THAT ALTHOUGH I WAS ORIGINALLY SKEPTICAL OF THIS PROGRAM AT FIRST, I FEEL THAT IT HAS REALLY HAD A POSITIVE IMPACT TO MY UNDERSTANDING OF MEDICAL CENTERS. IF I HADN'T ATTENDED THIS SERIES, I'D PROBABLY JUST BE SITTING AT HOME WATCHING TV AND EATING CHIPS. HOWEVER, AT LEAST I WAS ACTUALLY ABLE TO LEARN SOMETHING BY GOING TO THIS 3 WEEK SESSION. I WILL LIKELY RECOMMEND THIS TO ANY STUDENTS I SEE AT MY SCHOOL SEEKING INTEREST IN SCIENCE AND/OR RESEARCH.

I JUST WANT TO THANK YOU FOR AN ENJOYABLE TIME AT SARAS.

-HARSHIL MATTOO

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NIKITA PARISA RAMHIT  
(NUMBER 31)

STARTING WITH BIOMEDICAL? THIS PROGRAM MADE MY CAREER CHOICE THAT MUCH CLEARER. THE PROGRAM ITSELF WAS AMAZING; IF THERE IS ANY OUTLOOK THAT INFLUENCED ME, WAS THAT: DR. PENTYALA SAID IN LIFE YOU ONLY NEED TWO FRIENDS: "ONE THAT WILL LIE FOR YOU AND ONE THAT WOULD DIE FOR YOU." QUITE A PHILOSOPHY, BUT NONETHELESS STILL TRUE; I CAN HONESTLY SAY THAT AT SARAS, I FOUND FRIENDS LIKE THAT. IT WAS AN INTERESTING 3 WEEKS; ALL THE LECTURES WERE AMAZING. GOING INTO STONY BROOK I HAD NO EXPECTATIONS, LEAVING STONY BROOK, I FIND THAT THE STANDARD SET FOR SUMMERS IN THE FUTURE WILL BE HARD TO SURPASS. WHETHER IT BE THAT WE WERE ABLE TO CONDUCT A SIMULATED LUMBAR PUNCTURE, ATTEMPTING AN INTRAVENOUS, OR BEING IN THE OPERATION ROOM; THE INTERACTION WITH THE SPECIALISTS IN THE FIELD BROUGHT THEIR EXPERTISE AND REPLIED OUR QUESTIONS. IT WAS WORTH-WHILE EVENT, I'LL DEFINITELY MISS ATTENDING EVERY DAY. THANK YOU, NIKITA PARISA RAMHIT.

P.S. 1 +1 STILL DOESN'T EQUAL 3. (:

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I THINK THE SARAS PROGRAM WAS AN EXCELLENT WAY TO SPEND A PART OF MY SUMMER VACATION. I HAVE DONE SUMMER CAMPS BEFORE, INCLUDING DNA SUMMER LEARNING CAMPS AT COLD SPRING HARBOR, AND YET I FELT THAT THESE THREE WEEKS WERE THE MOST APPEALING TO ME OUT OF ALL OF MY EXPERIENCES. I LIKED HOW THERE WERE SEVERAL SPEAKERS AND TOPICS EVERY DAY, SO THAT I COULD GET A FEEL FOR MANY AREAS OF SCIENCE INSTEAD OF FOCUSING MY ATTENTION ON A SPECIFIC AREA THAT MAY NOT BE OF INTEREST TO ME. I ALSO APPRECIATED THE EXPERTISE OF THOSE SPEAKERS - THEY TRULY KNEW THEIR MATERIAL AND COULD ANSWER ANY QUESTIONS I HAD WITH EASE, AS WELL AS GIVE ME

INSIGHT INTO WHAT IT MIGHT BE LIKE TO OPERATE IN THEIR FIELD AND WORK IN THEIR PROFESSION. I THINK THAT THIS PROGRAM HAS BEEN A HUGE AID IN MY DECISION OF WHETHER TO FOLLOW A PRE-MED TRACK IN COLLEGE, WHICH HAS BEEN AN UNCERTAINTY IN MY LIFE FOR SOME TIME. THOUGH I AM STILL NOT COMPLETELY SURE WHETHER THAT PATH IS THE RIGHT ONE FOR ME, I CAN SAY THAT THE EXPOSURE I HAD TO THE EQUIPMENT AND LECTURES HAS GIVEN ME A TASTE OF WHAT IT MIGHT BE LIKE TO BE A MEDICAL STUDENT, AND WILL CERTAINLY INFLUENCE MY DECISION IN THE UPCOMING MONTHS.

I ALSO APPRECIATE THE OPPORTUNITY FOR FRIENDSHIP GIVEN TO ME BY THE SARAS PROGRAM. I HAVE MADE AN EXCELLENT FRIEND AND MANY EXCELLENT ACQUAINTANCES IN THE THREE WEEKS I SPENT AT STONY BROOK, AND HAVE LEARNED TO BE A MORE OUTGOING PERSON. THE GROUP ACTIVITIES AND TRIP TO THE VETERAN'S HOME ALLOWED ME TO REACH OUT TO OTHER PEOPLE AND LEARN FROM THEIR EXPERIENCES, ADDING MORE TO MY KNOWLEDGE OF THE WORLD AND HELPING TO SHAPE ME INTO THE PERSON I AM TODAY, AND THE ADULT I WILL SOON BECOME. THANK YOU FOR CREATING THIS PROGRAM AND GIVING YOUR TIME TO SO MANY TEENAGERS (DESPITE YOUR PHOBIA!).

HAVE A GREAT SUMMER,  
MEGHAN DAVIS

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SARAS HAS BEEN A REALLY WONDERFUL EXPERIENCE FOR ME. I LEARNED SO MUCH FROM THE AMAZING SPEAKERS AND WORKSHOPS. IT REALLY INTRODUCED ME TO NEW DEPARTMENTS OF HEALTH CARE, SOME OF WHICH I DIDN'T EVEN KNOW EXISTED. I LOVED EVERY PART OF SARAS, ESPECIALLY THE HANDS ON WORKSHOPS. THEY PROVIDED FOR US TO TAKE THE NEW INFORMATION WE LEARNED, AND USE IN A SCENARIO. MY FAVORITE LECTURE WAS THE LECTURE GIVEN ON SLEEP, , BECAUSE I AM INTERESTED IN PURSUING A CAREER IN SOMNOLOGY. THANK YOU VERY MUCH FOR INTRODUCING ME TO THE WONDERFUL WORLDS OF MEDICINE AND RESEARCH.

~VARSHA KATARI ID#20

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MY EXPERIENCE AT SARAS WAS ONE THAT I WILL TRUTHFULLY NOT FORGET ANYTIME SOON. I LOVED LEARNING ABOUT ALL THE DIFFERENT MEDICAL FIELDS AND ALL THE POSSIBILITIES THAT ARE OUT THERE FOR ME TO EXPLORE. DR. PENTYALA DEFINITELY THOUGHT OF EVERYTHING. WE WERE EXPOSED TO SO MANY DIFFERENT ACTIVITIES THAT TRULY MADE SARAS A WONDERFUL EXPERIENCE. THE LECTURES AND THE ACTIVITIES WERE FUN TO PARTICIPATE IN. THE DIFFERENT RESEARCHERS AND DOCTORS THAT CAME IN WERE INSPIRING AND MADE WHAT THEY DID EVERYDAY SOUND FUN AND INTERESTING. I LOVED ALL THE ACTIVITIES THAT WERE PLANNED FOR US. THE VISIT TO THE VETERANS HOME WAS AMAZING AND LISTENING TO THE STORIES OF THE VETERANS REALLY BROUGHT A NEW SENSE OF UNDERSTANDING TO THE WAY I VIEW THEM. THE HANDS ON WORKSHOPS WERE ALWAYS INTERESTING AND FUN TO PARTICIPATE IN AND EVEN THE SAT

CLASSES WERE SOMETHING THAT MADE MY EXPERIENCE AT SARAS UNIQUE. I WANT TO THANK ALL THE PEOPLE WHO TOOK TIME OUT OF THEIR SCHEDULES AND CAME TO SPEAK WITH US BECAUSE THEY REALLY HELPED ME GET A BETTER UNDERSTANDING OF THE MEDICAL FIELD. I GOT TO MAKE FRIENDS FROM DIFFERENT PARTS OF THE COUNTRY AND SARAS GAVE ME THIS OPPORTUNITY. I AM EXTREMELY THANKFUL FOR THE EXPERIENCE SARAS GAVE ME AND I CAN'T WAIT TO COME AND VISIT NEXT YEAR.

SATYA MAKADIA 62

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SORRY THAT THIS IS A LITTLE LATE, BUT HERE ARE MY FINAL REFLECTIONS ON THE SARAS 2010 PROGRAM:

I HAD A WONDERFUL TIME AT THE SARAS PROGRAM THIS YEAR. IN ALL HONESTY, I THINK THAT I LEARNED A COUPLE OF VERY INTERESTING THINGS THAT I WILL BE SURE TO REMEMBER LATER ON IN LIFE. THE WORKSHOPS PROVIDED MANY OPPORTUNITIES FOR ME TO TRY DIFFERENT THINGS AND IT OPENED ME UP TO SEVERAL NEW EXPERIENCES. I GOT TO HEAR FASCINATING LECTURES FROM EXPERTS OF VARIOUS FIELDS AND I THINK THAT THIS HELPED ME TO BETTER UNDERSTAND THE HEALTH SCIENCES FIELD AS A WHOLE. THE PROGRAM WAS OVERALL A GREAT EXPERIENCE THAT GAVE ME NEW INSIGHT INTO THE STUDY OF MEDICINE. THANK YOU FOR STARTING SUCH A PROGRAM THAT INTRODUCES THINGS AS EXCITING AS THESE TO ALMOST ANYONE.

- KATHERINE LEE

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HOW ARE YOU? MY SUMMER IS CONTINUING PRETTY WELL ALTHOUGH I HAVE TO SAY I MISS SARAS. WHEN I FIRST SIGNED UP FOR THE PROGRAM AT THE RESEARCH FAIR, I WAS EXPECTING THERE TO BE MORE UNDERGRADUATES AT THE PROGRAM. BUT TO MY SURPRISE AND THAT OF THE OTHER UNDERGRADUATES, THERE WAS AN OVERWHELMING MAJORITY OF HIGH SCHOOL STUDENTS. HOWEVER, REGARDLESS OF THE DIFFERENCE IN BOTH AGE AND EXPERIENCE, I TRULY ENJOYED THE ENTIRE PROGRAM. I REALLY LIKED ALL THE WORKSHOPS BECAUSE THEY WERE HANDS-ON AND MORE INTERACTIVE; MY FAVORITE WORKSHOP WAS "PROCEDURAL SKILLS FOR PATIENT CARE" SINCE WE WERE ABLE TO PRACTICE SETTING UP AN IV AND LEARNED HOW TO DO A LUMBAR PUNCTURE. I ALSO LIKED THE "YOU TWIST/TURN/TEAR/BREAK IT - WE FIX IT" WORKSHOP AND OUR TRIP TO THE VETERAN'S HOME. I DEFINITELY FEEL LIKE I LEARNED A LOT DURING THE PROGRAM WITH ALL THE LECTURES AS WELL. MY PRIMARY PURPOSE FOR ATTENDING THE PROGRAM WAS TO FIND OUT WHAT SPECIALTY I MIGHT WANT TO PURSUE IN THE FUTURE. NOW I HAVE A BROADER SENSE OF WHAT CAREERS AND POSSIBILITIES ARE AVAILABLE AND THUS MAKING THE PAST THREE WEEKS THE MOST PRODUCTIVE OF THIS SUMMER SO FAR. ASIDE FROM THIS, I WAS ABLE TO MAKE MANY NEW FRIENDS AND WOULD DEFINITELY RECOMMEND OTHER STUDENTS TO PARTICIPATE IN THE PROGRAM.

ONCE AGAIN, THANK YOU FOR THIS OPPORTUNITY AND I HOPE TO SEE THE PROGRAM CONTINUE TO GROW OVER THE YEARS!  
KIRTI

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IN MY OPINION, SARAS WAS VERY GOOD. IT OPENED MY SCOPE TO OCCUPATIONS THAT I WAS UNAWARE EXISTED. I ALSO MET NEW PEOPLE AND CREATED FRIENDSHIPS THAT I WOULDN'T HAVE MADE WITHOUT SARAS. OVER THE COURSE OF THREE WEEKS I WAS ABLE TO GET A HANDS

ON EXPERIENCE THROUGH THE LABS AND GET FAMILIAR WITH CERTAIN PROCEDURES. THE GAMES WERE ALSO REALLY GOOD THOUGH IN ALL HONESTY I DIDN'T REALLY PLAY THEM SERIOUSLY.

THE FOOD WAS ALSO A BIT ODD. IT TASTED FINE THOUGH MOST OF THE TIME I COULDN'T REALLY RECOGNIZE WHAT IT WAS. AT LEAST THE BREAKFAST WAS GOOD IN ALL ASPECTS. ANYWAYS THANK YOU SRINI AND YOUR STAFF AND STONY BROOK FOR TAKING ME AND GIVING ME SEVERAL OPPORTUNITIES AND UNIQUE LEARNING EXPERIENCES.

ASHLEY KI

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HI! MY NAME IS PRIYA GANDHI AND I PARTICIPATED IN THE SARAS PROGRAM THIS SUMMER. I FOUND THE PROGRAM TO BE INFORMATIVE AND FUN! WHEN I FIRST WALKED INTO THE LECTURE HALL, I HAD MY MIND SET ON BEING A PEDIATRICIAN. I ALSO THOUGHT THAT THE PROGRAM WAS GOING TO BE THE MOST BORING 3 WEEKS OF THE SUMMER. BUT SOON ENOUGH, IT REALLY OPENED UP MY EYES TO THE OTHER PROFESSIONS IN THE MEDICAL FIELD AND IT WAS SO MUCH FUN! I LOVED ALL OF THE ACTIVITIES, ESPECIALLY THE ONE WHERE WE WERE ABLE PRACTICE GIVING IVS TO A FAKE ARM. THE LECTURES THAT I REALLY ENJOYED WERE THE ONES ABOUT PSYCHOLOGY AND NEUROLOGY. THOSE ARE DEFINITELY FIELDS THAT I WOULD LIKE TO FURTHER LOOK INTO. OVERALL, I REALLY LIKED THE PROGRAM AND I WOULD DEFINITELY RECOMMEND IT TO OTHERS THAT ARE INTERESTED IN BIOLOGY AND OTHER SCIENCES. THANK YOU FOR THIS WONDERFUL EXPERIENCE!

WITH REGARDS,  
PRIYA GANDHI

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UPON THE COMPLETION OF THE SCHOOL YEAR, I EAGERLY ANTICIPATED MY ARRIVAL AT STONY BROOK UNIVERSITY AND THE SARAS PROGRAM. I HAD VISUALIZED A SUMMER THAT WOULD GRANT ME SOME INSIGHT INTO THE FIELD OF MEDICINE AND THUS HELP ME EXPLORE MY INTERESTS IN THE BIOMEDICAL SCIENCES. THE SARAS PROGRAM FAR EXCEEDED MY PRECONCEPTIONS. IT TAUGHT ME IDEAS THAT I NEVER WOULD HAVE TAUGHT MYSELF AND OPENED UP A NEW FIELD OF KNOWLEDGE TO ME THAT WOULD HAVE OTHER WISE BEEN UNEXPLORED. IT HELPED ME EXPLORE MY PASSION IN WAYS THAT ENABLED ME TO SEE PASSED MY MYOPIC VIEW THAT A CAREER IN MEDICINE TRANSLATED TO PHYSICIAN. I LEARNT AND GAINED A NEWFOUND RESPECT FOR ALL THE DIFFERENT PROFESSIONS IN THE BIOMEDICAL FIELD. THIS IS NOT TO SAY, HOWEVER, THAT I AM NO LONGER INTERESTED IN ACHIEVING MY PASSION THROUGH BECOMING A PHYSICIAN, BUT THROUGH THE EXPLORATION OF DIFFERENT FIELDS IN THE BIOMEDICAL FIELD I HAVE REAFFIRMED MY DECISION TO BECOME A PHYSICIAN AND CAN TRULY SAY THAT IT IS MY CALLING IN LIFE. DESPITE THIS, HOWEVER, I DID HAVE MY DOUBTS. AS THE PROGRAM PROGRESSED, I SLOWLY BEGAN TO FEEL OVERWHELMED BY A SENSE OF DOUBT AS NEW MEDICAL PROFESSIONS WERE INCORPORATED INTO MY BODY OF KNOWLEDGE. THIS FEELING SOON SUBSIDED AS I FELT THAT OTHER PROFESSIONS WOULD NOT EXPLORE MY PASSIONS TO THE FULLEST, BUT I STILL HAD A LINGERING SENSE OF DOUBT. ON THE LAST DAY, ALL FEELINGS OF DOUBT WOULD BE EXPELLED UPON A LECTURE, BETTER

DESCRIBED AS A TALK, IN WHICH WE WERE EXPOSED TO HAPPINESS. THIS TALK FOR ME WAS ABOUT REALIZING ONE'S PASSIONS TO THE FULLEST AS A MEANS TO BE HAPPY. I NO LONGER HAD A DOUBT IN MY MIND. I WAS GOING TO BE A PHYSICIAN. THE SARAS PROGRAM, FOR ME, WAS NO LONGER A PROGRAM FOR EXPOSING PERSPECTIVE BIOMEDICAL STUDENTS TO DIFFERENT FIELDS; IT WAS A PROGRAM FOR SELF DISCOVERY. TO ME, THE PROGRAM ACHIEVED THIS METHOD OF SELF DISCOVERY THROUGH THE COUPLING OF INTERESTING LECTURES, SUCH AS PAUL ADAMS'S THEORY ON HOW WE THINK AND HAVE MEMORIES THROUGH THE ADJUSTMENT OF NEURAL SYNAPSES, AND MEMORY GAMES TO RELAX PARTICIPANTS IN THE PROGRAM PRIOR TO THE NEXT LECTURE. THE SARAS PROGRAM HELPED ME FIND A MEANS BY WHICH TO ACHIEVE MY PASSIONS THROUGH THE EXPOSURE TO ALL PROFESSIONS IN MY FIELD OF INTEREST WHICH ENABLED ME TO FIND THAT WHICH I FELT WOULD SIMPLY YET COMPLETELY FILL MY NICHE IN SOCIETY AS AN ADULT, AND I CANT THANK DR. PENTYALA ENOUGH FOR THAT. THE PROGRAM UNDOUBTEDLY CHANGED ME FOR THE BETTER BY HELPING ME FORM A PATH OF MY FUTURE THROUGH THE PROCESS OF SELF DISCOVERY AND FOR THAT I AM GRATEFUL.

JORDAN ROGA

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SARAS 2010 WAS AN EXCELLENT EXPERIENCE FOR ME. WITH THIS PROGRAM, I LEARNED A GREAT DEAL OF INFORMATION REGARDING THE MULTIFARIOUS OCCUPATIONS IN THE MEDICAL FIELD. THIS PROGRAM OPENED MY EYES TO THE VAST OPPORTUNITIES THAT ARE AVAILABLE TO ME. WHETHER IT WAS THE EXCELLENT LECTURES OR THE IMPORTANT LAB SAFETY CLASSES, I REALLY GAINED A SIGNIFICANT AMOUNT OF KNOWLEDGE WITH THE SARAS PROGRAM. I BELIEVE THAT SARAS IS AN EXCELLENT AND PRESTIGIOUS BIOMEDICAL SCIENCE COURSE THAT EVERY STUDENT WHO IS INTERESTED IN THE MEDICAL FIELD SHOULD TAKE. I THOUGHT WE WERE ALL VERY FORTUNATE TO HAVE LUNCH PROVIDED FOR US EACH AND EVERY DAY. O'SOLE MIO ALL THE WAY!! I WOULD MOST CERTAINLY RECOMMEND THIS PROGRAM TO MY PEERS AND OTHERS WHO ARE INTERESTED IN MEDICINE. I BELIEVE THAT ONE OF MANY IMPORTANT THINGS I LEARNED AT SARAS WAS THAT 1+1 DOES SOMEHOW EQUAL 3. SARAS HAS TAUGHT ME LIFE CHANGING KNOWLEDGE AND BROADENED MY HORIZON TO A WHOLE NEW LEVEL. I AM DELIGHTED TO HAVE TAKEN PART IN SARAS AND I THANK ALL OF THE PEOPLE WHO MADE THIS ESTEEMED PROGRAM POSSIBLE.

SINCERELY,  
FAROOQ ANSARI, #93

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SARAS WAS A GREAT EXPERIENCE FOR ME THIS SUMMER. I WAS EXPOSED TO THE WIDE RANGE OF MEDICAL AND RESEARCH FIELDS THROUGHOUT THE SCIENCE FIELD. THE LECTURES WERE ENJOYABLE, CAPTIVATING, AS WELL AS EDUCATIONAL. I NEVER WOULD HAVE THOUGHT THAT I WOULD LEARN SO MUCH VALUABLE INFORMATION OVER THE THREE WEEKS I SPENT AT STONY BROOK. I KNOW FOR A FACT THAT I WILL TAKE MY NEWLY AQUIRED KNOWLEDGE AND USE THE IDEAS AND SYSTEMS THROUGHOUT THE REST OF MY LIFE AND THROUGHOUT MY FUTURE CAREER. SINCE I MYSELF AM HEADED TOWARD THE MEDICAL FIELD, THIS PROGRAM GAVE ME SOME CAREER PATHS THAT I COULD MAYBE PERSURE FOR A LIFETIME. THANK YOU SO MUCH FOR ORGANIZING THIS GREAT PROGRAM. IT REALLY INSPIRED ME TO NOT GIVE UP AND TO FOLLOW MY DREAMS. I WILL ALWAYS REMEMBER THAT ANYTHING IS POSSIBLE--IF YOU WANT TO ACHIEVE THE GOAL AND IF YOU WORK HARD AT IT.

THANKS AGAIN DR. PENTYALA.

SINCERELY,  
KAITLYNNE CUNNINGHAM #50

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THANK YOU FOR EVERYTHING YOU HAVE DONE FOR THE LAST THREE WEEKS. I HAVE BEEN EXPOSED TO MANY DIFFERENT MEDICAL SCIENCE RELATED TOPICS. I ENJOYED THE WORKSHOPS ESPECIALLY THE CLINICAL SKILLS. NEXT YEAR THERE SHOULD BE MORE CLINICAL SKILLS WORKSHOP. THE SAT PROGRAM SHOULD CONTINUE BECAUSE IT IS HELPFUL. THE CERTIFICATIONS ON FRIDAY WERE ALSO HELPFUL. THIS PROGRAM IS SPECIAL BECAUSE IT MAKES LEARNING ABOUT MEDICINE IN THE SUMMER FUN. I BECAME MORE INTERESTED IN BIOMEDICAL RESEARCH. THE STUDENTS WHO PARTICIPATE IN SARAS LEARN A LOT AND GET TO DO MANY THINGS OTHER STUDENTS ONLY DO IN COLLEGE OR MEDICAL SCHOOL LIKE LEARN HOW TO PUT AN IV ON A MANNEQUIN. THANK YOU FOR WORKING HARD TO GIVE US THIS WONDERFUL EXPERIENCE.

SINCERELY ,  
JOSHUA ABRAHAM

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HOW IS YOUR SUMMER GOING NOW THAT TEENAGERS ARE NO LONGER BOTHERING YOU? SORRY FOR GETTING BACK TO YOU SO LATE..SO HERE IS MY FEEDBACK ABOUT SARAS: OVERALL, I HAD A GOOD TIME AT SARAS, AND NOW HAVE A GOOD IDEA OF THE SPECIFIC FIELDS I'M INTERESTED IN AND WOULD LIKE TO LOOK FURTHER INTO. THE LUNCHES WERE GOOD AND FILLED MY TUMMY. I LOOK FORWARD TO DOING RESEARCH IN THE FUTURE AND TAKING MY SCIENCE RESEARCH CLASS IN SCHOOL. LASTLY I'D LIKE TO THANK YOU FOR ORGANIZING SUCH A GREAT PROGRAM AND MAKING IT ENJOYABLE.

SINCERELY,  
SONIA JOSHI

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I WOULD LIKE TO PERSONALLY THANK YOU FOR DIRECTING SUCH AN INCREDIBLE PROGRAM. THE LECTURES WERE INTERESTING, ENLIGHTENING, AND ENCOMPASSED MANY MEDICAL FIELDS AND PROFESSIONS TO ME THAT I WOULD HAVE OTHERWISE KNOWN VERY LITTLE ABOUT. SOME OF MY FAVORITE LECTURES WERE THEORY ON LEARNING, ROBOTIC SURGERY, PRESENTATION OF POSITIVE PSYCHOLOGY (SPECIFICALLY THE KING GIMP MOVIE WHICH WAS NOT ONLY INTERESTING BUT ALSO INSPIRING), AND THE PRACTICAL SKILLS LABS WHERE WE INTERACTED WITH THE SIMULATORS AND LEARNED HOW TO DO AN IV AND AN LP. THE TEAM GAMES THAT WERE SCATTERED THROUGHOUT THE PROGRAM WERE ALWAYS A DELIGHT AND PROMOTED A SMOOTH COHESION OF MEMBERS WITHIN THE TEAMS. THE FOOD WAS VERY TASTY AND WAS VARIED OFTEN ENOUGH WHERE I DID NOT FEEL LIKE IT WAS THE SAME MEALS DAY

AFTER DAY. OVERALL I FOUND THE PROGRAM MORE THAN SARAS-FACTORY AND I WOULD DEFINITELY RECOMMEND IT TO FRIENDS OF MINE WHO ARE INTERESTED IN SCIENCE AND PARTICULARLY MEDICINE. I WISH YOU ALL THE BEST IN FUTURE YEARS OF THIS EXEMPLARY PROGRAM AND IN YOUR DIP-STICK ENDEAVORS. THANK YOU FOR ALLOWING ME TO BE A PART OF THIS MEMORABLE EXPERIENCE.

SINCERELY,  
THOMAS QUINN

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### SARAS 2010

WHEN I FIRST HEARD ABOUT SARAS, I WAS REALLY EXCITED BECAUSE IT WAS IN NEW YORK, LONG ISLAND TO BE EXACT, AND I WAS EXCITED TO BE IN A NEW PLACE AND WOULD BE ABLE TO LIVE IN THE DORMS ALL BY MYSELF WHILE MY PARENTS WERE BACK HOME. WHAT I LIKED ABOUT SARAS WAS THAT I GOT TO SEE A VARIETY OF DIFFERENT AREAS OF BIOLOGY, SOME THAT I DIDN'T EVEN KNOW EXISTED UNTIL NOW. WHAT I REALLY FOUND INTERESTING WAS THE RESPIRATORY THERAPIST, AND THE TALK ON DEPRESSION. I LIKED THE DEPRESSION TALK ESPECIALLY, BECAUSE I AM INTERESTED IN PSYCHOLOGY, AND AM THINKING ABOUT MAYBE BECOMING A CHILD PSYCHOLOGIST/CHILD PSYCHIATRIST. ANOTHER THING I REALLY ENJOYED WAS OUR TRIP TO THE BLOOD LABS, SEEING AND HEARING WHAT EVERYONE HAD TO SAY REALLY INSPIRED ME TO WANT TO DONATE BLOOD AT THE BLOOD DRIVE AT MY SCHOOL WHEN I TURN 16. THE FOOD—THE LUNCH AT SARAS WAS REALLY GOOD; THERE WAS A LOT OF PASTA AND PIZZA AND SOME INDIAN/CHINESE FOOD, AND IT WAS ALL REALLY GOOD. O SOLE MIO WAS AMAZING, AND I WAS THRILLED TO HAVE PASTA, SINCE IT IS ONE OF MY FAVORITE FOODS. I ALSO LIKED THE FACT THAT I COULD MEET A BUNCH OF NEW PEOPLE, AND SOME OF THOSE PEOPLE WERE REALLY ENTERTAINING TO WATCH/LISTEN TO/BE AROUND. IT WAS KIND OF FUNNY THAT EVERYONE THOUGHT THAT ME AND MY FRIEND WERE SO "COOL" JUST BECAUSE WE WEREN'T FROM THAT AREA, BUT AT THE END OF THE PROGRAM, I ENDED UP MAKING A COUPLE REALLY CLOSE FRIENDS WHO I STILL TALK TO DAILY. I LIKED STAYING AT THE DORMS, BECAUSE IT GAVE ME A SENSE OF BEING IN COLLEGE KIND OF FEEL, AND AFTER I GOT USED TO IT, I DIDN'T EVEN MIND THE FACT THAT THERE WAS NO AIR CONDITIONING IN OUR ROOMS. WE HAD BED CHECKS AT 11-11:30 AND WE HAD RA'S, AND THEY REALLY MADE IT FEEL LIKE WE WERE COLLEGE STUDENTS STAYING THERE.

DIVYA SAMU

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I HOPE YOU ARE ENJOYING THE SUMMER. I KNOW I AM ESPECIALLY BY ATTENDING THE SARAS PROGRAM! SARAS HAS BEEN SUCH A GREAT EXPERIENCE. IT REALLY GAVE ME AN IDEA ABOUT THE VAST MEDICAL FIELD. ALSO, IT WAS SUCH AN HONOR TO HAVE NUMEROUS EXPERTS COME TO INFORM US ABOUT THEIR PASSIONATE CAREER CHOICE. SARAS HAS HELPED ME NARROW DOWN MY DOUBTS OF WHAT I WOULD LIKE TO ACHEIVE IN MY FUTURE CAREER AS WELL. BESIDES THE EDUCATIONAL ASPECT OF THE PROGRAM, SARAS ALSO ENCOURAGED ME TO BE SOCIAL AND AMIABLE WITH OTHERS. AS YOU KNOW I DID NOT KNOW ANYONE THERE BESIDES MALIKA, WHO LEFT EARLY, SO I GOT TO KNOW OTHER STUDENTS THERE. BEING SOCIABLE WITH THOSE WHO YOU ARE NOT FAMILIAR WITH TRUELY PAYS OFF BECAUSE I MADE SOME GOOD FRIENDS THERE. I WISH I COULD HAVE STAYED FOR THE LAST FEW DAYS TOO, BUT I AM HAPPY THAT I WAS ABLE TO ATTEND MOST OF SARAS.

THANK YOU FOR ORGANIZING THIS HELPFUL PROGRAM,  
APOORVA POLAVARAPU

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THE SARAS PROGRAM AT STONY BROOK THIS SUMMER BECAME A WONDERFUL EXPERIENCE FOR ME. THE OPPOURTUNITY GIVEN TO ME BY THIS PROGRAM IS AN OPPOURTUNITY THAT I AM TRULLY GRATEFUL FOR. I CAME IN KNOWING THAT I WANTED TO PURSUE SOMETHING IN THE MEDICAL FIELD BUT I DIDN'T KNOW EXACTLY WHAT. THIS PROGRAM WAS ABLE TO OPEN MY EYES TO NEW FIELDS THAT I WOULD HAVE NEVER THOUGHT THAT I WOULD BE INTRESTED IN AND ALSO ALLOWED ME TO SEE WHAT FIELDS I WASN'T REALLY INTRESTED IN. THE LECTURES WERE GREAT AND I THANK ALL THOSE WHO CAME IN TO TALK TO US. NOT ONLY DID I GAIN MORE INFORMATION ABOUT SCIENCE AND ITS VARIOUS FIELDS, I GAINED MANY LAUGHS AND MEMORIES FROM THIS PROGRAM. ONCE AGAIN I WOULD LIKE TO THANK EVRYBODY WHO WAS ABLE TO PUT SUCH A WONDERFUL PROGRAM TOGETHER THAT I HOPE WILL CONTINUE TO GROW AND INSPIRE MORE AND MORE PEOPLE.

THANK YOU,  
FATIMA SARAVIA

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I WAS A STUDENT IN THE PAST YEAR'S SARAS PROGRAM THIS JULY. I JOINED WITH A FRIEND TO SEE IF MEDICINE WAS A FIELD I WANTED TO ADVENTURE INTO DURING MY COLLEGE YEARS AND I WAS GREATLY SURPRISED WITH THE INFORMATION I RECEIVED FROM THIS COURSE. THE DIFFERENT INSTRUCTORS WERE VERY INFORMATIVE AND I LEARNED A LOT OF USEFUL INFORMATION. I HAVE DECIDED TO GO FORWARD WITH MEDICINE AND I WAS VERY HAPPY WITH THIS COURSE. I LEARNED ABOUT DIFFERENT PARTS OF MEDICINE AND I AM HAPPY TO SAY I AM GOING TO HOPEFULLY BECOME A DOCTOR. THANK YOU FOR A INFORMATIVE PROGRAM AND FOR ALL THE HELPFUL INFORMATION.

BRYAN PARDEE

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I HAD A GREAT TIME DURING SARAS 2010. IT WAS FUN AND I LEARNED A LOT OF NEW THINGS. MY FAVORITE PART ABOUT THE WHOLE PROGRAM WOULD PROBABLY BE THE HANDS ON ACTIVITIES WITH THE STIMULATORS. I HAD A GREAT TIME AND THANK YOU FOR SETTING THIS PROGRAM UP!

-MEGHANA VIDIYALA



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WELL WHAT CAN I SAY, SARAS WAS TRULY AN AMAZING PROGRAM! EVEN BEFORE THE PROGRAM BEGAN I WAS VERY EXCITED AND I KNEW THAT I WOULD LEARN SO MANY DIFFERENT THINGS IN THE MEDICAL FIELD AND WOULD BE TEN TIMES SMARTER AND I WAS RIGHT. EVERYDAY AT SARAS I WOULD LEARN ABOUT SO MANY DIFFERENT OPPORTUNITIES IN THE MEDICAL FIELD. SUCH AS, RESPIRATORY THERAPISTS, SURGEONS, NURSES ETC. THIS PROGRAM GAVE ME AN OPPORTUNITY TO EXPERIENCE MORE DEPTH IN THE MEDICAL FIELD AND GIVE ME A FURTHER INTEREST TO STUDY IN THIS FIELD. I WANT TO THANK ALL THE PROFESSORS/ DOCTORS AND COUNSELORS FOR THE AMAZING TALKS AND MAKING THIS PROGRAM AN ABSOLUTE BLAST!

I WOULD MISS EVERYONE IN THIS PROGRAM AND THE AMAZING ATMOSPHERE I HAVE EXPERIENCED AT STONY BROOK.

THANK YOU  
SINCERELY  
KHUSHBOO NAGPAL #55

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I THOROUGHLY ENJOYED PARTICIPATING IN THE SARAS PROGRAM. WHILE I AM SURE YOU HAVE RECEIVED MANY REACTIONS REGARDING THE FOOD (WHICH WAS EXCELLENT) OR THE FUN MEMORY GAMES, I WOULD TRULY LIKE TO EXTEND MY GRATITUDE FOR THE EXPERIENCES MADE AVAILABLE TO ME DURING THE PROGRAM. WORKING WITH THE SIM-DOLLS DOING LUMBAR PUNCTURES AND INSERTING IVS WAS ONE OF THE MOST MEMORABLE EXPERIENCES OF MY SUMMER. ALSO INTRIGUING WAS THE WAY IN WHICH THE PROGRAM WAS PRESENTED. I AM REFERRING TO THE WAY THAT ALL THE PRESENTATIONS WERE NOT ARBITRARY FACT PRESENTATIONS, BUT RATHER TIED INTO EITHER RESEARCH OR PRACTICE IN NOVEL WAYS. I CONSTANTLY FOUND MYSELF LOOKING FORWARD TO EVERY DAY I DROVE OUT TO SARAS.

THAT BEING SAID, THE ONLY ASPECT OF THE PROGRAM THAT I WOULD CONSIDER WORTHY OF REVISION IS THE PHOBIA PROJECT. IT WAS A BIT DISAPPOINTING TO SPEND THE TIME CREATING THE PRESENTATION ONLY TO NOT BE ABLE TO PUT IT TO ANY USE. RATHER THAN SACRIFICE A SPEAKER'S SPOT TO MAKE TIME FOR PRESENTATIONS, IT MIGHT JUST BE PRUDENT TO SIMPLY ELIMINATE THIS ASPECT OF THE PROGRAM. WHILE I SHOULDN'T SPEAK FOR THE OTHER PARTICIPANTS, I WOULD SAY THAT THE PERSON SUFFICIENTLY MOTIVATED TO VOLUNTEER TIME DURING THEIR SUMMER TO BE EDUCATED ARE PROBABLY NOT SITTING ON THEIR HANDS ALL DAY LONG.

OVERALL, I BOTH IMPRESSED AND PLEASED WITH THE PROGRAM AND VERY GLAD I PARTICIPATED. I WAS CROSSING MY FINGERS TO CONTINUE WITH RESEARCH AT STONY BROOK IF SELECTED BY YOUR TEAM AND WOULD JUMP AT THE CHANCE IF YOU WERE TO PRESENT ME

WITH ONE. IT WAS MY PLEASURE PARTICIPATING IN THE PROGRAM AND THANK YOU FOR THE OPPORTUNITY TO DO SO. SARAS IS TRULY A REMARKABLE PROGRAM.

SINCERELY,  
MICHAEL GROSS

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FIRST OFF, I APOLOGIZE FOR THE LATE RESPONSE, I WAS ON VACATION FOR A FEW WEEKS IMMEDIATELY AFTER THE PROGRAM HAD ENDED, AND THEN I WENT UPSTATE FOR A WEEK AND A HALF TO RUN FOR MY CROSS COUNTRY TEAM(BUSY SUMMER). THANK YOU FOR PUTTING TOGETHER SUCH A WONDERFUL SUMMER PROGRAM. I THOROUGHLY ENJOYED ALMOST EVERYTHING AND I LOOKED FORWARD TO GOING TO THE CAMPUS EVERYDAY. THE BEST PART OF THE PROGRAM HOWEVER WAS THAT I CAME OUT WITH SO MUCH KNOWLEDGE ABOUT THE MEDICAL FIELD. I HAVE ALWAYS BEEN VERY INTERESTED IN MEDICINE AND THIS PROGRAM SHOWED ME ASPECTS OF IT THAT I NEVER EVEN CONSIDERED! I ALSO LEARNED A LOT ABOUT STONY BROOK UNIVERSITY AND I LOVED THE CAMPUS. EVEN THOUGH STONY BROOK IS EXTREMELY CLOSE TO MY HOUSE, I NEVER REALLY CONSIDERED APPLYING THERE FOR COLLEGE. NOW IT HAS ACTUALLY MOVED TO ONE OF MY TOP CHOICES TO ATTEND! I HOPE TO SPEND MORE TIME AT STONY BROOK NEXT SUMMER, HOPEFULLY DOING RESEARCH UNDER THE GUIDANCE OF A MENTOR.

HAVE A GREAT REST OF YOUR SUMMER!  
-MATT RANFTLE

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I BEING A STUDENT IN COLLEGE I WONDERED IF BECOMING A DOCTOR IS THE RIGHT JOB FOR ME, THOUGH I STILL DO WONDER. THIS PROGRAM TAUGHT ME ABOUT WHAT IT IS LIKE TO GO TO MEDICAL SCHOOL AND THE POTENTIAL CAREER PATHS IN THE FUTURE. INFORMATION THAT I HAVE NOT YET LEARNED IN COLLEGE. THE SARAS PROGRAM REVEALED KNOWLEDGE OF WHATS IT LIKE TO BE A DOCTOR IN THE REAL WORLD. THIS KNOWLEDGE WILL BE HELPFUL IN THE FUTURE AS I CONTINUE ON IN COLLEGE AND LATER IN LIFE. AS FOR ALL OF THE LECTURES, ACTIVITIES AND PROJECTS I FOUND THEM ALL VERY INTERESTING AND A GOOD EXPERIENCE. MY PARENTS THINK THAT MY INVOLVEMENT IN THIS PROGRAM IS A GREAT THING. WHEN I CAME HOME, I USED TO TALK ABOUT THINGS I LEARNED THAT DAY. THEY ALSO LEARNED NEW INFORMATION AND THEY HAVE FOUND IT VERY INTERESTING, EVEN SOME OF THE INFORMATION ALSO APPLYING TO THEM. MY FAMILY AND I WOULD SINCERELY LIKE TO THANK SARAS AND ALL THE PEOPLE INVOLVED FOR MAKING IT A VERY REWARDING EVENT.

SUGANDHAKUMAR NAGARAJAN

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MY LOVE FOR S.A.R.A.S. WAS SO GREAT,  
ALL MY FLASHBACKS ARE ABOUT THE PROGRAM 'TIL THE DUSK OF DAY.  
EACH NIGHT INSPIRED ME AFTER A DAY OF SARAS WENT AWAY,  
BECAUSE IT EDUCATED ME, FED ME, AND MOTIVATED ME EVERYDAY.

ITS LECTURES WERE GREAT,

WONDERING ABOUT THE MANY ROLE MODELS WHO SPOKE,  
AND DR. PENTYALA ENTERTAINING US WITH A MEDICAL JOKE,  
SO FINALLY I CAN SAY S.A.R.A.S. IS THE BEST!

*~BY MOUMITA KHONDAKER*

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THIS SECOND YEAR OF SARAS WAS EVEN BETTER THAN THE LAST ONE! I'M LOVE THAT YOU ADDED THE SAT PREP INTO THE SARAS PROGRAM. ALL THE PEOPLE WHO CAME TO LECTURE THIS YEAR WERE JUST AS ASTONISHING AS LAST YEAR. THANK YOU FOR ANOTHER GREAT YEAR AT THE SARAS PROGRAM.

FROM DAVID PIRRAGLIA (#58)

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BEING THAT I AM SENDING THIS IN SO VERY LATE IT DOES NOT NEGATE WHAT THE PROGRAM MEANS TO ME . I WAS VERY EXCITED TO BE APART OF THIS OPPORTUNITY . I ENJOYED SARAS AND I WISH TO CONTINUE WITH THIS PROGRAM AS I GROW AND CONTINUE LEARNING . IT HAS EXPOSED ME TO SO MUCH . THE LECTURES GAVE ME AN BIRDS EYE VIEW INTO DIFFERENT FIELDS THAT I DIDN'T THINK ABOUT BEFORE THE PROGRAM . I HAVE BEEN GIVEN DIFFERENT CAREERS PATHS TO LOOK INTO PURSUING . I ENJOYED THE WORKSHOP AND GIVING THE IV, EPIDURALS.

TO HEAR THE LECTURES THAT THE EXPERTS GAVE. THEY PROVIDED INFORMATION TO HELP US DECIDED OR THINK MORE INTO WHAT DIRECTION WE, I WANT MY CAREER TO GO INTO . I'M STILL UNDECIDED BUT I DO KNOW THAT I REALLY ENJOY RESEARCH AND SCIENCE . SOME OF THE LECTURES WERE COMPLICATED BUT I'M SURE OTHER KIDS BENEFITED FROM IT . IN ALL IT WAS AN AMAZING EXPERIENCE THAT I AM GRATEFUL FOR .

THANK YOU TO ALL THE DOCTORS AND THE SPONSORS WHO PROVIDED LUNCH . I AM GRATEFUL TO WHOM EVER STARTED THIS PROGRAM .LIVING ON CAMPUS ALSO GAVE ME AN IDEA OF WHAT THE COLLEGE LIFE WOULD BE LIKE . SEE YOU NEXT YEAR

GRATEFUL DE-YAHNA WATKINS !

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I ENJOYED THE SARAS PROGRAM A LOT. AT FIRST, IT WAS A BIT TEDIOUS WAKING UP EARLY DURING VACATION, BUT AFTER A FEW DAYS I GOT USED TO IT. I ENJOYED LISTENING TO THE LECTURES BY THE EXPERTS BECAUSE I WANT TO ENTER MEDICINE MYSELF SO THIS PROGRAM WAS A GREAT WAY FOR ME TO LEARN A LITTLE BIT ABOUT THE DIFFERENT FIELDS OF SCIENCE AND MEDICINE. I ENJOYED THE WORKSHOPS THE MOST BECAUSE I GOT TO EXPERIENCE DAILY TASKS THAT PHYSICIANS AND SCIENTISTS FACE FIRSTHAND WHICH WAS VERY USEFUL TO ME. I ALSO MET MANY NEW PEOPLE IN THE PROGRAM AND CAUGHT UP WITH A FEW OLD FRIENDS. THE ONLY NEGATIVE THING I CAN SAY ABOUT THE PROGRAM INVOLVES THE FOOD. I HAVE A LOT OF FOOD ALLERGIES SO I WAS HOPING THAT SOME ACCOMMODATIONS WOULD BE MADE FOR ME. ALTHOUGH I WAS ABLE TO EAT SOME FOOD LIKE THE PIZZA, THE MENU WAS VERY REPETITIVE AND OFTEN SICKENING. OVERALL I HAD A GREAT EXPERIENCE AT SARAS AND I WILL RECOMMEND THIS PROGRAM TO SOME OF MY FRIENDS WHO ARE ENTERING 9<sup>TH</sup> GRADE.

KIRPAL KOCHAR

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MY OVERALL IMPRESSION OF SARAS WAS INTERESTING. I WAS INTERESTED IN LEARNING ABOUT THE DIFFERENT CAREERS THAT MEDICINE HAD TO OFFER, BUT I FELT THAT A LOT OF THE SPEAKERS WERE MOSTLY INVOLVED IN SOME SORT OF RESEARCH. I WANT TO BE A DOCTOR WHO INTERACTS WITH HER PATIENTS, AND I DID GET TO SEE SOME OF THOSE CAREERS, BUT MOST OF THE SPEAKERS WERE TEACHERS AND RESEARCHERS. SOME OF THE RESEARCHERS ACTUALLY FASCINATED ME (LIKE THE DEPRESSION LECTURE) MOSTLY BECAUSE I WAS ALREADY INTERESTED IN THAT INFORMATION. I DID LIKE THE INTRODUCTION TO SOME CAREERS THAT I HAD NOT PREVIOUSLY HEARD OF, SUCH AS A RESPIRATORY THERAPIST. I NEVER KNEW THAT THERE WAS A SPECIAL CAREER FOR THAT, I ALWAYS THOUGHT IT WAS ONE OF MANY JOBS THAT A NURSE HAS. I HAVE TO SAY THAT THE MOST INTERESTING DAYS WERE THE WORKSHOP DAYS. I ENJOYED LEARNING HOW TO DO CERTAIN THINGS, LIKE EFFECTIVELY ADMINISTERING MEDICINE THROUGH THE SPINE, OR PUTTING IN AN IV FOR A PATIENT. I AM SO GLAD I CAME TO THIS PROGRAM; I MADE NEW FRIENDS, HAD FUN, AND LEARNED NEW THINGS IN THE PROCESS.

MEGHANA KUNDA

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OVERALL, SARAS WAS A FANTASTIC PROGRAM THAT I'M GLAD TO SAY I'VE PARTICIPATED IN. MY EYES WERE OPENED TO A WIDE RANGE OF IDEAS, CONCEPTS, AND INNOVATIONS IN THE MEDICAL AND BIOLOGICAL FIELDS. INTRODUCTIONS TO CAREERS I'D NEVER HEARD OF MADE ME REALIZE POSSIBILITIES FOR MY FUTURE I NEVER KNEW EXISTED. THE SELECTED SPEAKERS WERE VERY INTERESTING AND IT IS THIS EXCEPTIONAL PROGRAM THAT ARRANGED SUCH A PHENOMENAL GROUP OF THINKERS.

THE BEST (& UNEXPECTED) ASPECTS OF THE PROGRAM WERE THE SAT PREP, HANDS ON ACTIVITIES SUCH AS THE PRACTICE LP'S, AND THE VISIT TO THE NURSING HOME. IT'D BE GREAT IF MAYBE ONE DAY NEXT YEAR YOU COULD HAVE WALKS, OR MORE TOURS, AROUND THE CAMPUS? SBU IS AN INCREDIBLE INSTITUTION AND I THINK THE GROUP OF SARAS STUDENTS WOULD MAKE AMAZING PROSPECTIVE SBU GRADUATES! PROMOTE THE COLLEGE! :)

I'M VERY GLAD THAT I PARTICIPATED IN THIS PROGRAM. I WISH THE PROGRAM AND DR. SRINI THE BEST OF LUCK, AND I HOPE IT CONTINUES TO GROW!! IT IS TRULY A GREAT GROUP OF PEOPLE INVOLVED AND RESPONSIBLE FOR THE SUCCESS OF THIS PROGRAM.

---ELISE BUDD

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SARAS WAS AN EXPERIENCE I NEEDED TO HAVE TO REALIZE HOW MUCH MORE I WANT TO BE A VETERINARIAN. IT WAS VERY INFORMATIVE ABOUT HOW MANY CAREERS ARE OUT THERE THAT ARE IN THE SCIENCE FIELD. FOR THOSE WHO DON'T KNOW WHAT THEY WANT TO BE WHEN THEY GROW UP BUT KNOW ITS IN THE SCIENCE FIELD THIS WOULD BE A GREAT PROGRAM.

THIS PROGRAM ALSO OPENED MY EYES TO HOW IMPORTANT THE LAB IS AND MADE ME WANT TO DO SOME EXPERIMENTS IN THE LAB TO FIND TREATMENTS FOR DISEASES.

THANK YOU FOR THE EXPERIENCE,

NIKITA MADDINENI

SENT VIA BLACKBERRY BY AT&T

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WHEN I SIGNED UP FOR THE SARAS PROGRAM THIS SUMMER, IT WAS A WAY TO HANG OUT WITH MY FRIENDS WHILE LEARNING SOME SCIENCE ON THE SIDE, BUT WHAT REALLY SURPRISED ME WAS HOW CERTAIN LECTURES REALLY GRABBED MY ATTENTION AND MADE ME FOCUS ON WHAT I TRULY ENJOYED IN SCIENCE. I VERY MUCH ENJOYED THE UNIQUE EXPERIENCE THE SARAS PROGRAM WAS, AND HOW MANY NEW PEOPLE I MET IN THE PROCESS. THOSE THREE WEEKS MADE THIS AN UNFORGETTABLE SUMMER.

THANK YOU FOR THIS OPPORTUNITY,

SANJULA SINGHAL

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I ENJOYED MY TIME AT THE SARAS 2010 PROGRAM. IT WAS VERY EDUCATING AND INFORMATIVE. MY FAVORITE PART WAS THE FOOD. THE FOOD WAS DELICIOUS AND DIVERSE. FROM ITALIAN TO INDIAN SARAS HAD IT ALL. I ALSO ENJOYED VISITING THE VETERANS HOME AND INTERACTING WITH THE VETERANS. DR. PENTYALA MADE ME FEEL COMFORTABLE, HELPING ME FIT IN AND BE MORE RELAXED. I WOULD RECOMMEND EVERYONE TO PARTICIPATE IN THE SARAS PROGRAM. IT WAS A GREAT EXPERIENCE.

GINEL GORDON

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SARAS HELPED ME LOOK INTO VARIOUS CAREER OPTIONS THAT I DID NOT KNOW OF BEFORE. IT HELPED GET AN IDEA OF WHAT I CAN DO WITH MY BIOLOGY MAJOR. IT ALSO INTRODUCED ME TO A LOT OF INTERESTING RESEARCHES THAT ARE GOING ON AND THE RESEARCHERS BEHIND IT. THIS PROGRAM ALSO GAVE ME NEW INSIGHTS ABOUT FUTURE RESEARCH OPPORTUNITIES. OVER ALL IT WAS A NICE EXPERIENCE.

THANK YOU

-SURAIYA AFSANA

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I'M REALLY GLAD I DID THE SARAS PROGRAM. LISTENING TO A LOT OF SPEAKERS FROM THE MEDICAL FIELD INCREASED MY INTEREST IN MEDICAL RESEARCH. NOT ONLY THIS, BUT THIS PROGRAM SHOWED ME THAT THERE ARE MANY OPPORTUNITIES TO PARTICIPATE IN RESEARCH PROJECTS AND GET IN TOUCH WITH SCIENTISTS JUST AS A HIGH SCHOOL STUDENT. GETTING TO STAY AT THE DORMS HELPED ME GET A FULL EXPERIENCE OF STONY BROOK UNIVERSITY. AFTER THE THREE WEEKS I KNEW THAT I DIDN'T MAKE A MISTAKE IN WANTING TO BE IN THE MEDICAL FIELD IN THE FUTURE. SARAS REALLY OPENED ME UP TO ALL THE NEW INNOVATIONS HAPPENING IN MEDICINE. THANK YOU FOR GIVING ME THIS TYPE OF AWARENESS.

- TEJA CHAKILAM

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HI, I AM SORRY TO EMAIL BACK SO LATE BUT I JUST WANTED TO SAY THAT I HAD A GREAT EXPERIENCE AT SARAS. I LEARNED A LOT AND IT REALLY BROADENED MY VIEW OF ALL THE SCIENTIFIC CAREERS AND OPPORTUNITIES THAT ARE OUT THERE BOTH IN THE MEDICAL FIELD AND IN RESEARCH. I ESPECIALLY ENJOYED THE WORKSHOPS THAT GAVE US AN INTERESTING HANDS ON EXPERIENCE. ALL THE SPEAKERS WERE GREAT AND MOST WERE INTERESTING AND NOT TOO HARD TO FOLLOW ALONG. DR. PENTYALA WAS VERY FUNNY AND MADE MY SARAS EXPERIENCE EVEN BETTER. THANKS FOR ALL THE GREAT LUNCHES!

-MICHAEL MARCEL

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I APOLOGIZE FOR SENDING YOU THIS EMAIL SO LATE AFTER SARAS. I HAD SENT A LONG EMAIL OF MY FEEDBACK RIGHT AFTER THE COURSE ENDED BUT AFTER JUST CHECKING MY SENT BOX TODAY I REALIZED THAT MY MESSAGE NEVER WENT THROUGH. I WOULD HAVE NOTICED THIS EARLIER IF I HADN'T GONE TO GREECE FOR FOUR WEEKS AFTER SARAS ENDED. I REALLY ENJOYED THE SARAS PROGRAM AND THE THREE WEEKS I SPENT LISTENING TO LECTURES. IT REALLY SPARKED MY INTEREST IN MEDICINE AND IN STONY BROOK UNIVERSITY. I FELT LIKE I GOT A LOT OF ALL THE PROFESSIONALS THAT CAME IN TO TALK TO US. I ALSO ENJOYED CREATING A POWERPOINT PRESENTATION ON DEFACALOESIOPHIA BUT I WAS A LITTLE DISSAPOINTED WHEN NO ONE PRESENTED. I WANT TO THANK YOU AND EVERYONE WHO HELPED YOU FOR HAVING THE PATIENCE AND THE DESIRE TO ORGANIZE SUCH A GREAT PROGRAM! I HAVE RECOMMENDED SARAS TO MANY OF MY FRIENDS WHO ARE ALSO INTERESTED IN DOING SOMETHING PRODUCTIVE OVER THE SUMMER. AND AGAIN SORRY FOR THIS LATE EMAIL.

ALEXANDRA CORITSIDIS

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IN MY EXPERIENCE, SARAS WAS A WONDERFULLY UNIQUE PROGRAM. AFTER THE THREE WEEKS I SPENT WITH IT, I FOUND THAT IT EFFECTIVELY SERVED A VALUABLE PURPOSE. BY ENLISTING A RANGE OF PROFESSIONALS TO DISCUSS THEIR AREAS OF EXPERTISE, YOU BROADENED THE SCOPE OF UNDERSTANDING ON WHAT IT MEANS TO PERFORM WORK IN THE FIELDS OF HEALTH AND SCIENCE. I COULD HAVE GUESSED AT THE NUMBER OF PARTICULAR POSITIONS IN THESE FIELDS, BUT I NEVER WOULD HAVE COME CLOSE TO THE TRUTH. BY ENROLLING IN SARAS, I FOUND MYSELF FACE TO FACE WITH PEOPLE FROM FIELDS I SIMPLY WOULD NOT HAVE CONSIDERED PREVIOUSLY (LIKE RADIONUCLIDE SAFETY OFFICER, OR BIostatistician). I FOUND THE VAST MAJORITY OF LECTURES TO BE EDUCATIONAL AND ENLIGHTENING IN EACH OF THEIR INDIVIDUAL AREAS. IF I HAD TO NAME A FEW FAVORITES, THOUGH, I WOULD HAVE TO CHOOSE DISCUSSION ON SLEEP DISORDERS, DISCUSSION ON ROBOTIC SURGERY, DISCUSSION ON THE BUSINESS OF BIOTECHNOLOGY, AND OF COURSE, FAST-PACED TALK ON UROLOGY. IT WAS A VAST COLLECTION OF BRAINPOWER AND EXPERTISE YOU PUT TOGETHER, AND I WAS QUITE IMPRESSED AT HOW WELL SARAS WAS ORGANIZED AND EXECUTED. IF I HAD BEEN ONE OF THE EXPERTS YOU HAD ASKED, I WOULD BE PROUD TO LECTURE. SINCE I WAS NOT THOUGH, I WAS INSTEAD PROUD JUST TO LISTEN.

THANK YOU,  
KYLE URBANCZYK