

2017-SARAS Students Feedback

Hello Dr.Pentyala A.K.A Uncle Srinii,

Thank you so very much for a wonderful 3 weeks of summer. I was so nervous on the first day because, I knew no one who was going and I barely knew my way around Stony Brook University however, that all quickly changed after the 1st day. I made so many new friends during my time at SARAS and learned so much, more than I ever imagined I would. This was a whole new experience for me and when it was all over I was really sad, I think I was having PSD (Post SARAS Depression!). The new friends I made whether they were commuting on the LIRR with me, or staying on campus, everyone was just so friendly and easy-going. Everyone had the same goal and that was to learn something new and exciting everyday, and eventually be one of those doctors that came in to talk to us. Your staff especially was just so warming and welcoming. They really made it a lot easier when it came to figuring out the LIRR. When it was too hot and we got to wait inside the bus instead of the sweltering heat, or the freezing cold rain, it helped a lot for that long commute home. Every single person who took time out of their schedules to come and talk with us about what they do, I so greatly appreciate. Every lecture had something new and exciting to teach. Every doctor and professional was so kind and welcoming to questions that myself and others had. The workshops however just took everything to a whole new level! Having that hands on time just made the day 1254253456x more fun than it already was because, instead of just learn learn learn, you got to apply those new things that you learned in an actual setting. I also wanted to tell you that your research that you have going on right now and the Dipstick are all just very fascinating and I just wanted to congratulate you. I hope I can one day have the chance to work under you and research with you, as you are a very talented, knowledgeable and gifted person. Once again Dr.Pentyala thank you so much for such an unforgettable experience this summer...I am really missing SARAS right about now.

Many Thanks,

Bianca

To Dr. Pentyala,

I really enjoyed the camp. I learned a lot about the various areas of the medical sciences. The food was great and always something I looked forward to in the day. The group of helpers was above and beyond in their volunteer work. Also, I'm happy that it wasn't simply medical science from beginning to end, also included many of the other important concepts, such as methods to enter colleges or get better grades on the SAT. This program was surely a memorable and fun-filled experience that I don't intend on forgetting.

Thank you, Dr. Pentyala, for putting up with 130 or so teenagers for the entire 3 weeks. I hope that this program continues to provide the supportive medical program that it is known for.

Sincerely,

Eric

SARAS has been a very educational and rewarding experience as it offered a platform for students to interact with professionals of different careers in the medical field. Not only were we able to listen to interesting lectures but also perform our skills in the workshops after lunch. Our director, Srinivas Pentyala, encouraged us to eat healthy meals and never failed to put a smile on our faces with chair aerobics and Bollywood music. We were able to be put into a professional

environment and understand the importance of each job in the hospital and the steps needed to reach our career goal. We also were able to visit the Long Island veterans home which was very memorable as we got to know our veterans personally and their great achievements. Our last day at SARAS was a day that would never forget. We were introduced to students from Japan and China along with the dean of admissions from Stony Brook University. The talent show that followed was incredible as many students displayed their talents of singing dance and performing. My favorite performance was the Chinese yoyo as it was mesmerizing, took a lot of skill to master and put a spark of culture into the talent show along with the veena performance.

Esther

After two weeks and three days at SARAS, I can honestly say that it was one of the best experiences I had. During the camp, I realized that the medical field was just as tough as any other science field. It took ages of research to find new techniques and tools and even medicines. I never realized just how many people it took to improve the quality of life to what it is today. So much development in the medical field and I was ignorant. I always thought of the medical field as developing like spontaneous generation mainly because you only hear of the one person who combined all the achievements of the people before him or her. I also have a better appreciation of biology. The lunch at SARAS was also good and every day I looked forward to eating. I never realized that the medical field was just as interesting as any other field. I always thought of the medical field as doctors working around the clock to save patients and after I took a biology class, I thought that medicine was just pure memorization. I never once thought about the research put into saving the patients. Coming into SARAS everyday was extremely enjoyable. Especially learning about the research projects that many people contributed to the medical field. Overall SARAS was an enjoyable experience and I would want to come back if the program was different. If Dr. Pentyala was not the host of the program I don't think I would have enjoyed the program as well as I would have.

Kevin

Hello Dr. Pentyala!

I would like to start this off by saying that SARAS was a really fun program. If it wasn't for this, I would've been stuck in a classroom doing nothing but SAT practice every day (even though it's beneficial, it seems to be pretty boring). Instead, I was stuck in a lecture hall listening to scientists giving lectures every day, which is kind of the same thing, but better. It was really beneficial to helping me find a profession in science that I might be interested in. Learning about things from bone healing, anesthesia, neuroscience, pathogens, and even how marijuana can be beneficial helped me not only become more knowledgeable, but more interested in the medical field of science. Being able to learn CPR and procedures to help people breathe was also very helpful to have as a skill. I was most interested, however, in your work the most. Ever since day one, when you talked about how PLC Delta 1 is the cause of diseases such as Alzheimer's, I became engaged in how managing the levels of this protein could save people from getting such neurodiseases. Later on you mentioned other conveniences that could help every day people: the lime fragrance paper used to help relieve nausea, an indicator that could help detect anything just by checking someone's urine, and mine, as well as everyone else's favorite...Srini's dipstick. Despite the inside joke that the people at SARAS have with this, I was quite fascinated by this invention. It seemed

so useful and beneficial, and whether it was for accidents or epidurals, this indicator for cerebral spine fluid was something that intrigued me. I would like to learn more of how indicators like these are made, and make these sort of indicators in the future. As most people want to be part of healthcare when they grow up, I decided to be the person hiding behind all of it: the researcher that potentially can find new cures through discoveries, or indicate problems before they can happen. I always had a fascination for discovery, and my lifelong goal is to create new medicines that could cure people from diseases that no one could ever cure before. I would like to thank you for helping me find the career that I may want to pursue in the future. I am determined to try hard in school so that one day, I could help the world someday like you could. And even though you may deny it, you are probably one of the most smartest people I ever met. You may sometimes come up with "stupid ideas", but they always turn out to be the ones the world needed most. I hope you have a great rest of the summer, whether you are continuing to work or taking a break.

Alicia

This program was truly a great experience for all of us, SARASers, because it was a well-organized fun first introduction into the field of medicine. The life-changing work done at Stony Brook, was displayed through the lectures of various medical practices and inventions we listened to, the video clips that presented the hospital's everyday miracles, and so forth. I came to SARAS in hopes of modeling my future of what it may appear, and it did just that. Plus, I got to share that experience with new people I can now call friends from all of New York and beyond. I'd like to thank the hospital for allowing us to be in a medical environment, the counselors at Gray College for chaperoning us and keeping us out of harm's way despite our daily shenanigans, the staff and residents at the Long Island Veterans Home, the sponsors who catered our food, Dr. Pentyala who orchestrated this program with as much integrity and humor any life-confused teenager could need, and his team. I couldn't have ask for a greater experience this summer.

Lucca

Dear Dr. Pentyala,

SARAS is an amazing program that I am so lucky to have been a part of. It exposed me to many sides and occupations within the medical field. It has confirmed my desire to become a doctor and pursue medicine. During my three weeks at SARAS I made many friends that I plan on staying in touch with for years to come. SARAS provided me with an opportunity unlike any other and introduced me to many professionals, their research and allowed me to see so many sides of medicine I had never been exposed to before. Overall, SARAS was an amazing program that I am so glad to have been a part of. Thank you so much for all the work you put into SARAS every year. I have learned so much within three weeks and I was able to be a part of an amazing group.

Thank you,

Adriana

Hi dr. Pentyala: I would just like to say thank you for having me in your class and thank you for everything you and your team have taught me it was a great program and I really enjoyed it.

Akshay

SARAS had its ups and downs. There were plenty of ups in SARAS such as the friends I made, the food I ate, the lectures I participated in. But all positives come with at least one negative. That negative was the length of the program. Three weeks was too little because all of the friends we just met and befriended are leaving now to go home and get ready for their school year. This program should have been the whole summer! I am going to miss Srini and Team Violet because of the many memories we have created and shared together. My experience was a 10/10 and I would definitely recommend this program to all my younger family friends. Thank you Srini!

-Ali

Dear Dr. Pentyala,

I enjoyed SARAS very much, and it is certainly an experience that I will never forget. Initially, I did not know about the wide range of occupations existent in the medical field, which led me to have a desire to become a dentist solely due to the fact that it was a more well-known and common occupation. Although, after listening to the many well-educated professionals discuss their educational and career experiences, this desire to become a dentist changed. One specific lecturer that interested me was the ophthalmologist. I had always been intrigued by the human eye- why do some people have blue eyes and some have brown? Why do some develop cataracts and others don't? What causes the need to wear glasses?- and after hearing him present, I became even more fascinated about the eye. Now I'm compelled to go into the field of ophthalmology. My favorite part about the program were the workshops, because I was able to get a feel for what happens in the hospital and how these medical professionals handle situations and perform certain procedures, such as spinal cord taps. In addition to all the pleasurable workshops and lectures, I loved the games and fun activities that were incorporated into each day's plans which made the program that much more memorable. Furthermore, I am very thankful for the new friends that I made. If I had not attended this program, I would not have met the amazing people that I did. I also must say that the food was very appetizing. Overall, SARAS was an amazing program that was definitely worth the time; it is a program that I will never forget. Thank you to you and your astounding team for creating such a memorable experience for me!

Sincerely,

Anna

Dr. Pentyala,

The SARAS program was incredibly useful in helping me to figure out what I want to have as a major in college. I never thought my ideal major would be in clinical laboratory sciences or pathology. The program exposed me to more opportunities and choices in the medical field which I would have never thought of as an option for my future career. I enjoyed the lectures where the professionals showed us videos of the procedures such as robotic surgery and eye surgery to help us understand. The afternoon workshops were also enjoyable because of the work they gave us that was hands on. The SAT prep was truly helpful, I will be starting my SAT prep tomorrow, so this was a good introductory course for me. Thank you for giving high school students like me an opportunity to see various fields in the health care sciences to help us make a better decision that is right for us.

Sincerely,

Anika

After spending three weeks at SARAS I personally feel very grateful I attended the program. I learned many useful facts about medicine and the human body, learned about lab safety, was showed how to perform CPR, and I was shown how to react in the event that someone has a heart attack. SARAS helped me come to the realization that I want to grow up and be a doctor. Although I am still not sure what profession I would like to go into, SARAS really helped push me in the direction of medicine. I would like to thank you for dedicating your time to run the program and for organizing the lectures presented by the surgeons!

- Anastasia

Hi Dr. Srini!

Thank you so much for the opportunity to attend the SARAS program for the summer of 2017. Currently, I am in a high school research class and was told to read an article for a summer assignment. Immediately, I thought of some of the speakers I encountered during the SARAS program. I ended up reading and summarizing an article that was primarily written by with bone healing and the studies on the rats. I just wanted to express to you how helpful your program was for me. I definitely learned a lot from your research.

Thank You,

Ayra

My overall experience of Saras was great. I loved meeting so many new kids and i made friendships with people I will probably keep in touch with for a while. The program, in general, opened me up to the world now I know that I may want to be a dentist when I grow up. I hope other kids found out things they want to do when they grow up. The food at the program was fantastic which i would like to thanks all the sponsors for. The dooring was good to the night activities were fun and i got to meet kids my age. Thank you so much for the great experience.

Phoebe

I had tons of fun at saras and learned much about the medical field. I was able to make new fun friends and was able to enjoy the Stony Brook campus. I really liked going to sara's everyday and I loved the lunches as well.

Bhavana

I believe that my experiences at SARAS have been most enjoyable. There were particular lectures that I enjoyed more than others, those being the robotic surgeon and the maxiofacial surgeon that came to talk to us about facial reconstruction. Overall, i felt that the SARAS program was a useful way to spend my three weeks of summer in that it aided me in gaining a certain level of awareness of the various professions of medicine.

Thank You,

Bob

Hi Srini!

I just wanted to thank you for all that you did for us SARASers throughout the program! Overall, I would say that I had a fantastic experience. A lot of the lectures were very interesting, and the program definitely solidified my decision in becoming a healthcare provider and going to medical school. My experience living in the dorms was also a very positive one; I made many new friends and I got to see some of what college life is like! Thank you for the amazing opportunity & I hope to see you again in the future!

Warmest Regards,

Brigitte

SARAS was an amazing program and a once in a lifetime opportunity. I loved being exposed to different fields of medicine and science. Many of the subjects interested me and motivated me to continue to learn more about them. My favorite parts were the hands on workshops, particularly the CPR and clinical skills workshop. I wish we had done more hands on work with less lectures. Overall, I really enjoyed my time here at SARAS and am truly grateful for the opportunity.

Celina

SARAS is a great way to meet people that have a passion for education or simply success in education, just like you. You will definitely make friends because everyone there lives a lifestyle that shows care for their future. It's also a great way to discover your interests and learn more about medicine and the sciences that surround it as well as motivation to care for your future and inspiration as to how to approach it.

p.s. The Indian food was the best of the lunches.

Cole

Throughout my participation at SARAS in Stony Brook, NY, there were many new things I learned, which all pertained to different fields of medicine. This program has had a tremendous impact on me, since it allowed me to understand what career in the medical field I would like to pursue specifically. I met numerous different people (some of which I became friends with), and saw how those who practice medicine do so with a passion. Every speaker who spoke to us, did so with enthusiasm and with intellect that also affected me. I am extremely sorrowful of leaving SARAS, as it means leaving my friend, Srini, and many of the speakers that I felt I had a personal connection with.

David

Dear Srini,

I thought this was a very interesting program where I learned an extensive amount of knowledge about medical sciences. Throughout most of the lectures I was engaged in the material I was learning about. The robotic surgery was very interesting to me as well as the hand surgery. I think the SAT prep was extremely helpful as I learned tricks that are fairly easy to use for the exam. The food was great and I enjoyed how there was a diverse variety of foods each day. The interactive workshops were interesting as I was able to learn up close. I also met many new friends at SARAS who I hope I will have for a while as well as being inspired to work for healthcare. Overall, I enjoyed SARAS and am glad to have experienced it.

Thanks for everything,

David

Dear Dr. Srini

I had a blast at SARAS. I loved getting to hear interesting lectures and see doctors who were changing the face of medicine. I also will always have a special place in my heart for Dr. srini.

Thank you. Sincerely,

Diya

I really enjoyed SARAS. It was a great program and exposed me to a lot of different topics that I haven't heard of before, and further encouraged me to become a physician. I will definitely recommend it to others in the future, as it was such a great experience for me. Thank you so much.

Emma

During my time at SARAS, I had a great time. The lectures were an excellent way to explore the fields within medicine, and I feel that the camp increased my confidence when deciding my career path. Additionally, I made new friends and met many doctors and researchers. I plan to shadow a doctor the coming summer, and SARAS introduced me to my potential mentors. Lastly, the food was exquisite, and lunch was always a highlight of the day (that is always important!)

-Erica

When I first learned about the S.A.R.A.S program, I was hesitant to go because not only did I have to wake up early, but I thought that the lectures would be boring. However, after meeting Dr. Srinivas, I was proven wrong on the first day. He along with his experts did a tremendous job providing us with information regarding their respective medical professions. Furthermore, he kept us entertained with his jokes (especially the Bollywood dancing and chair aerobics videos). Also, as one of the students who stayed in the dorms, I formed relationships with both the students and the counselors. Overall, the three weeks that I spent at Stony Brook University was a rewarding experience. The experts who presented opened my eyes to the different medical fields that I may wish to pursue a career in. I would like to thank you, Dr. Srini, your experts, and the Grey Hall counselors for making the three weeks at SBU an enjoyable experience.

- Ethan

Dr. Pentyala: My experience at SARAS this summer has been great. First, I made new friends and we had fun learning together. Most of us are still in touch. Second, I learned a lot of information from the experts. Sitting through their lectures and watching them demonstrate what they know has been enlightening. Especially, the CPR and the respiratory therapy sessions were very interesting. Last, but not the least, visiting the Veterans home was such an honor, meeting those true real-life heroes has been very inspiring. I was really touched meeting them. Thank you for giving me an opportunity to participate and I wish SARAS team all the very best! Thanks.

Aneesh

SARAS, also known as Science and Research Awareness Series, was a seminar in which I learned about doctors and their different roles in the hospital. The course brought in urologists, lab safety specialists, and others who taught us about their jobs, their journey to reaching their

position, as well as what they encounter on a day to day basis. The seminar has had a profound impact on me and what my goals in the future are, as before the program I was undecided in what I wanted for my future. I was also undecided on which college to ultimately go in, as there were too many to decide. I wasn't a big fan of pre-med and its ordeals, I was more into political science and International relations, however, SARAS changed my view and made me realize that pre med isn't all that bad. I was also able to learn more about Stony Brook University from the talks we had on college readiness and the discussions on college composition. The entire program was very intuitive and brought in extremely smart people. I was thoroughly impressed and the program has motivated me to join Stony Brook in the near future, along with my future goal being set to a major in pre-med and a minor in Poli Sci/ International Relations. The program also helped me decide what I would want to specialize in after my pre-med requisite was complete and fostered my curiosity in other fields of medicine and their integral role in the field. Something that really stuck out from all this was the research. It was fascinating how much was being done and the fact that it didn't matter if you were a scientist: what mattered was that you had the imagination to think these things that others wouldn't come up with. My experience in SARAS was great and I wish I could have done the whole program again.

Fadil

Hi Dr.Srini!

My name is Gabe, and I would like to begin the reflection off with thank you. The SARAS program was a huge introduction of medicine, science and research to the students and I. It was a great way to show all of us whether medicine was the route for us to take in the future, and I loved it. It was a great opportunity to make friends, although I feel that you should've coordinated more random and team-work events for the us students to get to know each other and make friends easier. Although some people came in with friends, students like me who were completely alone had some difficulty meeting new people, however, I did eventually make friends by sitting and hopping to random tables during the delicious lunch.

Besides meeting and talking to others, the rest of the program was fantastic. Each morning was filled with gross yet fascinating experts and surgeons, while the afternoons were exciting to get a hands-on experience with more scientific fields. However, most of the students loved the morning because of the physicians who came in, and if you were able to fit in more during the day, instead of researchers, it would be more interesting and knowledgeable for everyone. The one physician a day was incredible though, and I would not stop thinking about the possible future opportunities until the next day!

Also, the fun and exciting activities that you planned were outside of the box and hilarious. You introduced me to Bollywood, something that I literally have never seen before this summer, and chair areobics which quickly got me in the best shape I've ever been. The many minigames also run by your students were a fun escape from the learning, and a great way to have a laugh at some of the other students who dared to accept the challenges.

Overall, the combination of your sense of humor, chair areobics, bollywood dancing, the amazing lunches and doctors, professors and other experts, created one of the best summer experiences I have had in my early life, and wouldn't change it for anything else. It influenced me in a massive way to choose a future in medicine and the joys and excitement in the future of my academic career. So again, thank you for making this a summer experience that I will literally never forget!

Sincerely,
Gabe

The SARAS program is great for any student interested in medicine and science. I found each of the presentations interesting and it provided a broad range of possible areas in the medical field that a student could look into. The presenters were prepared for any questions and answered them thoroughly. The program as a whole was organized and simple, making the experience better for everyone. I would recommend this program to anyone who would like to study medicine in the future.

Gianna

I greatly enjoyed my experience at SARAS. At the beginning I was a bit worried being one of the younger students, I would have some trouble but I didn't feel that way at all. I learned so much about the variety of careers in medicine in science. I have always wanted to be a doctor because my family is very connected to medicine. And I also really loved learning about all the different people that go into taking care of a patient. The doctor diagnoses and treats them, the nurse monitors them, preps them for surgeries and checks their vitals among other things. And the lab technicians perform all the tests so that the doctor has the lab results to move along with a treatment of some sort. They all work together to care for the patient. This program was truly a one of a kind experience that opened me up to science and medicine. I loved all the workshops we did because I got first hand experience on how experiments, epidurals and other procedures are performed. I loved having this opportunity at SARAS and all the knowledge it has given me. I greatly enjoyed my experience at SARAS.

Gili

Coming into this program I had no insight into what I wanted to pursue in the future. This program really opened my eyes into the different fields of health care. The speakers gave great insight on what their jobs were and how they prospered in their job. This program sparked interest in many fields and helped give me vision on what I may want to do in the future. The workshop where we worked on a stimulator, and worked on fake patients was very interesting. I really liked how the speakers spoke about their journey and the amount of hard work they put it in to get to the point they are at. It inspired and educated me showing that only hard work and intelligence will be able to help me achieve my goals. The food was amazing, always so mouth watering. This program led me to meet such amazing people and strengthen my friendships with old friends. Overall this program was great and am very happy that I got to experience it.

Eesha

SARAS was a great opportunity for me to learn about various branches in medical field. Most of the lectures were interesting and the work shops were fun. The lunch we had were all delicious and it was fun to taste foods from different countries. SARAS introduced me many different kinds of professions in the medical field. I was only interested in becoming a doctor before I was in this program. After I took SARAS I wanted to have a job in medical field. I learned that there are various branches in medical and some of them was interesting. The lectures helped me a lot to learn what the experts are doing and how they got their professions. Also I loved the surgery

videos or photos. I wished to have more of those videos and photos about the progress of surgery. In addition. I hoped there was more workshops. It was worthy to give up my 3 weeks of summer break to take SARAS. I enjoyed and learned a lot. I appreciate all the experts and staffs' help. Also I want to thank to the restaurants that provided us lunch. Thank you uncle Srini!! Have a great summer:)

Gyubin

Dear Dr. Pentyala,

My overall impression and experience at SARAS was phenomenal. The staff was friendly, the food was great and most importantly, the lectures were very insightful. I would highly recommend this program to anyone considering or is interested in a career in medical or research field.

Thank you for such an amazing experience. Without you, Dr. Pentyala, the program wouldn't have the same "vibe" or positive energy that you brought. Thank you again,

Ian

Overall, SARAS was an amazing experience. It helped me learn a lot about the many different medical fields, research, and how a hospital runs. The past 3 weeks were lots of fun and educational at the same time. Taking this course helped encourage me to continue to work hard in order to get into the medical professions. Meeting all the different doctors, administrators, and researchers was very informative. All the speakers did a very good job in teaching us about their jobs. Their power points were ll very informative and to the point. The interactive workshops were one of the best parts of the program. My favorite workshop was going int the simulation room. It really taught me how quick doctors need to work in order to save lives. The food over the three weeks was very good especially the last day. Originally, I had thought that I would have to bring my own lunch everyday because I didn't think I would like or eat the food, but it turned out that most days i ate well from the food provided. Thank you very much for the past three weeks. It was a wonderful program that I will not forget soon and will keep in mind when I plan my future.

Ibraheem

Dear Dr. Pentyala: First, I hope that you are having a good summer. Second I would like to thank you for giving me a chance to appreciate the different specialties of science and research. Finally, I would like to share that my experience within the SARAS program has been excellent. I had an experience I will never forget.

Justin

Dear Dr. Srinivas Pentyala,

I had a wonder time at the program! I got try so many new things and meet so many new people. I also enjoyed most of the lectures and learned so many things. I'm even thinking about pursuing a career in Clinical Laboratory Sciences. Thank you for this opportunity.

Jacob

All the lectures were informative & I think I learned a lot from them .I liked the SAT preps. I realize from this program how important it is. I think that I am a little bit more focused on getting

a career in the medical field now. I hate to admit it but Dr Pentyala was actually funny. Overall the SARAS program was a decent experience.

Jada

SARAS exceeded all of my expectations. It was absolutely amazing. I loved most of the lectures that were given and I loved all of the information received. I just wish that we were given a little more time to process the lectures. There was a ton of information said and not enough time to process and just let the information sink in. Otherwise, everything was great. The food, the doctors, professors, the assistants, and you were all absolutely amazing. It has influenced me to think about a career in the medical field. Thank you for everything in the last three weeks.

-Jason

Over the last 3 weeks, I have been exposed to so many different occupations that I would have never considered. I was grateful for the experience to share my love of science with other students like myself. I made quite a few new friends and plan on keeping in touch with them. We all felt like we made a connection and it was an amazing experience. After this program I felt like I had accomplished something over the summer. This was a great experience and I'm glad I chose to do this over the summer! Thank you for everything,

Jenna

Dear Dr. Pentyala,

I would first like to thank you for providing this opportunity for me and the many other students that participated in SARAS. The program has given me insight into many careers in the medical field, as well as other possible occupations. Whereas before, I was unsure of the career path I wanted to head down, SARAS has given me incentive to pursue a medical profession. I particularly enjoyed the hands-on activities, as they gave us a look into what some of us might be doing later on in our lives. I appreciate the speakers that took time out of their busy schedules to talk to us. Some of my favorites that stand out to me include the ophthalmologist, robotic surgeon, and the person who gave a great motivational talk. I also am thankful for the helpful SAT prep sessions that we took. Along with these educational activities, SARAS has provided me with many other wonderful experiences. One of my favorites was the visit to the Long Island State Veterans Home. It was an amazing thing to have partaken in, and I will fondly remember the veteran I met, and his stories. After receiving your feedback from the veterans, it is great to know that our visit positively impacted their lives. Additionally, I enjoyed the documentary "King Gimp," it was extremely touching and motivating. The fact that SARAS was not an entirely serious program made these three weeks a lot more fun. I appreciate your sense of humor, along with the various "skills competitions" that gave us a chance to laugh. I am, also, of course grateful for the lunches sponsored by various departments and groups and catered by numerous places. I have made some great friends through the SARAS program that I hope I will keep in touch with.

Overall, thank you so much for initiating this program and taking the time to organize it. I was sad when the three weeks were over – SARAS is a program like no other!

Best regards,

Jessica

During the time I was at SARAS, I was able to make many memories that will stay with me for a very long time. I heard many inspiring stories from many of the experts. But I have to say I learned one thing from all experts and that is anything is possible if you really put your mind to it. I was also able to make many new friends, even being able to become captain for team yellow. This camp really made me think of my future, and how quickly time flies. Not only during these three weeks did time fly for me but it made me realize college is just around the corner. I really do believe that this program really changed my perspective about my future. The memories I had with the delicious food, making new friends and even listening to some of the stories of the famous Srinu really made my summer and I will remember these memories for the rest of my life. Thank you to all the staff, experts, professors, and everyone who helped out making the SARAS program possible, even after less than a week after the last day I already miss going to the lecture hall in the Stony Brook medical center.

Joe

Dear Dr. Pentylala,

SARAS was a lot of fun! The lectures were very insightful and interesting! I enjoyed the workshops in the afternoon as well! In addition, I made a lot of new friends and I still keep in touch with them! Overall, my experience at SARAS was amazing!

Juliana

My experience in SARAS was very unique because at first, I wasn't too excited but throughout the program I began to enjoy everything more and more. It was the first summer I spent on something educational, and I don't regret going. The first day was uncomfortable for me because I sat with people I didn't know but starting from the second day it got better and better. The things I learned in SARAS I have never learned from anyone else. For the first time it felt like interesting science, instead of the boring science I learn in school. The food was good and the transportation was good too. Overall, I really enjoyed SARAS and it was a once in a life experience for me.

Justin

The program was a nice experience, there were many speakers that came and talked to about their careers and projects that they are currently working on. I learned how 3D printing is slowly changing the world because there isn't a limit to what you can do, you can make organ implants so the body won't reject it if you are receiving it from someone else, you can make bone implants and much more. One of my favorite things we did was going to the veteran's home, it was a very nice experience because I was able to interact with people that fought in the war long before I was born and listen to their struggles. Another thing I liked was the forensics side where we figured out who committed what crime by their finger prints, also how we were able to figure out someone's blood type.

Kaitlin

Dr. Pentylala,

In hindsight, SARAS was a very informative experience. Lots of helpful facts and interesting subjects were discussed. I just wish that the interactive sessions were distributed throughout the weeks, not just the last.

Thank you,
Kelaiah

Dr. Pentyala,

Thank you so much for the past 3 weeks. Because of your program I realized I want to be a neurologist in the future. The professionals you were able to invite taught us the basics we needed to know about the many professions in the medical field. Labs allowed us the hands-on experiences that were necessary to fully understand concepts such as applying epidurals and the difference between gram-positive and gram-negative bacteria. Your insight in to your latest projects also taught us the important business side of medicine. Many thanks again Dr. Pentyala and I hope to cross paths again soon.

Laura

My overall impression of the camp was great. I loved the people I met and it was very interesting to explore different careers in the medical field. The lunches were very good and I had a great time staying in the dorms. It was a great experience!

-Leah

SARAS was one of the best ways I could have spent a few weeks of my summer.

Getting to interact with experts in all sorts of fields as well as learn about all the job possibilities in the medical field was something I will cherish for a long time. This program gave me an in depth look at my possible future, and what I can do to ensure that I reach my goals. I personally enjoyed the interactive lectures that were more personal, as well as the lectures that included videos of real surgery and procedures. I loved the labs and the hands-on aspect of the program as well. Getting to do a spinal tap was something I haven't stopped talking about since. I made some great friends too, which wouldn't have happened if I didn't sign up for SARAS, which I am forever grateful I did. Thank you for offering this program for so many years! I plan on telling everyone I know about how great it was.

Lexi

Thank you for everything you have done the past three weeks. I loved many of the lectures, and it was this program that sparked my interest in the medical field. I now know that I want to go to med school and pursue a career in medicine. In addition, I made many great friends and many memories. Thank you for everything!

Lindsay

Dear Dr. Pentyala ,

I found SARAS to be a thoroughly engaging program. It was a privilege to have professional doctors to come in and present to us. At first I was unsure if I would be interested in pursuing a career in medicine. However, after listening to the presentations given I have considered looking into jobs researching various diseases. I think attending SARAS will be beneficial to my future as well as other's as now we are able to communicate to experts and create connections with them.

Kelly

Dear Srini,

Since everybody else dropped the formality, maybe I'll join in for this email. I learned a lot about various medical fields specifically I though geriatrics, urology and the robotics were interesting fields. I already have patients for urology since my friends said it would be better if a person they knew gave them a prostate exam. To be honest I'm not sure what I liked better, the lectures, food or what you forced us to do *cough* Bollywood *cough* either way I thoroughly enjoyed the program and what it opened up as options in the medical field.

Logan

Over the past three weeks, I have stayed at Stony Brook University to attend SARAS. This program has been incredible and interesting. I really got to learn a lot about very many fields of medicine and sciences. And along the way, I also made some incredible friends (sorry, but more than 1 1/2 friends) in dorming. If I could, I would definitely recommend this program to everyone I know, because it was incredibly interesting and fun to be at, even in the summer.

Thank you for this experience!

-Mai

Hi Srini: My name is Danielle. I thought that SARAS was a great program. I loved how each day we got to learn a variety of things and over these past three weeks I definitely learned a lot. Thank you to you and your staff for helping to put this wonderful program together and making it run smooth. I went into SARAS knowing that I wanted to be a pediatrician and I came out thinking I might change that. Thank you once again.

Danielle

P.S. The food was amazing every day!!!!

Dear Dr.Pentyala:

My feelings towards the SARAS program are extremely positive. I very much enjoyed this experience, and thought it was very helpful in narrowing down my interests and future career options. Although I did enjoy the lectures and found many of them insightful and interesting, I wish we had more interactive activities in which we can participate and do hands-on experiments. My favorite presentation/profession that we heard from was the clinical lab scientists because this helped open my eyes to a career that I am very much interested in and plan on actively pursuing. SARAS helped me find my passion, meet new people, make contacts, step outside my comfort

zone, be experienced to new things, and gain large amounts of knowledge in the science and medical fields. I also very much appreciated and enjoyed the SAT prep sessions that we had because I found them very helpful. My gratitude goes out to the Stony Brook staff who aided in the program, the many caterers providing food, the professionals who lectured us on their jobs and fields of study, and of course you, for taking so much time and dedication to create such a well-run program that was very informative but also fun with prizes, jokes, engaging emails, and very interesting presentations and stories about your research. I definitely recommend this program to any high school student going into the research field. Thank you again for such a amazing experience!

-Meleni

The SARAS program has taught me so much, and as Uncle Srini said in his (hopefully haha) final email, “All good things come to an end. But there will be always a new beginning.” SARAS taught me so much about the medical field, and has raised interest in topics involving respiratory, cardiovascular, and neurological professions. SARAS did not only open doors to the medical field however, it introduced me to college life for three full weeks. Before the SARAS program, I thought I wanted to attend a large college and with classes in lecture halls, but after sitting in multiple lectures, I have learned that I prefer a smaller class setting. SARAS also showed me how much of a kinesthetic learner I am; I learned much more in the lab than in the lecture halls. Thank you to Dr. Srini and every other contributor to the SARAS program for introducing me to many new interests!

Emma

Hi Dr. Pentyala,

I first wanted to thank you and your team members for putting together this incredibly enriching program. Organizing a summer program for around 130 students is nothing easy let alone recruiting all of the staff members to give lectures despite their own busy schedules. You too had an incredibly busy schedule, designing dipsticks and so much more but nonetheless, you provided 15 days of lunch, many speakers, a plethora of workshops and endless fun for us. Your love for what you do is evident and something I would be honored to attain in my future.

Here is my reflection on what I thought about SARAS. At first I was hesitant to come to SARAS, as I was trying to get ideas for my Independent Science Research Project and was only somewhat interested in the medical field. I was scared the lectures would not be interesting but I was mistaken. Some lectures, specifically the lecture on cannabinoids and depression went by so quickly that I would look at the clock and the hour would already be over. Not only did I find inspiration for a project but I found a future career of interest in drug testing and trying to cure diseases that previously could not be cured. During the program I found the inspiration to innovate which had been buried underneath schoolwork and stress from the school year. I became open to an idea of a career in the medical field which I was previously completely opposed to. I enjoyed being with peers that have similar interests as myself and becoming friends and making connections that might come of use to myself in the future. The ability to meet so many doctors and professors, including yourself, in a multitude of fields is a rare opportunity and something I

do not take for granted in the least. Many people struggle to find mentors for their projects but after SARAS I feel confident and was even able to make contacts with some speakers.

Overall, SARAS was an incredible experience that both enriched and intrigued me. I hope the program continues to expand and flourish, so children after me are able to experience the joy and satisfaction of being immersed in what they love with likeminded individuals.

Thank you so much for caring so much about people like myself and giving us the opportunity to be exposed to the experience we had!

Micaela

For me, SARAS was an outstanding program due to the interactive experts, their well thought out lectures, and the positive energy within the room at all times. I introduced myself to strangers, and left with a handful of close friends. The people, laughs, and overall experience I endured throughout this 3 week period is something I will cherish many years from now as I attend college and hopefully medical school. Only hours after our last day I wish there was just one more week of SARAS. In addition, Srini and his teaching staff did an outstanding job of feeding us each day and keeping all of us (roughly) 130 teenage "monsters" organized. For that, I would recommend this program to anyone seeking a profession in the medical/science field when they're older. Thank you all for everything.

Sincerely,

Michael

Saras was the best way I could have used my 3weeks of summer! Meeting lots of experts working on the field and what it is like was a precious information for me. I would definitely recommend to my friends to join next saras.

Min

Dr.Pentyala (Srini),

I enjoyed SARAS, particularly the food, and the wonderful lectures that truly helped me narrow down the career path I want to embark on. I did enjoy the fact that we had some fun and didn't simply have lectures 24/7. I enjoyed learning about Srini's dipstick and had fun with chair aerobics and the Bollywood dances. Thank you for not only helping me decide on a career, but also for being the highlight of my summer (yes I know I have no life).

Thanks again,

Miryam

My experience at SARAS was one to be described at being very influential and intuitive. Throughout this three week program I was exposed to various healthcare fields, allowing my knowledge to develop on unfamiliar fields. Through this program I was able to make new connections, and interact with professors and students in an academic environment. Going into my first day at SARAS, I was not sure of what to expect and if I would be able to make connections with other students there. I can know proudly say that I have made lifelong friends from this program that I would never have gotten to meet otherwise. Sharing the same passion for science and health, it was very easy to get along with all the students there. Everyone was very polite, respectful and helpful.

Moreover, through this experience I was able gain keen insight about how to apply to colleges, especially BS/MD programs. After speaking with some of the medical students I was able to gain first hand knowledge about the specific criteria that must be met in order to get into these programs. Also, I loved the atmosphere that was created by all the students and professors. Everybody was always ready to learn, and respected one another when a fellow peer was asking a question.

Dr. Pentyala, you did an amazing job putting this program together with the help of your assistants. I want to thank you for creating this program 14 years ago, and allowing high school students to develop on their passion for science. With your help, I was able to reach out to professors and learn about all different kinds of research that is currently being done. Thank You.

Moksha

Dear Srini Uncle,

I would just like to inform you that SARAS has improved my overall knowledge of medicine and the various occupations that overlap this hub of science. It has helped me explore what interests me and what is outside of my comfort zone. Some fields of medicine, of which I will not disclose, have now created enthusiasm for me when before I had no interest in. The lectures provided a baseline into what goes on inside of a hospital and the assorted research labs, and the lab exercises provided a further understanding of the area. I gladly will remember the three weeks I spent at the hospital, not just because it is on my resume.

Mourya

Dear Dr. Pentyala,

My experience with the SARAS program was one that I will never forget. I had many fun and wonderful experiences learning about different fields that health care provides and the many options that I have in the future to succeed. Honestly, coming to this program helped me decide what type of surgeon I would like to be, at least for now. This program was especially made better with the delicious lunch that you provided and the humor that you brought everyday. I will miss this program that I had for the past three weeks, however, it was truly one I will never forget. Thank you so much!

~Natalie

Dear Dr. Pentyala,

I really enjoyed the program. All the presenters were great and I was very impressed with how many specialists were there to talk to us. The hands-on activities were always informative and exciting. I am very excited to volunteer at the hospital this year and would love to have an opportunity to help with research – particularly in regenerative medicine. Thank you for such an rich and informative program, it really made my summer unique and enriching.

Best Regards to you and the entire staff,

Nick

Uncle Srini: SARAS a simple acronym, yet it expands light-years beyond its meaning. SARAS exemplifies the true meaning of comradery and friendship. Although SARAS might have

included what everyone would call lectures, they were more like small pockets of learning and gift giving. One day I hope to join you on stage in a few years and possibly in the University. I personally as one of your students in the program Dr. Pentyala, I very much enjoyed the camp and currently recommending the program to everyone I know, so they can enroll next year and hear all about the dipstick! Overall the program was a smashing success and hopefully some of my friends can join in on the experience next year.

-Frank

Dear Dr. Pentyala,

Here is my summary:

The definition of unique is “being the only one of its kind; unlike anything else.” This was my experience at SARAS. Unique. It was absolutely amazing! I got to interact with many professionals in the medical field, practice for SAT, make new friends, and have many hand-on experiences. Although SARAS only lasted for three weeks, the information I learned will stay with me for a lifetime. My career choice horizon was expanded through this program. I got to explore new paths that I didn’t necessarily consider before. Thank you to all the experts, students, and friends who made this a unique and life-changing experience.

Orli

Hello Srini! This experience has been educational along with enjoyable! I think sometimes in school students are forced to only focus on the academia and forget about living life but the lectures that were presented each day incorporated both the knowledge and fun aspect to every profession. From this experience, I would love to continue with research in the future, particularly looking at stem cells. I know that the journey to medical school is long and by no means easy, but from each speaker I learned that it is easy gratifying. I truly appreciate the time you shared with me for the past three weeks. I will definitely recommend this program to all my younger friends as it was a turning point in my life. I wish you luck with everything in the future and hope to see you soon,

Adriana
