

2018- SARAS: STUDENTS FEEDBACK

Dr. Pentyala:

On one of the last days (SADLY) of the SARAS 2018 program, I heard someone say that this program is one of the best in the whole country. Well that doesn't come as a surprise because of everything I have experienced for the 3 weeks in the program.

It all started a few months ago when I first learned about this program. My friends called me and said that there's a program during the summer and it looks really good. So I went onto the website of the SARAS program and started looking at what it was about. The second I saw that it was about research and that we would interact with professional doctors and experts, I knew that I HAD to try to get into it. I emailed you about how my friends and I wanted to join the program and you wanted to save 3 spots for us. In the end, I was the only one to actually do this program. I couldn't pass this opportunity. And guess what, I'm glad I didn't pass it up. In those 3 weeks, I've learned more about the professional work and research than I could have at my school or on a college tour. I fell in love with the program instantly. I will never forget in the first week I asked my first question to a professional and I got so excited when he liked my question and gave me an amazing answer. Oh and who could ever forget the amazing jokes you tell and how you inspire with your shower ideas, patents, and your "first love". I have to also say that you know how to pick a team whenever the members of your team came to talk to us or show us their work and projects I knew it had to be good (I wasn't wrong). Trips like to the Veterans home also added depth into the program in new ways. The program was greatly planned out and professionally developed. As an individual who was interested in becoming a Biochemical or Biomedical researcher, the SARAS program helped solidify my choice. I made many friends with similar goals and it was the best feeling. The last day was the saddest day of all, I didn't want to leave the program at all. I can't even say how much I loved this summer because of SARAS. It helped make it the best summer ever and I am so happy I came across this program and I don't think I would trade it for any other experience. I can proudly say that SARAS is forever in my heart and influential in my life. Thank You Uncle Srinii!

Michelle

Hello Dr. Pentyala,

I was a member of the SARAS program this summer, and I honestly enjoyed it a lot. It was very informative and it taught me a lot about the aspects of fields in science. I entered this program because I wanted to see what the field of medicine was all about, since I was not sure what I wanted to be when I grow up. I am definitely glad I went through this program. I realized the field of medicine is my calling, and that I want to become a doctor. I don't know if I would be able to say that right now if it wasn't for this program's guidance in helping me figure out my career path. Overall, I cannot express how much this program has influenced my outlook on the importance of science, and how much it made me want to pursue my passion in the medical field. Thank you for all you do with the SARAS Program Dr. Pentyala, it was an amazing experience!

Joe

All in all, SARAS is an amazing program, it has outdone my expectations. SARAS opened me up to so many areas in the medical field through presentations and hand on activities, I was overall impressed with the information provided to me and it couldn't have been any more fun without you Dr. Srini. Also, the food was pretty good. I would definitely recommend this program to the couple friends I have who are interested in becoming a doctor.

SARAS Week 3 Reflection

The Science and Research Awareness Series held at Stony Brook Hospital was a memorable and worthwhile experience. I was very glad that I had the opportunity to soak in so much information in the short span of three weeks. The third week, in particular, was packed with many intriguing speakers. My favorite out of all of them was the chair of OBGYN. His talk really interested me in the field of Obstetrics and pushed me towards a possible career option. My favorite part of his lecture was the advancements in non-invasive surgical technology and how it is adaptable to teaching medical students. The future of medicine always amazes me!

In addition I also enjoyed the forensic science workshop even though it was not directly related to medicine. The workshop examining evidence was extremely interesting because it showed me critical thinking skills, like working backwards. Although this is not the field I am interested in, it shows me that science has a broad range of use.

Another speaker that interested me a lot was the speaker who talked on using regenerative medicine to solve problems in the field of medicine, such as organ replacement, was very intriguing. The way he presented his ideas were very easy to follow which made the lecture much more enjoyable. It was also very interesting to hear about new ideas and inventions from an expert in the field.

Overall, I feel that the schedule made for SARAS was very captivating and I was highly interested in many of the speakers that came to teach us. I want to thank Dr. Pentyala for all of his hard work he had put into making such a great program filled with activities to do each and every day. I am very fortunate to be given such an amazing opportunity to learn.

Alexandra

Saras was a great experience. The program was filled with many interesting topics and was very interactive. I greatly appreciate all the effort you put into the program for the students.

Yasin

Dear Dr.Pentyala,

Thank you so much for an amazing three weeks! SARAS is great program and I am so grateful to have had the opportunity to experience it. I learned so much in these three weeks about the medical field than I've ever had before. It was truly something I will not forget. From showing our skills in the workshops to listening to the various lectures from professors, it was so much fun. Each lecture was so fascinating and every doctor and professor answered questions that we had. Through this program I have had the opportunity to see a different side of medicine and the research that goes behind it, and I am so excited for the future of medicine as well. This has definitely made me want pursue a field in medicine and research even more. Once again thank you Dr.Pentyala for taking time out of your schedule to do this program. I'd like to also thank the hospital, the sponsors who catered our lunch, the staff at the Long Island Veterans home, and every professor and doctor that came to give us a lecture.

-Ayesha

The three weeks I have spent in SARAS was an amazing experience. Without participating in the program I wouldn't have learned the things I have learned in many specific fields from many experts. The workshops and hands on activities were the best part, but I would've enjoyed it more if there were more time to do the hands on activities. Overall I want to thank everyone that made this program available for high school students to get this amazing opportunity.

Yoorra

Attending the SARAS program exposed me to a wide variety of careers that spawned my curiosity and interest in the field of medicine. By introducing us to numerous professors, doctors, and researchers pioneering the future of medicine and health care, such as Dr. Pentyala himself, I was able to thoroughly observe first-hand what a career in such a field entails. The information taught to me was presented in such a way that I was able to comprehend the speaker's research/ lecture, despite its level of complexity. The variety at SARAS was extensive, touching topics from geriatrics to regenerative tissue, which was certainly an aspect I loved about SARAS (along with the food). Dr. Pentyala's dedicated staff and his sense of humor ensured us that we would enjoy the day at SARAS, whether it be by trying to memorize tongue twisters or to formulate a story about SARAS and Hogwarts. Overall, SARAS reaffirmed my interest in research, as I aspire to pursue a career as a chemical and biomolecular engineer primarily in the field of medicine; it was definitely worth the hour and a half drive there and back and the time spent during my summer!

-Lia

During the first day of SARAS, I felt a little overwhelmed since this was my first time attending an educational program that focuses solely on fields of medicine and research. However, after a few days of interesting lectures and funny icebreakers, I began to look more forward to commuting by train to Stony Brook. One of the best parts of the SARAS program is that not only do you get to learn about different medical careers from experts, but you also participate in many interactive workshops that are engaging and teach important skills, such as SAT workshops for giving tips on how to succeed in tests. By the end of the third week, I had found so many educational opportunities that I never knew existed coming into SARAS such as straight BS/MD programs after high school. Thank you, Dr. Pentyala, for giving me and many others an insightful look into the various occupations of those involved in medicine and clinical research.

Anoushka

Hello Dr. Pentyala,

Thank you for turning these three weeks into some of the most memorable moments of my life. I remember on the first day, I was so nervous and overwhelmed by the large class. But quickly, I met a lot of new friends and getting to know each of them is truly amazing. I'm glad that I met so many people who have the same goal and same passion as me. The three weeks of lectures really helped me a lot to explore different fields of sciences. These lectures not only gave me insights in the field of medicine, but they also helped me in deciding my career path. The experts and doctors who spoke to us really opened our eyes to the different medical fields. Not to mention, lunches in SARAS were the best lunches I had in a while. I've never thought that I would like Indian food but after these three weeks, I beg my mom to go to Indian restaurants whenever we go out to eat. I really admire Dr. Pentyala by his works and knowledge, and on top of that, he is undeniably funny. Of course, can't wait to buy his "Srini's dipstick" in a few years! Once again, thank you Dr. Pentyala and your team for putting this amazing program together, and giving me one of the most amazing and unforgettable experience ever.

Sincerely,

Jing Ying

In the first day of the program, I had no idea what to expect. Frankly, it was daunting for me to walk into the red carpeted lecture hall and be lectured by experts. Juxtaposing the first day and the last day, the program changed me completely in a revolutionary way. The program acts as a guide, of which leads me through the vast fields of medical careers, pinpointing the essence of each field and in the process, assist me to screen and select the ones that suits me. For instance, regeneration and stem cells manipulation has always been my field of interest, the talks given by some of the speakers inspired me to continue exploring further into the subject. The experts in the specialized fields have unleashed me from my perplexed and puzzled self, by answering my specific or even preposterous questions; they also aspired me to be more curious, dig deeper into subjects, and give awareness to the scientific world. Furthermore, there were some talks, given by great professors and M.D's, are beneficial to me in the way that I now acknowledge the fields that I disdain. The location of the Health Science

center is beneficial to me as well. Since it's attached to the Stony Brook hospital, I get firsthand experience regarding the ambience of the hospital, the quality of the food they serve, and the interactions with various faculties. This gives me a chance to contemplate whether hospital is a suitable environment for me to endeavor my career in. The highlight of the whole program is Dr.Pentyala, a trustworthy mentor to me. Albeit sometimes his jokes can be hard to laugh at, his humble-self has proven to be intelligent and dedicated to his research career. His speech has consistently been inspirational, encouraging and informative. It's fascinating how Dr.Pentyala can turn one mundane and irrelevant thought into a prominent research. Overall, by the time I walked out of the lecture hall in the last day and finished the three weeks program, I had absorbed so much useful knowledges and formed a more defined idea of which field I will go into. Stony brook is a great university and hospital, and the existence of the SARAS program only contributes to its greatness.

Jin

Hi Dr. Pentyala,

I really enjoyed my time at SARAS this summer! At first, I wasn't sure what to think of the program. It was recommended by one of my cousins, who is actually a student at Stony Brook. I actually learned a lot from the lectures and I was glad to experience a taste of what medical school would be like. I found myself saying "I learned that during camp" to my friends. I loved the hands-on as well. I'm really glad I decided to SARAS and I might actually do it again next year as well! Thank you!

- Hannah

I would like to preface this by giving a huge thanks to Dr. Srini, his team, and anyone who was involved with the SARAS program. The last three weeks have been a truly unique and rewarding experience. Each lecture was focused on a different aspect in the medical field, from lab safety to robotic surgery, giving us exposure to a wide variety of specialties. I especially appreciated stories of the different research projects that are taking or have took place at Stony Brook as it opened my eyes and I was able to see what a great school Stony Brook really is. I also enjoyed the interactive workshops where we were given the opportunity to learn and try different techniques such as using an ultrasound machine, doing CPR and intubating a mannequin. On top of that, the best part of SARAS for me was being able to meet so many new people, many of which I am now friends with and will continue to keep in touch.

Julia

SARAS was an amazing experience for me. At first, I was reluctant to going, because my family signed me up so I could follow in the footsteps of my older brother, who went to SARAS about 5 years ago. I thought it was going to be some boring science camp

with boring lectures and boring people. But, it was the exact opposite. The whole experience of SARAS was way better than I expected. I expected to be that kid that falls asleep in the lecture hall every day. But, there were so many intriguing, informational presentations given by professionals in different fields of medicine. The presentations were extremely useful in that they opened my eyes to so many different fields of medicine that I could possibly have a career in, such as Anesthesiology, Psychology, Urology, etc. Not only did it show me new fields of medicine, it taught me more about the fields I already knew about, and just how hard it is to go into a medical profession. There are many years of school involved in going into a medical profession, which the experts who spoke to us discussed. These presentations helped me narrow down what fields of medicine I am interested in, or am completely uninterested in. Along with the amazing presentations were some fun-filled workshops. The workshops went along with the presentations given by the experts. We were able to be exposed to what some medical professionals do on a daily basis, such as giving an epidural, performing urine tests, analyzing crime scenes, etc. These workshops helped capture the essence of what a day in the life is like for certain medical professions that us students may be interested in. In addition to the interesting presentations and hands-on workshops, I was able to meet some amazing people. In these 3 weeks, I was able to meet tons of new friends and was able to form strong bonds with people at a rapid pace, since we were all trapped in that room together. Thanks to SARAS, I discovered tons of new information on varied fields in medicine, was able to apply some of the knowledge I acquired in workshops, and was able to make extremely strong friendships. So, though at first I kind of dreaded it, SARAS was an experience I miss dearly and will truly never forget.

Meghna

Dr. Pentyala,

After 3 weeks at SARAS, I can definitely say that the program was truly a great experience for everyone who attended. The program exposed me to so many different occupations in the medical field and it also introduced me to so many medical professionals. I am so grateful that I decided to attend SARAS this summer and I am grateful that Dr. Pentyala and everyone that came to lecture took time out of their day to come talk to us about their professions. I was scared that some of the lectures would be boring but I was wrong and every lecture taught me something new. After these 3 weeks, I was able to figure out what career in the medical field I may want to pursue in the future and throughout my last year of high school I will keep thinking about everything I learned in SARAS and finally decide which path is right for me. I also got to meet new friends throughout SARAS that I plan to keep in touch with for years to come and I was able to get closer with students that went to my own school back home. I am glad that I had this opportunity to learn, eat good food (thanks to the sponsors), and do many lab activities at Stony Brook University this summer.

Thank you,
Jean

Overall SARAS has been an amazing experience. I've got to learn subjects in the science/medical field that I wouldn't have gotten the opportunity to learn because of my grade level. I've been exposed to skills that I would need in my life time such as social skills and work ethic skills. The best part about SARAS was making new friends and the workshops. After I finished the program I felt as if I was a different person because of the knowledge that I've acquired. Thank you for giving me this opportunity.

Tai

Dear Dr. Pentyala,

I had come to SARAS thinking it would just be boring lectures. But, from the first day on, I was totally shocked. The lectures we heard were absolutely amazing and really opened a lot of doors for me. The workshops we participated in were not only hands on, but I was able to learn so much about the medical field. When we did CPR and saved a life, it felt wonderful. When the doctor came in to do intubations with us, it was so cool. And, I made so many new friends through SARAS. I am truly grateful for this experience and it is one that I will carry with me throughout my life. Thank you Dr. Pentyala for allowing me to experience this journey.

Thank you,
Annsley :)

This program was the one thing I was looking for as I wanted to go into the medical field. SARAS really exposed me to the many occupations there are available in this field. After these three weeks, I have built an interest in 3D Printing, surgery free fracture healing, stents, CPR, respiratory care, and Stopping the bleed. Stopping the bleed is also one of the many things I have always wondered about. I wanted to know how injured beings can be healed or at least saved from death, and this particular program has helped me a lot to become exposed to real life. This program helped me to figure out which profession will interest me the most. I would like to work with you (Dr.Srini). I feel that the stupid ideas that you come up with are what people commonly know about, but do not really focus on why such things occur. For example, many of us are aware that limes can ease the feeling of vomiting, but nobody really thinks "why does that work?" I was, and still am, amazed at the fact that the science behind such commonly known things were never thought about and that money could be made off of those things. It was a pleasure learning with you while having so much fun and I am very grateful to have the opportunity to be able to work with such people.

Thank you so much!!!!

Mahima

Dear Dr. Srin,

The SARAS program was actually one of my favorite programs that I have been to in my life. I thought it would be somewhat boring, but the program opened a whole new world of science and knowledge to me. I learned so much about everything in the medical science field, a field that I was skeptical about going into. I now finally have an idea about what I want to pursue when I get older, thanks to you and your program. To add on, the food that was provided was amazing, and if I was even a little bit tired of going to the program to learn, the thought of what's going to be for lunch always made me happy. The labs and activities we did, as well as the fun performances and games we did in between lectures before lunch, were all so fun and enjoyable, and I think you did an extraordinary job at running the camp. You are such a cool and amazing person in my eyes, with all your wits and inventions, and I don't even know if you will allow this but next year I would be glad to show up again. Thank you so much.

From, Paavan

Attending the SARAS program at Stonybrook University was an incredible experience. I not only found the experience of a college like environment to be important, but enjoyed getting to work hands-on doing different procedures commonly found in emergency rooms. Before attending the SARAS program I was undecided on whether I was interested in working in surgery or in a lab. However, after weeks of exciting workshops, I realized that I had a strong interest in being an emergency room nurse. SARAS is a great opportunity to explore healthcare while being surrounded by many capable students with similar goals and interests.

Cecelia

SARAS 2018 to me was an amazing experience that I really miss. I wake up in the morning and dread not having to go to Stony Brook. SARAS was not only an amazing opportunity for me due to the vast lectures we were able to experience but also because of the friends I made. I came home on the last day and went through my entire notebook trying to relive the lectures. I used the SARAS experience to help me think about what I want to do in the future because I have started looking into colleges for next year. This program not only showed me how many different fields there are in medicine but how much you have to love medicine to be in medicine. My experience at SARAS will be an experience I will never forget and an experience that will live within me every day. Thank You so much for forcing to me to wake up early everyday to learn something new.

Prithula

Hi Dr. Srini,

First, I'd like to thank you and your team for working so hard to make SARAS possible, it was an amazing experience. This year while taking Scientific Investigation Biology, I developed a passion for learning about the human body. I was considering studying medicine after I graduate high school, but I had no idea what field I'd be interested in. After attending SARAS I've become very interested in cardiology, neurology, and orthopedics.

The doctor who talked about bones presentation was very interesting because it made me think a lot about what he had said. The drug he was creating sounded perfect, until he told me that one of the genes involved in what signaling caused cancer. I thought that the gene that caused cancer could also be the one that sends the stem cells to the site of the fracture, and caused cancer by sending an abundance of stem cells to the fracture site after it was healed.

SARAS also led me to wanting to attend more programs like SARAS in the future, and maybe attending SARAS again. It showed me that I also love being in a hospital setting, and being under pressure. Performing medical techniques like CPR and intubation on dummies was extraordinary, and it's exciting to know that I have the skills to perform them on a person, if I'm put in that situation. When the EMT, came in it was amazing to learn from him because now I know how to save someone from bleeding out. Thank you so much for giving me this opportunity.

Jude

Dear Dr. Pentyala,

Hi! My name is Sang, and I attended your SARAS program this summer. Here is my overall impression of the program.

Going into the program, I was really nervous. Although I read the schedule online, I still did not know what SARAS would be like. My biggest fear was not being able to make any friends. However, that fear was quickly relieved.

In the first week, I was quiet and very shy. I would listen to the lectures and just watch others as they did demonstrations with the medical equipment. I was new to the typical lecture hall environment, so I kept to myself.

However, as time went on, I started to come out of my shell. I started to make friends and I became more active. I asked more questions and won some toys (yay!). I also became the first one in my group to try out the medical procedures. I was eager to learn

and try out new things. I got more and more comfortable, and I really began to love it there.

Although I am sad that SARAS is over, I am very thankful for the opportunity to part of it. I learned so many new medical techniques and procedures. Specifically, I loved the tourniquet informational session because I really enjoyed learning how to put one on. I also liked the videos of the cataract surgery, as I would like to be an ophthalmologist someday. Moreover, I enjoyed the overall environment. Everyone was very nice and you made it very enjoyable with all those Indian dancing videos.

Thank you Dr. Pentyala for such an amazing program. I learned more than just medicine at SARAS. I could not have asked for a better summer. Thank you again, and I wish you the best of luck with your dip stick and other research.

Sincerely,
Sang

I had an excellent time at the SARAS program. I didn't know anyone on the first day when I arrived, but I left with many new friends that I plan to keep in touch with for a long time. Lunch time, as well as fun workshops, provided many opportunities to meet new people and spend time with new friends. The lectures in the SARAS program were fascinating and covered a variety of subjects. I felt honored to be taught by such talented and intelligent experts, whose advice and knowledge I will keep with me forever. I learned about fascinating research projects, watched amazing videos of surgeries, and listened about the journey into medicine and how extraordinary it is. The workshops were my favorite part of the program. The hands-on experience was thrilling and made me more excited than ever to join the medical profession. My favorite set of workshops involved ultrasound, intubation, spinal taps, and CPR/first aid training. These workshops gave us the opportunity to experience real medical procedures and gave guidance to what types of medical professionals we would like to become. I am so thankful for the opportunity to come to SARAS this summer. The time I spent at this program will never be forgotten, and I will remember SARAS in my future as I pursue a career in medicine.
Naomi

Dear Srini Chachan,

I hope you are doing well. I know this is kind of late but Indian standard time is always late. I want to thank you once more for the amazing experience at SARAS. In my opinion, there were barely any faults with this program. It gave me a sense of independence by going on the LIIR to the campus of Stony brook. I enjoyed the workshops and especially the veteran's home trip. I thought you and your team made SARAS a very memorable program. The food was really good and so were the activities. Although I wasn't there for the last three days I know the whole program was one filled with fun, seriousness, and Bollywood. Thank you once more,

Joana

Hello Dr. Pentyala! I really enjoyed participating in SARAS this summer. It was an amazing program that enabled me to learn about many different fields of study in STEM. The program has helped me narrow down what career I want (mostly by excluding the ones I don't like). I'm very thankful that you host this program for students. I am sure it will help me when I apply to college and finally choose my major in college. SARAS was so much fun to participate in, and there was a lot of incentive to ask questions and stay alert. I was able to get a lot of information that will assist me in college. I feel less lost about college applications and what can help you get into college. Thank you so much!!

Tia

Dr. Sринi,
I definitely enjoyed SARAS! The hands on workshops really got my attention as far as how the actual procedures function at a real hospital. The lectures were quite interesting I must say. Every day was a new speaker with a new topic which kept me on toes listening and writing at the same time. At first I thought this program was just a bunch of lectures, but I was so glad to find out that it wasn't just that. By far my favorite hands on activity was the human simulated dummy which we had to perform CPR on! Thank you for the experience of a lifetime and I will definitely be telling my friends about this. Actually I already have! Thank you for all that you did for the 3 week time period!

Sincerely, Skyla

Hi Dr. Pentyala,
I was a student at SARAS this summer and I just wanted to thank you again for putting together such a great program. After listening to the numerous lectures and participating in the various workshops, I have been able to narrow down my field of interest. I was most fascinated by the topic of biomedical engineering, particularly the presentation on Tissue Engineering and Regenerative Medicine.

Thanks so much,
Sydney Scott

For me SARAS gave me great insight on medicine and career opportunities. Going into the program I had no idea of what I wanted to pursue as a career and I honestly still don't, but learning about all of the different specialists will help me choose what career I would want, whether that be in healthcare or somewhere else. The experience was informational yet also enjoyable so it kept me engaged for the 3 weeks. The experts all seemed interesting and meeting them was very beneficial. I am very grateful for the opportunity to be a part of SARAS.

Peter

Dear, Dr. Pentyala

I really enjoyed my experience at SARAS and am very thankful for the experience and knowledge I gained. I learned from many experts about sleep disorders, transplants, diabetes, gastroenterology, orthopedics, anesthesia, new cutting edge inventions and many more. My personal favorite is when we practiced emergency responses on the simulators. During this critical skills lab, I also enjoyed learning how to insert an endotracheal tube to create an airway. I hope to have the opportunity to experience this program again next summer. Thank you for everything.

Emily

I greatly appreciated the SARAS Program. I gained a lot of insight into numerous fields in research and medicine which helped me expand, and narrow, my interests. I was able to think of numerous things which I may want to explore during the lectures and I am very happy to have been exposed to the different fields and experts at Stony Brook, and in the scientific community as a whole.

- Vishwanath

Dear Dr. Srinivas Pentyala,

Coming into the Saras program I was nervous but excited. Socializing with people I don't know was scary but also getting to be in a program where I can see an insight of the science field was something to look forward too. Throughout the 3 weeks I've made a bond with people I'd call strangers at first but as time went by I'm glad to call them my friends. The lecturers were great! They helped me eliminate professions, also brought a light into what I'm thinking about doing with my future. Dr. Pentyala and his team always followed up with a great lunch every day, I would like to thank the sponsors who took their time to make us a delightful meals.

The Saras program made me open my eyes to stay in the path of success and that anything is possible any idea can be created if you keep your mind to it. Even if you have a crazy idea while you're in the shower it's still something you can put your mind too! I want to say thank you Dr. Pentyala for dealing with us for the past 3 weeks and it was most likely stressing getting everything done for us. I hope this program continues and I wish you the best.

Sincerely,
Sarah

My impression of SARAS was not what I was expecting. With my dad working in the hospital I basically grew up at Stony Brook. So I thought I knew all about Stony Brook but I was completely wrong. I never realized all the research and opportunities you get. SARAS opened my eyes to professions and research I want to be a part of.

Sarah

Dear Srini,

I really loved the SARAS program so much. Although at first I was a little hesitant about the experience, I quickly understood the reason I was there and fell in love with the program. This is exactly what I was looking for during my last summer before college. I was unsure about what part of the medical field I wanted to pursue but SARAS has guided me in ways I couldn't be guided by school and shadowing programs. I now want to be an orthopedic surgeon specializing in the extremities. I learned so much more about medical school and the rigor and expectations colleges have for medical students. I also learned the importance of undergraduate research and choosing a college that will allow me to do research for medical school. I truly appreciate the hours you and your fellow students put into the program to make SARAS such a personalized and educational experience. Your sense of humor and funny emails made the three weeks much faster and motivated me to continue the program. Hope to see you soon in medical school. :)

Thanks again,

Alex

SARAS 2018 was a very different and interesting experience for me. At first I will admit, I was a bit skeptical about the program. I was unaware of how it would run because it was unlike any other summer opportunity I have ever had. However, after the first day, I began to realize how useful and fun the three weeks would be. I knew I had an interest in medicine, but had no clue as to what field I wanted to work in. The broad exposure this program had to offer really opened my eyes to all the possibilities: from healthcare administrator to neurosurgeon. At the end of the three weeks I realized that I had a particular interest in orthopedics. Some of my favorite lectures were "Maxillofacial Trauma" and "Service above Self". I also found the Long Island State Veteran's Home visit to be very touching. Not only did I learn a lot, but I also made many new friends from all over Long Island. We plan to keep in touch and maybe even meet up again in the future! Overall, I am very thankful for this unique and educating experience. I have already recommended this great program to my friends!

Jyotleen

My time spent at the saras program is a wonderful experience I will never forget. I have learned so much during my time there and I never have felt more connected with the medical field. Before I started this program I somewhat considered pursuing medicine, but after spending 3 weeks at this wonderful teaching hospital I knew that medicine is exactly what I wanted to do for the rest of my life. Here at SARAS I truly got an experience of what medicine truly is. When I was younger, I thought being a doctor meant you needed to know exactly every single disease that is in the world. But now,

since I'm older I know that it is way more. Not only do you need to know the things that happen to the body, but you need to know what those certain things do and how the body reacts. I know that doctors need to know how to treat and communicate with a patient. At the program, I learned that the doctor-patient connection is one of the most important things. I also got a detailed taste of each profession thanks to all the doctors, surgeons, nurses and therapists that were generous enough to come and share their wisdom with us. In my opinion I was very interested during the Optometry, Orthopedics, and the Neuroscience lectures. For me, the SARAS program strengthened my belief to strive for medicine in my future and motivated me to do the best I can. I can honestly say that I got a lot out of this wonderful experience. Lastly, I would like to thank Dr. Srinivas Pentyala and his team, because if it wasn't for him, I would have never gotten the opportunity to attend SARAS.

Natalia

Dear Dr. Pentyala,

Thanks to you and your team for coordinating such an amazing program, as I thoroughly enjoyed the past three weeks. I was able to get so much exposure to a wide range of medical fields, which I wouldn't have received without SARAS. The series of lectures and workshops has helped me narrow down which biomedical fields I would like to pursue in the future. The program was well organized and well executed, and everyone there was really nice. Through SARAS, I also made many friends, and it is an experience I will never forget. I would recommend SARAS to anyone interested in the biomedical field, whether it is clinical or research based, because the program is fun while educational, and I am very fortunate to have had the opportunity to participate in this program.

- Sydney

I really enjoyed SARAS this year. I had a great time! Not only did I make a lot of friends at SARAS but I learned a lot too. I really enjoyed listening to most of the lectures and Dr. Pentyala was a great entertainer. I really liked all of his jokes and stuff. I would definitely recommend SARAS to other kids and I had a really great summer.

-Arjun

Hello Professor,

I want to say that I had a great time being in the SARAS program. I learned many interesting things about the different fields in medicine. The food was great and I met a lot of new people at Stony Brook. Also I want to say that you are a very funny man and I'll miss hearing about your inventions. Hopefully I'll meet you in future at Stony Brook as a medical student. Thank you.

Noel

Dear Srini, I had a lot of fun at the SARAS program this summer and I learned a lot of cool things. This program helped me in choosing what I want to do in my future and it was a really valuable experience. I would recommend this program to anyone.

- Sayem

Dear Dr. Pentyala and Crew,

First, I would like to say thank you for a wonderful three weeks of awesomeness. The SARAS program was amazing and so influential. I still remember how slow the first day went because I didn't know anybody except my cousin, Cristain, who was the only person I talked to. However, the situation changed, by second day I had made 16 friends. I am still confused as of how that happened but, I'm glad we all continue to be good friends from then. The best parts of the program were the labs and the visit to the veterans' home. Every day was a new adventure for learning and having fun. Lunch time was always a surprise because the food was so amazing and different every day, you could never predict what it was. I wrote to the caterers, telling them how great the food was, so you would get free food the next time you go there with your family (haha). Near the end of the three weeks I was so sad that the program was about to finish, but also so excited for the talent show, since my friends and I were dancing. I first came to the program hoping to just find a single career I would be interested in pursuing, and to tell you the truth I still haven't been able to make a decision, since they were all so good. I appreciate all the lecturers very much, who took the time out of their busy schedule to come and talk to us. Every lecture that I heard was so in depth and interesting, I just can't pick which topic was the best. All I know for sure after the SARAS program, that I want to pursue a career in the medical field not sure which one. Thanks again for everything.

Sincerely, Jayden

Dear Dr. Pentyala,

Over these three weeks, I was given the opportunity to listen to many experts, professors and very accomplished men and women talk about their specialty. I learned about action potential and how different surgeries from different medical fields are performed. I learned how to intubate and perform CPR, and many other things that I will carry with me. I also really enjoyed listening to the different projects that you are working on, they inspired me a lot and I found each one very interesting. I was glad that I learned so much about labs and how to properly work in a lab because it will be useful for me in the future. I always wanted to work in medicine and through the lectures I was able to see the different fields of medicine and although I can't make a definitive statement about what I want to do in the future, I now know that I have many options. I'm very grateful that I had this opportunity be educated throughout the summer because many kids don't

get these kinds of chances to learn in such a welcoming and safe environment. I made new friends who have shared their thoughts and ideas with me. I enjoyed this program very much and I find it amazing that you set this whole thing up here and in India. Thank you for giving me this opportunity to learn things that I will keep with me forever and allowing me to gain insight into the future I want to have.

Sincerely,
Sapphire

Dear Srini Uncle,

First of all, thank you so much for an amazing 3 weeks. I can definitely say it was one of the best experiences I've had. During my time at Stonybrook University, I broadened my scope of knowledge of medicine, and science in general. I learned something from every one of the talks, and the lectures helped me narrow down my ideas for what field of medicine I might pursue as a career. However, the best part of this program for me at least was the chance I had to make new friends. I miss all the memories I have of taking the LIRR train with them every day, eating the amazing lunches we had, and just being stupid around each other ALL the time.

From learning about the various aspects of medicine to meeting new people from all over New York and beyond, I can't thank you enough for providing me and other high school students this opportunity. SARAS was an unforgettable experience, and I hope you continue it for years to come. The only part I would change is to make SARAS longer, because I'm having major Post SARAS Depression at the moment!

Thanks so much again,
Diya

Dear Dr. Srini,

I had an amazing time at SARAS. This program has given me a wonderful experience in the field of medicine and also helped me made new great friends. SARAS was a wonderful, educational, fun program where I learned a lot of new information on different types of medical specialties and their focus groups. SARAS has also helped me in seeing what I want to become in the future and where my interest and curiosity lies. The food was excellent, I really liked the Curry Club and Dominos food. The workshops were my favorite part of the program because I was able to witness first-hand clinical works and how a team operates in a situation or in research. At first I thought coming here would just make me look good on my resume, but in fact, after everything I have learned and took part in, that thought has faded away and now I want to learn more and more about medicine and I want to reach my goal of being a great physician. All the doctors were great mentors and gave amazing insight into their field of study which helped me decide what I want to become. I have sought interest in Cardiology because of the cardiologists lecture and things I have learned involving the heart, made me seek to learn more about it and help the world as a Cardiologist. Thank you so much for this wonderful opportunity to learn more about medicine and different fields, because of this program, I have a greater motivation and goal to become what I want to be. Thank you Dr. Srini.

Sincerely, Srinath

Dear Dr. Srinivas Pentyala

When I first walked into lecture hall 3, I thought that SARAS would be the worst 3 weeks of my life. But instead I made a lot of new friends and learned a lot of new things. Some of them were interactive and exciting. In the future, I would recommend more workshops and more hands on learning. That was the only time I really was engaged with the lectures. The food was good and lunch was fun. I really liked SARAS and I will definitely make my kids do it in the future.

Sincerely,
Arav

Dear Professor Pentyala,

I hope you are doing well. My name is Connie and I am a rising freshman in college. I first heard about the SARAs program from my mother who convinced me that it would help me explore the medical field. She was right.

Since the freshman year of high school I was in search of a program to introduce me to the diverse field of medicine. SARAs was able to accomplish exactly that. Although I am still not entirely positive I will pursue a career in medicine, I am glad I got the exposure I longed for. My interests have expanded to the field of ophthalmology as well as my continued interest in cardiology.

I was hesitant to give up a large chunk of my summer to sit in a lecture hall hearing what I thought I already knew about medicine. After sitting in for the first week, I knew I was wrong. I soon found myself motivated to wake up each morning and attend these lectures that were able to open my mind deeper into medicine -the research, administration, and surgical aspects.

When meeting up with friends, I took every chance I had to explain what my education experience at SARAs was like. I even interested my friend's younger sister in attending next summer! Thank you for the memorable experience!

Sincerely,

Connie

SARAS for me was a great experience and I got to meet so many great people and be introduced to so many interesting fields and interesting people. On the first day I had my mind set that I wanted to be and Orthopedic Surgeon but the program helped me to broaden my horizons. Now there are so many other jobs that interest me with ophthalmology being my new favorite. The activities were great and it helped a lot to do them because it is so much more immersive than just lectures although they are also

important. Overall the program was great and I don't regret missing 3 weeks of my summer break for it at all. Hopefully I can go into the medical field when I'm older and it will be partially thanks to SARAS. Thank you for taking your time to inspire the youth Dr. Pentyala.

Thank You,
Ryan

Dear Dr. Pentyala.

I would like to thank you for these wonderful 3 weeks of summer at this great program. These three weeks are going to be an experience that I will never forget. There were many ups and downs in the SARAS program. Some of the positives were that I made a lot of friends and will always keep in touch with them. Though the only negative that I could think of is that it only lasted three weeks. I had no idea what I wanted to be, but when going to SARAS, I have some sort of idea on what I am going to do. Two fields that I may want to go into is Cardiology or Anesthesiology. Learning about the heart was always been very fascinating to me. Anesthesiology was interesting to me as well. I always loved it when we did the workshops at the end of each day because rather than listening to lectures, it is more interactive. My favorite workshop was when we were taught how to do CPR and how to use an AED. I would like to thank you and your team for giving me this wonderful opportunity and I would never forget the red team.

Sincerely,
Breven

I strongly believe the program was enlightening! It exposed me to different career paths and allowed me to work hands-on in a laboratory setting. I ultimately think it was helpful in narrowing down what I may consider in the future, especially right before I start to apply for college! I'd like to thank you for running such a well-oiled machine and I'd like to thank your team and caterers because a lot of planning goes into programs like these. Programs like these are filled with moments that are unforgettable, so for that, thank you. Have a great remainder of the summer and have PLENTY of "stupid ideas". They are the root of success!

Rhea

Despite not knowing what career I wanted to have when I grow up, I had anticipated the start of the 2018-SARAS program... and I'm happy to say that I am not disappointed in the experience in any way. I got to have fun with friends, both old and new, and ate yummy foods every day. Most importantly, the lectures allowed me to review prior knowledge as well as learn new information, while the various workshops gave me a unique hands-on experience. This might seem insignificant, but the regular and well-planned schedule made each day go by seamlessly, which in turn made each day very enjoyable. Although I still don't know exactly what profession I want to have when I grow up, SARAS definitely helped me zero in on the fields that interest me most.

Nancy

Dear Dr. Pentyala,

Hello! I genuinely enjoyed my three week experience at Stony Brook. Before I joined the SARAS program, I wasn't very interested in the medical field. After this experience, I am definitely interested and considering finding a career in the medical field in the future. This program let me interact with experts and get to do hands on activities which I really enjoyed. This is probably a life changing experience and will push me to get into med school. I realized that anyone can be a doctor. There was this one expert who talked about compassion and I feel like his speech had a great impact. He didn't have a power-point like the rest of the experts but I think he influenced us more by motivating us with his words and telling his life-story of how he became a physician. I really enjoyed this experience and I hope the future students who join this program will too!

Emily

To be frankly honest, I was signed up without me knowing. It wasn't until two weeks before the program before my parents told me that I need to take a two hour LIRR trip everyday to Stony Brook and learn some profession in the medical field. I was reluctant to go and it sounded boring. However, three weeks past and I wouldn't trade those memories for anything. I've learned that there was so much more than just becoming a "doctor" and that there are so many occupations to choose from. I've also learned the true dedication and efforts in all the presenters on stage and the years of knowledge they acquired before standing in front of us and giving us a one hour lecture. Thanks to SARAS, I can say that my hesitation into the medical field has washed away and now I know for sure that I want to become someone with helping hands, making the world a better place. A big thank you to Dr. Srini and all his students and faculties for making these three weeks an incredible one.

Josephine

I have to admit, after the first day of the program, I really wanted to quit. Sitting in lectures really wasn't my thing, and I wanted to go shopping with my friends, but the time I spent was so well worth it. I got used to the schedule eventually, and I'm sure I'll miss it throughout the rest of the summer. Meeting all the experts, participating in all the workshops and asking significant questions narrowed down my idea for where in the medical industry I wish to go to and if I even want to at all. This program influenced my decision in which fields that I am gaining interest in. For example, I found out that I really would like working in the field of neurosurgery. Each expert had a vast range of knowledge on a specific medical career path, like pediatrics, orthopedics, cardiology, or gynecology. We found the passion and the enthusiasm each expert showed really inspiring. The summer was educational, and fun as well, especially with the random Bollywood breaks. I had a great time with my friends, and learning so much from not only the experts, but you as well (Dr. Pentyala). You taught us to pursue our ideas, no matter how stupid they may be, and maybe someday they might make a difference in the world, just like your dipstick :) Thank you so much for everything!

Aarushi

My experience and time at SARAS was great. Majority of the time, the information I learned there was amazing. There is no other place in the world that you would be able to speak and interact with a large group of talented and bright individuals. One of my favorite parts about this program was that it brought a lot of individuals from a specific field who specialize in certain topics. I thought that was great because when students would ask specific questions about a specific topic, the expert would always know the answer because they have studied that topic for many years and would always know how to answer the question. Speaking about questions, I really liked that the experts would have question time after giving his lecture because we were all able to learn a lot more than we would have without it which I am very grateful for. Another thing I really enjoyed in the program were all the labs and workshops where we were able to do a lot of hands-on activities. I think it was a lot more fun doing activities than sitting in a lecture hall all day. I really am very thankful for this experience and I would recommend to many other people who are interested in the medical field. I am also thankful for Dr. Pentyala for putting this wonderful program together. Without you, none of us would be able to meet all these incredible doctors and professionals, or be able to do all these amazing activities. Thank you for this program, I really enjoyed it.

Ishani

My experience of the SARAS program has been quite nice; I have met many intelligent professionals passionate of what they do, which is very refreshing especially as a high schooler that is heavily considering a career in the field of medicine. Not only I have listened to the passionate lectures of various physicians, engineers, nurses, etc., I also explored the many directions that Stony Brook is driving into as one of the strongest leaders in the competitive field of science and medicine. The SARAS program exposed me to the fields of medicine I would not have considered sooner, this has embarrassingly made me day-dream about being an ophthalmologist, or a microbiologist, or even a bioengineer; imaging scenarios where I can be working fervidly to help make the world a better place. I have very fond experiences in lecture hall 5 (or was it four or three?) and in the dining area, from fooling around with my new buddies- to munching on delicious food. It not only made me meet some amazing people I now talk to daily, but it also made me reconnect with countless of people I have unfortunately lost contact with. There are many pros to being in the program. Overall the experience was nice, made many great friends and got great exposure to the many amazing things that Stony Brook is doing. **P.S. thanks Srini for the dominos gift card, even though it wasn't your responsibility to provide me a \$25 gift card! I'm also very grateful to be able to interact and get answers from med students, physicians, administrators, and researchers! This has been an experience very unique to me, as I am fascinated with science and medicine. I'm afraid I might've annoyed some professionals, but hopefully, I and campers alike entertained most of them with our naive little minds. I'm glad to be able to speak to some privately, and I was ecstatic and bouncing off the walls when they called my question a "good one". Thanks for the cool experience, this will won't be the last time Stony Brook Hospital will see me (hopefully in a good way 0_0)!

The one and only,
Alice

Hi Srini,

I wanted to thank you for hosting the SARAS program and working hard to bring in numerous experts in different fields to expose us to new opportunities. I came to SARAS not knowing if I wanted to go into medicine, or which field to narrow in on. After SARAS I was able to narrow it down to physical therapy, regenerative medicine, gene therapy, or orthopedics. I was also able to determine what I wasn't interested in so I don't have to go to college and take classes that don't interest me. It was a unique opportunity that many people don't get exposed to so early and was really beneficial for my future.

Thank you

Cole

Hi Dr. Pentyala

I enjoyed my three weeks at SARAS because it has exposed me to the many different careers in the medical field. I am thankful that I was able to have the opportunity to take part in this program and to explore all the different areas of medicine.

After completing the SARAS program, I have narrowed down my interests to cardiology, ophthalmology, and anesthesiology. I also enjoyed the lunches provided every day.

Overall I enjoyed SARAS because of the knowledge acquired from listening to the experts. Thank you for all your time and energy spent on making this program happen. Have a nice summer.

Sincerely,

Nathan

As a high school student that is going to the junior year soon, I am always questioned by my friends, family, or just a random person, about what kinds of college do I want to go to, which majors do I want to take... My answer is I want to become a doctor ever since I was 10. But let's be honest, if the question goes deeper like what type of doctor do you want to be? Trust me, before I went to SARAS, my answer was I don't know; because I was even confused myself. Therefore, I truly appreciate the chance that SARAS provides me, which I can get from nowhere else, and I apprehend so much more than I was about each medical departments.

When my dad tells me that I have to go to SARAS, my first reaction is to stare at him for five seconds, then I quickly start my protest, I complain to him that I have so many things to do for school already, such as prepare for SAT, SAT II, etc. But my dad says that SARAS is really worth to go, and the experience that I may have in there will be one of my most valuable memory. Well, it is true. Throughout the program, I learn about the jobs in each department, professors introduce their projects to us; I certainly gain some medical experience during the workshop in the afternoon and find interest in a few departments. I learn a few life-saving skills, such as how to do CPR, and how to stanch

bleeding. I meet a lot of new friends, which I can keep long-term friendships with. But most important after all, I find the meaning of being a doctor in the WWII veterans visit. Personally, I'm not athletic, so I probably would not have the chance to become a soldier, but still, I have the will to protect my nation and save lives. Maybe I will never have the chance to fight in the front, but I could save lives in the second line, and the only way that allows me to do that is to become a doctor. I know it is going to be a long way to become a doctor, and there are so much more challenges that are waiting for me. But just like Louis C.K. had once said, "I think you have to try and fail, because failure gets you closer to what you're good at." The memory that I have in SARAS will always be one of the factors that encourages me to move on.
Zeping

Dear Dr. Pentyla,
Looking back at the last three weeks gives me feelings of amazement, wonder, and excitement. SARAS had been a great experience for me, and it was a great opportunity for me to become immersed in the various fields of medicine. I felt inspired by my experience to study harder in order to pursue a degree in medicine. I've always wanted to become a doctor, since my parents, who have always been my heroes, are doctors, and the SARAS program has offered greater insight into each field, and demonstrated the great impact that doctors can have. I feel that I want to contribute to the world as a doctor in my future. Thank you so much for all of your support and humor during these three weeks. It's difficult to believe that SARAS is really over so soon. It's going to be a great memory forever.
Rebecca

Dear Dr. Pentyla,
SARAS was an amazing program which allowed me to explore my options and taught me important skills. I was exposed to many types of medicine and career paths. SARAS allowed me to listen and ask questions to researchers and doctors. The past 3 weeks were filled with new advances in research and hands on activities which I enjoyed. I would like to thank you and your wonderful team for making my experience at SARAS great. In addition, give my thanks to you and Stony Brook University for making such a great program which gives an opportunity for students to learn about more about the field of medicine. Before SARAS, I had debated pursuing a career in medicine, and this program helped me realize that joining the field of medicine and research is what I want to do in my future.
Thanks,
Monisha

SARAS is definitely one of the best experiences in my life so far. I learned so much and I made so many great friends in the last three weeks! SARAS gave me the exposure that I needed for my future. Before I went into SARAS, I didn't know what I wanted to do in the future, if I wanted to go into the medical field or the business field. Now, I have a better idea on what I want to do. Thank you!!
Trisha

Hello Dr Pentyala,

I have to say that this program has definitely influenced my career choice. All the speakers that came to the program always seemed to amaze me with the information they provided in their lectures. My favorite lecture was the robotic surgery one, I didn't even know this type of technology existed until that lecture and that completely blew my mind. I may want to pursue that career path when I'm older so thank you for showing me that option. The lectures may have been great and filled with information but I think my favorite part of SARAS was the lunch's every meal really good and my favorite was the Dominoes and at lunch I got to speak with my peers about the lectures and compare the notes we took. But what completely brought everything together was the workshops because, if I didn't understand something in the lectures it was more talked about more in depth and you were able to do physical hands on work along volunteers, doctors, and nurses. I can say that my time at SARAS is life changing and I must thank you Dr Pentyala for being someone that changes the world by guiding high school kids to be people that work in a medical field and save lives.

Sebastian

You'd like my overall impression of SARAS? I walked into the hospital lobby on the first day and didn't even know where I was supposed to go. When I entered the galleria for the breakfast, I didn't think I would know anyone, and that I would just be completely lost during the lectures. But, I soon found out that would not be the case. I recognized several classmates of mine, including some from my old school district. To be honest, I was a bit intimidated by these experts with all their amazing credentials. However, I was able to follow the slide presentations and took some good notes. Participating in this program was such a wonderful opportunity for me to expose myself to so many different fields. Now I am knowledgeable about human plumbing with the help of some weird pictures, I know what happens to my yummy lunch every day in my body, I got beaten up by a 66 year old strong man, I performed spinal taps, I learned how anesthesiologists perform clinical research, and so much more (sound familiar?). This series showed me which disciplines I might possibly want to pursue. Having this type of program available was once-in-a-lifetime. I actually came across it when I was on the Stony Brook University website, looking at another summer activity! Registering, there was some panic because I had gotten my form in some days past the due date. I was so glad when I got in! It was fun winning toy prizes also; I will be thinking of this whenever I see my new stuffed animals. Come to think of it, I'm probably lucky that this series was so local, because I most likely wouldn't be allowed to attend if it was hours away! And I don't know if I'm getting too specific, but my birthday was Thursday, so I was sitting in the lecture hall thinking, "Is this what it's like to have school on your birthday?" I should get back to the main point, though. Being a SARASer will be etched in my mind for the rest of my life. It gave me a glimpse of the great wide world of medicine, which I am now seriously considering as a profession! So thank you, Dr. Srin, for bringing us all through this. I hope this counts as a valid reflection.....bye.

-Heather

Dear Dr. Pentyala,

I would like to take this opportunity to thank you and your fantastic team for putting together such a unique and fun program called SARAS. The program has taught me so much about not only medicine, but also about my future path and life that lies ahead for me very soon. Your passion for science, learning, medicine, and helping others truly made me enjoy attending SARAS every day, and I always looked forward to the fun workshops and speakers that I was going to be able to listen to.

Originally, I was slightly dissuaded at the fact that I was giving up three weeks of summer vacation to basically "take a class". However, I don't see it that way AT ALL anymore after having completed SARAS. I got to know so many new people that I never would have met if it had not been for SARAS. Some of these people are better friends than my "friends" at my high school. This was like the icing on the cake of three fantastic weeks of interacting with the best of the best medical experts in one of the most renowned hospitals in the nation.

The experts we interacted with each day were always so interesting and the information that they provided has helped me to better narrow down my choice of a career in the medical field. As a junior in high school, I know that I still have some time to make a selection of my definite path, but without the plethora of knowledge I acquired at SARAS I would still be at the same consensus of simply "science". SARAS showed me how truly rewarding the health care industry can be, and furthered my interest in helping others using my knowledge of science and medicine. In fact on the first day, I asked a question to a hematologist, regarding my grandfather's blood disease. With this newfound knowledge, I was able to help my grandfather better understand his disease and the treatment options there are for him. This simple sharing of new facts really made me feel so fulfilled to help someone who was ill. I know now that my "calling" is medicine, and helping to make the lives of those who are ill just a little bit easier.

With my experience in SARAS I feel more confident going forward and pursuing a career in the medical field. I know what I have to do to achieve my goal, and have you, Dr. Pentyala, to thank for your generosity in donating LOTS of time and effort to us high school kids. Your hard work and dedication has not been wasted and I think I can speak for everyone in this year's program in saying thank you for everything you do to give back to aspiring medical professionals. I will miss coming to SARAS and I hope to be able to study in the future at Stony Brook University.

Thank you again for all that you do!

Sincerely,

John

P.S. I would just like to thank the All-Star team of Vamiq, Elizabeth, Sahana, Mohammed, Rebecca, Dishaw, and Sai (I hope that's everyone) for donating their time and expertise as well and for taking time to talk to us about how enriching the study of medicine is.

Dear Dr. Pentyala,

I want to thank you for creating SARAS it was such an amazing experience and I really enjoyed it. I learned about so many research projects that I didn't even know were going on. I also got the chance to interact with so many professionals and become inspired to be like them. SARAS is a wonderful program and I hope that you continue with it for many years, so that even more students will get the opportunity to be exposed to medicine and science.

Sincerely,
Shreya

Dear Dr. Srini,

These past three weeks have been amazing, going to the SARAS program, at Stony Brook. This program has truly expanded my knowledge on and about the medical field. It has helped me narrow my career choices into the medical field. After this program, I definitely want to be in the medical field. In these three wonderful weeks, we got to learn about so many types of specialties, as well as life lessons. Not only did this program make me want to become a doctor but it helped me to consider Stony Brook University as one of my desired schools to go to when I apply for college. My favorite part of the program was the workshops. This is because of the hands-on activities. For example, when we had to do CPR on the mannequin, to revive him, or the time we gave epidural injections. Overall, I enjoyed all the workshops and learned so much beneficial information. I would definitely recommend this program to everybody interested in pursuing medicine in the future. Thank you, Dr. Srini, for this incredible opportunity that is not available to everyone. Thank you.

Regards,
Sagar

Dr. Pentyala,

I have enjoyed three weeks of lectures and labs given by doctors and experts in their fields of science. During my time at SARAS, I learned basic CPR, the importance of hygiene in controlling infection, and research lab safety. I found all of the lectures educational and informative. One of my favorites was the lecture on robotic surgery. Robotic surgery is used in many fields like oncology, ENT, and urology. We even had lectures on test-taking skills for the SAT and ACT. On some days, we took trips. One trip was to the Veterans' Home. I spent the afternoon talking to a World War II veteran. His story gave me a new appreciation for all the sacrifices made by our service people. Another trip was around the Stony Brook University campus. Both trips were fun and full of information. I looked forward to each day at SARAS. They were exciting and educational. I am very happy that the busy doctors of Stony Brook Medical Center take time to teach us. I definitely recommend this camp and I am so happy that I got to be part of it.

Thank you,
Harry

Hi this is Evan. It was pretty fun all in all THANKS DR UNCLE SRINI!

Hello Dr. Pentyala,

At first, I was hesitant about joining SARAS. It seemed to be a lot of work, especially during the summer vacation. But after I went on the first day, my whole attitude changed. I was excited about going to SARAS as I had more friends, and I got a lot of exposure to the different departments of medicine. I used to think of medicine like it was one standard job. I knew that there was a difference between physicians and surgeons, but I didn't know much about the research aspect. After learning about the many different fields in medicine, I have become even more excited about going into medicine. This program helped me find fields that were much more interesting for me. My favorite lecture was probably the talk on robotic surgery.

I would also like to thank you for putting so much effort into this program and exposing us to the many different aspects of medicine.

Thank you!
Neeya

Dr. Pentyala,

My experience at SARAS was a memorable one. I loved hearing all the experts talk about their specific fields because it gave me an opportunity to decide and narrow down which field of study I want to go in towards the future. I appreciate you doing this program as it provides wonderful opportunities for students to learn and explore more into the biomedical fields. These three weeks went by very fast yet I encountered so much knowledge during these days.

Thank you,
Harleen

Dear Dr. Srinii,

These past three weeks went by so fast and I wish we could've had another 3 but all good things must come to an end. I had so much fun meeting new people and doctors and learning about what they do. I came into SARAS not knowing what I wanted to be but now I have some thoughts about what I want to do for a living.

As fun and interesting as the lectures were I think I loved the workshops the best. I now have an idea about how to save someone's life if they are bleeding to death or how to help them if they have a heart attack. I also have an idea about ultrasounds, working in a lab, performing an epidural (I would've loved to use a Srinii dipstick while doing this),

how to create a 3D chicken with sunglasses, and also how to read EKG's along with many more.

You and your colleagues also showed me the right ways to prepare for the SAT's so that I will have a better chance of getting an above average score.

The food was also amazing, I think my favorite was chick-fil-a. All of this was made possible by you and that's something I just cannot thank you enough for. I shall be eternally grateful for this opportunity. You have inspired me to think about medicine and science as a serious career choice and are probably one of my most favorite teachers... I hope to see you around soon and I wish you good luck on all your projects. In the words of Spock, "Live long and prosper".

Sincerely
Royce

My overall impression of SARAS was that it was a very fun filled program with a lot of information in research. It had very smart people who had done great things and it was very inspiring to hear about all the careers and field of research that I can pursue in the future. SARAS gave me a better picture of what working in the healthcare field was like. Also I feel like I gained a lot of weight from this program because I ate so much food.
Annabelle

Hi Dr. Pentyala,
I am extremely grateful to have gotten the opportunity to attend the SARAS program. There is nothing like it anywhere else. I learned so much from all the speakers that came to talk and gained exposure to so many different medical fields. Even ones I didn't know existed. I was particularly interested in the robotic surgery and regenerative medicine and will probably email the speakers this week to ask more about their fields. You were also very entertaining and made the program a lot of fun. I wish it could have lasted one more week. Thank you for creating this program and feeding us lunch for the past three weeks.
Tristan

Dear Uncle,
SARAS was an amazing experience. I loved the hands on activities during the workshops. I'm going into 10th grade now knowing somewhat of the direction I want to go in, because of this program. I'm now thinking of volunteering during August at stony brook. I would also love to help to volunteer at the veteran's home. I'm interested in both ophthalmology and becoming a GI doctor. Thank you so much for running this program. It was amazing, and hopefully you will continue it for many more years. Cheers,
Your daughter, Subhiksha.
(Danced to nainowale ne song ;)

Dear Dr. Pentyala,

I felt that the SARAS program was an amazing opportunity for me. I was able to experience and learn from most aspects of the medical field. From this I think that I want to be some sort of surgeon, but I am not definite on my decision yet. Thank you so much for taking your time to do this program. I know you have made a profound impact on my peers and me.

Sincerely,
Timothy

Hello Dr. Srin,

I thought that the SARAS program was truly remarkable and that I learned so much about different ways science could change people's lives for the better good. This program had really helped me decide on what I wanted to persuade in life and I just wanted to say thank you srini for this amazing opportunity in my life and sadly it has come to an end :(I met so many new friends and talked with many wonderful doctors. Thank you for everything and I just wanted to say that stony brook saved my life when I was 3years old and under severe asthma and had to go in ICU for 3weeks so thank you for everything I had an amazing time.

Thomas

Overall, SARAS was a great experience that I'll never forget. Each day, I learned something new and interesting from different specialties. Since about 2 years ago, I've been interested in medicine, specifically cardiology, but this program allowed me to explore new depths and fields. It was an exciting and rigorous course, especially when I got to do emergency training such as CPR and intubation! This program has strengthened my passion for medicine, and made me understood what it is really like to be a doctor. Thank you, Dr.Pentyala, for all of your jokes and the laughs we all shared. This was a great opportunity!

Anushka

My overall impression of the SARAS camp was great. At first I was wondering how I would be able to go through three weeks of camp but then when I got there it became a lot more fun and interesting then i thought. I enjoyed all of the jokes and the funny moments like the chair exercises, and the Bollywood dances and the little activities we did in between speakers in the mornings. I also enjoyed the lunches everyday they were very diverse and that was very good because I was able to try new food from different places and cultures. I particularly enjoyed the Indian food and I liked the Indian sugar ball that we had one day. One thing I enjoyed about SARAS were the speakers. I enjoyed the variety of speakers that talked to us and I enjoyed being able to hear about the lives of theses extraordinary people. I also loved when the different experts showed videos of their surgeries of whatever they did in their field. I also think that when the experts showed videos of what they do in their field, it made the students more aware of what

life is like at that person's job and gives us a clearer idea of what we want to do in the future. For example, I enjoyed the videos of the eye surgery and this makes me think about going into the field of ophthalmology. One other thing I enjoyed about SARAS were the activities we did in the afternoon. I thought they were very cool and interesting and I don't know where else I would have learned the things I learned in the SARAS labs. My favorite day in the labs was the day that we got to do intubations, epidurals, and see the manikin that the medical students use to practice with. Those lab activities are truly something that I will never forget.

Finally, one of my favorite things about SARAS was DR. Pentyala. I enjoyed his funny sense of humor and the Bollywood clips that he showed us. I will also never forget the prizes he gave out. They ranged from Disney Infinity games to bouncy balls, and even one time cash when he ran out of toys.

Overall, my SARAS experience was very fun and I enjoyed it very much and would definitely recommend this camp to anyone who is interested in going into the medical field. I loved this camp and i made a lot of memories there and i cannot wait to go back next year.

Thank you for a wonderful three weeks.

Peter

Dear Dr. Pentyala,

Thank you so much for holding this program at Stony Brook. This experience for the past 3 weeks has been so rewarding, intuitive, and unique. I have met so many new friends, that I will remember forever, and cherish every experience I had with them during the short duration of the SARAS Program. I would also like to thank all of the physicians and speakers who took time out of their schedule to spread and talk about their passions and careers. This program had further motivated me to pursue a career in medicine. I enjoyed every second of each lecture, as well as the amazing lunches. I could not be more pleased with my experience at SARAS, and it would not be possible without the amazing organizational skills of Dr. Pentyala, and his team. Everyone was so kind and compassionate, and I wish them all the best. I hope to see everyone once again, and interact with other passionate, science-loving, and academic students.

Sincerely,

Akshay

Dear Dr. Pentyala,

My time spent at SARAS will truly be one of my most treasured memories. Initially, I was quite nervous about having to stay in the dorms for three weeks with people I had never even met before. However, those fears were quickly overcome after I met the wonderful people on my floor. I have never met such a diverse group of talented and passionate individuals, all with such fascinating interests in healthcare and medicine.

The lectures we attended were absolutely captivating. Subjects ranged from bioengineering to ophthalmology. (Where we were able to see cataract surgery) Every lecturer emphasized the importance of medical research and the lives it could impact. There was not a single lecture that did not have something to offer the 100 students who sat in the lecture room with me.

Dr. Pentyala was also incredible, offering us extra food to take to the dorms as the "best way to make friends." (We can attest that it really was!) Altogether, SARAS was an experience I can't forget and I look forward to seeing the success stories of my fellow peers.

Thank you,
Aparna

I have learned many things from the different experiences at SARAS. I have learned about the different fields of medicine and have developed a further understanding of how the hospital runs and cares for patients. I have learned that a physician is not the only job occupation that can help people. I have learned that there is not only a clinical aspect to medicine helping people but also there is a research and administrative one as well. Before SARAS, I only wished to be one: clinical. But as I further learned the different roles that help make the hospital run smoothly I would like to be all 3! I was also very interested in the different workshops in the afternoon. Being able to perform an ultrasound and do CPR has further enhanced my liking of medicine. I also admired the experts that gave lectures every morning. Being able to ask questions and have interactions with them has been the highlight of my 3 weeks at SARAS. I have also been able to make life-long friendships during my 3 weeks at SARAS. I will never forget these 3 weeks. Thank you!

Sadhana

I greatly appreciated the SARAS Program. I gained a lot of insight into numerous fields in research and medicine which helped me expand, and narrow, my interests. I was able to think of numerous things which I may want to explore during the lectures and I am very happy to have been exposed to the different fields and experts at Stony Brook, and in the scientific community as a whole.

- Vishwanath

Dear Dr. Pentyala,

I felt that the SARAS program was an amazing opportunity for me. I was able to experience and learn from most aspects of the medical field. From this I think that I want to be some sort of surgeon, but I am not definite on my decision yet. Thank you so much for taking your time to do this program. I know you have made a profound impact on my peers and me.

Sincerely, Timothy

Dear Dr. Pentyala,

After spending three weeks of my summer at Stony Brook learning about medicine, research and making memories with my favorite people, I am very grateful that I attended this program. SARAS showed me many different fields of medicine that I did not know much about and not only showed the academics of it, but how each expert has enjoyed their career in their own ways. Each lecture was more exciting to attend than the one before and I think that is what most students kept coming back. Apart from

learning and having fun in lectures, I made many worthwhile friends that I know feel the same way. Thank you so much for this experience!
Zeina
