

## 2019 SARAS: Students Feedback

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The first day of SARAS was sort of scary but really exciting since I had never done anything like it. Yet going in and meeting the staff and all the great different people made me feel comfortable. When the doctors started to do the lectures that day it was just so exciting, but it was so crazy how each day there would be just another set of great presentations. In each one of the lectures I learnt and found something interesting. SARAS did an amazing job at just waking up the minds of the students, not just about becoming regular doctors but also exposing to other branches of medicine. Seeing the different things in medicine and all the types of people is quite great because there are jobs for anybody. Dr Pentyala did a good job making everyone feel welcome with his sense of humor but also just seeing the love he has for the job is inspiring. The lecture about his stupid projects that have become successful things was one of my favorite lectures since it really made me think but also laugh. The food was also great, some of the food that was served was my first time trying it and I really enjoyed it. The labs at the end of the day were just awesome, it felt amazing to just work on the equipment for the stop the bleed campaign, but also learn that just as simple procedures we can save lives, and the labs from the last couple of days are just experiences I will never forget because it really woke up my interest in medicine more. The veterans home visit really touched my heart, meeting a hero was such an honor. I will always be thankful for that time we had with veterans. I just have so much to thank SARAS for from the great lectures, all the learning experiences, the amazing friends, and just an overall great unforgettable experience.

Iris

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Dr. Srinii,

When I first heard about this program, I knew I wanted to participate in it. I have such a passion for science and the medical field so I was really excited that I could do a program like this. This program was better than what I expected. Not only were there interesting lectures from a doctor/researcher's point of view, but there were also hands on learning experiences. I especially liked the presentation on neurodegenerative diseases, and the presentation on cancer. I learned a lot of information about fields I was interested in and learned about fields I have never heard of, like geriatrics. I really enjoyed this program and I'm grateful to have learned from some of the most intelligent people at Stony Brook. I will definitely miss your daily emails. Thanks,

Jacqueline

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Hello Dr.Pentyala

Overall the whole SARAS program was an amazing experience. I really enjoyed making new friends and learning about all different specialties. This program opened different fields of medicine for me and I will definitely remember it in the years to come. Thanks for hosting a great program and I would highly recommend to other students.

Ameen

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Dear Dr. Pentyala,

I thought that SARAS was a great exposure to science and research to those who are interested in furthering their education in science. The lectures and workshops allowed us to immerse ourselves into different fields of science and broaden our knowledge in many different fields. Many of the things I learned at SARAS were useful after I left, and I saw the things I learned at SARAS pop up in my day to day life. Participating in the SARAS program allowed me to understand that there are various job opportunities that correlate with science and medicine. This helped me narrow my options that I would like to pursue in college. I think that SARAS program was very helpful overall and provided different skills that I will be able to continue to use.

Lels

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Dear Dr. Pentyala,

Hello, my name is Kylie and I was a participant in this year's SARAs program. When I first heard about this program, I was extremely excited to be able to participate in it. I am very interested in pursuing something in the medical field and this program really helped to show me what interested me and what did not. For example, I really liked ophthalmology and the hand surgery. Every day, for three weeks, I got to hear from great speakers and participate in interesting workshops. This program definitely helped to expose me to new fields of medicine that I did not know, of which was really cool. For example, regenerative medicine and robotic surgery. Being a part of this program has made my interest towards the medical field grow even more. I am really glad I got the opportunity to listen to all the different professionals. This was a really memorable experience and I am so happy that I got the opportunity to attend such a great program. Thank you for all the hard work you put into the SARAs program every year. Sincerely,

Kylie

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Hi SARAS staff

Thank you for making the three weeks we shared so educational, yet crazily fun. Everyday was something new and different and we were gifted with opportunities all along to make us question ourselves on our interests and future endeavors. The lectures, truthfully, greatly shifted the way I will look at the world and its magic again. This was a program that I know I will be grateful for, especially in later years, for the inspiration and endorsement it provided. Thank you all once again! Thanks

Hershey

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SARAS was a lot better than I expected. I made a lot of new friends and learned a lot of new things. On the first day of SARAS, I went with my friend Kevin, so that I'd have someone to sit with. By the last week of SARAS, there weren't enough seats for our friends' group in a single row, so we had taken up the left side of 2 rows. In fact, I was forced into SARAS, and I did not expect to enjoy any aspects of the program whatsoever. Luckily, Dr. Srinivas made a very good first impression that day, and I came in the next day willingly. I really liked the diversity of the speakers, and how many of them introduced us to new fields I didn't even know existed. Honestly, I'm probably just stupid, but I really enjoyed these lectures. Also, I gained 10 pounds in 3 weeks because of the food. Overall, SARAS was fun. I really enjoyed the lectures and the general vibe of the program.

Daniel

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I would definitely recommend SARAS to anyone who is interested in the science field. Overall, I enjoyed the food and the lectures that were provided. It gave me a lot of insight into the many fields in the medicine world and helped me choose whether I wanted to be in the science field. I really enjoyed my time.

David

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Dear Dr. Srinivas,

I am so glad to be working with you and all The SARAS organizing members. For me, this was a wonderful and precious experience. Besides, enjoying the working time with our excellent team members, I love Workshop activities (Gram +ve...clinical lab...)

Lijia

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Dear Dr. Srinivas Pentyala,

As an incoming senior this year I have been constantly bombarded with the same question "What do you want to do for a living after you graduate high school?" My response had always been the same for the past 10 years, I want to become a pediatrician. After attending the SARAS program, I was appalled at how many more paths I can actually take without realizing it. I never realize how much I loved lab work and the amount of testing things to see what a patient has or the fact that you can discover and make new things to solve these problems in the lab. I enjoyed all the hands-on labs such as the CPR training. I am strongly considering signing up at my local library to get CPR/AED/First AID trained. As for my parents thought on the program, they loved it when I came home everyday talking about all these crazy facts and how I was reassuring them that pretty soon I'll be going off to get my bachelor's degree in biology and confidently go into working as a Clinical Laboratory Technologist and maybe keep studying to fulfill my dream as a pediatrician. I did have fun at Stony Brook buying Starbucks and Jamba Juice everyday while learning something new. Thank you so much for this life changing experience. Best Regards,

Diana

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Dear Srinji,

My experience at SARAS this summer was extremely memorable, educational, and interesting. When I was there, I learned a lot about all the different fields of medicine I could go into and met many smart kids my age who are interested into going into the same career path as me! The food was great and I was never bored during the program. Thank you for everything, I will definitely recommend this program to my younger siblings and friends. Thank you again!

-Emma

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SARAS program was a lot of fun. I was able to learn from a lot of specialists and about the interesting stuff they do. This program made me realize that there are so many different things you can do in the medical field. I especially enjoyed the hands-on labs. Doing things like stuffing a wound with cloth for Stop the Bleed and the clinical lab sciences lab was a lot

of fun. The information I learned from each of the experts was very valuable. This program helped me figure out what I might want to pursue in the future. I would recommend this program to anyone interested in science and/or the medical field. Thank you for this opportunity! Sincerely,  
Caroline

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Dear Dr. Pentyla,

I thoroughly enjoyed participating in the program SARAS. I am extremely glad I decided to do this program and learned a tremendous amount of new information that I can now use my entire life. I was a “train kid” and I am grateful for you and your team who made the process of transportation so easy and convenient for us. This program had many different activities and interesting lectures in it, I especially liked when we went into the lab and saw different things, such as the respiratory care (including the talking mannequins) and the CPR training. Everything was extremely well organized and rarely got boring and you kept us very well entertained. Overall, I’m really glad that I came to this program, and I thank you for making it a memorable experience for me. Sincerely,  
Asmita

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My experience in SARAS at Stony Brook University was tremendously important to my future. This program exposed me to a wide variety of sciences and helped me choose what careers appealed to me the most. I learned a multitude of different types of surgeries, diseases, medicine, and even inventions. Some of the topics I learned about were action potential, regenerative medicine, orthopedics, urology, and robotic surgery, but my favorite was microbiology (mainly because there was no surgery involved). SARAS also introduced me to many different laboratory procedures and experiments to give me an understanding of how scientists and doctors do their jobs. Some of these labs included ultrasonography, forensics, packing wounds, CPR, 3D printing, and blood/urine/pregnancy tests. I also got the chance to work with members of an SAT prep course. They helped me understand how the SAT is organized and showed me how to answer the questions more efficiently. I don’t have any regrets joining SARAS, because it allowed me to find which topic was most interesting to me so I could follow that path. I found my passion because of this program, and I would recommend taking this course to anyone who wants to work in health sciences. I loved everything about it: the lectures, the labs, the games. But my favorite part of this entire experience by far was the food.  
Tej

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Dear Dr.Srini,

SARAS was my favorite part of the summer! Meeting skilled people from different fields of Medicine really opened my eyes to the occupations that I could possibly take into account. Also, everyone, including the staff, the other students and the lecturers (including you) where very interactive, funny and amazing. I met so many new friends and learned a lot more than if I were to just stay at home for the summer. Thank you so much for the amazing program. Sincerely,  
Roney

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Dr. Pentyla and his SARAS program has helped me tremendously in narrowing down on which specific fields of the medical field and health care industry that I want to go into. In this program I was able to see not only what each type of specialist did, but also what their typical day and work life was like. For example, we learned that researchers don't tend to see many patients (if any) while health care professionals tend to see patients on a daily basis. On top of this, we were able to ask the specialists questions and perform labs and experiments with them. I was amazed. It really helped to clarify that the science and medical world is what I am interested in. I had never been exposed to so much useful information and resources in my life, it was truly amazing. While the educational part of the program was great, so was the food. We had gourmet food catered to us every day, there is definitely no other program that could possibly have better food than SARAS, and even if you didn't like the food, there was a food court right upstairs that was available to us. I highly recommend SARAS to any student looking to go into the science/medical field. It doesn't matter you know nothing about medicine or health or if you have taken every AP science class possible, the program is good for everyone. I am glad I had the opportunity to be a part of it this past summer.  
Noah

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When I first arrived at the Stony Brook dorms, I was nervous to attend the SARAS program. I instantly made friends in the dorms and went to dinner. On the first day official day of the SARAS program, all of the kids who were dorming took the long walk to the university hospital. The first week of lectures was amazing and I learned so much from all the experts, the second week of lectures was even more amazing. I heard from experts in fields such as pediatrics, dermatology, and gynecology. All the experts that I heard from in the three weeks of the program were entertaining and helped me decide what careers I did and did not want to go into. I am so thankful for attending the SARAS program and for the people that I have met while attending the program.

Sydney

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Thank you Dr. Srini and all the wonderful helpers at the SARAS program. I was so lucky to have the opportunity to attend a program where multiple professionals spoke to me and to have many workshops, I could take part in. I loved coming in and learning about possible careers and studies I can do in the future. Since it was a three-week program, I had the pleasure of meeting many new fellow students who I can possibly work with in the future. The program was a perfect combination of intriguing lectures, fun and games with many prizes, delicious catered lunches, laughs, and amazing workshops. Thank you for allowing me to have the experience that made my three weeks at Stony Brook worthwhile!

Diana

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My experience at SARAS was an extremely positive one. I was given the opportunity to learn about many different positions in medicine. I was never aware that there were so many kinds of doctors. Also, the doctor's insights were also very interesting and helped me understand medicine even better. I also enjoyed the many kinds of food we had for lunch. I would like to thank you for putting together this program and providing me with a very memorable experience.

Ojas

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There were some really interesting lectures. I did take away some different perspectives and insight into medical careers and opportunities.

Paul

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Hi Dr. Pentyala,

This is Anastasia from the 2019 SARAS Program! I just wanted to say that I enjoyed my summer spending the three weeks with you at the SARAS program. I want to thank you so much for arranging the program. Not only did I learn a lot, but I also enjoyed myself too! I enjoyed all of the hands-on activities and really enjoyed hearing from all of the doctors and professors that came in to speak with us. Thank you again and who knows, maybe I'll see you again in med school! Thank you very much!

Anastasia

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Dear Dr. Srini,

Before I say anything else, I would like to thank you and your team for such an amazing experience that I will be forever grateful for. During those three weeks, I have learned more about research and work in the biomedical field than I could have at school. As a rising junior, I am very conflicted in what profession I would like to pursue. However, this program exposed me to so many different specialties and labs that I found so much interest in. Being from Minnesota, it is rare to find such a program that is welcoming of everyone and does not require a competitive application process. I had found out about the program from family friend who lives in NY and I knew it was an opportunity I just could not pass up. From learning how to intubate a patient to having donuts for lunch, I have loved every moment of SARAS. My perspective on the medical field has been immensely broadened and my future has become even clearer as I now have found an interest that can lead me to making a difference in the world. With that being said, I cannot thank the SARAS Team and all the intelligent individuals who gave lectures and spent the time to teach us enough. You have all made an everlasting impact that will never be forgotten. Once again, thank you for all your hard work!

Divya

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#### SARAS REFLECTION:

This program completely went above and beyond my expectations. Every day there was something new awaiting behind the doors of Lecture Hall. It was one of the most profound experience which has changed my perspective on the overall area of medicine. It helped me to gain a great insight into the different areas of not only medicine but also science and I'm very grateful for it. It has helped me to find what interests me and what does not. It was one of the best parts of my summer. Thank you so much for a great 3 weeks; I only wish that it was much longer.

Mihret

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- I will admit that my mother did sign me up for SARAS and I just sort of went along with it, not really knowing exactly what it was. However, after three weeks of the program went by, I realized what a fun and enlightening experience SARAS was for me. For almost my whole life I have always played around with the idea of wanting to become a doctor or pursue a career in the field of medicine, but was never really sure about it. But after listening to the various presentations given by professionals in the medical field, I definitely learned a lot more about medicine and my mind finally fully settled on the idea of going to medical school one day and becoming a physician. One presentation that I really enjoyed was "Service above Self." His life story on how he got to where he is today was truly inspiring and made me realize that hard work can get you anywhere you want it to. Another presentation that I also really enjoyed was on bone tumors. Not only did I learn about the field of orthopedics but I also learned about determination and perseverance through one of the cases he talked to us about. He told us a story about a little girl he had treated who was diagnosed with bone cancer and needed an amputation. The girl had a true passion for dance and even though she had to wear a prosthetic after her amputation, it didn't stop her from doing what she loved. Some more of my favorite moments of SARAS were most definitely the labs that we got to do. Labs were always my favorite part of the day because I'm a "hands on" learner and like to learn as I do things myself. Some of my favorite labs were learning how to pack a wound, giving CPR, doing spinal taps, and learning how to put in an endotracheal tube. On top of all the lessons I learned at SARAS, I also made new friends that I wouldn't have gotten the opportunity to meet had it not been for me attending SARAS. Overall, I hope it is clear from my reflection that I truly had a really great time at SARAS that was filled with lots of learning and new friendships.

Anaya

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My overall impression of SARAS is that I had a great time. It was very fascinating learning about different professions in the medical field. Not only have I learned new things, but I also made a ton of new friends who made SARAS even more exciting. Every morning during the three weeks of SARAS, I woke up excited to go and learn and do activities, and also see my friends. One more thing that made SARAS enjoyable was Dr. Pentyala. I enjoyed all the jokes he made and all the stories he told us. During the last week, I realized that I had grown attached to the program and wished it was longer. I had the most wonderful three weeks with amazing people and learned many new things. Thank you for an amazing time!

Thanmai

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I enjoyed my participation in SARAS, as the various workshops allowed me to experience working in different medical conditions. I found several of the lectures interesting in that they opened my eyes to the large world of biology. I found your lectures the most entertaining; your sense of humor was much appreciated. I liked the lunches, as they were free and allowed me to make more friends. This was a great program, and I definitely will recommend it to my friends.

- Rohan

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Hi Dr. Pentyala,

I thought that the SARAS program was an educational summer camp that was a lot of fun. When I came into the camp, I was a little unsure if I would like it or not. I thought it would be very boring lectures one after another, but it wasn't. It was a great way to learn about the fields of medicine, from the way the lectures were set up to the workshops that were incorporated, everything was awesome. My overall impression of Srinivas Pentyala is that he is an incredible man. Organizing this program for the last fifteen years must have been so time consuming when you have many things to take care of such as research, family, urology, anesthesiology and more. You've taught me the importance of relationships in

order to succeed in the future. And I have incredible respect for you because you are so self-less! Thank you so much for a great three weeks.

Aryan

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Dear Dr. Pentyla,

I had such a wonderful time participating in SARAS for the three weeks in July. I came in having a huge love for biological sciences but wanted to explore more into certain topics of medical sciences. SARAS has showed me areas that I would want to pursue in college such as sports medicine and physical therapy. I also found it amazing to do CPR and treat people who are bleeding to death, which I believe are very important lessons that people should learn. Overall, I enjoyed SARAS very much and it has been one of the best parts of my summer.

Sascha

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Hi Dr.Srinivas Pentyla,

My overall experience at the SARAS program was amazing. I got to meet new people and learn about different fields of medicine. The program allowed be to decide what I want to do in the future when it comes to my career. Not only did the program help me decide on future careers it also helped me with the college process. I would definitely recommend SARAS to other friends and over all I had a wonderful time.

Rayva

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My experience at SARAS was very interesting and intriguing. It was incredibly inspiring and educational with all of the presenters who were so passionate and knowledgeable in their respective fields. For instance, while I enjoyed listening to different fields of medicine such as orthopedics and anesthesiology, I also enjoyed the talks about our futures and the business aspect of a hospital. Additionally, I loved the hands-on elements of SARAS such as CPR training, learning how to use tourniquets, learning how to do spinal taps, and especially the final activities (e.g. performing an ultrasound and helping a "patient" with conditions like chest pain and revival from cardiac arrest). This was an experience that I would not be able to achieve elsewhere. SARAS truly inspired me and pushed me towards selecting a field in science. More importantly, I am more inclined now to perhaps persevere for medical school to become a specialized doctor. In addition, while I previously signed up for advanced research in my school because all of my friends did and it looked good for college, I now am more motivated to perform research. I want to do research now so that I can bring about good change in the world through making a breakthrough in an area that there is limited research in. Overall, SARAS has inspired me greatly and I think that my time was very well spent at Stony Brook University with such a great faculty and facility.

Sabrina

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Dear Dr. Pentyla

Thank you so much for making this SARAS program very enjoyable! I was able to learn the many different fields in health care and be aware of the option that I have when I am going into college and medical school. I was very excited to come to this program because I heard some good experiences from my friends who had done the program in the past. My favorite lectures that was given was the ophthalmologist and the maxillofacial surgery. Those two lectures have inspired me to maybe pursue that as a career. What was so great about this program was that I was able to get a hands-on experience with the many labs we had throughout the three weeks. I told my mom to sign me up for test takers for SAT next year because I am entering into my sophomore year and need to start studying for the SAT. By coming to this program every day for the three weeks, I was influenced to consider Stonybrook as one of the colleges that I will be applying to. Thank you so much for organizing this program and I will definitely tell my friends to attend the SARAS program next year because I had a lot of fun!

Shreya

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I attended the 2019 Stony Brook SARAS program and Dr. Srin and his team made the program more enjoyable and interesting. The workshops at the end of each day were very entertaining and made the topic easier to understand. The 3D printing and CPR workshops were my favorites because they offered the most hands-on experience throughout the whole program. Visiting the veteran's home was very eye-opening and I had a lot of

fun asking questions and learning about the veterans and their stories. Also, lunch was really good every day, but I think Halal Hut and Dunkin Donuts were my favorite days. The campus itself is beautiful and this program encouraged me to look into the Stony Brook University Medical Program.

Arya

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Hello Dr. Pentyala,

My experience in the SARAS program in Stony Brook University was enjoyable, interesting, and exciting. I thoroughly enjoyed the variety of fields that were presented to me and took note of each one, assessing whether I'd be interested in pursuing it in the future. I greatly appreciate these lecturers' and your efforts to have them speak for the SARAS students. In addition, I must say that your and your team's incorporation of activities and games into the program was another aspect of it that made it memorable; thanks for all the laughs and prizes! Furthermore, throughout the program, I was able to make a handful of new friends. As is known, human connection and interaction is one of the most important aspects of life and are vital to not only survival, but also success. Because of this, I am grateful for this opportunity to meet and communicate with individuals who are similar to me in age and interest. To sum up, I'd like to say that I am extremely glad I made the decision to attend SARAS and am highly satisfied with my overall experience.

Liel

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I decided to attend the SARAS program with my younger sister, Sophia, who discovered it from a friend in her sophomore class. While I initially wanted to enjoy the leisure of my last summer of high school, I also wanted to explore the possibilities lying in my future if I decided to remain on a pre-medical track. After the SARAS program, I am happy to say that not only am I confident with my decision to pursue a medical degree, but I now know and am more educated on the several different options in the medical field. The careers that mainly caught my attention were radiology, dermatology, hematology, and dentistry. Radiology and dentistry were fields I had already considered, and seemed like a career that required strength in analyzing more visuals when it comes to working. Hematology was a field that I picked up on when I was able to comprehend more of what the lecture was about, considering we learned a lot about blood cells and cell biology in my AP Biology class. But dermatology was a new field that I never delved deep into. A few friends of mine were interested in pursuing this career, but it was never one that interested me until I listened to a lecture on it. While my priority was to gain as much information as possible from the program, SARAS was sure to make sure the students were having fun as well. And unlike many serious programs, they achieved keeping the attendees engaged in both learning and activities that induced teamwork, cooperation, and connection. Sophia and I were able to meet many people, and connected with two guys named Zauras and Liam. I am happy to have met them, and I am glad to say they made my time there more enjoyable. Dr. Sринi was also an excellent host, who should be commended for the way he created an environment from SARAS and for making the experience possible in the first place. I wish him the best of luck for his dipstick invention. I would highly recommend this program to anyone with even the slightest consideration of pursuing a medical degree.

Rami

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Dear Dr. Pentyala,

The three weeks I got to spend at SARAS was one of the best experiences of my summer thus far. Everything from the program was honestly worthwhile, and I am so glad that I was fortunate enough to experience it. I thoroughly enjoyed the experience of being able to interact and have companions with similar goals and aspirations. Being able to learn with them was really fun and amazing. Listening to all of the lectures and experts was very enlightening, and made me interested and excited to hopefully even learn more in the future. The workshops and activities were also very engaging and entertaining. The amount of exposure that I got from this program motivated me to work harder to study for the medical field. I'm very grateful for all the staff or team members that participated in the program. They made the experience even more special. I appreciate all of their time, dedication, and food that they gave to us and the program. It really wouldn't have been the same without them! Sincerely,

Bless

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I loved the SARAS program, even though going into it I was nervous. However, being with kids that felt exactly the same as me I felt relief and comfort. I made a friend before I even entered the lecture hall. Even though I wasn't aware of some things that were to come, we did it together and found a group of almost 10 other people that we could relate to, laugh with, and compare to. Your comedian personality helped ease the tension most of the time and it helped me and I'm sure plenty of others feel that we were doing what was best for our future in that lecture hall. Thank you for the opportunity. Thank you for all you did for us. Thank you.

Emma

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Dear Dr. Srinivas,

My three weeks at SARAS taught me so much and inspired to research on my own. Before SARAS, I wasn't sure if I wanted to pursue a career in the medical field; However, now I am very interested in becoming a doctor. Now, I am looking forward to science class so I can incorporate what I learned at SARAS in school!

Simoni

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I had a wonderful experience at SARAS. The lectures were very informative. We got to learn about the basics of each field in medicine as well as the complex, groundbreaking research that the experts are involved in. Being able to understand what it takes to be a part of the medical field was very eye opening. I will never forget my experience here-the memories I made and what I was taught.

Nishtha

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Attending the 2019 SARAS program was a great decision that greatly benefitted my summer. I heard about SARAS from my friends who had done it the year before and always talked about how much they loved it and wish they could go back. I was immediately interested in signing up for SARAS and do not regret it at all. During the lectures, I learned a lot and was very intrigued by some of the topics. Learning more about the medical field, different jobs in the medical field, and what it takes to get there has definitely helped me become more knowledgeable about my career choice in the future. I think SARAS is a great way to prepare for your future and learn about what specifically might interest you and what specifically might not interest you. In the first week, we covered the topics of respiratory therapy, hand surgery, regenerative medicine, and orthopedics, and more. On the first day, after a quick introduction, we dove right into a lecture who spoke about a recently discovered drug that increased the life expectancy of those suffering with a certain type of leukemia. We then had a respiratory therapist, speak to us about his profession and the importance of respiratory therapists. He directed us in a workshop where we learned about the different types of equipment that respiratory therapists use for different reasons. On Tuesday, we talked to an orthopedic surgeon. We saw a lot of gory images and asked a lot of questions about his profession. Later in the day, we attended a workshop that prepared in the situation of life-threatening bleeding. We learned how to tie a tourniquet, how to stuff a wound, and how to apply pressure to a wound. On the third day, we listened to a professional who worked in the operation of a hospital. She gave us a view of a job within the hospital that is not directly related to the medical field. On Thursday, we talked to a sports orthopedic surgeon and a professor in anaesthesiology who talked about blood transfusions. We also had a session with TestTakers, which was very helpful to be very early in SAT prep. At the end of the week, we became experts on lab safety and looked at specimens under microscopes to test for Gram+ve or Gram-ve.

To start off the second week of SARAS, we talked to a robotic surgeon and a cardiologist. They taught us about the soon-to-be-here future of medicine. We then attended a lab where we conducted urinalysis, a pregnancy test, and experienced a bit of forensic sciences. On Tuesday, we talked about medical marijuana first thing in the morning, and then discussed our sleeping habits with an expert in polysomnography. The next day, we talked to a family physician, who inspired everyone with his stories about his childhood and path to success. We also became more aware about the importance of hand hygiene and did an activity where we saw with our own eyes how many germs were truly on our hands after washing them. On Thursday, we discussed depression and stress with two experts. After, we went to the computer lab and used TinkerCad to create 3D models. On Friday, we learned about bone tumors, watched a very touching documentary, and went to our second and last Test Takers session. The Test Takers session was once again very helpful and taught me a lot about how to prepare for the SAT.



At the beginning of the final week of SARAS, we learned about the vast field of dentistry and then a few expert taught us certain procedures in taking care of patients. The next day, we learned everything about diabetes from an expert. Following that, we practiced CPR on dummies and were prepared to save a life in a time of crisis. On Wednesday, we were educated in self-care and visited the Long Island State Veteran's Home, where we got to speak with a veteran who served during World War II. On Thursday, we learned about pathogens and listened to a physical therapist talk about her profession. We participated in an activity that showed us how physical therapists help patients recover both long-term and short-term. On our last day of SARAS, we learned about the field of ophthalmology and how the healthcare field is changing. Then, we learned about how to find the right college from the Dean of Admissions of Stony Brook University, which was very informative and helpful for the future. After, we watched some SARAS students perform in the talent show, which included some very amusing and shocking acts.

In addition to being very informative, SARAS was a really fun experience. The games we played in between lectures were always amusing and made the whole lecture hall laugh. Some of my favorites were the Memory Game and answering the riddles on the screen. These games forced you to talk in front of an audience, which was very good practice for presenting in class or in front of people. I also liked that Dr. Pentyala distributed stuffed animals and various trinkets to people that participated in answering questions or volunteered to try a game. This encouraged everyone to participate and kept us all awake.

Another wonderful thing about SARAS was the lunches. The food that was given by our generous sponsors was always delicious and there was never a shortage of it. No one ever went hungry and Dr. Pentyala encouraged us to take seconds and even thirds. There was a lot of variety every day, so no one got bored of the food. The vegetarian options were tasty and left everyone feeling full. The desserts were also yummy and included sweets from many different cultures, which was a new experience for many of the SARAS students, including me.

Dr. Pentyala and his wonderful team were another essential part of SARAS. All the team members did a great job handling over 120 kids for three weeks. They made sure that everyone was doing well and were always friendly to talk to. They also made the line to get lunch move very quickly by serving the food at a speedy pace. Train Chaperones in particular, were very helpful in taking us to the train station and because of them, no one ever got lost or stranded on their way home. Dr. Pentyala, of course, was a great person to be leading SARAS. He always knew how to lighten the mood and wake us up when we were falling asleep mid-lecture. I am thankful to him and his team for making SARAS 2019 a wonderful experience for me.

Ankita

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I thought that overall the lectures that were given at SARAS were interesting and was also very helpful in helping me decide if I should enter the medical field. I think out of all the labs my favorites were the 3-D Printing Lab because it allowed the participants to be creative and the nursing home activity because it allowed us to interact with veterans as well as understand the different aspects of a nursing home better.

Thomas

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I came into this program under the resolute thought of pursuing biomedical mechanical engineering. A brilliant mentor of mine is a BME electrical engineer, and I wanted to one day be able to call myself as accomplished as he. Coupled with the pressures of being a rising senior, I forced myself to see a path. In choosing SARAS, I embarked on this journey of certain uncertainty. I had taken accelerated science courses throughout my regent course agenda, with AP Environmental Science being my most recent—and first— AP. When you gave your talk on your various projects, I began to understand. You speak colloquially and with idiosyncrasies that make you more approachable— you were obviously an esteemed professor and doctor, but I wasn't intimidated. One story stood out to me in particular: the young lady who used cyclodextrin to trap PCBs. From that story, I began to find myself in translation. I had found the bridge between biomedicine and environmental sustainability. I know through personal studies that all fields of science were interconnected. However, what I didn't know was how far apart, or inversely, how close together the fields were. Perhaps it's my background in AP Environmental, but I find the environmental field to be the most appealing. Now I can clearly see where the fields overlap. I also find it amazing that someone my age was capable of being as assertive and ambitious enough to take up a project as such, and have it become as big as to mitigate the Hudson river's toxicity. The experience of dorming was also a pleasant

experience I didn't think much of. I arrived with thoughts of science and college pursuit; I wasn't expecting to learn in my down time. In living with other girls, I expanded my skills in organization, socialization, and independence. Though all are equally important, I learned the most from independence. For example, I obtained an unexpected skill: how to do my own laundry. (At home, I don't have a dryer, so I marveled at the efficiency that kept up with the fast-paced lifestyle of college.) Now that the program has come to an end, I look upon it as an enlightening experience. My eyes have been opened to the various fields in STEM that await in the future. Thank you, Doctor Pentyala, for granting us high school students with such a grand opportunity to learn and explore. Sincerely,  
Lana

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Dr. Pentyala: I am thankful to have the opportunity to spend time with you and your staff members for the past three weeks. All of you provided the resources necessary to make this program an educational and exhilarating time. I felt that the lectures provided me with valuable resources which I can further use in later research and understanding in the physiology of the human body. This is especially essential to those like me because of the increased awareness of the implications of science and research on societies around the world, bridging the gap which would aid millions of lives. The workshops that were done at the end of the day were exciting for me, mainly because of the diverse hands-on experience brought to me rather than sitting in lectures and comprehending information. My favorite one was the clinical workshop, in which I practiced looking through my wrists with the sonogram, and was able to glide my way through my individual muscles and veins on the display. I appreciate the professors and doctors for taking their time to demonstrate and show me various advanced technology in practice. In addition, the train ride to and from here made me more aware of commuting by myself. Altogether, my experience in SARAS was beneficial to me, bringing me optimism about my future career and expanding my options into biotechnology management. Attentively, Wahub

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Dr. Srinivas Pentyala:

I learned a lot, and managed to fill more than half of my notebook. (I've never considered respiratory therapy being so lucrative before. Originally, I was considering forensics or clinical lab work as my career. Now, I am tempted towards a respiratory therapist's three-day work week and growing demand.) Yes, perhaps this program is tailored towards high school students more than undergraduates. I've also noticed that many of the SARAS staff are the same age as me. (Maybe I can be a staff member in the future?) As an undergraduate, however, I must say that there are quite a few high school students here at SARAS that ask questions so quixotic that I cannot comprehend formulating. I am humbled that this program had such a long history, and that you continue its tradition, despite having nothing to gain from doing so. I truly believe that SARAS is necessary for inspiring the next generation of researchers and health care workers. Rest assured, if anyone of us were to become the next revolutionary scientist, we will not forget SARAS. Sincerely,  
Lance

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Dear Dr. Pentyala,

What you have done is truly amazing. You have created an extraordinary program that exposes us, at such a young age, to a myriad of topics that we otherwise would not have been exposed to for years to come. I have been given a tremendous gift- the gift of education. My passion for science, and specifically medicine, has become enhanced because of SARAS. The SARAS program was a truly fantastic experience. The things I learned and the values I've gained will stick with me for the rest of my life. What made SARAS even more enjoyable was your generosity. It feels great to see someone so devoted to what they do. You have made us laugh uncountable times. The time and effort you put into making SARAS happen year after year, your devotion to SARAS, and the time you took to write detailed and humorous emails, really plays a part in the success of the program. I am proud to say that I am officially a science geek, thanks to you! Thank you for all you've done. I look forward to contacting you in the future.  
Diana

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My overall experience during these 3 weeks is: SARAS has been an enjoyable and memorable one. This program opened my eyes to many career paths in the medical field that interest me, including optometry and dentistry. Those are all the comments I have... also the food was pretty good as well!!  
Matthew

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Overall, I thought the SARAS program was amazing. The food was great, the staff was amazing and kind, the students were pretty easy to talk to, most of the lectures were interesting, and all of the labs were fun. My favorite part of the SARAS program was the labs. The labs showed, to some extent, a procedure and/or a test that may be used in the medical field. I thought that was pretty cool. Another thing that I liked about the program was the people. I met so many people from different parts of Long Island in that program. Most of them were pretty amiable and easy to talk to. Also, I really liked the staff. They weren't too strict (probably because not many people caused that much trouble) and most of them were very affable. In conclusion, if I had a chance to do this program again, I definitely would.

Joshua

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Dear Dr. Pentyala (aka Srini Uncle),

Overall, I thought the SARAS program was a great experience, but probably for different reasons than one would expect. I am not that interested in the biomedical sciences, but SARAS showed me that you can be connected to medicine even without being a doctor, such as robotic surgeons and laboratory technicians. The experts were so professional and resourceful, and although I am pretty certain that I won't become a doctor, the experts made me appreciate the people that help take care of me: doctors! Being a part of the SARAS program also taught me to be more independent, especially since I was taking the LIRR for the first time. It was so fun coming here with my friends, and even though I came home tired each day, I was satisfied with the fact that I learned a lot more than I did the day before. I will definitely recommend this program to all my friends who are interested in becoming a doctor. Thank you for making these three weeks super enjoyable.

- Pranati

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I thought that overall, SARAS was a positive and productive experience. It helped me see new areas of science that have not been explored in my school and that I had not considered. Topics and innovative ideas which the speakers shared provided some inspiration for future personal science research projects. I also appreciated how the environment closely reflected that of a college class. -Thank You

Himani

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SARAS was a wonderful program that I highly enjoyed due to many factors, some of which being: the fun labs, the interesting and varied lectures by esteemed faculty, and the vibrant enthusiasm expressed not only by the participants but by the assistants to Dr. Pentyala, and of course Dr. Pentyala. The labs in which we were privileged to participate in were extremely enjoyable, my personal favorite was the "ER" in which we dealt with an imaginary patient in the "ER" with the supervision of excellent faculty and one of the fourth year medical students who was a very helpful teacher and deserves special recognition. Some of the most enjoyable lectures was lecture on regenerative medicine which was thrilling to take part of and covered a very interesting topic. Another of the best lectures was Dr. Gan's lecture on healthcare around the globe. And of course, the excellent lectures by Dr. Pentyala about his many inventions and ideas. Another one of my favorite experiences at SARAS was the field trip to the Long Island State Veterans home. The trip proved to be extremely insightful and allowed me to gain an understanding into the lives of this country's heroes. I was extremely moved during the visit, so I decided to volunteer at the Home to serve the veterans as they served this country. Overall SARAS was an extremely enriching course that allowed me to both deepen my general medical/academic knowledge, and to be exposed to a variety of new and interesting fields in healthcare. SARAS was an amazing 3 weeks and I would highly recommend it to any student regardless of future plans in healthcare.

Liam

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Overall, I feel that the SARAS program has been very useful in guiding me towards studying medicine in the future. The wide range of experiences in the expert's views and workshops helped me decide what topics I was interested in, and which ones I was not so interested in. I found this program unique because I could learn about the scientific as well as the social and economic aspects of medicine in a way that I understood. I enjoyed the food as well and I hope that this program continues to be a success for other students too. Thank you for offering such great opportunities through your program!

Trisha

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SARAS was a very inspiring and enjoyable program that I had a lot of fun attending. I am thankful that I received exposure to different topics of science and all of the speakers were very knowledgeable. My favorite part of SARAS were the workshops where we were able to work more "hands on" and experience labs for ourselves. I'm inspired to look into topics of medical sciences because of SARAS and I gained a lot of knowledge about many things. Thank you, Dr. Srinivas for allowing students to have this opportunity and for making this summer program so enjoyable and successful.

Sarah

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Dear Dr. Pentyala,

When I first went into SARAS I didn't really know where I was going with my life and didn't have many aspirations only knowing that I wanted to do something science based. As SARAS progressed I slowly began to find things that I was not interested in and some things I was interested in. Your research also amazed me with how you managed to find things that I would have never even dreamed of finding. My experience at SARAS truly has opened up my eyes to some possible career paths I may want to follow as I progress through my school life. SARAS truly felt like a opportunity to explore the medical fields and figure out what I want to do for the rest of my life. The information I gained from this program and the opportunities that I have gained from SARAS will prove to be of great worth to me in my years to come. Thank you.

Timothy

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Hi Dr. Pentyala, I really liked the SARAS program. I feel like it opened my eyes up and showed me how interesting subjects in the medical field are. Walking into the lecture hall on the first day I never wanted to do anything in the biomedical careers, but after 3 weeks of listening and exposing myself to new disciplines and careers, I now want to pursue something in a few of the fields that have been lectured. Thank you so much Dr. Pentyala for hosting SARAS, it truly is an experience that I would never forget.

Tarunika

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Overall, my experience at SARAS was very good. I really enjoyed the program. I thought that it was very informative and taught me a lot about medicine and different types of doctors. I really enjoyed going to the Veterans home. I thought that was a great experience and I had a lot of fun there! Thank you!

Giulia

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Dr. Pentyala,

I'm genuinely grateful that I was a part of the SARAS 2019 program. This has truly been an extremely informative program, that taught me a lot about the different aspects of the medical field. Hearing the doctor's point of view of their typical day and challenges they encounter have given me a better idea of what I would want my future to look like. Throughout these 3 weeks, I got an opportunity to expand my knowledge in the medical field. With the daily labs, I got a better idea of each field with the hands-on activities. I'm going to miss hearing your "stupid ideas" that end up being very successful and are known as your biggest achievements. The lecture about OB/GYN robotic surgery was intriguing and has actually made me consider to take that career path in the future. This program has helped me narrow down my options for my future. The exceptional experts have presented their jobs in a wonderful way, which makes it seem appealing and something to look forward to in the future. Thank you for an enriching experience.

Nikita

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Hi Mr. Pentyala,

Thank you so much for running this SARAS program, I am from Virginia where there is not a lot of good opportunities like this program you run. My family and I only knew about this from my sister who attended this and got into the g-Med program, and from our family friend. Before attending SARAS I was unsure about whether or not I wanted to go into the medical profession. I knew that science did interest me, but so did a lot of other things so I was not too sure what I wanted to do for the rest of my life. Before hearing the lectures and seminars, I used to think the medical field did not pay off for all the hard work, and that the research field was too slow. But

while hearing the different people talk, I realized that going into medicine wasn't just about the payoff of all the hard work, it is the moral satisfaction a person gets knowing that they've improved someone's quality of life. Some of the lectures were very interesting and others were very empowering, but together I think they really influenced my thinking. Overall, I believe that the SARAS program has really solidified my interest in the medical field and has solidified my interest in the medical field. I was also one of the few kids who stayed in the dorms for the program. Thank you so much for this opportunity!

Ankitha

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Overall, my experience at SARAS was very good. I really enjoyed the program. I thought that it was very informative and taught me a lot about medicine and different types of doctors. I really enjoyed going to the Veterans home. I thought that was a great experience and I had a lot of fun there! Thank you!

Giulia

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Experiencing the SARAS program gave me insight on the medical field that I had no idea about. It actually gave me a new career path to aspire that combines both of my interests. It allowed me to gain understanding in the field I want to go into that you don't learn in school, not only that, certain life lessons that isn't taught to you. I thank you very much for having the determination to keep the program running for all these years. I wish I had heard about it before. From the food to the lectures, I loved it all. So, thank you very much. Good luck with your Srini stick!

-Amber

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Dear Dr. Pentyala,

Thank you for the best summer ever. Attending SARAS was the greatest decision I've ever made. I learnt so many new medical terms and ideas. This program helped me make my decision that I want to be a part of the medical field! I was the first person to go to SARAS from my school but I will make sure that many people go because it's an amazing program. My favorite parts were the labs and all the new friends I made who share the same interests as me. Thanks again for the greatest 3 weeks!

Hannah

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I thought the SARAS program was overall a really good experience for me. It basically went through summaries of major medical fields that you can go into. This program made me develop some curiosity on some of the fields and got me to want to know more. Such as orthopedics and maybe even dentistry. Although these lectures taught me more about medicine, I think the amount and duration of these lectures per day made me lose my mind. But towards the end of the program you implemented some hands-on stuff, which I liked. I thought the fact that we intubated a mannequin was pretty cool. My curiosity to know more about medicine allowed me to come back every day. Thank you for this experience.

Alina

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I did enjoy the SARAS program. I thought the labs were fun. The talks were full of information and i think i learned a lot about the medical field.

Gappiah

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Dear Dr.Pentyala,

I am so glad I had a chance of attending the SARAS program at Stony Brook University. I loved the program and learned a lot over the past three weeks. I know have a better understanding of the different occupations that are available in the medical field and am now more interested in learning about these professions in greater depth. This program helped me get better at standing up in front of a crowd and speaking. Thank you so much for making this program amazing and I hope that you will keep this program running for years to come so that many people can have this great experience like myself. Thank you,

Matthew

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Hi Dr. Pentyala, I really enjoyed taking part in this program and seeing the wide range of careers. Especially having such an organized and wonderful staff, including you, I was never bored or reluctant to leave the house. Everyone's positive vibes created a comfortable atmosphere in the lecture halls and lunch room. I hope for you to continue the SARAS program to inspire and influence others. - Roma

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Hi Dr Pentyala! I love how you carry out the SARAS program, and always make your students laugh. I am so glad to have taken the opportunity to be in it, and have a taste of what it's like to be part of a medical field. I think it was also very well organized, thanks to you and your amazing staff. I hope you continue to do SARAS and inspire many other students. Thank you!

-Sama

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Dear Dr. Pentyala,

I went into SARAS not really knowing what to expect. The first few days were a bit daunting since I really didn't know anyone there. Over the course of the program, everything started to change for the better. I started to make friends, talk to people, and laughed at your jokes. The SARAS camp was filled with nonstop important information that is extremely useful for upcoming physicians. Every day we had bright and experienced MD's, DO's, PhD's to come in and talk about their profession in relation to healthcare. Every presentation given throughout the program was truly amazing and unforgettable. Along with detailed talks and presentations, the clinical workshops and hands on experience we went through were fun and useful in the real world. We did CPR on practice mannequins, intubated "patients", learned how to put on a tourniquet and save someone from bleeding out, and got our first experience interacting with a practice patient. These three weeks gave me insight on the different fields of medicine and exposed me to other career paths in health sciences. Not only was this camp filled with important information, it also had amazing jokes by Srini. The awful dad jokes you made, really made this program unforgettable and amazing. I especially love the part when you introduced us to Srini's Dipstick to detect CSF and when you told us that very long and detailed story about your first time giving a rectal exam. The thing I love most about this program is that I got so many details about the medical field as someone only in high school. This exposure to the field at such a young age is something that is not very common, and for me to be a part of it is just amazing. Thank you very much Dr. Pentyala for making this camp absolutely amazing. I had an amazing time being a part of it and this has influenced me to continue and shoot for the BS/MD track. I hope all your projects get produced so you can finally be that billionaire and I will definitely look out for that dipstick.

Thank you Srini,

Aaron

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Hi! This is Emma and this is my reflection of SARAS 2019. I came into this program knowing I wanted to do SOMETHING in the medical field but I was not sure what. After hearing from many talented experts, I am planning on going into nursing and eventually then working under an anesthesiologist! This program made me very excited for my future and made me realize all the opportunities I have in the next chapters of my life! It was an amazing program and was a reflection of the amazing minds of the staff and directors! Thank you so much!

Emma

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Dr. Pentyala,

I wanted to thank you for coordinating SARAS 2019. I had a great time listening to the speakers each day and learning about many of intriguing topics that we had covered. I particularly enjoyed hearing about the many projects you are working on; it gave me insight into the process of research and development that I was previously unaware of. Before coming to SARAS I had been considering to pursue a career in biomedical research. This consideration has been greatly supported by my experiences within the camp and has definitely encouraged me to continue pursuing this goal. My plan is to eventually enroll in Stony Brook as an undergrad so I hope to see you again soon. Thank you for the inspiration,

Chris

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Hi Dr. Pentyala,

My overall experience in SARAS was amazing. I learned so many new things that I found very interesting. Working in the labs were a lot of fun and I don't think I would have done anything that I did during my time in SARAS anywhere else. I got an insight into some of the medical fields I find interesting and may want to pursue in the future and maybe some not so much. This program saved me the stress in the future of figuring out what I would want to do. So, I thank you for the incredible experience and I really enjoyed SARAS. Thanks,

Anshula

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I really enjoyed the SARAs program this summer. This program really motivated me to continue to find opportunities in the medical field. I really enjoyed the stories you told us throughout the SARAs program, especially the research projects.  
Thank you  
Kylie

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