

2021-SARAS : STUDENTS FEEDBACK

Hello Dr. Srinivas Pentyala,

Thank you for all the gifts, snacks, waters bottles, program details but most of all; the experience and knowledge I've gained from SARAS. I now have a better perspective on the differentiations between career branches of medical science. All the professional speakers were polite and I enjoyed the interactive question portions a lot. Your talks about the CSF detection stick and the mechanical engineering stent research were very funny and informative. I went into the program not knowing what to expect and came out pleasantly surprised! Thank you for providing the opportunity of SARAS this year, it must have been difficult under normal circumstances let alone during the pandemic! I really enjoyed my time in the program and have gained knowledge on a wide range of topics such as; sleep science studies, cpr training, fruit fly studies that correlate with neurodegenerative diseases, surgeries in optometry, orthopedic, maximally facial fields, and so much more!

P.S. if you weren't joking about sending former SARAS students emails, please send me some!

Lol

Best,

Paige

Proud SARASer

Dear Dr. Pentyala,

Hello, I completed the 2021 SARAS program earlier this summer. Thank you for organizing and hosting this series of events. I've learned so much from my experience at Stony Brook - it's left me craving for more. I've spent hours imagining what the pre-Covid version of this program would be. I would've loved to actually Stop the Bleed on blood spurting dummies, to learn how to stain bacteria, and to perform hands-on CPR. Your sessions in particular were truly fascinating. You have taught me how far our ideas can go (especially in the money section) and the real-world impacts we can have. Your work with your first crush*, CSF strips, osteoporotic drugs, gout (and probably much more that you didn't tell us about), and the captivating "zero-to-hero" stories behind them all serve as shining examples of what anyone can do if they put their mind to it. Apart from your presentations, the entirety of the program was such an interesting and fascinating experience. From diabetes to regenerative medicine, to geriatric care, and to so much more - I got to learn so much. SARAS has pushed me to advance my passion in the biomedical sciences. From the bottom of my heart, thank you.

Best Regards,

Ekam

* just to be clear I mean phospholipase C delta 1

The program overall was an amazing experience. I loved the introduction to all different fields of biomedical science and I liked how it helped me stay mentally stimulated throughout the summer. I have no real criticisms of the program. I was nervous about the program in the beginning, but your jokes and welcoming demeanor helped me to open up, ask questions, and truly enjoy my time at SARAS. Thank you so much for making the program unlike anything I had experienced before and something truly special.

Jessica

Hi Dr. Pentyala,

I think SARAS was a really enjoyable program and I was able to experience and learn many new things about the science and medical field. When I first heard about this program, I thought that it would be an interesting experience and it definitely met my expectations for learning about different fields. The lectures were very interesting and were very helpful for me to decide my future. Your emails were quite entertaining too. I'm really glad that I got to participate in this program, especially during these times with COVID going around. Thank you for your hard work and for this wonderful experience!

Sincerely,

Evelyn

My overall impression of this program was really good. I enjoyed listening to the wide variety of speakers and there was always a new and interesting doctor interacting with us. This program was very helpful in showing me the different fields that medicine has.

There were two main aspects of the SARAS Program, which I thoroughly enjoyed:

1. Photographs from the presenters, because they show the audience what they will see if they pursue the profession of the speaker
2. Recurring topics. I enjoyed revisiting specific topics, like the process of intubation and sleep disorders because they provided for a more thorough understanding of the topic.

All in all, I enjoyed the program!

-Lorenzo

Hello Dr. Pentyala,

The SARAS program was a wonderful informational program that opened my eyes to the medical world. At first before taking part in the program I assumed it would be absolute torture especially since it was in the middle of the summer. However, Dr. Srinivas definitely proved me wrong.

Dr. Srinivas has a wonderful lively personality that really keeps the program alive and with his amazing team and presenters that keep the program on topic. A perfect balance that keeps me awake and sends me home with eye opening information. I never thought I would have so much fun sitting in a auditorium for 5 hours with college lecture styled classes.

-David

I really had a lot of fun at SARAS and I thought a lot of it was really interesting and a great learning opportunity. I LOVED the chair exercises (even though it seemed like not a lot of people were into it, I definitely was.) I know this year was hard but it was so clear that you did everything possible to make the program fun while keeping our safety in mind. I had signed up to do this last year but then COVID struck and it was cancelled but this summer SARAS was one of the only programs that still ran so I was very grateful. I had so much fun and I would definitely sign up again.

Thank you!!

Alexa

Dear Srini,

I very much enjoyed SARAS! The presenters were very interesting and they were all definitely knowledgeable and helpful. The way that they presented showed just how much they knew about the topic and they can truly be considered experts. I enjoyed the chair exercises and I thought that the gifts and water bottles after each day was a nice addition. My only complaint is that we couldn't drink in the auditorium and that there was no lunch this year (I heard that it was really good!!) . Thank you and the SARAS coordinating team for everything and have a great summer!
- Hannah

Hi!

I really enjoyed the SARAS program because it gave me insight on the world of medicine. Although I don't have to decide what field of medicine I want to work in for a while, I now know more about myself for when that time comes. I have learned that I am very detail oriented. Throughout all of the lectures I noticed myself paying attention to the small things, which I feel matter the most. One of my favorite lectures was definitely "Stents R Us". He showed some amazing videos of stents being placed into the body. I never thought Cardiology would be an interest of mine until that moment. This year was very different because of COVID policies but I still enjoyed sitting there and having the opportunity to listen to everyone's presentations.

I also really loved hearing about your research. Some of my favorites were your evaluation of prostaglandin D2 as a CSF leak marker with implications in safe epidural anesthesia and Prostate cancer biomarkers. I thought it was amazing how you turned a several hour process into a span of 5 minutes for both of those studies. I also enjoyed hearing about artificial bone research which was 3D printing bones to help regrow and repair a broken bone in a mouse. I really think this could be a new way to go about medicine for the future.

There were many times where you said you would make a discovery and so many people would look at you like you were crazy. That never stopped you to keep going, I think that is definitely a great quality to have— especially if you are or want to be a doctor. I actually did end up stalking you and found all of your research. I read through a lot of it— there were a lot of big words that I didn't quite understand. While I was searching through I came across the research that you talked about on the first day of the program which was about your crush— PLC-D1. You said that an increase in this enzyme would contribute to Alzheimer's in the brain. While I was reading more about it, I wondered if you were able to freeze this enzyme which could stop it from accumulating overtime and prevent Alzheimer's from occurring. That is just a crazy thought of mine but I learned from you that crazy thoughts have a chance at turning into big ideas.

- Kaidence

Dear Dr. Pentyala,

As a student in the SARAS 2021 program, I was more than pleased. I did not know what to expect originally, but as soon as my first day was over I fell in love with the program and I could not wait for what the next day had to offer. You made me laugh all the time with your sense of humor and interesting yet hilarious daily emails. Not only was I taught how to open my mind to new medical innovations and out of the box surgeries like a rhinoplasty, but I also learned how to effectively cope with stressors and how to be a true leader in any environment. I enjoyed all of your gifts, especially the jackfruit snacks—I even brought it upon myself to buy some more! Most importantly, I was inspired by every one's brilliant research projects. The lectures made me realize that there is no stupid question or topic of research. No matter who or what doubts me, there is always a chance to prove doubters wrong—and you showed me that through your patent lectures. Your research for detecting cerebrospinal fluid in a sample sparked the greatest interest in me because of your story behind it. SARAS was by far the most influential and inspiring experience I have ever taken part in, and the lessons

I have taken from it will remain in my heart for a lifetime. I thank all the staff and the speakers for being my inspiration to carry out a career in the medical field. Lastly, I would like to express a HUGE thank you to you, Uncle Srin, for bringing the SARAS program to us this year (especially after how hard this year was with Covid-19)! Being one of your SARAS students is a great honor—I hope I get your emails forever!!!

-Gianna

The SARAS program run by the department of anesthesiology at stony brook hospital is one of the best student programs in the country to say the least. I have had the privilege of attending the SARAS program and I am every so grateful that I did. This program has not only exposed me to numerous different specialties from ophthalmology to hospital management to facial trauma surgery, but also allowed me to better prepare for a future in medicine. I absolutely loved everything that I learned and experienced in this program and would highly recommend it to all high school students who plan for a future in medicine or any hospital related areas. And lastly I wanted to give a shout out to Dr.Pentyala and his team for rising to the challenge and putting together a spectacular program despite the challenges of COVID-19, while still keeping the students and hospital healthy and safe.

-Sophia

Dear Dr. Pentyala,

I really enjoyed SARAS this year. Although it wasn't a full day program, the information I received was truly invaluable. I learned about fields I truly didn't even know existed and gained information that will be incredibly useful not only in the coming two years, but in my long-term education. For example, before SARAS, I was dead set on cardiothoracic surgery. However, after listening to orthopedics surgeons, I'm strongly considering orthopedic surgery. Overall, SARAS was an incredibly interesting course, has provided me with crucial opportunities, and insightful information.

-Sid

Hello Dr. Srin,

SARAS was a very interesting experience, it helped me to understand that I want to go into a medical field in the future. Thank you so much for allowing me to be a part of this program!

Katie

Dear Mr. Pentyala,

I wanted to say that SARAS was a very unique opportunity to learn more about so many different fields with interesting and amazing professionals.

Daniel

Dear Dr. Srinivas,

Thank you so much for the fantastic experience you and your team organized for us. I am sincerely grateful. Being given this once-in-a-lifetime opportunity to learn in-depth about various fields has been fascinating and incredible. I was particularly intrigued by Sleep specialist lectures (his friendly/humorous demeanor was also lovely to listen to), as well as yours. The crazy thoughts and backstories behind your experiments were delightful to think about and listen to. I believe a presentation that caught my eye most was "Careers beyond the clinic of a hospital - Clinical Laboratory Sciences." The combination of computer science and medicine made me

listen closely, as both fields are what I'm interested in.

On the other hand, some lectures and their presentations were slightly nauseating to listen to and watch (especially surgery videos). But, this doesn't mean I thought they were terrible - quite the opposite. The knowledgeability of the specialists in their fields and stories of operations they've performed on patients were gripping. Oro-Maxillofacial surgeon's talk is an excellent example of this, with "bullet-in-the-head" story. Recounting all these talks to my parents at home always greatly entertained them. I hope that I will have an opportunity to meet you again (and maybe even work with you) in the future. Thank you very much.

Sincerely,
Masamichi

Hi, Dr. Pentyla. I enjoyed learning about a wide variety of medical topics, especially the ones I hadn't known much about before. The best parts were the hands-on workshops - I really liked getting to intubate a manikin.

Michael

Dear Dr. Pentyla,

You, your assistants, and the medical professionals/experts are all MVPs for smoothly operating SARAS 2021 and successfully battling to get it approved in the first place. Despite this year's program having comprehensible limitations when compared to its predecessors, nothing stopped me and my peers from engaging with the informative lectures and workshops. Well, maybe those chair exercises from time to time, but that is a completely separate debate. I urge SARAS' future attendants—especially those who receive the total experience—to always commend remarkable programs such as this one and never take them for granted. Like you stated from the get-go, each summer bears a slew of high school students racing for the opportunity to submit their applications on time and acquire an available spot—high school students who may not hail from NY State nor the United States! Therefore, my 45-50 minute commute, from Nassau County, for SARAS every morning could undoubtedly be viewed as a minor deal to other participants. But anyway, thanks much for your time, and best of luck to you and your research team moving forward.

-Gabriel

Dear Dr. Pentyla,

I really enjoyed SARAS, your emails caught me off guard at first but I enjoyed that too. The lecturers for the most part were very informative and very engaging, I would have liked to have done more during the workshops but I understand that due to our current circumstances there is nothing you could have done. Overall I really enjoyed the SARAS and it gave me a better understanding of what career I want to pursue in the future.

Your student,
Abhinav

Hello Dr. Pentyla,

Thank you for everything these past three weeks. I thought the program was overall wonderful and I found it informational and informative. It will definitely serve as an aid to my future career and classes that I will be taking on. I hope that next year the students will be able to have a more

hands on experience without less or no coronavirus precautions. Regardless, precautions or not, the program ran flawlessly and I was truly impressed on how well it turned out.

Aidan

Hi Dr. Pentyala, I really enjoyed the SARAS program. The speakers were engaging and the lectures were interesting. Also, the technology in terms of switching presentations and microphone audios went very smoothly. I really enjoyed learning about the unique surgery fields such as the Maxillofacial surgery and orthopedic oncology fields, the doctors presented topics I knew little about, so I learned a lot especially during those talks. Also, enjoyed the talks given by the doctors that weren't so much focused on science but more on dealing with stress and motivational speaking, there were many enlightening and thought provoking ideas presented. I also really enjoyed learning about your crazy and interesting ideas, and your experience with trying to make those ideas into economic opportunities. The chair exercises were actually really funny. Thank you for your great efforts in making the program run safely with the threat of COVID still in society, and making it a great experience for all.

Thanks

Peter

As a student who participated in SARAS this year I loved the program and will be back to do it again next year. The lectures were all so detailed and interesting and carried lots of information that I will be using in the future. I'm so grateful to have been lucky enough to go through the experience of the program.

-Aria

Hi Dr. Srini,

Thanks for this wonderful opportunity of attending SARAS 2021, I had so much fun. I will definitely be using the information I learned from this program, in the outside world and in my studies. Thanks to all the fun gifts and certificate as well as the trophy. Hope to see you again next year, where possibly we can do workshops and get hands-on. Thanks again and have a great summer!

Sincerely,

Your Favorite Student - Shruthi

Hi Srini,

was pretty good. All of the speakers and presentations were interesting and relevant to my interests (I thought it was really cool how you and your team were able to create new and efficient tests for so many diseases and conditions like prostate cancer and gout). The main thing I did not like so much were all restrictions because of COVID, but I think it's great that you and your team were still able to pull everything off.

Thank you, Sincerely,

Arianna