

2023-SARAS: Students Feedback

Dear Dr. Pentyala,

I am writing to express my sincere gratitude for the invaluable knowledge I gained during my time at the SARAS program. I wanted to extend my thanks to you for your guidance and the exceptional speakers who made the program so enriching.

Throughout the program, I not only had a great deal of fun but also acquired a wealth of knowledge that I believe will greatly influence my future career in the health field. I owe my newfound insights and inspiration to you and the esteemed speakers who shared their expertise.

I would like to highlight a few lectures and workshops that left a lasting impression on me:

- "How Sweet Are You?"
- "Vascular Diseases and Minimally Invasive Surgery"
- "What Flies Teach Us About Neurodegeneration"
- "Stop the Bleed"
- "Are You Breathing OK?"
- "STENT 'R' US"
- "CPR Workshop"
- "Cannabinoids"
- "Sugar-Free Fracture Healing"
- "Bone Tumors"
- "CAD & 3D Printing"
- "Insight into Sight"
- "EM & Critical care Physician" (presented by your niece)

I am also deeply appreciative of the thoughtfully catered food during the program. I plan to extend my gratitude to the catering team through an email. Once again, thank you for curating such a wonderful and educational experience. I am truly grateful for the opportunity to have been a part of SARAS.

Harrison

Hello! It was really cool and inspiring to see all of the different amazing people from different fields come in and talk. I'd never deeply looked into the field of medicine before, so this was a great learning experience. Also, the people were definitely a major reason I enjoyed SARAS. All of the staff were amazing and kept the atmosphere casual. All the other SARAS students who cracked jokes and made casual remarks and asked questions also made the atmosphere less like a college lecture and more like a casual discussion. I also especially enjoyed the in-between lectures by Dr. Srinu that broke up the long lectures and made everyone laugh. Thank you for making SARAS an unforgettable summer experience!

Aimee

Hi, Dr. Pentyala

The SARAS program was very fun and exciting. I really enjoyed being a participant in SARAS 2023. I liked how the program was very diverse in people and activities; I actually made a lot of new friends. Everyone was very kind and fun to be around, as well as you and your students. Not only was the program diverse in itself; but the food was too. I also liked how the presentations were engaging. My favorite presentations were about Anesthesiology, Robotic Surgery, Cataract removal, and coding in medical care. I loved learning about the various and fun career fields that I could choose. This program gave me an open mind to many different scientific, psychological, social, surgical, and programming fields. I appreciate the effort that you and your colleagues put into the program, so that we can all enjoy it. Thank you.

Sincerely, Nakira

Dear Dr. Pentyala,

I thoroughly enjoyed the program and thought that a lot of the material was very insightful. Thank you for adding some education to my summer. Best regards,

Pranav

Dear Srini,

Thank you so much for giving me the opportunity to attend SARAS 2023. This program gave me so much insight into different areas of medicine. I found some things interesting that I would have never expected myself to be interested in. The hands-on activities were great and I loved how you rewarded the people who asked questions with random gifts. Thanks again!

-Duretti

Hi Dr. Pentyala,

When i first started the SARAS program i had no clue what to expect and i was going in with the mindset of wanting to pursue research when i'm older. but, the program allowed me to not only learn so much but also made me fall in love even more with medicine. everyday i was getting into my mom's car having such good stories to tell her about what i did that day. it was a very educational but also fun environment and i loved it so much. it not only grew my passion for medicine but also created new bonds with not only the other students but also your assistants. the whole team was so amazing and worked very hard and it showed through how wonderful and impactful the SARAS program truly is.

Mia

Hi Dr. Srini! As for my thoughts on SARAS 2023, I absolutely loved it! Everything was well planned and organized. I especially enjoyed the speakers and how we were able to get some insight on different specialties in medicine. I also enjoyed your dad jokes and talks about your research. I have no regrets losing three weeks of my summer attending this program! Thank you for everything you did for SARAS 2023!

Olivia

Dear Dr. Pentyala,

I had a great time at the SARAS Program. I really enjoyed learning all about the different professions there are in the medical field. I am very grateful to have been given the opportunity to meet so many different experts as well as become good friends with different people who are interested in going into career paths similar as my interests. The SARAS program will be an experience that I will never forget. Thank you!

Sincerely,

Lucas

Hi Dr. Pentyala,

I'm incredibly grateful that I had the opportunity to be a part of SARAS-2023. While I found your patents (and the amount of profit you'd make) enlightening, I truly enjoyed listening to all the guest speakers and/or participating in their hands-on activities. Each had their own unique charm that gave flair to their talks. Witnessing them express their passions in the room served as a great inspiration. As a rising junior who still has no idea what to pursue in the future, the variety of topics, being explored at a surface level or narrowed down to what the speakers love about it most, was truly eye-opening, while I developed new interests in the medical field (or others). Most importantly, you, Srini Pentyala, have taught me the power of networking. Your impressive efforts and ability to convince these speakers (Expert all the way from Germany!) to take time out of their busy schedules, gain access to amazing rooms of the SBU Hospital (the ER simulation room), receive multiple sponsors to cater our lunches, and especially recruit volunteers (Joe, Adith, Sahana, Mary, Yanming, Alyssa, etc.) made all of this possible. So, here's a special thanks to you!

- *make more of your special Srini salsa (maybe you can make a batch each week and make it gradually or exponentially spicier)*

Victoria

My experience in the SARAS program was one I will never forget. First, I'd like to acknowledge Dr. Pentyala. All of the time and effort he has put into this program is clearly evident, and very much valued. The variety of professionals and professors the program introduced were incredible, introducing topics through a broad perspective, going into detail of the many aspects that hold together different STEM fields. The program has definitely helped me dial down my choices for what I want to be in my life, and I'm very grateful for that because going into college is very stressful (for a high school student). Not only that, but the program also aided in SAT preparation, and working hands on in labs. The students in the program were also introduced to fake interactive patients. Personally, this was the most interesting activity outside of the lecture hall, it was compelling to feel like a doctor in a room with a patient. I can proudly say the SARAS program has been the most efficient way in preparing me for my senior year. It was educational, but also enjoyable at the same time! Thank you Dr. Pentyala for everything.

Ilayda

Hello,
SARAS program was amazing!

Every day was a blast at SARAS. We talked with professionals, interacted with mannequins, stopped the bleeding of fake arms, swabbed bacteria onto blood agar agar plates, and did so much more. During lunch, we would go down to Starbucks and get a drink because of how close the cafe is to the program area, and I found that pretty amusing because of how Dr. Srini always made comments, saying that we're buying overpriced ice drinks.

I really liked all the cardiology presentations, because I'm interested into cardiology. I was worried that those presentations would make me feel bored of the cardiovascular system, but it just made me even more interested! One thing I would change would be the lecture hall, because the talent show lecture hall is purple and would be a great room to sit in 😊.

Everyone was nice at SARAS. Dr. Srini was super kind and funny, making sure that everyone had a good time. Joe, Mary, Alyssa, Adith, Sahana and Yanming were all so nice, along with the professionals that were present. That's amazing for students in SARAS to be surrounded in an environment like that and it really just makes learning so much more easier and fun!

Overall, the program was a great experience. I made new friends, ate great food, and learned a lot about some medical driven careers. This program really confirmed what I wanted to do in the future, and as of now I'm recommending this to everyone I know that are confused on what they want to do in the future, or if they see themselves going into medicine.

Siya

Hello Dr. Srinivas,

I really enjoyed the SARAS program. It was a quite different for me since it was my first educational experience in USA. I thought that there was a good variety of specialties within the lecturers. The food was good in my opinion. I really enjoyed the break between the first and second lecture, most of it was super fun.

Hira

Dr. Srini,

I know this email is coming later than expected, but you always have to save the best for last! SARAS was an incredible experience. I was able to learn about so many different professions and medical fields. It was so interesting to learn about how many different jobs surrounding the medical field. It was also super interesting to hear about all of the research that everyone is doing. SARAS overall was a once in a lifetime experience. I am so grateful that I was able to be a part of this program and learn a lot. Thank you so much for everything.

Sincerely,

Julia

Dr. Pentyala,

Thank you so much for hosting this program and I gained so much insight about medicine and technology I did not previously know. SARAS helped narrow potential careers in medicine like being an anesthesiologist/ physician-scientist. My favorite lecture was about tissue regeneration and 3-D printed, bio-degradable organs which was one interest of mine. You are truly inspiring because after each presentation about your accomplishments in research has inspired me to become a physician-scientist. Thank you so much!!

Ellis

Hello Dr. Pentyala!

I hope you are doing well! It's already half way through the summer, but I still can't help reminiscing about the program and all the fun I had there! I really enjoyed the lectures, and the workshops really solidified my decision on trekking through healthcare path. The food was great too! Learning about what the body can do as well as how different ailments can affect the body was especially interesting! Sometimes the lectures hit close to home; I started to wonder if this was how a hypochondriac saw the world, which was especially true during the talk on sleep disorders. I also enjoyed the small little games we played in between each guest speaker. It really helped cool off from the previous lecture and reset for the next! Overall, I enjoyed the program and all the opportunities it offered to take a quick dive into the medical field! Thank you so much Dr. Pentyala and your team for coordinating this program! Best,

Abigail

Dear Dr. Pentyala,

The SARAS program was an enlightening experience for me because I got to see many professionals from the medical field and learn more about what they do and how they think. I had a lot of fun during those three weeks and got to meet people who have similar interests as me. I especially enjoyed the workshops where I learned how to save lives (stopping bleeds, ER, and CPR). The program was very fulfilling - I was full of food until the end of the day. Sincerely,
Alexa

Dr. Pentyala,

I am Zixuan and here are some personal opinions on the SARAS program:

From the broad view, the lectures, labs, and workshops are generous in information and knowledge, they definitely serve as an enrichment for the audiences who are focused at the time. I cannot deny the usefulness of the knowledge I received from the program, as it indeed allowed me to view my options for the future. I was leaning toward majoring in engineering and physics yet I was uncertain if they were relevant with the medicine field as all three are where my interests are put. I appreciate that one of your students showed a possibility for me to major in physics while pursuing medicine, now I believe that has become my primary direction to follow (for now). I cherish a chance for me to enhance my social skill (not really), despite that "not really" and did not actually made life-time friends (I made friends though), at least I have learned how to deal with human relationships and apply it to my social life when back to my own community.

In conclusion, (I don't wanna conclude just read the entire email) Dr. Pentyala is a fun guy to spend time with.

If this email goes to Dr.Pentyala, best of luck for you and your team on future research, and if I still remember, I'll start flattering you so you would take me into his lab when the school starts.

Sincerely,
Zixuan

Dear Dr. Srin (AKA Srin Uncle),

As a college student coming to SARAS, I was a little hesitant at first. I was worried that it would be mostly high school students and that I would be one of the only college students there... and I was right! At first, this worried me a little, I thought I would know most of the information that would be presented and that the program would be a little boring for me. But I gave it a chance and I was really surprised. After the three weeks, I can confidently say I loved SARAS so much! It really blew away my expectations. The lectures given by the medical professionals themselves were so in-depth and showed us things we might not see until we're in medical school ourselves. I got to see pictures of real actual surgery, learn in-depth about body processes, and directly ask real medical experts about their experiences in their fields. I would like to reassure other college students coming into SARAS that this program will be very fun and interesting, and you might even be able to take better advantage of connecting with the experts than the high school kids! It was a very fun and exhilarating program, and I would love to come back in 10 years as a SARAS alumni!! >:) Best of luck on SARAS's 20th session next year!!!

Thank you so much!
Yusra

Dear Dr. Pentyala,

First of all, I would like to say thank you for putting so much effort into the SARAS program, and making SARAS enjoyable for everyone. Going into the program, I didn't expect much out of it, but I exited SARAS with much more knowledge than I started with. SARAS was an amazing experience, and I would like to thank you for coordinating/planning everything out.

My overall personal feedback/impression on SARAS was that it was an extremely organized/informative program. I was able to learn from a variety of experts, and I found it extremely informative from this. The program was run extremely smoothly, ranging from the schedule in general, the LIRR/bus transportation, and even the food. I would recommend this program to my peers if they are interesting in learning new information,

Sincerely,
Ian

Dear Dr. Pentyala,

I had an amazing time participating in SARAS. This program allowed me to experience wonderful things such as meaningful lectures, intensive labs, and especially amazing food! I learned so much from this program such as how to extract cerebrospinal fluid from a model and endotracheal intubation. Sitting in on the lectures helped me broaden my exposure to the medical field and helped introduce me to various fields. I learned about gynecologic oncology, ophthalmology, PT, and so much more. I also

thoroughly enjoyed speaking to the college admissions on the last day because it allowed me to ask questions about Stony Brook and help reduce a little bit of stress. Thank you so much for the wonderful experience!

Rhea

Dear Dr. Pentyala,

I recently had the opportunity of attending the Stony Brook SARAS Summer Program, and I wanted to take a moment to express my gratitude for the wonderful opportunity to be a part of this educational experience.

I was exposed to a variety of medical specialties during the course of the program (not just medicine alone), and I found orthopedics and cardiology to be especially fascinating. It has been energizing and inspirational to speak with so many diverse professionals and see their accomplishments. They have really raised the bar for people like me who want to work in medicine.

Additionally, Dr. Pentyala, I have to mention how fascinating your research is. Throughout the program, it was clear that you were an expert in your field and that you were passionate about what you did. Your research's unique approach and potential significance made a deep impression on me and motivated me to learn more about the field of medical research.

This summer program has given me invaluable knowledge as a rising senior and reinforced my desire to pursue a career in medicine. I've never been more confident about the direction of my future career, and I'm now more driven than ever to work in healthcare.

I want to thank you for establishing an amazing program and for making such an enormous impact on students like me who want to become medical professionals. In the future, I wish to keep in touch with you and your respected colleagues in order to continue learning from you.

Sincerely,
Tejasvi

From this program, I learned a lot about the healthcare professions and was even inspired to pursue dentistry. I'm extremely grateful for this opportunity and was able to learn a lot throughout these three weeks.

Kayla

Dear Dr. Pentyala,

Thank you so much for organizing this program! Honestly, I initially did this to have something to add to my resume and wasn't all that interested in medicine at the start. As the program went on, I began to be more and more interested in the lectures and realized that even if I didn't want to become a doctor, there were so many more options for me if I chose to work in medicine. I am not exaggerating when I say that this is one of the best programs that I have done so far considering it gave me some much needed clarification on what I wanted to do with my future, and without it, I would have never recognized my love for medicine and my desire to work in the medical field.

Sincerely, Alexandra

Hi Dr. Pentyala,

The SARAS program was an unbelievable experience. I think nothing should change with the program. Also, the people that you had working along side you were the best, and should find new people like them for SARAS 20th annual program. Thank you so much, Dr. Pentyala and would like to stay in touch.

Thank you
Alessandro

Hello!

Before coming to SARAS, many people have told me to have fun in summer and not attend any of the summer enrichment programs. However, at this time I would like to contradict what they told me because I believe that SARAS was my highlight for the summer of 2023. SARAS was something else, in a good way. I still remember the first day of coming to Stony Brook, I was all nervous, tired, and obviously ready to learn so much; I was just so ready for what was ahead of me. But anyways, my time at SARAS was an incredible experience, I was able to meet so many professionals that work in the Medical field whether they are doctors, EMTs, engineers, etc. I think it was such a good opportunity for me to personally ask questions and learn about things I have never heard of before. My experience at SARAS was even better with the many friends I have made. I became very close to the people there; funny story: I got really close with this one person and didn't know that they went to my school. So yea, SARAS not only provided an amazing learning experience but also provided an amazing social life. Also, let's not forget about the food they prepared for us. I just would like to say thank you so much to the Anesthesiology department

for sponsoring the food and for the many other sponsors that made lunch so exciting and fun. FYI, the food was better than the food I have at home. Now finally, I just would like to thank Dr. Srini Pentyala, Joe, Adith, Alyssa, Yanming, Mary, all the professionals, and my fellow SARAS friends for making SARAS 2023 an amazing experience. It was an honor to be in this program. Sincerely,

Daniel

P.S. : Dr. Pentyala: we still need to get lunch together!

Hi Dr. Srini, here is my feedback on the SARAS program. Throughout these 3 weeks, I learned a lot of new facts about professions in health care and the type of work they do. My favorite lectures were the ones about gynecology, the blood, and vascular diseases. Being in the program made me realize that I do love medicine and healthcare and this is definitely the career path that I want to go on. I made a lot of new friends in this program and they made it more fun. I also enjoyed the workshops that we did in the afternoon such as observing the bacteria but my personal favorite was the simulations. Learning how to help someone breathe through the types of CPR and checking for a patient's vitals were super fun. Building blood cells out of clay was also super amusing to do. My favorite parts of the program were the fun games you would do with us between lecture times such as the skills workshop and the creating a screenplay. I laughed a lot for sure! Thank you for giving us a full meal every day. My favorite day was the Indian food and the Italian food, both were super yummy. I would recommend this program to others because I learned a lot, made new friends, and had a new type of experience. Some may think it's nerd camp but it was a camp where I realized that medicine is something I want to pursue. I will definitely keep in touch with you if I have any questions throughout my next 3 years of high school and for more opportunities. Thank you, Dr. Srini for this wonderful program, I will miss SARAS 2023.

Ria

Dr. Pentyala: Thank you so much for running the SARAS program this year, and I'm sure for many more years to come. Although having to wake up at 7 am every day during summer break might be considered child abuse, SARAS was for sure a better opportunity than being a *beach bum* or *mall rat*, to quote a celebrity I recently met. These 3 weeks were very fun with the fellow mildly nerdy friends I made. I was looking forward every day to your entertaining emails - I would spend the train ride refreshing my inbox in anticipation.

I would recommend SARAS to any teenager interested in medicine, as well as to any Starbucks addict. I can confidently say I am 100% certain I want to become a doctor after interacting with the multiple professionals who spoke these last few weeks. Stony Brook University is definitely on the top of my list of schools, especially the BS/MD program ...for which I hope you will remember my name when you'll see the thousands of applicants - stay tuned to the fall of 2025. I did relish all the lectures, especially the ones with hands on/interactive features for us, (in other words I like making messes and pretending I'm a mad scientist.) I delighted in doing the forensic science lab, as well as the clinical rounds lab where we drew spinal fluid from a dummy and got to intubate a patient. I also enjoyed hearing about your own research projects like the one where you cured motion sickness using limonene. I might need to buy my own limonene strips after the train rides every day. SARAS is an amazing program and I loved it very much! I will be investing in Srini's hot sauce "*hot like Srini*", so don't hesitate to launch it soon and email me for a review/testimonial.

I plan on visiting you and the future SARASers. Until then, so long, and please know you have become a rock in my foundation - I will even skip a few Starbucks drinks because of you.

With gratitude,

Ava

Hello Dr. Pentyala: I want to say that I really enjoyed the program, and how you tolerated jokes being made about you as well as making jokes yourself. You were very funny and good company. I learnt about lots of various professions and fields such as Hematology, Emergency Medicine and Urology. The program really helped me decide what parts of the medical field I would like to go into and parts which I wanted to avoid. The food was amazing. I really enjoyed the labs, with my favorite parts of the program being the ER room and the Chopper. Thank you for giving me the opportunity to be part of this program.

Kishan

Dr. Pentyala,

This is Sukhmani, a SARAS student of 2023 and I will be giving feedback on the program. I love the inclusive mindset throughout the program of involving all medical fields. I really enjoyed learning about all the fields. I learned a lot about stuff I thought I would not even consider liking such as depression and how it is chemically caused. I loved learning about organ transplant and how it works. I also never knew I would enjoy doing CAD so much. The lunch was also so soooo delicious. The workshops were an amazing way to end the day and a very nice experience. Overall, this program let me experience different

fields of the medical career and expose me to topics I would consider for my science research program at school. Thank you so much for being so supportive of all the "SARAS-ers" throughout the 3 week timespan.

Thanks

Sukhmani

Dr. Pentyala,

Thank you so much for giving me the opportunity to participate in such a wonderful and informative program. I looked forward to every single day, every lecture, and every workshop. It was also very fun getting to know others with the same passion as me. I know that all the experience, knowledge, and skills will stay with me forever. It was very fascinating hearing from professionals on their journey and experiences. Thank you so much for making this opportunity possible for me.

- Jessica

Hi Dr. Pentyala,

The 2023 SARAS program was amazing, and I am so glad I could attend. I looked forward to every morning to come in and learn about the different fields of healthcare that I could go into in the future. My favorite biomedical topics were ophthalmology, urology, anesthesiology, and gastroenterology. I loved all the lunches, but the one caterer that stood out to me was the Indian food. The butter chicken was a delicacy and the naan paired well with it. You should order that for SARAS 2024! Although I was usually lethargic after lunch, the workshops such as going to the lab and participating in the clinical lab skills woke me up. I never knew there was technology that could mimic a real patient-to-healthcare contact that medical students could use to practice with. The fake person could blink, cry, breathe, and talk! Your jokes always made the other students and me crack up and your stories were so inspiring. The last day was truly the best and worst because it was the last day of learning about biomedical science topics and hearing your stories and jokes. In addition, the talent show was a great way to end this program. I definitely want to attend Stony Brook University for undergraduate and medical school. Thank you for organizing the program and making my summer before senior year so memorable!

Sincerely,

Victoria

Hi Dr. Pentyala,

I wanted to thank you for my experience at SARAS. I truly enjoyed every day learning about different parts of the medical field. Each lecture from the professionals informed me of topics that I was unaware of before this program. For instance, I didn't know that being a hand specialist was a specialty in this field. I was able to educate myself more through this program and also learn more about Stony Brook. And above all, I loved the energy you brought to the program and how you made each day exciting by telling us about your research and of course your hilarious jokes. Thanks again to you and your team for making this possible!

Keyah

Dear Dr. Srimi, Thank you for this great camp experience! I came into this thinking it would be a boring 3 week time waster that my mom threw me into. But, now at the end of camp, I have enjoyed it and learned quite a bit. I enjoyed the mini breaks we had and the food that was catered for us. Once again thank you for camp experience and have a good rest of your summer.

From Gavin

Dear Oogway, I really enjoyed SARAS. Not only did I learn and confirm my career pathway, I met some really good friends. I was hesitant to spend three weeks of summer but it was worth it. I liked how Dr. Oogway was hilarious and really personable. I was able to learn and have fun at the same time which is a miracle. All jokes aside, I not only learned a lot about the medical field I learned a lot about myself. This experience felt like a self reflection and has helped me set my priorities.

Sabrin

Hello Dr. Pentyala

You are right, unfortunately all good things come to an end. 2023-SARAS was the best thing that has happened to me, and now it has ended. These past three weeks I have gained more exposure, knowledge, and guidance about the medical field than I could have gotten from any counselor. It was an extremely fun, and mentally stimulating program, I made numerous friends (at least 100 of the 123 SARAS-ers were my buddies). I now see the many vast careers in medicine, what they have to offer and what their inner workings are. Your sense of humor is one to applaud, and your jokes were hilarious. I loved my three weeks at Stony Brook (looking to come back for college, hopefully). Also I would love any opportunity that will allow me to return back

to SB, I will very gladly take it (it can be, anything- I will even clean labs-just to be connected to science 😊) so please let me know. Thank you so so much for organizing SARAS, this truly was the experience of a lifetime.

-Best wishes, Hunaina

I enjoyed my time and learned a lot at SARAS. The program is interactive with different professionals in the medical field. The professionals range from doctors to dentists to coders to hospital managers to researchers. I like this program because it exposed me to many different careers within the medical field and gave me a better understanding of what kind of career I would want to pursue. Dr. Pentyala and his team are very kind and encouraging. The food provided is very good as well. The program is definitely geared more toward high schoolers and I would recommend this program to early high schoolers who are interested in science or who are unsure of what career they would like to pursue. I enjoyed hands on activities/workshops.

Hooria

Good evening Dr. Pentyala. Thank you so much for running the SARAS program this year, and for many more years to come. As for feedback towards my experience at SARAS I have nothing negative to say. These 3 weeks were not only educational but also very fun with the friends I made, and looking forward every day to your entertaining emails. I would recommend SARAS to any teenager interested in medicine and I can confidently say I am 100% certain I want to be a doctor after interacting with the multiple professionals who spoke these last few weeks. SARAS is an amazing program and I loved it very much! (especially the food, I will be investing in Srini's hot sauce "hot like Srini".)

Ava

Hello Dr. Pentyala,

I didn't think SARAS would go by so quickly! I met lots of amazing new people, made new friends, and learned a lot about different specialties in medicine, important steps to take before college, and about other career paths related to healthcare. When I signed up for this program, I didn't expect to be sad on the final day, but not only do I now miss SARAS, I also feel much more prepared for the route my future will go. One of the main things I learned from SARAS was to keep an open mind, even if I already think I have a definite idea on what I want to do in college, there's every possibility that it could change.

Meeting with experts everyday wasn't as boring as I initially thought it would be. Getting breaks between each lecture also gave me time to not only check on the schedule and see what was planned for the rest of the day, but also talk to my new friends for a bit as well.

Last, but certainly not least, all of the food from the caterers was so good. After the program I had to get to an SAT class most days, so eating lunch at Stonybrook made sure I had time to review for my next class in the car and not worry about my stomach growling during the next few hours.

SARAS was overall an amazing, and now I definitely regret not signing up with some of my friends so we could've experienced it together. Everything about the program was beyond what I was expecting, and I know the people participating next year are going to love it as much as I did.

Sincerely, Sreya

Dr. Srini,

I miss getting an email from you everyday, but I wanted to let you know that attending the SARAS program has really shifted my perspective of the medical field in the best way possible. I found it very insightful learning from different doctors and professors from a variety of professions. I really enjoyed the SIM lab we did and learning how to intubate a patient. Overall, I enjoyed attending SARAS everyday and hope to return. Thank you for everything and I hope you have some patience left!

Radhika

Dear Dr.Pentyala,

I had a wonderful experience at SARAS 2023 this year. I loved the environment and of course the amazing food throughout those 3 weeks. Not only that but, I also really enjoyed learning more about the medical field. I personally found that the history of Anesthesia was most appealing to me. I was able to network with peers and still learn a lot at the lectures. I loved your inspiring talks about your research projects and Srini's dip stick. P.S put me on list for Srini's hot salsa!

Thank you once again and I hope future SARAS students are inspired by this program just as I was.

Dhilan

Hi, Dr. Pentyala! Thank you so much for giving me the opportunity to take part in this amazing and informational program. I learned so much, like how fruit flies are similar to humans, how cataract surgery is done, and all about sleep disorders. All of the experts were amazing, but I really liked the ones that would have videos of whatever they were discussing, because I felt that I was able to stay more interested in the lecture. Also, I absolutely loved the food you catered every day! And, I also liked the hands-on activities, where we would go to labs in the afternoons. You always made the program enjoyable, and something to look forward to, with all of your jokes! I hope you have a great rest of your summer!

Thanks,
Jaslyn

Hey Dr. Srini, hope all is well.

I definitely enjoyed the program and had a great time with you and my peers. The food was great, delicious, and was plentiful. Regarding lectures and expert views, the time for each expert was sufficient. Thank you so much for this opportunity and experience.

Albert

During my short time at SARAS, I learned so much about the different aspects of the medical field and I saw the true importance of collaboration/cooperation between specialists in this evolving field. This program has inspired me to hopefully obtain the honorable title of medical doctor (MD) when I grow up so I can change the world. Initially, I've always wanted to become either a neurosurgeon or orthopedic surgeon but after actively listening to all the different types of doctors this month, I am the most interested in biomedical engineering and emergency medicine. In addition to the material of this camp, the campus and facilities of the Renaissance School of Medicine made me realize what a privilege it is to study in such a wealthy environment and I will definitely be applying to the prestigious BS/MD program that Stony Brook has to offer when I graduate from high school in three years.

After listening to informative and thrilling presentations from the last three weeks, I have personally been intrigued by the projects that you and your team produce. Your cutting-edge research has helped make amazing discoveries that can help so many lives. I was hoping that I could have the opportunity to work in your laboratory to try and further the progression of medicine and create the technology for tomorrow. Specifically, after listening to cardiology and CPR presentations about treatments and symptoms for cardiovascular disease/coronary artery disease, I went home and researched preventative measures for people who are susceptible to compression of plaque in the arteries and I noticed that currently there aren't any at-home tests on the market for detecting how much plaque is constricting the arteries that supplies blood to the heart. Since roughly 800,000 people die per year from cardiovascular diseases, I believe that there should be a device that can detect either the speed of RBC's in an artery (since plaque slows down the blood flow in an area due to space) or an imaging mechanism that you can see the amount of plaque build-up in a specific artery so that individuals who don't have access to a hospital test with an EKG can get the test to see if they need a stent before the heart attacks occurs, since symptoms of a heart attack are usually hard to determine. Working on this potential idea along with other research would be very rewarding if I could have a mentor like you, who can help me embark on my medical journey. Thank you so much for hosting this program and I appreciate you and your team for holding such a special program that has ignited my passion for research once again.

Emma

It was a great three weeks, I learned a lot about the different fields like neurology in flies, urology, OB, Depression, etc and about how to do research and different research projects like the fantastic Srini's Dipstick. I really didn't know what to expect about the program when I joined, but I was very excited. I was right to be excited, because it was everything I hoped it to be as an introduction to what medicine is. All the labs, workshops and lectures showed me the life and work of a cardiologist, a researcher, a surgeon, etc. This program really helped me discover my likings and dislikes on the different fields of medicine, while also getting college admissions help, SAT prep and much more, than I thought I would get out of the last 3 weeks. I loved listening to Dr. Pentyala's multiple research projects with his students and how he stole all our tax dollars to do projects and get patents. I came out of the program knowing a few people but I made a lot of friends and interacted with so many new people with many varying personalities and that was a really big pro of the program, a con is it was only three weeks and it felt like it went by so fast, too fast. It was very sad leaving on the last day. Thank You Dr. Pentyala, and his wonderful team for an amazing, fun filled three weeks. I will definitely be recommending and praising this program to anyone interested.

~Srikarthy

Dear Dr. Pentyala,

I had such a great experience at SARAS! With my mom being involved in the healthcare field, I have always shared an interest in the medical field, but I really didn't know all the different options and job opportunities there were. With this program I was able to learn a lot from these experts and figure out which fields I might want to pursue in the future and which ones I do not. The food was amazing (obviously) and everyone there was super kind and funny. I would definitely recommend others who are interested in working in the medical field to join this program in future years! Thanks for everything!!

\$hannon

Dear Professor Pentyala,

Thank you so much for organizing SARAS. When I first came, I was not expecting much more than boring lectures and trying not to fall asleep. However, with your sense of humor and introducing us to engaging professors, I realized how fun learning can be at SARAS. I learned more interesting topics in three weeks than I have ever learned during a full school year, and I know that I will remember SARAS fondly for the rest of my life. Before coming to SARAS, I was not completely sure about what I wanted to do in the future. After SARAS, however, I know that I want to go into healthcare and possibly become a doctor. Thank you so much for this amazing experience.

Sincerely,
Saumya

Dr. Srini:

To be completely honest, my feedback for the SARAS program would have to be that i really enjoyed the three weeks at the SARAS with everyone ESPECIALLY including you Dr. Srini. :) I learned a lot of new and interesting things about the medical and scientific field and i met many new people and created lots of new friendships. This is definitely a program i will be making my little brother sign up for when he grows up. In all honesty i will miss this program and it's daily fun facts taking up the time of my summer. I'll also miss the food with my friends every day but i'm glad i was able to be a part of the SARAS program in 2023. Until next time.

- Ayad (The better Twin) :)

Dr. Pentyala,

I would like to just start off by saying that I found this program very enticing as it has furthered my interests in science and medicine. This program was very informative which at some points was very nice. I enjoyed my time in Stony Brook and hopefully I'll see you again soon!

Tanmay

Hello Dr. Srini! My overall feedback for the SARAS program was that I learned a lot and I was able to learn more about whether I wanted to pursue a career in the medical field. My main interest for my future career was computer science and engineering but after this program, something medical is definitely on the list of interests. I enjoyed being able to be exposed to so many different experts that helped me learn about so many different fields. Besides that my favorite part was also the lunch! Thank you for a great experience!!

Sharanya

Thank you for the amazing SARAS experience this year. I really did enjoy this program. I did really like being able to learn about vast topics in the medical field. Thank you again.

Sincerely,
Juliet

Dear Dr. Srini,

I enjoyed listening to all the experts and their various topics. During these three weeks I was exposed to different medical specialties and careers that I would have never known about had it not been for this program. The effort you and your team put into making this program fun and enjoyable certainly paid off. Overall, this program inspired me to become more serious with my future career, so I am thankful that I had the opportunity to take part in it and make friends along the way.

Luna

Dear Dr. Pentyala,

Overall SARAS was a very positive experience for me. I loved coming in everyday and learning about so many different areas of medicine. I especially loved the hands on labs that we did.

Thank you for this amazing opportunity,
Grayson

Dear Dr. Pentyala,

Thank you for providing me with the opportunity to learn more about specific areas within the medical field. This program has opened my eyes to new information that I found extremely interesting. I look forward to seeing what my future has to offer.

Julianna

This program was great learned a lot! (please give me my certificate)

Jiwoo

Hi Dr. Srimi (Uncle/Tom Cruise),

One thing I have to say about the program is that I am extremely honored to have met with such intelligent professors. I was really excited to come to this program, and even my parents were impressed that I was getting up early and going to Stony brook for the day without any complaints. I wish the program had been longer. At the beginning of this program, I had come in with the thought that I was going to be a cardiologist. However, this program has influenced me and allowed me to give more thought to other professions. I think that orthopedics and ophthalmology are interesting and I will definitely try to gain more information on them. Thank you so much for this amazing opportunity and I hope to see you again in the future. (Who knows? Maybe I will come to Stonybrook as a college student and learn how to steal your job?) Thank you so much!

P.S. I gave your daughter two bracelets when I took a picture with her. I wanted to give you one and take a picture with you but I couldn't find you. Please take one as a sign of gratitude for offering me these three weeks of education.

- Anika

Mr. Pentyala,

I had a great experience being part of the SARAS program. It was very informative and interesting getting to hear from so many experts from different fields. I found many lectures to be interesting. I can proudly say I never fell asleep once! I most enjoyed the hands-on workshops, like when I successfully intubated a dummy, participated in a patient simulation.

While I did not find a specific field of interest, I've learned that I probably can't handle being a doctor. (Even the thought of doing a lumbar puncture made me queasy!) However, I think I may be interested in something like medical testing, research, and/or engineering. These past three weeks, I made many new friends that live all over Long Island and I got closer with people I already know. That would've never happened if I didn't do SARAS, so I'm grateful that it did. I also got more familiar with taking the train, which is very useful. Though I tried not to, I of course spent a lot of money at Starbucks these last few weeks... I know you've put a lot of time and effort for all of us to learn from all these people, do all those workshops, and of course get all those catered lunches, so thank you so much for everything! Sincerely,

Leah

Dr. Pentyala,

Thank you for such an interesting last 3 weeks. This program really opened my eyes towards the medical field more and really helped me understand what to do for the future. This program also helped me make many new friends from different places and tested my social skills. Overall I had such a great time while doing this program and I loved every part of it, thanks for letting us sing "Baby" to the class and thanks for such a great 3 weeks.

- Rabia

I really enjoyed the SARAS 2023 program, and hope to make several connections in the future. Overall, I loved each day and learned so much! I hope to reach out in the future concerning summer research, and will recommend the program.

Sincerely, Juee

Hi Dr. Pentyala, It was super fun to be a part of the SARAS program! I learned a lot from all the experts and I feel that this program was a great way to get exposed to different specialties in the medical field. Thank you for having me at this program!

Mia

P.S. The food was also very delicious...

Dear Dr. Pentyala,

I had an amazing time participating in SARAS this year. I enjoyed being exposed to various professions and topics in the medical field as well as exploring my options. I also enjoyed hearing about all of the fun and interesting research projects you spoke to us about. Coming into this program I knew I wanted to study physics when I go off to college, but I was unsure if I wanted to also be on the pre-med track. I found it interesting when the doctors incorporated some physics components into their lectures, like discussing how x-ray and MRI machines work. I enjoyed learning about these topics and will plan to do something physics/math related to medicine when I go off to college. Thank you so much for this amazing experience and have a great rest of your summer!

Noah

Dr. Pentyala(Srini),

SARAS was most definitely a fun and intellectually stimulating experience. Learning about multiple health professions as well as a nice and broad view of clinical fields made me even more interested into becoming a physician. While I will likely never achieve your level of research and creativity, I have become inspired by the multiple experts that you brought in and yourself. I will say your choice of 'Testtakers' for tutors was wise. Furthermore, I believe that exploring more fields of medicine would be very beneficial, in terms of teens learning which field they would like to go into. I myself have always been interested in critical care surgery but am not opposed to being exposed to other fields. The food was great and your humor was very energizing.. This program was a very nice introduction into medicine and research.

Theodore

Dr. Pentyala,

This is Arnav from the 2023 SARAS Program. I just wanted to send my reflection of this three week period. Overall I enjoyed the experience very much and had a lot of fun. I acquired a great deal of new information and met a lot of new people. This program helped me see which medical specialty I may want to pursue and the ones that I definitely don't want to pursue. We had a lot fun through the three weeks and we had a lot of laughs; I really enjoyed your humor and the activities you made us do for fun. I'm also glad I got to meet your team they were all very nice and a lot of fun to talk to. I also wanted to thank you for putting on this program, and all the work you put into getting all of these experts. I'm sorry if we made you lose your ~~patients~~ patience, but I am really glad I joined this program.

Thank You,

Arnav

My overall experience at the SARAS 2023 program was freeing. Coming from a school that I didn't like, and had students that made school less enjoyable, this was a break from all the mess. Being able to learn without the anxiety and stress that my school gave me was a big deal. I had no clue what I was getting myself into and I thought that I would have no one to talk to. That was in fact the opposite, I made a group of friends that shared the same values and life goals as me, and the atmosphere felt so lively. Even now after finishing the SARAS 2023 program I miss everything. I miss the students, the lecturers, the food and even the Starbucks. It was an experience of a lifetime and one I would love to relive. It's an experience I think people should feel at least once in their life to see how good it feels to be free while learning.

Ebube

Hi Dr. Pentyala

I had an amazing time at SARAS, in which I experienced different parts of the medical field and was able to do many hands on demonstrations. Thanks for the wonderful opportunity to participate!

Euan

Dear Srini UNCLE,

I had such a good time at SARAS and I feel so grateful you accepted me into your amazing and inspiring program!! If I was being really honest, I had no idea what this program was about or why my parents had sent me actually... but through this program it allowed me to learn different types of careers located within the medical field. I was pleasantly surprised, and some of the lectures I was pretty interested in!! I think you being the host of this program is actually so fun, I pretty much got so much energy for some reason when you came (not in a weird way of course). I hope our tax dollars are doing you well, and I am sure you'll be such a good researcher/anesthesiologist and do many things, and I actually feel so honored I met someone like you.

You are very inspiring and just a cool person in general!! Good luck in whatever you do, and I will make sure to remember you and your amazing teaching!! 😁 😊

I hope you have an amazing time in your future SARAS programs, and in your research!!

Hiba

I really enjoyed the SARAS 2023 program. As a rising junior I was unsure on what I want to pursue in the future. The program has given me an idea of what I want to do. I really enjoyed learning about ophthalmology and respiratory care. I also loved the workshops. The workshops taught me life saving skills like how to perform CPR and how to stop bleeding. I really loved the program (especially the lunches) and would recommend it to others.

Fatima

Dr. Pentyala,

The program was just... Wow!! I can't put into words how absolutely spectacular and mind blowing the program was as a whole, and I can't believe it's already over. There was so much to learn and absorb, and it was really eye opening as to how ginormous and prosperous the medical field is as a whole. All of the experts were absolutely spectacular and so knowledgeable in their respective fields, and it was amazing being able to learn so much information about each field in such a short period of time. Every workshop was so fun and engaging, and it was amazing that I was able to make new friends I never would have had if not for this program. I especially appreciated all of the fun times in between, and it was fascinating to learn about some of your research projects, especially "Srini's Dipstick"! Lunch and the caterers who helped provide it were great as well, as I had the opportunity to eat such a large variety of food, and to try some I have never had prior to now! I have no true negative feedback to provide. I know this program will only continue to go strong, as it truly is such a helpful and empowering program. Plus, there's clearly no better way to spend the summer than with Dr. Srini, so who can resist not attending :) Thank you so much, truly, for everything, and I look forward to seeing you again soon!

Sincerely,

Viktor

Dear Srini,

Overall, I really enjoyed my time in SARAS and here is my feedback:

- **Great food, but...**: I loved the food. During my time in SARAS, my acne went out of control due to the amount of delicious fried / oily foods and buttery brownies / cookies, but the food was too good to not eat. I used to be able to get away with washing my face one to two times a day, but since this program, I now have to wash my face three to five times a day. (when writing this email, I have at least twice the amount of acne since I started SARAS)
- **Friends**: This program helped me make a new friend on the LIRR during SARAS, who I will be keeping in touch with when applying to colleges.
- **Good Vibes**: On the first day, I really liked the overall vibe, as I was expecting a more serious, quiet, and tense environment. Many students were able to ask questions and make jokes about you without getting in trouble.
 - especially on the first day, when you asked someone to ask you a question and they asked what is your favorite color. Your response set the tone that you are very friendly and funny, allowing others to feel more comfortable asking questions.
- **Gifts**: The gifts were a good incentive to get people to ask questions.
 - (I got the KitKat although I would prefer the squeaky dog toy).
- **Funny Stories**: Your stories and conversations made me laugh like Srini dipstick, hot sauce, gout research, previous student stories, shower thoughts, wife / daughter stories, fixing motion sickness with limes, using tax money, getting grants, Starbucks jokes, and basement / food / showing up at our house jokes.
 - you also responded funny questions like what car do you drive and what do you use on your mustache
- **Interesting Presentations**: The SARAS program opened my eyes to many other interesting fields and what they do. Many presentations were interesting like the fruit fly lecture where we saw videos of a drunk and high fly. It was interesting to learn that flies can remember who they were rejected by and seek alcohol after rejections like people. The Urologist lecture was very interesting with actual images, like a 70 pound tumor in a woman, really bad testicular cancer, big kidney stones, disgusting looking diseased kidneys, a person with guts spilling out with dead tissue, and improperly developed urinary system (bladder on the outside), The eye lecture was interesting because I didn't know that you could remove the lens and still see. I was surprised by the procedures (lens implants / releasing pressure from the eyes), different diseases that affect the eyes, and

how technology over time has advanced so far (starting from stabbing someone in the eyes with a needle to remove the lens to using AI to remove and replace the lens). One other lecture I really enjoyed was the bone tumor. I learned that it is one of the few cancers that are more common in kids than adults and was surprised by the procedures done (like making your ankle become the new knee and putting your foot on backwards). There were many good presentations; however, these were the most memorable to me.

- **Fun Labs:** There were some very fun workshops / labs as well, like swabbing bacteria to a petri dish and checking it the next day to see what grew (with your joke about not shaking the hand of the person with the dirtiest dish and hugging the person with the cleanest dish). Another workshop I liked was the clinical skills workshop, which showed the environment of studying at stony brook (the lumbar puncture, intubation, and ER experience was very interesting and enjoyable)
- **Talent show feedback:** The talent show was actually less serious than I thought. I actually didn't participate due to me not knowing any famous / difficult viola songs (and I can't bring a piano). I also do art, but I thought it would have to be live in front of everyone (my artworks take at least 30 hours each). If I knew that I could just make a PowerPoint presentation, I would have shown off my art and done the talent show. If I knew comedy presentations were allowed, then I may have done just a compilation of Srini or weird peer quotes (maybe working with a friend). I would prefer that in the future, you mention that the talent show doesn't require you to be serious and showcase a talent, but to be willing to speak publicly in front of everyone, whether it may be in the form of PowerPoints of memories, ratings of your clothing, or art.
 - P.S. I disagree with one of the comments on the clothing rating PowerPoint. When you wore pastel sage green, you gave off more of a master Oogway vibe (like Dylan said) compared to Shrek; however, on the day you wore blue, it did give off bluey vibes.

Sincerely,
Angelina

I honestly am so glad I had the opportunity to be part of this program. I got so much out of it and the energy was always so positive from everyone including you srini!! (sometimes... just kidding) you and your team were so welcoming & i always looked forward to going to stony brook everyday. thank you so much for everything!!

Greetings Dr. Pentyala,

The time of reckoning has arrived.

To be quite honest, never in my 17 years of living have I woke up dreading a summer camp more. I still remember going into the first day repeating to myself that I would absolutely hate this experience and I couldn't wait for the three weeks to be over. The first 5 days of SARAS changed everything.

I started to enjoy SARAS more and more and I really enjoyed the camp because of the expert talks and the people around me. I loved the students, the helpers and naturally Srini, the "GOAT" himself. On a more serious note, I learned a lot about the different types of medicine and honestly, I found out more about which topics I absolutely despise more than what topics I like. I came to know what area of medicine I want to pursue (epidemiology) and now I am more certain than ever that this is what I want to do. However, I truly hope that I will not end up in some other areas and I am incredibly thankful that I was able to discover that here. I wish I found out about this program sooner rather than later and could return for another year.

However, this program helped guide me through the college application nicely and I will certainly use the information in my application process this coming year. Additionally, you talking about research really made me reflect on the research work I have done. I have done a fair amount of research through my high school career, but I have not thoroughly enjoyed all the research I've done. You talking about your research with such passion made me envious and I hope that in my extensive future in research through college and into my career, I can enjoy my research and laugh about my inventions as much as you do. Thank you a lot Dr. Srini for working hard and bringing this program to life every year and I will truly miss you. If you ever want to talk about a new crazy invention or even want to advertise your new company such as your salsa company PLEASE email me. I will forever remember you Dr. Srini.

Adios.

Sincerely,
Matthias

P.S.: I was the one who wrote the story about "Dr. Srini coming into SARAS high" in comedy screenplay competition. (if anyone reads this, he did not in fact come in high, at least to my knowledge 😊).

I learned a lot during SARAS and expanded my view point of other positions that i have never considered for my future. I had also learned what each profession includes, how teamwork is necessary, and how to clone myself! Dr Pentyala made the experience 10x more enjoyable from learning about his research projects, inspiring me to consider a project of my own. The

sponsored food was also very delicious. I am very thankful for this experience and had many windows opened for me listening to the speakers.

- Amy

Hello Dr. Pentyala,

My feedback on the SARAS program is overwhelmingly positive. The variety of professionals from all around the medical field who interacted with us were very informative. I also like how some of them went into the business aspect of healthcare which I feel is important but often overlooked because when people think of medicine, they picture doctors treating patients. Thank you for leading the program and arranging all of the speakers to come and spend time with us.

Ayush

Hey Dr. Pentyala,

Thank you so much for such a great time at camp. This year was very hard for me as I was in and out of the hospital and could barely attend school. Being in this camp made it much easier to get back on track and gave me quite a bit of confidence to re-enter school. Due to this camp, I was allowed to explore so many different fields and got to meet some very interesting people. Thank you so much for everything. I hope everything goes well with your research and team.

Best regards,

Hafsa

Dear Dr. Pentyala,

Thank you so much for hosting SARAS. My brothers also came to SARAS a few years ago and when they heard I was coming this year, they were curious about how you were doing. I think my feedback would be that this was a really great program. I learned a lot and a lot about what I want to pursue when I get older. I'm very thankful for how much patience you had with us. You always made us laugh and we all had so much fun. Whenever you stepped up to the podium, I would get excited because I knew that you would have so many fun stuff to talk about. Thank you for being so enthusiastic and providing us free food everyday. I especially liked your salsa. If I get into Stony Brook one day, I hope I will be able to work with you. I'm happy to have met so many different people who work in different fields. Thank you for allowing all of us to have this experience!

Best,

Olivia
