# 2024 - SARAS : Students feedback

\_\_\_\_\_\_

At first, I was not particularly interested in the field of medicine, but rather was more interested in finding out about engineering and such. But as the days went on, I saw that the field of medicine isn't just your typical doctor or nurse, which interested me into looking into the possibility of the future I would have if I would've gone into medicine. Since the first day I got into a group of great friends who made the program 10x more enjoyable rather than if I had not met them. We did things like watching a movie and go to the city which have become core memories that money could never buy. All that the program offered was terrific and worthwhile I hope to be on that stage as an alumni with my friends in the future.

Aadi

------

Dear Uncle/Dr. Pentyala,

I hope you are enjoying your respite from us kids—finally! I wanted to express my sincere gratitude for the incredible experience you created at SARAS. I went into this program thinking it would be like any other, but it turned out to be a completely different experience, which I loved. This program helped me explore so many new career choices and strengthen my opinions on some I was considering ( such as neurology and gynecology). I loved hearing about your patented projects and watching some of my favorite Bollywood songs at the end of the day, and the food was another point that helped me love this program! Your lighthearted and humble approach inspired me to maintain a positive outlook on life, and you created an environment where learning about complex subjects felt both engaging and accessible. Your ability to handle intricate topics with ease and humor, combined with your unique perspective on life, has left a lasting impression on me. More than just your professional achievements, it is your demeanor and outlook that I found truly inspiring during my three weeks at SARAS. Whether intentional or not, you have shown me that success in the medical field is not solely about knowledge and skill but also about compassion, humility, and a positive attitude. These are qualities I aspire to embody in my own future career as a surgeon. Thank you once again for the opportunity to learn from you! Your guidance has not only expanded my understanding of healthcare but has also provided me with a role model to look up to and hopefully coordinate with in the future. Thank you for all your hard work in making this a memorable program.

Aanya

\_\_\_\_\_\_

# Hi Dr. Pentyala, this is Aarav

SARAS was a great experience for me. Many of the lectures, especially the talk about depression, orthopedic surgery, and hospital administration, were very interesting for me. During SARAS, I was extremely lucky to be able to make friends with some of the most interesting people I have ever met. We had a lot of fun networking with the alumni and doing the workshops together. I hope that SARAS can continue for the upcoming years so that more students like me can connect and interact with medical professionals, as well as like-minded teenagers as I was able to do.

Aarav

\_\_\_\_\_

#### Hello Dr. Pentyala!

SARAS was an incredibly captivating experience. I absolutely loved the professionals who came in and shared their opinions, passion, and experiences with us about their professions. I was a bit indecisive at first, but by the end of this program I decided for sure that I want to become a surgeon. It was a great experience and I'm so happy I did it.

Annalisa

\_\_\_\_\_\_

#### Dear Dr. Pentyala,

I am writing this message to express my gratitude for the incredible work you've put into the SARAS program, making it some of the most engaging and educational three weeks I have ever experienced in my life. Each speaker, regardless of their medical background, offered new insights as to how the healthcare system operates as a whole, exposing me to all of the medical fields I may want to pursue as I grow older. Specifically, I really appreciated the Urologist lecture about urology with graphic, yet surprisingly fascinating images, and my work with Anesthesiologist through the emergency simulation he had guided me through just last week. Additionally, I enjoyed short lecture about anesthesia that helped reinforce my passion to learn more about the subject! Originally, I enrolled into the SARAS program simply to see what Stony Brook Medicine was all about. I didn't expect anything too exceptional, but clearly, I was wrong. This program opened my eyes to how great Stony Brook Medicine truly is, and I wish to take part in such a remarkable environment in the near future. I am really hoping to enroll in the Scholars for Medicine program to give myself the opportunity to meet and work with so many great minds that can help shape me into the doctor I wish to be one day. I also found many of your research projects that you showed us in our free time to be extremely interesting, like the PnB anti-nausea strips. I'd really appreciate the opportunity to be considered to work with you in your lab as an undergraduate student at Stony Brook in a few years! Of course, I have to dedicate a separate paragraph to the catered food you and your team provided every single day. To be completely honest, as the clock approached 12:30, I got more and more distracted by my excitement to try all sorts of new foods that you have worked hard to prepare for us. It helped me discover a new love for a type of food I haven't had much experience with in the past! In all seriousness, I would like to thank you for everything you've offered me throughout our short time together. I have never met such a passionate, inspiring figure that not only stimulated my passion for medicine, but also brightened my day with his unique sense of humor. I truly wish our paths cross again in the near future.

Adam

\_\_\_\_\_\_

# Hi Dr. Pentyala,

Overall, I felt that the SARAS program gave me an opportunity to discover different fields of medicine that I didn't know existed. I also found new interests in these fields of medicine, such as emergency medicine and physical therapy. I also enjoyed the opportunities to work in labs and simulations as it made me feel like an actual med student. I had a good time during the three weeks and felt that this program was beneficial for my future.

Adora

\_\_\_\_\_

I just wanted to reach out and thank you for the incredible opportunity to interact with the physicians and listen to your research ideas. It was an incredible experience, one that I believe all future healthcare workers should have. The variety of healthcare workers allowed us to develop a more thorough understanding of the different roles played in healthcare, not just the standard jobs that everyone talks about. As a current research student, I loved listening to your research projects and how every invention started as something small. Thank you so much for encouraging us to reach our goals and giving us the resources and confidence to do so! In addition, as mentioned many times during our graduation day, the food was unforgettable!! Thank you so much,

Aishani

#### Hi Dr. Pentyala,

In summary, my experience with the SARAS program enabled me to explore various branches of medicine previously unfamiliar to me. The aspect I appreciated most was the chance to engage in laboratory work and participate in live simulations. I found the practical components of the program particularly enjoyable. Throughout the three-week duration, I had a rewarding experience and gained substantial knowledge regarding the field of medicine and the medical school journey.

Amona

\_\_\_\_\_

#### Dear Srini,

On my first day at SARAS, I was nervous, was this program going to be too hard, too boring? Was I going to make friends? Was I going to get kicked out? (your emails were a bit scary.) All my nervousness, however, faded as I walked into the galleria and sat at a table, immediately I began talking to the people at that table and made friends with them instantly. From that point on, I knew that this program would leave me with many great memories and a plethora of knowledge (which it did). Some notable speakers/lectures were the microbiology lecture, the ophthalmology lecture (although that could just be because I'm interested in that field myself), and the psychology lecture simply because it left me with so many questions. SARAS was a hit and I hope our paths will cross again in the future!

**Andreas** 

\_\_\_\_\_

Overall, my expectations for SARAS was met positively with no negative experiences. The interactive workshops gave great insight to my future career. To further benefit the SARAS experience, more interactive workshops could be added. Thank you for holding this intellectual event and treating everyone with care! - Anh

\_\_\_\_\_\_

Good afternoon Dr. Pentyala, thank you for hosting the SARAS program i am thankful for all the new experiences and knowledge i have gained and enjoyed the food so much. my favorite things were the activities we did in the lab which i found so interesting. I also appreciated all the effort put in by everyone to make it a good experience for us from the food to making the lectures engaging with prizes and jokes. - Anjali

# Dear Dr. Pentyala,

I really enjoyed the SARAS program this year and I wanted to thank you for such a wonderful opportunity. I learned a tremendous amount from this program which helped me see the different types of opportunities that are available in the medical field. In the beginning of this program, I wasn't even sure if I wanted to be a part of this program. Now at the end of the three weeks, I am really sad it has ended. I wish it lasted longer and it didn't have to end. All of the speakers were excellent, but some of my favorite speakers were the dentist and the physical therapist. They have inspired me to consider a career in one of those fields. I've also made many new and amazing friends which I think will be lifetime long friendships. Overall, the food was amazing and all the staff were very welcoming and kind. I'm going to tremendously miss this program and I wish I can do it again. I have already recommended this program to my friends and family, and I'm hoping they will join and benefit from the program just as much as I did. Without your hard work and dedication this program wouldn't be possible. I wanted to truly thank you for all that you do. I'm definitely going to apply to Stony Brook and I hope to see you soon and do research with you. I will also definitely miss watching the Bollywood songs at the end of the day.

Anjali

\_\_\_\_\_\_

### Hi Dr. Pentyala

My time at the SARAS program was amazing and so much fun. I had a great time everyday learning about different fields in medicine and it really did help me get a better idea or understanding about what I want to do when I'm older, and even what I know I don't want to do. Some of my favorite lectures were, What Is Emergency Medicine, Vascular Disease and Minimally Invasive Surgery, Maxillofacial Trauma, and the Clinical Skills workshop. They stuck out to me because the lectures were interesting and they talked about real cases the surgeons have seen and taught us some of the basic steps they take on patients to fix them. The Clinical Skills Workshop was really fun because we got to perform some real medical procedures and get us some hands on experience for things we might be performing on patients in the future. The program was super fun, I got to meet new friends, and try new foods and I'm really glad I joined the program!

- Anne

\_\_\_\_\_

# Dr. Pentyala,

I want to start by saying thank you for the wonderful opportunity that is this program. It really helped me step into the world of medicine. I had a great time and made lots of friends. I really enjoyed doing the hands-on activities and especially enjoyed the Bollywood songs we played at the end of the day. It was a spectacular program. Once again I would like to thank you for letting me be a part of the SARAS program of 2024.

Atharva Pillai

\_\_\_\_\_\_

#### Dear Dr. Pentyala

Thank you so much for organizing the SARAS program. We all learned so much about medicine and new research. I found Ophthalmology and GI to be the most interesting fields to learn about; I hope to learn more about these fields in the future. The program undoubtedly confirmed my desire to become a doctor in the future to (hopefully) help the people who need it most. Thank you for your time and dedication. - Ava

.....

#### Dr. Pentyala,

My experience with the SARAS program was nothing short of exceptional. I was excited to go back and looked forward to all the activities every single day. I especially enjoyed the hands-on activities like the patient simulation room and practicing intubating on mannequins. I am so grateful that an opportunity like this was available to me and I have told all my friends about this program- they are eagerly waiting for the next application period to open for next summer because they want in on all the SARAS fun as well! - Bhavneet

.....

Hello Dr. Pentyala: thank you for allowing me this incredible opportunity and privilege to be a part of this program. It introduced me to many different avenues of medicine that I hope to explore in the future one of my favorite parts of the program was the EMT program on the first day. I hope one day I could work with you again, thank you for your time. - With regards, Brady

\_\_\_\_\_\_

# Dr. Pentyala,

Thank you again for the wonderful opportunity to participate in SARAS. SARAS gave me the opportunity to realize my true passion and make the most of my skills. My overall impression of SARAS was amazing, I would recommend this program to anyone with an interest in science. The speakers were all interesting and provided a different view on medicine and science related careers. Thank you again for putting together this amazing program! - Catherine

------

Dr. Pentyala: First of all, I would like to say thank you for organizing this program, and thank you for letting me be a part of it. I had a really fun and helpful experience through this. Through this program I got to know many different fields of medicine, which I had never known before, and experience many different things that individuals in the health care system see and do in their daily lives. Even before this program started, I had always wanted to have a career in medicine, but I had many doubts about that decision, I wondered if that would be the right career path for me, but during this program, when all the experts and doctors came to talk to us, I started to admire their profession and their love for their job, and it made me realize that I wanted to be there too, just like the doctors that I saw, I want to stand there in the same position as them. This program made me respect all aspects of life, and made me see how important medicine and the human body is. The SARAS program really helped me a lot and I am truly grateful and happy that I was on this program.

	rvis		

.....

#### Dr. Pentyala,

Thank you so much for an amazing time during the 2024 SARAS program! I absolutely loved the organization of this program and how well planned the SARAS program was. All of the speakers were fantastic and I especially loved how many different professions we got to hear from! Most of the workshops were hands-on learning which is how I best learn. I feel I gained many connections and information from this program! I have nothing negative to say about SARAS! Thank you for making my 2024 summer a great one at SARAS! Best,

Chloe

\_\_\_\_\_\_

### Dear Dr. Pentyala,

I really enjoyed the program and I thank you and your team for putting it together and organizing everything. Your humor and interesting lectures on the many research projects you've done added so much life to the program and your passion for teaching and science was infectious in the best way possible. I really enjoyed the lunch and learn at the veterans home, It helped me figure out what I wanted to specialize in. I knew I already wanted to do nursing when I'm older but this helped me figure out that I would love to specialize in pediatrics. I could not thank you enough for helping me figure that out.

Sincerely, Clara

\_\_\_\_\_\_

# Hello Dr.Pentyala good evening,

I apologize for writing this email much later than expected, unfortunately i became very busy with my job and a birthday party but here i am writing this email now. I just want to thank you for all your hard work in organizing all these professionals to come talk to us and give us lectures, it was quite amazing to hear from all of these people. It definitely changed my opinion on what i want to major in college, and now instead of biology i am thinking more about health sciences. I also wanted to thank you for organizing all the amazing different variety of food we got to eat everyday it was quite aweing how you were able to cater from so many different places and keep vegetarian options which i appreciated very much! Despite some difficulties like the train being canceled ( i am a train kid), you were able to navigate through these problems. Even though you had other important things to do, every time you came back to the lecture hall you would bring little gifts like candy, shirts, pens to keep us all happy. It was amazing to see how much you care about all of us kids. So to sum up everything I am really glad I got the opportunity to participate in this program because i got to learn so much just in the past 3 weeks! Thank you, Dr. Pentyala

Sincerely, Diya

\_\_\_\_\_\_

# Dear Dr. Pentyala,

Attending SARAS was one of the main highlights of my summer so far. Everyday, I looked forward to taking the train with my friends and meeting professionals. Even though I have a poor attention span, I found most of the lectures really interesting and educational. I liked the ones about the GI tract, gynecologic oncology, emergency medicine, chronic kidney disease, and machine learning. They made me want to ask so many questions, even though we saw some scary photos during the presentations.

I also gained a lot of niche knowledge from listening to the experts and participating in the workshops. They were really fun: I enjoyed creating blood cells with playdough, meeting the veterans, learning how to deal with serious bleeding, and practicing CPR. SARAS broadened my view of the medical field and I was introduced to many interesting career opportunities, such as respiratory therapy and paramedicine. Additionally, the lunches were delicious and I appreciated that they varied everyday. I enjoyed being team leader, making new friends, and talking with your team. SARAS was a great experience, and I'm really glad that I chose to sign up. It was nice to meet you, and thank you for the prizes and these past three weeks. Sincerely,

**Emily** 

\_\_\_\_\_

The SARAS program was an amazing experience and I really enjoyed it. I specifically enjoyed the in depth insight I got into a variety of fields and specialties of the medical field, and the hands-on labs and workshops we did. Also, your dad-like sense of humor was refreshing to hear and showed me that it is okay to take a break to have fun amidst all the seriousness of life. The topic that I liked to hear about the most was your research projects, because of the way that the idea for that research project was developed. For example, when you explained how you developed the pull strip to relieve nausea and how you came up with that idea from when your father used a lime to stop your daughter's nausea. Those stories helped to inspire me to further love science and research. Overall SARAS was a wonderful experience that I won't forget. Thank you for everything Dr. Pentyala. I hope to one day work together with you If I attend Stony Brook.

Erin

\_\_\_\_\_

# Dr. Pentyala!

Attending the SARAS program and doing various of activities was definitely something I didn't expect, but I loved every part of it. Some of my favorite activities I did during my time there was the intubation, CPR, and the stimulation in the emergency room with the mannequin. With these activities, it strengthened my desire and passion for the Pre-Med route as I was amazed by the lectures and how functional the human body is. I sincerely hope you continue this program for the future generations so they can also enjoy the same blissful experience! Thank you!

Fiona

------

SARAS was an amazing experience and huge eye-opener for me, an upcoming sophomore who would have never known how many opportunities were in the medical field. Each lecture allowed me to experience a crystal clear view into the profession and its given experiences. I am very proud to be a graduate of the SARAS program and excited to become a sophomore feeling more confident in what I want to do in the future.

Garrick Lo

Hi Dr. Pentyala. I had so much fun during the SARAS program. I feel that the program has showed me many different fields of medicine which deepened my interest to pursue a career in medicine. I also really liked doing activities in the lab especially the microbiology one. All of the lectures that we were given were very interesting and eye opening. Actually going to Stony Brook University and seeing the hospital made me realize that I want to go there for medical school. I appreciate all the effort that was made to make sure that the three weeks of SARAS was enjoyable for everyone. I hope to one day be a part of your team and work with you in a lab. Thank you so much for making SARAS such an amazing experience! I hope you have an amazing summer. - -Gunisha

\_\_\_\_\_\_

#### Hi Dr. Pentyala,

Thank you so much for putting this program together; I had a great time overall. This program really solidified my desire to work in the medical field and go through the entire process of medical school. The lectures were so engaging and it was such an amazing experience learning from such talented people. I was also able to learn so much about both the college admission process and Stony Brook University, and I feel well prepared to start my college journey. This program helped me make great friends and share the experience with other people interested in medicine. I am grateful for this opportunity and had a wonderful time. Thank you again. Best, - Hallie

\_\_\_\_\_

I enjoyed SARAS so MUCH, (especially the food - yum). If you ever need someone to clean your lab again, I am 100 % up for the job!! I loved the lab on epidurals and intubations and going to the sim lab was so much fun. I wish I could come back and do SARAS again every summer. Thanks for everything:) - Heli

### Hello Dr. Pentyala!

When reflecting on the last three weeks at the SARAS program, I'm quite satisfied. Getting daily exposure to many facets of the medical field from a variety of experts has further strengthened my desire to learn about medicine. The labs were fun, and they made me excited about the future. I was able to identify my interests and distinguish between things I would like to do and things I don't want to accomplish in the future. As a high school student, I can confirm that this program gave me a sense of guidance and direction regarding my career path. In addition to this, I had the opportunity to meet people and make new relationships. Making new friends and getting along with everyone was simple because all of the children in the program had similar interests and hobbies. The great atmosphere created by having wonderful company around, enhanced the excitement of studying and socializing. I will always be appreciative of the knowledge I gained and the friendships I made throughout my time in SARAS. Thank you Dr. Pentyala for all the hard work you put into this program, it truly was an amazing experience.

пеппа			

Dear Dr. Pentyala (aka everyone's most favorite expert/lecturer Dr. Srini),

I would like to thank you immensely for putting together this wonderful SARAS program this year (and for your dedication for the past 20 years). Over the past three weeks, you have organized so many incredibly knowledgeable experts for all of us to soak up as much information we can. For instance, I especially enjoyed the workshop sessions where we were all given the chance to practice skills (particularly the critical ones such as stopping the bleed, clinical lab sciences, physical therapy, gram + vs - tests, lumbar punctures, providing oxygen to the lungs etc.). In just those sessions, I've learned quite a lot in comparison to a similar content course online that would take maybe triple the amount of time. Besides the conciseness of the entire program, all the lecturers were incredibly helpful and kind; not only to us in general, but in volunteering their time to come lecture the potential next generation of medical students. In general, this program has taught us all incredibly valuable skills (even to those that don't wish to become doctors in the future) that can definitely be applicable to our daily lives/future. The SARAS program has given me many more specialty options to think about, which is very helpful considering that I came in on the first day only really thinking I wanted to be a doctor but clueless on what type, if any (I'm now interested in fields such as orthopedics, respiratory therapy, and even to my suprise, oral and facial surgery because I originally didn't really like specializing in surgery). Additionally, Dr. Srini, your passion in the SARAS program (or maybe robbing a bank:)) is what makes the program even more fun and enjoyable. Whether it is your jokes, Bollywood videos, or even your research projects at Stony Brook, you are the reason why this program is exciting. Lastly (and I'm sure everyone else will probably mention it too), the lunch every day was amazing. Thank you. - - Ho

------

Dear Dr. Pentyala, I greatly enjoyed the SARAS program. It was a very unique experience, and fascinating to gain exposure to such a wide variety of aspects of the medical field. Even though it was three weeks long, I learned a lot about the field I am interested in. I was also intrigued by your projects, especially the anti-nausea lime strips. That's a great idea, and I can see it becoming very popular! Thank you. - Isabel

Hello Doctor Pentyala! First, I want to thank you for the opportunity to speak out on camera for news coverage about your amazing program. I loved to exercise my public speaking and I was over the roof about that experience. This program is intensely invested in and organized so I just have to applaud that. This program was absolutely magical. The opportunities to experience the hospital and hospital activities as well as learning in depth with accomplished professionals severely exceeded any expeditions any of us had. All of it was mind-blowing; whether it was the organization of the variety of hearty meals, the constant informational emails, or the detailed schedules with several professionals and creative projects; every day at SARAS was an adventure. I am genuinely very sad to be leaving the SARAS program forever. Your selection of staff and your management skills are top of the chart and have personally inspired me to be like you in a way. I plan to start a health-based club at my school that mimics the point of the SARAS program (I am working on my networking skills, as your program showed just how important it can be, I talked with your colleagues about visiting the club and talking there). I will always remember everything that I learned about myself and general health during the SARAS program. In the future, I will always be available to volunteer with your studies if possible. Thank you again, Doctor Pentyala.

Isabel

------

#### Hi Dr. Srinivas Pentyala (Srini),

First, I would like to thank you for the opportunity to attend SARAS this summer. It exceeded my expectations with the wide variety of speakers, as well as hands-on learning. My favorite Clinical Skills was practicing Lumbar Puncture. I was saddened to miss a few days when I was under the weather, but happy I could return and jump right back in. Living local to Stony Brook, I also appreciated the opportunity of all the University has to offer. We are lucky to have such a State University here on Long Island. It seems strange already that I am not getting myself ready to go to campus tomorrow, I will miss it. I will be sure to share with my classmates, especially those who are rising juniors at my school all that the SARAS program has to offer. You may have some additional students next year from my school. I will be sure to look you up and share with you when I get into Medical School, although right now I am looking forward to my Senior Year of H.S. Again, thank you and stay well. - Isabella

------

#### Dear Pentyala

SARAS was a remarkable experience that not only opened my eyes to what I want to do in the future but also gave me an opportunity to create friendships with new people. During the program, I learned that I enjoy working in a lab more than a job like in the ER because when we went through the simulation, I froze up like a deer in headlights at first instinct. Everything I learned was fascinating, especially learning about regenerating organs, respiratory care, clinical laboratory science, microbiology, and all of the other studies you spoke about. (I liked your study about Alzheimer's, I found it interesting). I. must add the food was also delicious and the daily menus each day were amazing. This program, somehow got me excited to wake up at 5:30 am which is something I would never do on a school day. This program allowed me to learn new skills like draining spinal fluid or taking the train myself, I enjoyed learning all the skills and professions. SARAS also helped me realize what my dream college is and how much I want to be able to learn at Stony Brook. I will admit I was sad that SARAS ended but I am so grateful I was able to be a part of such a marvelous well-rounded program.

Isabelle

\_\_\_\_\_

Hello Dr, Srini,

I would like to say that I had an amazing time at SARAS. This program really amplified my love for biomedical sciences. Making friends with some amazing people, listening to intriguing lectures, and learning to apply lifesaving procedures—I was amazed by what this program has to offer. Once again, thank you for putting so much time and effort into the SARAS program and making it an experience to never forget. Best regards, - Ishe

#### Hello Dr. Pentyala,

Overall, my experience at SARAS was amazing. The amount of different doctors and specialists that you were able to bring in for us were outstanding. I can't believe that there are so many different fields in medicine, some that I didn't really even know about. I also have to give you a huge Thank You for making this all happen. The different types of food that we had everyday was also so amazing and yummy. Not only was this program educational, but it was also interactive with the hands on workshops and the experience working in a real lab. You have made this program outstanding with the opportunities that you gave us and even sharing your own research projects(which are INCREDIBLE).

I've never thought I would take so many notes in my life, but I did. The ink in my pen ran out by the end of the first week and my whole notebook was filled up with such amazing information. Your amazing, kind, and funny character is what made me want to come to this program every morning. Thank you so much Dr. Pentyala and I hope that I can hopefully work with you in the future! -- Ishika

.....

Dear Dr. Pentyala: I hope this email finds you well. I wanted to share my experience at the SARAS program, which I recently attended. The camp was a fantastic and enriching experience. I thoroughly enjoyed the diverse range of activities and lectures that were provided. The hands-on sessions allowed me to apply theoretical knowledge in practical scenarios, which was incredibly rewarding. I particularly appreciated the opportunity to engage with experienced researchers and fellow students who share similar interests in science and research. The camp also provided valuable insights into various scientific fields and research methodologies. It broadened my understanding and deepened my interest in pursuing research in the future. I feel more confident and motivated to continue exploring scientific inquiries and contribute to the field. Thank you for recommending this opportunity to me. It has been a significant and memorable part of my academic journey. Best regards, - Ishpreet

\_\_\_\_\_\_

Hi Dr. Srinivas Pentyala (Uncle),

First and foremost I want to express my gratitude for the opportunity to participate in SARAS. The program really has me eager to pursue a career in the medical field. I really appreciate the hands on activities. The way the program showed me different specialties and the chance to interact with medical professionals was a great experience for me. This was truly an invaluable experience for me. Thank you for everything! I hope to see you soon when I graduate high school and attend Stony Brook University! Sincerely, - Jessica

Dear Dr. Pentyala, Thank you so much for hosting the SARAS Program! I had so much fun meeting new people and experts from Stony Brook (Including you!). In many ways, this has been one of the most inspiring and eye-opening experiences that I have been through. Through this program, I have reignited my passion for medicine which had once been extinguished. Also, I have discovered new possibilities in the field of research. One of my favorite experiences was being able to talk and interact with the experts that you invited! It was amazing how we could ask questions and get our answers in real-time. I also enjoyed how we were able to do hands-on experiences like learning how to intubate, do a lumbar puncture, and so much more! Again, thank you so much for having us at SARAS!

- Jerome

Over the past three weeks of SARAS, I enjoyed the illuminating lectures from experts in various medical and research fields. I especially appreciated the variety of speakers who provided a worthwhile overview of their specialization. I'm also glad many of them detailed their paths to where they are now. I found the entire SARAS experience very worthwhile and enlightening and thoroughly enjoyed my experience.

John

------

### Dear Doctor Pentyala,

Thank you so much for the opportunity to attend SARAS. The knowledge and insights I gained from the experts who came to speak with us were invaluable. I found each lecture engaging and enlightening, and I feel that I've learned so much from the diverse range of topics covered. I was particularly fascinated by the talk on sleep studies. I didn't realize how complex sleep was, and I found the different sleep disorders so fascinating. Additionally, I loved the talk from psychotherapist Sahana. Her lecture was so engaging, and her insights into mental health resonated deeply with me. In fact, she inspired me to seriously consider pursuing a career in the mental health field. Thank you once again for organizing such a wonderful program. I'm incredibly grateful for the knowledge I've gained and the experiences I've had, and I'm excited to apply what I've learned in my future endeavors. - Kai

#### Dear Dr Pentyala,

I would have never thought that this program would make such a big impact on my view of the medical field. Going into this program, I've always had the thought of pursuing a healthcare profession and attending this program further encouraged me to study healthcare. I'm super happy that I was able to meet you, the way you ran the program and deeply cared for your students through actions really moved me. I loved the genuine interactions you had with us and I deeply appreciate your dedication by taking time off of your summer to work with us. I looked forward to your emails everyday and being able to listen to your research studies. And of course the catering for lunch was beyond my expectations. Everyday I enjoyed lunch and trying many different cuisines. Not only that the gift giving was so unexpected, it truly showed your desire for your students to learn and grow. I always loved your jokes btw! After participating in this program, I realized how well I spent my time and energy over the summer. I'm super thankful for my parents being able to send me to this program. There were numerous occasions where they wouldn't stop mentioning how happy and worth it was to spend their money into this program. I feel that continuing this program is an amazing opportunity for everyone and allows many to discover what their passion and dedication is. I'm truly grateful for your hard work and commitment to this program. Without you this program would definitely be way different (Bollywood music is the best btw). Thank you so much Uncle! - From, Kaitlyn

\_\_\_\_\_\_

#### Hello Dr Pentyala!

I absolutely loved the summer program. The opportunity to delve into the world of biomedical sciences was both enlightening and exhilarating. Each day was filled with hands-on experiments, insightful lectures, and engaging discussions with experts in the field. The program not only deepened my understanding of complex biological processes but also fueled my passion for research and discovery. Behind the word "Medicine", this program opened up my eyes to how intricate the word truly was. There was so many different careers that defined a doctor, and not just the one you see in American movies where the doctor is at a hospital helping injured patients. The camaraderie among fellow participants and the supportive environment created by you and your team made the experience even more enjoyable. This program has been a pivotal moment in my high school career, reinforcing my desire to pursue a career in biomedical research.

Cordially, Katie

Hello Dr. Pentyala, I am happy to say that I thoroughly enjoyed the SARAS program and I thank you for allowing me to participate. Every day I was excited to learn about different professions and to eat the delicious food. The workshops like stop the bleed, learning how to properly do CPR, and the tourniquet I learned in school. However learning it in the SARAS program cannot compare to learning it in school. This experience has led me closer to figuring out what I want to do in the future. Although at first I was a bit bummed about "losing" three weeks of summer I do not regret attending this program. Not only did I learn a lot, I also had fun with the new friends I made. Thank you again for the opportunity uncle!

Kayla

Dear Dr. Pentyala, I'm so very grateful that I had a chance to be a part of the SARAS program. Every day was so much fun and something I won't forget. Your humor made it even better! This program has taught me so much! The lectures and the workshops have been instrumental in guiding me towards my future, helping me discover my likes and dislikes. The dedication of all of the experts made for a great learning environment and has motivated me immensely. What you've accomplished is truly so inspiring. I aspire to be as impactful as you someday. Thank you and your team for making this such a great experience!

Kerrianne

\_\_\_\_\_

Dear Dr Pentyala, Hi, this is Eric Liu. I attended the SARAS program this year. Before I attended this program, I knew I wanted to be a doctor. I loved biology, and I also loved anatomy and physiology of humans. Obviously a doctor is a perfect career for these interests. But what kind of doctor? I was undecided, thinking I would cross that bridge when I came to it. However, after attending the SARAS program, I learned a lot. I got lectures from doctors about their everyday lifestyle, from cardiovascular surgeons to physical therapists. Although I am still not completely decided, this program gave me insight on all the career paths I could take, even ones I had never considered. Not only did I gain a lot of knowledge, I also made friends and had fun. Bollywood was the highlight of the day, making me anticipate what music video you would put on. I met people I never would've met before, and made great friends. Thank you so much for hosting this program, and I hope you continue it in the future so more kids can have the experience we all had. Best regards, - Eric

# Hi Dr. Pentyala,

I'm so glad I signed up for this program! It was a wonderful experience and I learned about so many areas I was unknowledgeable about, though we only scratched their surfaces. I'm really pleased that I was able to listen to all of the speakers and hear about their careers and journeys. I think I have a greater understanding of what aspects of medicine I'd enjoy the most. The hands on activities were fun too. Thank you for running SARAS! I appreciate everything you and your team did to get everything to run smoothly. Your talks about past and current projects were also really inspiring and captivating. Hearing how a goal is accomplished from start to finish is much more motivational than just learning about the end product, so thank you for sharing the processes! - Kloe

.\_\_\_\_\_\_

Dear Srinivas Pentyala,

SARAS was a wonderful course that allowed me to open my perspective on what medicine truly is. It gave me more understanding on how all of this is possible and how realistic the things that are done in hospitals actually are. It helped me to understand what my passion truly is (that's a secret) and how to achieve that goal easily and efficiently. I hope the next 20 years continue to inspire more kids in the same way it inspired me, and helps further increase the understanding of medicine as a whole.

Kunal

\_\_\_\_\_\_

#### Dear Dr. Pentyala,

I'm Lakshya and personally, I really enjoyed this program, in fact, enjoyed is an understatement. At first I have to admit I was a little skeptical of the program since it was going to take away THREE WHOLE WEEKS from my summer!! But now having gone through this program I can proudly say I have no regrets, and I would do it a thousand times over again if I could. Not only did I make many new friendships, I learned more in three weeks about my career options, and possibilities for my future lifestyle than I have in my whole life. My most memorable parts however, were when we got to go into the clinical setting and tried what some of these specialists do in real life! But how can I ever forget about Srini's hot sauce or even those enticing moments we spent doing the chair workouts, nevertheless, those Bollywood songs were on a whole different level of exciting haha. In the end, I can confidently say that this program has been nothing but beneficial for me and helped me cement my goal of getting into Stony Brook. Thank you for all you have done for us, and I will truly miss this program and everyone in it that made it so memorable.

Lakshya

\_\_\_\_\_

My overall impression on SARAS was extremely positive. I felt like I learned a lot about different careers in healthcare, some of which I didn't even know about. This will ultimately help me in choosing a career path in the future. Although I may not know what I want to do yet, I know what jobs I don't want to do (anything in GI, emergency services, or involving cutting people open). I enjoyed all of the expert speakers who generously shared their knowledge with us and feel extremely grateful to have had the opportunity to attend their lectures. Thank you for creating such a great program! - Leslie

\_\_\_\_\_\_

# Dear Dr. Srinivas Pentyala,

I hope this message finds you well. My name is Letong, and I recently attended the SARAS program at Stony Brook university. I wanted to thank you for the opportunity and congratulate you on the program's 20th anniversary. The program allows me to explore different areas of the medical field. The lectures were really informative, and hands-on workshops, like the lumbar puncture, were super valuable. I also enjoyed your sense of humor, even if I didn't get all the jokes. Thanks for organizing such a great program. The knowledge and skills I gained will be really useful in my future studies and career in medicine. Best regards,

Letong

\_\_\_\_\_

### Dear Dr. Pentyala,

Thank you for all you have done in SARAS. Your program truly enhanced my interested in the medical field and all the different routes I can take inside STEM. If I could, I would definitely do SARAS again (even though I would have to wake up early) because it was the highlight of my summer: meeting new friends, talking and listening to all of the experts, and especially watching Bollywood made my summer seem fulfilled. Listening to your research and "crazy" ideas extended my appreciation and interest in research as well. This program helped me meet many new people and connect back with older friends. Thank you so much for opportunity Dr. Pentyala, I will never forget this experience. I hope that SARAS keeps continuing and expanding further!

Liana

\_\_\_\_\_\_

Hii Dr. Pentyala, how are you doing? This is Lily from SARAS

This is my overall impression of SARAS:

- \* first of all, Stony Brook is A LOT bigger than I thought
- \* SARAS was surprisingly organized (well to be fair I went into the program thinking my dad signed me up for some random summer school)
- \* lectures included a BUNCH of actually really impressive professors + experts (which I was not expecting)
- \* learned a lot of random really cool medical terms (I know the difference between xenogeneic + allogeneic)
- \* food was pretty good
- \* Dr pentyala is literally THE FUNNIEST PERSON to step the grounds of this planet. I need him to be my uncle
- \* labs were for sure the best part of the day, there was never a boring moment in the labs
- \* met some of my best friends through the program (shoutout to them and love my girls to death)
- \* a variety of experts with knowledge in their field to help students figure out what they potentially might specialize in which was super helpful
- \* PASSION!!! PASSION!! everything is about... PASSION!!!
- \* I aspire to be just like Dr Pentyala someday, I hope to be able to go to work everyday excited and happy
- \* anyways this is getting long, but overall SARAS is a unique program that offers learning + hands on opportunities which I feel like high schoolers like myself do not experience enough.
- \* DEFINITELY recommend SARAS 10/10 experience

THANK YOUUU DR PENTYALA + all the volunteers and staff that made everything possible. – yours truly, Lily

#### Dear Dr. Pentyala,

I have never been to a camp like this and what a S U R PR I S E !! I had a really great experience at SARAS !! The lectures were phenomenal. When I told my parents who the keynote speakers were, they could not believe they took the time out of their schedule to teach us. We are nobody...YET! The most important experience that I learned was to be comfortable with yourself and to challenge yourself even when it seems impossible. The atmosphere that you created at SARAS and your humorous personality is infectious. Thank you is not enough for the immense effort that you have placed in making sure that everything ran well. I hope one day I can stand by your side as a helper or be a keynote speaker in this camp (which will be a very long long time since I am only 15). Much gratitude, - Kenneth

#### Dear Dr. Srini,

I hope you are well that SARAS 2024 is now "in the books" as you said. I just wanted to thank you again for allowing me the opportunity to participate in the program and have fun with the "kids" - I feel very lucky that I crossed paths with you in your Anatomy/Physiology class this past spring and am grateful for you spreading the word about SARAS. Despite being the oldest person in the program, I still learned so much about healthcare and medicine, which has really stoked my passion in pursuing a career as a PA/MD. And on top of that, I still was able to make friends/connections and have a good time too (your humor and the Bollywood dance scenes really made the whole experience more fun). I know you were saying you were unsure of continuing SARAS into the next year, but if you do, please let me know. I would love to participate again or even volunteer just to be a part of it since it was such an incredible experience! Hope you enjoy the rest of your summer (and thanks for participating in my TikTok on the last day). Sincerely, - Matthew

Hi Dr Pentyala, I really enjoyed the SARAS program and I feel like I learned a lot! I loved how in the morning we would have the lectures but then in the afternoon, we would get to work on our skills in the workshops. I made so many new friends and I really really loved this program and would definitely participate again if I could. Thank you so much for all your hard work organizing this. - Myra

# Dear Dr. Shrinivas Pentyala,

I am writing to you regarding the SARAS program to express my gratitude to you for hosting this marvelous program. Congratulations on an amazing 20 years! I have had a passion for medicine since a young age and this course has been a confirmation that medicine is the field that I am meant to go in. I have met many outstanding people in the medical field through this program and have been able to see how they are changing the world as we know it. I am truly grateful that you allowed me to have such a wonderful experience and have helped me grow as a person. I have made many life long friends through this program and have left with a even bigger passion for medicine. Your humor and the content of this program made it a fantastic experience. Thank you for all of your dedication and hard work! P.S. (Good luck with your many projects that are changing the world of medicine. I can not wait to be working in a hospital one day and use the products that came from your amazing shower thoughts.)

Best regards, - Nicholas

#### Dear Dr. Srinivas,

Thank you so much for the opportunity to learn about so many different specialties. I'll admit, I found it a bit daunting to wake up and basically go to school for a whole 3 weeks out of my summer (especially while my friends were still sleeping). But at the end of the day, I'm so glad I decided to attend this program as it gave me insight into how expansive the medical field really is and how I have many options to explore. All of the speakers were very engaging and helped me realize what I was interested in pursuing in healthcare in the future. Even though I started the program not knowing anyone, it felt pretty cool to be able to connect and talk with others who share similar passions to me. Also, the wonderful food everyday definitely made it worth showing up (as me and my friends would stall near the door to race to be first in line). Despite being an extremely educational program, there were plenty of laughs, gifts, and Bollywood songs that made this experience like no other! Best regards,

Patricia

\_\_\_\_\_\_

#### Good evening Dr. Pentyala,

I would like to give a wholehearted thank you for directing the 2024 SARAS program. I was exposed to endless careers and fields of interest that I had not known of before. These past 3 weeks were full of laughter, learning, and new friendships. Again, thank you for all the time and energy you put into this, we all genuinely appreciate it. I would certainly recommend this program to my friends and hope you continue it these coming years. Thank you,

Rutvi

-----

When submitting my application to this program I had no idea what I wanted to do in college or what I was interested in. At the time, it was just something my parents had forced me to do. However as I began to fill out the application I began to consider a career in the medical field, specifically dentistry. After being accepted into the program the emails Dr. Pentyala sent were really funny which mediated my uneasiness. Coming in on the first day was really fun, Dr. Pentyala announced the start of the program and his humor immediately caught the attention of all the students. As the days went on this program really helped me realize what fields of medicine I found interesting and which I did not. I would be glued to the presenter listening to every word they said. I am sure every presenter is the perfect candidate to present the gist of their field, but the topics I found interesting would just captivate me more than others. For example maxillofacial surgery, paramedic, dentistry, and physical therapy. For me these topics were the most interesting, and this program really helped me identify which field of medicine I should consider when applying to college. It was also an eye opener seeing how competitive the bs/md programs were, and I would be lying if I say I did not want to take this route, but I believe that it is a bit too overwhelming for me. On the last day it was reassuring to see myself not far off from the standard of Stony Brook students and what you should expect to have if you wanted to start pre med. The program was also a reminder that there are a lot of people who may be smarter than you but all that matters is your passion and reason for wanting to do so. One of the most important points that I heard from the program was that every student said that they wanted to become a medical professional and that they wanted to help people. But Dr. Pentyala asked the deeper question why. What makes you want to help people? What experience gave you empathy for others? I had never thought about that question, but I had recalled my experience with a family friend and seeing the mental health battles the son had battled after the sudden death of his mother. The program was truly a great time and I did not regret a single day waking up at 5:45 to catch the LIRR. After finishing the program

I did not catch myself feeling disappointed, rather I felt a sense of satisfaction knowing I spent my time productively. I also really enjoyed watching the Bollywood videos after a long day of "geeky stuff". Finally I would like to thank Dr. Pentyala for showing me all his shower thoughts that turned to revolutionary experiments that could help millions. Words could not even explain how impressive Dr. Pentyala was and I really appreciate Dr. Pentyala for taking his vacation to take care of teenagers that other Doctors would often gloss over. Thank you for allowing me to attend this program. It was extremely fun and Dr.Pentyala has to run the program next year. No other option! - Ryan

Dear Dr. Srini,

Thank you so much for organizing this wonderful opportunity! Through SARAS, I have definitely gained so much more experience and knowledge about the medical field than I had before the program started. These 3 weeks have helped me come to the conclusion that medicine is my passion, and as you always say, follow your passion. Again, thank you for your dedication of time and effort to SARAS, and for making it a motivating and memorable experience for me. I hope you will be able to host it for many years to come, so future students can also have the same experience. - Sadhana

#### Dear Dr Pentyala,

All I can say about this program is wow. My name is Samantha and I am going into 12th grade. This summer all of my friends are applying to all ivys and know exactly what major they want to go into for college. Some of their majors range from physics to math and being a neurosurgeon. I, on the other hand, had absolutely no idea what my future held. I have participated in all types of dance, musical theatre, singing, soccer, track, firefighting, biology, math, etc, and still have no clue what types of jobs can come out of any of these interests. I will be honest, all throughout high school i took all the AP and other classes that my friend took just to be with them, completely disregarding what I may be interested in. Then, May 2024 came around. My guidance counselor sat me down and asked me what I wanted as my major. I sat there looking at her and gave her the answer "I don't know, I've never thought about it." Sadly, this was true. All these years of following my friends around, focused on them, has led me to not know a single thing about myself. With that, I said enough is enough. I started going crazy, signing up for a bunch of things to do over the summer, all just to be able to find a little bit of myself. This program is the first of many on my road to self discovery. I believe this story is something that a lot of people my age can relate to. Everyone told me "just keep your grades up" but they never told me about the importance of taking time for myself. On November 1st I will be sending in an application for Stony Brook university and will be guessing on the major I want to work with for the rest of my life. As a teen, that is scary. Seeing 130 teens come in and have the same issue as me really calmed some of my anxiety about the future. ]

What I'm trying to say (sorry I tend to ramble) is that there is no other program like this. There is no other camp that allows me to learn not only about medicine but about myself as a person. I have such a clearer understanding of what life in a hospital is like and what life in real life is like. I hope one day I have the opportunity to work with you or other bright minds at Stony Brook University. Truly thank you so much.

$\sim$		_		1	L	_
Sa	m	9	n	т	n	9
va		а		u		а

\_\_\_\_\_\_

### Hi Dr. Pentyala!

I hope you're recovering well from having to deal with all 125 of us every single day. Thank you so much for coordinating an incredible SARAS program this year. I truly learned so much about the healthcare field but more than that, I left the program feeling much more confident with a career in medicine because I was shown that there's something for everyone in the field. Although my favorite part may have been Badtameez Dil, you kept us hooked every second not only with your jokes but your cutting edge research and work in the laboratory. I will be applying to Stony Brook in the fall (despite you trying to scare us away with the BS/MD requirements). If there's any opportunity at all to work in your lab in the future, I would love to do so. Thank you very much Srini Uncle. Best Regards,

Sanjana

\_\_\_\_\_\_

At first, I was very excited about coming into SARAS because I knew it would expose me to many perspectives on medicine. I was captivated by the interesting fields of medicine it introduced, as it taught me so much about biology and presented me with numerous future career choices I hadn't known about before attending SARAS. Additionally, the diverse food offerings gave me unique insights into many different cultures, which I loved. My favorite aspect of SARAS was the cool projects that Stony Brook is working on. All the projects seemed highly researchable and clearly demonstrated the hard work invested in them. I also loved the interactive labs and getting real-life experience of what specialists do in their fields on a day-to-day basis. Overall, I loved SARAS, and I'm so glad I attended this program because now I know much more about medicine than I ever would have known otherwise.

Sanvi

-----

# Dear Dr. Pentyala,

The experience I had at SARAS was one that was truly life changing and eye opening. From the new connections I have fostered at SARAS to the educational and heartwarming lectures from different health professionals, each memory holds a great impact on my own future in the healthcare industry. Hearing all the stories about the difficult journey that lies ahead to achieving my future healthcare goals would usually make one run the other direction, but personally it makes me more intrigued and inspired to do well to make my parents proud and to follow in the footsteps of all of these accomplished professionals. Although I will have big shoes to fill in the future, knowing all I know now about the healthcare field from SARAS makes me ten times more sure that I know what I want to do. Thank you for making every activity more interesting than the next and for every bollywood clip and entertaining email. From the person and professor you are, anyone can see the passion you have towards everything you do. I now strive to do the same - to have passion in everything I do like Dr. Pentyala. From the bottom of my heart, thank you for every experience I have had at SARAS. Maybe I will see you again as the class of 2029 at Stonybrook next fall!

With gratitude,

Sarina Liang

------

Dear Dr. Pentyala, Hope you've been well. It's difficult to adequately recap the amount of fun and knowledge I've gathered across the three weeks spent at stony brook. I shocked myself by engaging in topics I haven't even thought to consider showing the success in saras's goal of broadening students horizons across various possible fields. Also, an additional note to acknowledge how the food was amazing.:) Sincerely, - Satya

\_\_\_\_\_

#### Dear Dr. Pentyala,

This is Simra, one of your SARAS students. I just wanted to extend my thanks for creating such a wonderful program. I arrived on campus on the first day with high expectations, and you did not disappoint. Every day was very fun, from the lectures to the food to the interactive workshops. I especially liked the lecture about Emergency Medicine led by your niece, Dr. Mysore. That was probably my favorite lecture. The food was also very tasty, and every day I dined like a king in the galleria with my friends at our table. I hope that soon we can meet. Regards, - Simra

\_\_\_\_\_

### Hello Dr. Pentyala

My name is Skylar and I attended the SARAS 2024 program. I just want to say that I had an amazing time doing this very informative program. I learned so much, including learning about different things in the medical field that I didn't even know existed. I've truly enjoyed my time and greatly appreciate the opportunity to get to have this amazing experience. Thank you for sacrificing part of your summer to do this program. I am so thankful for everything. - Skylar

\_\_\_\_\_

#### Dr. Pentyala,

This SARAS program really helped me decide what type of pathway I want to proceed with in the future. Before entering the SARAS program, I was absolutely sure that I wanted to be an Orthopedic surgeon. I even had a plan that I wanted to specialize with ballet dancers by partnering with a ballet company so that I could still maintain part of my passion for ballet. After hearing the many lectures from pronounced doctors, I realized that I am even more interested in both Urology and Oncology. SARAS not only helped me narrow down what I may want to do in the future, but also gave me many opportunities. I am very grateful for how much SARAS allowed me to interact with many experts in each field. The experience of being in a lecture hall for multiple lectures in a row was a good insight into how college classes may run. As well, I really enjoyed being in the lab environment certain days of the week. I have always been interested in the laboratory environment and doing research, and being there with experts was an unforgettable experience. Additionally, my favorite part of SARAS was when we did clinical skills such as being in the SIM Lab and doing lumbar punctures, and intubation. Thank you Dr. Pentyala for all the exposure to the medical field and beyond that we have received in these past three weeks. I really appreciated how you thanked everyone, from the people in charge of the hospital to the people on the janitorial team. Your commitment to the program was very inspiring. I hope I can become someone like you when I am older because your personality is so welcoming and humble, or even be a part of your team in the future. Thank you for everything. I truly will miss the SARAS program. Thank you again for everything,

Sofia (the ballet dancer :) )

#### Dear Dr. Pentyala,

My name is Sophia and I am writing to you to say I am extremely grateful to have participated in this year's SARAS program. I would like to say thank you to the team and staff behind this program and most importantly to you for organizing the experience. It has been such an eye opening and amazing opportunity and I now would like to chase a career in emergency medicine as I was especially inspired by your niece. Without this program, I would not have been made aware of the variety and flexibility of the medical field. Again, thank you so much for this opportunity.

Sophia

\_\_\_\_\_\_

Dear Dr. Pentyala,

SARAS was an overall fun and informative program with a wonderful director and students. Thank you!

Tsz

\_\_\_\_\_

#### Dear Dr. Pentyala,

Here is my email to express my sincere gratitude for the incredible experience I had during the SARAS program. I applied to this program with the purpose of gaining insight into the medical field, and that is exactly what I received through SARAS. The lectures by experts in various fields and the hands-on workshops solidified my decision to pursue a career in healthcare, specifically as a physician assistant. I also discovered a strong interest in anesthesiology and ophthalmology, and I can see myself practicing in one of these specialties in the future. I was also introduced to clinical laboratory science, which opened my eyes to another potential career path and a unique college major to consider. Beyond the academic enrichment, I also had the opportunity to learn a lot about myself. Serving as the team leader for Team Indigo was a particularly valuable experience, allowing me to develop my leadership skills and collaborate closely with my peers. I had lots of fun learning and enjoyed connecting with like-minded individuals who share my passion for science. I have made lasting friendships through the program and would definitely consider myself a science geek—SARAS only reinforced that! Most importantly, I want to extend my thanks to you and your team for organizing and hosting such a wonderful program. The experience was both educational and enjoyable, and I am truly grateful for the opportunity to participate. Thank you once again for everything. Best regards,

Tiffany

\_\_\_\_\_\_

I wanted to let you know that I thoroughly enjoyed the SARAS program. I was very inspired by the various speakers that came in to talk to us and I'm so grateful for having the opportunity to listen to them. I loved getting to do hands on workshops with experts every day as well! I feel that the program has helped me gain a good perspective on some future career options for me. Thank you

Violet

\_\_\_\_\_

#### Dear Dr Pentyala,

Hello, this is Zayan from the green team. I would first just like to thank you for organizing this amazing program despite your busy schedule. This program has honestly been life changing for me. Coming into the program I was very unsure about pursuing a career in the field of medicine. Now that the program has finished, I am now much more knowledgeable about medicine, and even though I am not too sure what exactly my career will be, I know that I want to pursue a career in medicine. All the speakers were very useful, and I liked how everyone was passionate about their job, which I am striving to achieve in my life. For example, the orthopedist explaining how computers can read handwriting, was very eye opening, as he was an orthopaedic surgeon. This made me realize how having a curious mind can be one of the perks in the field of medicine. I had a really good time, and I was able to meet a few new people through this camp. Thank you Dr Pentyala. P.S FOOD WAS AMAZING

<b>Zayan</b>			