

2025-SARAS: Students Feedback

Dr. Srini: The SARAS program at Stony Brook University was a really fun and eye-opening experience. I got to learn about different areas of science and medicine through talks from doctors and scientists who were super passionate and explained things in a way I could understand. I especially liked the hands-on labs and group activities, and I met a lot of other students who were just as interested in science as I am. Overall, SARAS helped me learn more about careers in science and made me even more excited to explore those paths in the future. Aarushi

Dear Dr. Srini and the SARAS Team,
Being part of SARAS was such a great experience. I really liked how each day was different. Some days we got to hear from doctors or researchers, other days there were hands-on activities and of course the food and your research presentations were the best part. It definitely opened my eyes to all the different paths in the medical field, and I learned way more than I expected. I also met a lot of great people who were just as interested in science and medicine as I am, which made the experience even better. Overall, it made me even more excited about going into healthcare in the future and I am very interested in doing research now. - Aayush

My overall impression of the SARAS program is amazing. At first, it was extremely intimidating given that I went without knowing a single person unlike a lot of others. But even so on the very first day I made a friend and continued to obtain more as the program progressed. The lectures were intriguing and informative about the different paths of the medical field, and it was exciting to learn about them. They've given me more information that strengthened my plans for what I want to become in the future. The experts were knowledgeable and open to many different questions. Besides that, the food was great. I've tried different cuisines for the first time and they were all delicious. At the end, not only have I gained more friends and connections, I've also left with valuable knowledge and an amazing experience. Abigail

Dear Dr. Pentyala,
I thought the program was magnificent. I liked how you brought in speakers that weren't just about science, but also taught us important life skills like about our credit scores and how to save money. The program was an enjoyable experience. Your team members are very nice and responsible people who are easy to talk to if we had any questions or concerns. Overall, the program was an enjoyable experience and I will be recommending it to others in the future. Thank you, - Aiden

I had an amazing experience at SARAS and I learned about so many new parts and aspects of the health field, some of which I never would've thought about at all. The presenters were all amazing and very informative. I really enjoyed the labs and workshops, especially when it involved more "hands-on" work, (for example, the simulation workshop). I was able to meet amazing people and friends, and I had a great community around me. I really enjoyed participating in the talent show on the last day, and I enjoyed watching the other participants as well. Thank you again for this opportunity. - Sincerely, Alex

I just finished a physical therapy program at Rutgers and I can confidently say that SARAS was better! (Even the food at SARAS was better). Before SARAS started, I was dreading spending an entire month of my summer at a hospital in Long Island while my mom was off vacationing in Japan. However, after attending the program

for the first few days, I found out that it was actually very enjoyable and not the snooze I expected it to be. Prior to this program, I was still unsure about what I wanted to be, and I was still questioning whether healthcare was the right field for me. After hearing the insight from so many healthcare professionals, I now have more confidence that healthcare is the field I want to pursue. The hands-on experiences at this program were also really valuable to me, and I even made quite a few friends through this program (I didn't think I would talk to anyone!!) Overall, I am glad that I applied to SARAS, and I would do it again if I was given the chance. Thank you Srimi for putting so much effort into making such an educational yet fun program.

Sincerely, Qianhua (Amy)

Dear Dr. Srimi,

I would firstly like to thank you for the opportunities of meeting so many experts in different fields of medicine. I can say I thoroughly appreciated the lectures and chance to meet so many medical and research professionals. Overall, the program was insightful. Though, all of the hands-on workshops, especially the simulator, were the best parts of the program as it got us out of our seats into a practice. Your storytelling and jokes however piqued my interest in research and made me become more curious, not just in school but about the world around me. Again, thank you. Kind Regards, Angela

SARAS aka Srimi's child has come a long way and for good reason. This program introduced me to sections in the medical field that I did not previously know about. This program has kept me in the academic flow this summer. Even though there were more than 110 kids, I felt like all of us were friends in some way. This program has absolutely left me more inspired than when I entered, and has cleared some doubts I had regarding the whole journey. I am so grateful to have had Srimi, his team, and the experts to ask questions to, which will definitely have an impact on my career path. I would like to thank them for being so passionate about what they do, because that's the true inspiring factor! Last but not least, it was the perfect mix of educational and fun, whether it was performing in the talent show or the really interesting stories. Thank you!

Warmly, Ojasvi

Dear Dr. Pentyala

I loved being in the SARAS program over the last 3 weeks.

This program was a fantastic introduction into the world of healthcare. Every lecture greatly educated me and kept me engaged. I always found myself fascinated by the different perspectives and ideas presented by all of the experts. In addition, I enjoyed hearing about the various project you and your team are currently working on. I hope they succeed and make an impact on the health of the world. Lastly, the overall organization of the program was great; each and every meal was delicious, your assistants were all very friendly and helpful, and the general atmosphere was incredible. Thank you so much for putting together such an amazing event for the 21st time. Sincerely,

Arnav

It was very fun experience. The program provided valuable mentorship, collaborative opportunities, and a supportive learning environment. Overall, it was an enriching experience that strengthened my knowledge, skills, and motivation to continue learning. Arya

Hi Dr. Pentyala,

I believe that SARAS was a great stepping stone for many students interested in choosing a career in the healthcare field as it opens people up to different specializations as well as offering career paths that most would not see if they focused on healthcare such as respiratory therapists and scientific researchers. Overall it was an engaging experience where students were able to interact with different professionals to open their

horizons as well as to see if what they had wanted to do before this program would still be a good fit for them after interacting with these professionals. It was a truly great experience that incorporated skills such as lumbar puncture, trauma packing, and ER simulations, as well as talks and presentations. (PS: The food was amazing!)

Aryan

Thank you so much, Dr. Srinivas, on this incredible experience! I have no regrets in joining SARAS because it taught me so much about the medical field and all the jobs surrounding it. And because of the program, it allowed me to find out many fields that interest me. The workshops at the end of the day were really fun and engaging. My favorite has to be the emergency helicopter and ambulance, which I never got to experience before this program, thanks to you!

Ausiya

Dear Dr. Pentyala,

I originally came to SARAS because I knew I had an interest in the medical field, but didn't know exactly what I wanted to do. With each lecture I got so much insight into so many different fields, some of which I didn't even know existed. The lecture about regenerative medicine was my favorite because I was able to learn about things I didn't know were possible and it led me to grow an interest in the specialty. I really enjoyed being able to do hands on things and have the opportunity to go into real labs at the university. I also initially came into the program not knowing anyone, and I was able to meet amazing people who share many interests with me and made my experience so much fun. Thank you Dr. Srini for making this program because it really is such a wonderful experience for high school students and the kids really appreciate it. —Ava

Hi, Mr Pentyala

It was very fun and the food each day was filling. The sessions were entertaining. Thanks,

Brendan

Dear Dr. Pentyala,

Thank you so much for organizing this year's SARAS program. These past few weeks have truly opened my eyes to the vast possibilities within biomedical sciences. From hand orthopedics to infectious diseases, I found myself drawn to areas of healthcare I hadn't expected to be so interested in. Getting the chance to learn from so many accomplished professionals and experts has deepened both my understanding of and passion for medicine. The lectures were incredibly insightful, and hearing about your own research projects even made me want to pursue research myself (though I'll need to work on securing those multimillion dollar grants). The hands-on workshops were some of my favorite moments. In Stop the Bleed, I learned how to use a tourniquet and act quickly in a trauma situation. The anesthetic spinal tap simulation gave me real insight into the precision and skill required in anesthesiology, and the Emergency Room simulation taught me just how crucial it is to think fast and stay calm under pressure. Beyond the academic side, I also made friends across all grades: some going into their second year of high school and others already heading to college. These past three weeks flew by, and I'm incredibly grateful for the experience. Thank you again, Dr. Pentyala, for all the work and care you put into this program! Sincerely,

Candace

Hello Dr. Pentyala,

Thank you so much for the fun and educational experience I had during the SARAS program. To be honest, when I saw the schedule and realized that everyday was full of lectures, I felt sure that it would be the most boring three weeks of summer. I learned so much about the medical field, and I feel more sure that I want to go into medicine. In addition, the research projects you showed us helped me realize that even the smallest problems can lead to full scale research. I would gladly give you my tax dollars for you to continue your wonderful research. From now on, when I need new ideas, I will go take a long shower and hope I can come up

with something smart. Ultimately, I am very grateful to you for giving me this opportunity to learn from multiple experts about the vast fields of medicine. Thank you and I hope you the best in the future. Sincerely, Chloe

Hello,
I loved to go to the SARAS program every morning. I loved some of the speakers and especially the workshops. My favorite workshop is the CPR and the OR/ER skills. The foods were great and I tried lots of things that I haven't tried before. I will miss the funny ideas from Srini. Ps, I will take long showers for cool ideas.
Christopher

Hello Dr. Srini,
My experience at SARAS was truly something I'm so blessed to have experienced and participated in. I didn't know what to expect even while reading the scheduling everyday because everyday truly was a different experience. The lectures from the different doctors has given me a different perspective on the medical field and what I want to be when I grow up. I especially enjoyed the hands-on workshops we got to do at the end of the day and hear the lectures from the different fields of doctors. Keep this program going, it's truly a blessing that I found this program. I loved the inventions you made with your team and its inspired me to have silly stupid ideas too. I'm going to miss taking the 7 am train to get to Stony Brook, the campus is beautiful. You inspire so much students and I'm considering applying to Stony Brook and hopefully get a chance to work with you. I hope you had fun with this years students and I hope the same with next years! Sincerely,
Anna

Dear Dr. Pentyala,
I can't believe how fast these last three weeks have gone by. I remember walking in the first day, clueless of the campus and how the program worked. Now here I am, at the end of this amazing program. This program has really helped me spark my interest towards science. I may have been doodling sometimes in my notebook, but this program improved my knowledge in biomedical sciences so much and helped me understand many different medical practices, my favorite lecture was definitely the Ions and Gates lecture. SARAS is one of the best organized science programs I've attended. It has really helped me narrow down what I want to be when I grow up and realize you need to work very hard to become a medical professional. I hope in the future, other people find this program as awarding as me and enjoy the program. Thank you so much Dr. Pentyala (the best stand up comedian), every one of the medical professionals, your team, and food caters that helped to make SARAS successful. Best regards, - Daniel

Hello Dr.Pentyala! I enjoyed SARAS 2025 very much and I was able to realize how broad the medical field is and that I have many opportunities to be able to achieve my dream! You are a very fungi (fun guy) and I enjoyed listening about your projects and all your silly stories as well as Bollywood of course. The lectures were very informative and helped me realize all the fields I could go into. The food was mostly delicious and I loved the diversity! Thank you for the wonderful experience and I wish you the best on your awesome projects!
Sincerely, Danielle

Dear Mr. Srinivas,
The SARAS program, first and foremost, was an experience I am grateful to have had. While I entered the program as someone set on their future in pediatrics, I left unsure of what I wanted in the healthcare field. Despite this uncertainty, I have found that my love for science and academics has only grown and that my view

of the healthcare system has matured to let me see the hundreds of opportunities that lie ahead of me. To meet, speak, and observe the professionals who dedicated time from their schedule to speak to us was an experience beyond value and truly so, so fun. Again, thank you and I wish you and your team all the best.

Sincerely,

Danielle

Dear Dr.Pentyala, I had a wonderful experience at SARAS 2025 this year. I loved the environment and the amazing hands-on labs throughout the 3 weeks. My personal favorite was OR/ER training. 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 also loved your inspiring talks about your research projects like the gout project. Thank you once again and I hope future SARAS students are inspired by this program just as I was.

Dhilan

Being part of SARAS was such a great experience. I really liked how each day was different. Some days we got to hear from doctors or researchers, other days there were hands-on activities and of course the food and your research presentations were the best part. It definitely opened my eyes to all the different paths in the medical field, and I learned way more than I expected. I also met a lot of great people who were just as interested in science and medicine as I am, which made the experience even better. Overall, it made me even more excited about going into healthcare in the future and I am very interested in doing research now.

Diya

Hello Dr. Srimi,

Thank you for putting together SARAS. I really appreciated the opportunity to learn so much about healthcare and be part of it. I especially enjoyed the workshops in which we got hands-on experiences. Specifically, the opportunity to see a Medevac and work in the ER patient simulation rooms were very rewarding and I am positive that future SARAS students will enjoy it as well. Overall, SARAS was a great experience and I learned a lot. Prior to the program, I wasn't aware of all these world class facilities and the wonderful opportunities offered at Stony Brook, but now I can easily say that it is my top choice for college. I would really like to express my gratitude towards you, Sahana Pentyala, the college student helpers, and all the experts and speakers. I would really appreciate the opportunity to get your continued guidance and potentially work with you in your many research endeavors. Thank you again for your effort in running this program!

- Diya

Dear Dr.Srimi,

Thank you for creating such a wonderful program! I believe that going to this program is the best decision I have ever made. Attending SARAS allowed me to explore more of what the medical field holds. All of the experts' views showed me different paths I am able to take. I was able to see the main reason why these professionals chose what they wanted to do. Furthermore, all the workshops were extremely engaging and a wonderful experience. I was able to learn a lot more not only about other people's careers, but also more about myself. I can definitely see myself in the medical field. In the future, I hope that I will be able to tell you that I have become a successful dermatologist. I can't thank you enough for this opportunity and SARAS is definitely a program that everyone should go to.

Elizabeth

Hello Dr. Pentyala! My name is Emily Kang! If you can't put the name to the face, haha I'm the one with distinct red hair. I also played the cello in the talent show. I had such a great time at SARAS and I am just so thankful that I joined the program this year. This summer will be one I will never forget, honest. My overall impression of SARAS was that the program was super exciting. I had actually wanted to become a lifeguard before. But unfortunately my body was a little too weak to handle competitive swim. The program opened the door to me numerous other things I could do. In the first week, I learned that my dream was to start as an EMT. I wanted to know how to save as many people in as many different situations as possible, and I think EMT really showed me a job that captured that. In the CPR workshop you said I won't be able to become an EMT, and I may not be able to do CPR yet, but I'm still 15. I'll work out and when I'm 16 I'll take the EMT certification course and when I turn 17 I'll be saving people. This is just one of the many things I've learned in the program and one of the plans it's helped me make. I don't want to make this email too long so I'll end soon but I just wanted to say I really appreciated this program. I'll prove you wrong and become an EMT and after that a doctor. Thank you so much Dr. Pentyala!

(P.S I came to the program knowing no one and left with a friend group of 9, the program helped me make what I hope will be life long friends) 😊😊

Emily

I just wanted to reach out and say thank you for such an incredible experience with the SARAS program. I honestly didn't know exactly what to expect going in, but it ended up being so much more than I imagined, in the best way possible. What really stood out to me was how interesting it was to dive deep into the different specialties within the medical field. Hearing directly from professionals and learning about what they do day-to-day gave me such a better understanding of the field and helped me figure out what I might want to pursue in the future. I also really appreciated how the program touched on the science and research side of medicine. It was eye-opening to see how much science drives the work doctors do and how research shapes patient care. Thank you again for such a unique and inspiring opportunity, I'm so grateful to have been part of it! -Eric

Dear Dr. Pentyala,

Thank you so much for making my time at SARAS both memorable and educational. This camp has taught me so much, and I enjoyed it wholeheartedly. Before coming, I had not known of some of the professions' existence. I found it very helpful to learn about the path to become a certain profession and what they entailed. , Evelyn

Hello Dr. Pentyala: My name is Faryal, and I am a student in the SARAS program. I would like to begin by saying how much I have enjoyed participating in the SARAS program. It has been a truly enriching experience, allowing me to make new friends and meaningful connections. All of the expert presentations were both engaging and informative, offering valuable insight into the medical field. Thank you so much for your time and guidance! - Faryal

Dr.Srini

Thank you for providing this amazing program. It was a great learning experience and taught me so much about the medical field and different types of research. I enjoyed the workshops especially, stop the bleed, since it could be life changing in an emergency. Also the food was great! Thank you

Fatima

Hello Dr. Pentyala,

I'm Faye, one of the students that participated in the 2025 SARAS program. It was a great pleasure to be a part of this! My overall impression was that the program was one of a kind. Every day was unique—you couldn't really expect what would happen. Sure, we knew the speakers and what they were going to talk about, but we didn't know how the talks were going to be. The part that left the greatest impression on me wasn't the talks (although they taught me a lot of new things). It was the time in between, whether it was lunch or the few minutes between each speaker. They were impossible to predict, and every day was a new experience. SARAS is way more than just days of lectures from experts; it exposes people to the world outside just their school or neighborhood. It was a combination of, in your words, "work hard and play hard." Thank you so much for having this event, and I wish you all the best in future events and research!

Faye

Overall SARAS is a very good program. Starting this program I already had a decent idea of what I wanted to do as a career, however through the lectures I have realized that there are a lot more opportunities that I would be interested in. This would also include volunteer work and other things to do right out of high school.

Thanks so much for this program.

Sincerely,

Felicity

Dear Dr. Pentyala: I never imagined I'd enjoy learning during the summer, but SARAS completely changed that for me. Over the past three weeks, I've made many unforgettable memories, formed new friendships, laughed a ton, learned so much, and enjoyed some really good food along the way. Each lecture opened my eyes to new areas of medicine I had never even heard of before. It was so cool to discover how many different careers exist in the medical field, and it's made me fall even more in love with pursuing a career in medicine. The workshops were definitely my favorite, especially the hands-on ones. My friends and I found those the most engaging and fun, and I'd recommend including even more of them for future SARAS. You were honestly one of the funniest adults I've met, and somehow you managed to shake me out of my sleepy mornings every single day. Thank you for all the effort and dedication you and your undergrad students put into making this program so fun. I truly wish I could come back every summer. Thank you again for everything!

Genevieve

The SARAS program taught me a great deal and was a wonderful way to spend my summer. Being able to learn about the different fields of medicine and have some hands-on experience was so interesting, and the whole SARAS community was so nice. All of the staff and speakers were so kind. The lectures were fascinating. The workshops were the highlight of each day because they were always a fun lab or experience where I was able to see what it is like in a field while having fun with friends. I loved the whole SARAS experience, my day always ended in a successful and educated way. - Gopika

Hi Dr. Srini!!!

I just wanted to say how much fun SARAS was!! As an upcoming senior, this experience had really helped shape what I want my future to look like. The exposure that was given through this program was nothing I had ever experienced before, and it was absolutely amazing. This program helped me envision my future career in Clinical Laboratory Sciences and provided so many resources to help me reach it. Thank you so much Dr. Pentyala for not only organizing and leading this, but also being there for all of us students every step of the way. Your support for young minds is absolutely incredible, it's shocking to see so much support from so many intelligent experts and mentors such as yourself. Thank you for providing a great place for us to learn, and reassuring us that stupid ideas can lead to great things. Thank you. You've given a wonderful gift.

Grace

Hello Dr. Srini,

I hope you are doing well. I want to extend my thanks for the SARAS experience I was a part of. I was able to learn many new and exciting things during my 3 weeks. From the hands-on activities, to the presentations and games, I will truly miss it all. As a rising senior, the program helped me gain a broad insight into the various opportunities the field of healthcare science and research has to offer. Once again, I thank you and your team for putting together this wonderful program!

Hannah

Dear Dr. Pentyala,

I am writing this email to tell you about my impressions about SARAS. I wanted to thank you for making this program possible by taking the time out to plan and organize 3 whole weeks out of your summer to give me this opportunity. Through this experience I was exposed to so many new career paths in the science and health care field that I hadn't considered before this program. I got to learn even more than I expected as I got to learn about how to save money and how to prep for college. There was even a lecture about research which I found to be very informative and helpful. I came into the program only considering nursing as a possible career in the science and health field and I can now say that I have other options to choose from in the future in science and healthcare even if my first option doesn't work out. I could for example become an EMS then become an EMT if I decide later on that I want to do direct patient care for emergency situations and if I want a job that is less stressful and one where I could meet many different people I could become an infection preventionist. Which is a very important job that I had no idea about before joining SARAS. Although the EMT workshop was all the way back from the first day it had a big impact on me because it was very informative and inspiring to see real college medical students work in ambulances to help others. It was very helpful to be able to ask questions to them first hand and learn about why they were doing what they were doing, how they got there, and even up to what they did in certain situations with specific tools. I have learned valuable lessons through experiences I wouldn't have access to anywhere else. Thank you again, Dr. Pentyala, for helping make this happen.

Isabel

Good evening Dr. Uncle Srinivas,

This program felt like the beginning of many opportunities for me and I am very grateful for the hard work that you put into it. I've learned so many things about subjects I am passionate about and so much more. -Isabella

Hi Dr. Pentyala, I think that the SARAS program was an amazing opportunity for me to gain knowledge about the different professions within the medical field. I really enjoyed doing the hands-on work along with working in the lab. The food/catering was also really good and I appreciate your efforts to make food available for vegetarians as well. Overall, I would definitely recommend this program to my family/friends. Thank you!

Ishi

Greetings Dr. Srini (aka: Uncle),

My experience at SARAS was amazing. Going into this program I had no idea what to expect, I have never done anything like this my entire life. I didn't talk much with other people as honestly I felt a bit out of place since all of these other kids know each other and formed a group, but nonetheless that's not why I attended. I found all of the lectures so entertaining and informative, you really can't put a price on that kind of knowledge from all of these respectable people. The workshops were fun. Overall, I would just like to say thank you for such a great opportunity for me and for other students. I cannot say it enough how much I highly respect you and your dedication to guiding students throughout their career, believe me when I say it's not easy to come by mentors like you. (PS: You will always be my uncle, and you and your family are invited to my sweet 16. Please come, I would never want you to miss it. I will send invitations later on in the month 😊) - Ishrat

Hi Dr. Pentyala,

My name is Jacob, and I was a participant in the 2025 SARAS program. I apologize for the delay in providing feedback; I've been traveling extensively. I truly enjoyed the experience of meeting so many interesting experts who shared insights into their professions. The workshops were particularly engaging and interactive, making them my favorite part of each day. Thank you for organizing such a valuable and well-structured program. It significantly impacted my summer.

Jacob

Honestly, the best 3 weeks of the entire summer. I enjoyed the lectures, our sitting exercises, and your stand up comedy. Truly have not met anyone so accomplished and funny. Food was amazing. Workshops were a blast. So yes. I can say these were the best 3 weeks, hands down. Thank you so much for all of your hard work. This would not have been as memorable if it weren't for your jokes and laughs. So thank you once again and I hope to keep in touch!

- Jia

Hello Dr. Pentyala,

Looking back on the program as a whole I think it was one of the most intuitive and interesting experiences I've had in my high school career thus far. The lecture format was hectic, especially since taking the train at 7:30 in the morning is very draining, but I never found myself bored or heavily fatigued through any of the lectures. Talking and interacting with the experts was one of the most special experiences I've had in a long time. Not only did it introduce me to new exciting fields such as regenerative medicine and medicinal 3D printing, but it also explored other more normal but still extremely important topics such as health literacy and banking and credit. The hands-on activities were a good break from the talking in the afternoons, and it was always the big highlight of the day. Your jokes were always great and I found myself laughing at some of the interesting stories you would share. The food was also always on point, and the catering was always different, providing for a fun treat. I believe this program is very entertaining and enriching. I would definitely recommend it to my friends and family due to its wide range of important and interesting topics and hands-on enrichment. Maybe in a year or two I would even return to stony brook to further study, research, and finally beat you in a game of ddakji.

- Junto

Dear Dr. Pentyala: I hope this email finds you well. The three weeks I spent at Stony Brook were truly inspiring and have further strengthened my interest in pursuing a career in medicine. I really enjoyed the various lectures and am grateful for the chance to have heard about so many different specialties and research areas. I also especially appreciated the hands-on lab workshops, as well as most people in the room, engaged and excited for the activity. Something that I found particularly interesting were your stories of students reaching out and helping with research projects - which you shared in a very funny and animated way that kept us engaged and made the material much more memorable. It also helped spark ideas and goals in my head, which I would look forward to pursuing throughout my research career as a high school students, and hopefully at a higher education level as well. Thank you and your team again for organizing such an engaging and educational program. -Kailyn

Dear Dr. Srini,

I am truly grateful for the opportunity to participate in the 2025 SARAS program. The variety of doctors and medical professionals who came to educate us, each with such different backgrounds and views made this camp extremely enriching. Hearing from experts in medicine, research and science gave me valuable information into fields that I had never even thought about before this program. I especially enjoyed talks on regenerative medicine and pediatric gastroenterology. I especially appreciate your energy and humor to keep the program lively. Your jokes and lighthearted comments made every day enjoyable and entertaining. It is clear

how much effort you invest to make SARAS a meaningful experience. Overall SARAS was an outstanding experience that left an outstanding impact.

Sincerely, Khush

I enjoyed the SARAS program very much. Overall, it was a mind opening experience and allowed me to explore several different fields in medicine and helped guide me towards my career and interests for the future. I truly loved attending each day of the program and looked forward to meeting you, everyone in the SARAS team, the food, workshops, and meeting my new friends. I was able to make connections with different kinds of doctors and surgeons and learnt about new medical fields. Everyday the food was something new to get excited for and listening in the lecture hall with everyone allowed me to think about my future plans and find possible mentors. We were given amazing opportunities to work in the lab and even do CPR. I would highly recommend this program to my friends even if they are unsure about working in the medical field because it opens and shows students new opportunities and careers. I have only positive things to say about this program because it truly was one of a kind and made my 2025 summer so memorable. Thank you Dr. Srini!!

Lavi

Hello Dr. Pentyala

When I first arrived at the SARAS program, I was unsure about what I should do in the future. Some of the lectures were fascinating to me such as the stem cells while others were interesting. These lectures have opened my eyes when it comes to the field of medicine. This program has taught me many things and I thank you for making the program a memorable experience.

Sincerely,

Lexie (Your stories are very funny and I hope you stay funny 😊)

Hello Dr Pentyala,

I just wanted to thank you for running this camp. At first I was a little bit skeptical but by the end I really enjoyed it and learned a lot. Sincerely Lorenzo

Hello, As a student who attended the SARAS 2025 program, I would say that it was an amazing way to spend 3 weeks of my summer. I have always wanted to have a career in the medical field, but felt like I didn't know a lot of information about it. Having different speakers all in different specialties awakened me to the amount of possibilities I have, and all of the different career paths for my interests. I got to learn more information, and apply some of it to when I volunteer at hospitals, and shadow as well. The staff were all very friendly and made the program a joyful experience to look forward to every day. Aside from the lectures, one of my favorite aspects of the program were the hands-on activities that the students themselves got to participate in, so we can receive insight on how certain aspects work. I am very glad I signed up for the program, and would do it again if I could. I would like to thank you for providing the amazing experience, and will hopefully see you in the future! 😊

Maddie

Dear Dr. Pentyala,

This year at SARAS has honestly been such an amazing experience for me. I've enjoyed my time there and made some great memories with both old friends and new faces I met along the way. It was great to see such a wide range of presenters sharing their jobs and passions. Their enthusiasm was inspiring, and I'll carry it with me as I explore my future.

One in particular that stood out was by Sahana Pentyala. I was completely drawn in as she shared the challenges she faced and how she used her skills to make a difference for her patients. Hearing her stories truly inspired me and helped me broaden my horizon.

Another highlight was visiting the veterans at the veterans' home. Listening to their stories about their experiences in the military was incredibly moving and gave me a deeper appreciation for their sacrifices.

Last but not least, the food was amazing. We were treated to a diverse selection of cuisines, and I was particularly impressed by the caterers' attention to detail, serving delicious appetizers, main courses, and even dessert—something that isn't commonly found at most camps I've attended.

I am grateful to Srinivas Pentyala for making this camp possible. His enthusiasm for both the camp and his research made it a truly memorable experience for me. His great sense of humor and the way he presents his research—whether completed or ongoing—always keeps me engaged. He ensures that everyone has the opportunity to participate in something enjoyable or ask questions. He is also one of the key reasons why SARAS was so fun and exciting for everyone.

My time at SARAS has been a great journey, full of valuable lessons and connections. I'm excited to use these experiences to shape my future and guide me as I move forward.

Sincerely,
Madeleine

Hello Dr. Pentyala! I had an amazing time participating in this year's SARAS program! The lectures were diverse and interesting, and provided a deeper look into the medical field. With how the program ran this year, I feel thoroughly prepared for my future in medicine. You, as well as your team, are extremely personable which made me feel included at all times. Thank you for all the work you put in and have a great academic year!

- Madison

Dear Dr. Pentyala,

I would like to thank you and your entire team for the wonderful experience at SARAS 2025. Interacting with so many brilliant experts was both captivating and inspiring, and I am truly grateful for the opportunity I received.

I also greatly appreciated hearing about your many discoveries in medical science. The work that you do is deeply inspiring to me, and I look forward to hopefully doing cutting-edge research myself some day.

Additionally, getting some hands on experience (spinal taps, intubation, etc) was very exciting and fascinating. Getting a glimpse into the healthcare field through SARAS was so interesting, and I am excited for my future journey in the healthcare field. With gratitude,

Riley

My overall impression of SARAS was that it's a great place to really get an impression of the healthcare field. I learned a lot from the various experts that were brought in and I learned information I'll use for the rest of my schooling and career.

-Mehreen

This is my feedback and overall impression of the SARAS program. Thank you for the opportunity to be a part of it! I thought the program was great overall. I found that whenever the presentations were more interactive, they naturally held my attention and interest more (the prizes were also great). Another thing I noticed was that many of the speakers were surgeons in their respective fields, which was definitely interesting. I thought the program really helped me discover different healthcare fields I wasn't aware of before. -Milana

This program has been really eye-opening as I was able to meet people from different professions and learn about them. I especially like the workshops as it gives a break from all the lectures while being able to ask personal questions freely. My interactions with the undergrad and grad students have also been helpful as I start applying for colleges. On a side note, I love how I got to try different cuisines everyday; Indian food is now something I won't hesitate to grab for!

Ashley

Hi Srini AKA Uncle, Thank you for running such a great program. SARAS was one of the best parts of my summer. Every day I learned something new whether it was from the lectures, the Q&A sessions, or just talking with other students who had similar interests. I really liked how the program covered so many different areas of science and medicine. It helped me realize how many paths there are in the medical field, and it made me even more excited to pursue it. The speakers were engaging and real with us, which made a big difference. I appreciated their honesty and stories. Thank you again for this opportunity and for making the experience fun and meaningful. -Nicolas

Dr. Pentyala's SARAS program was an unforgettable experience! I loved how we started off the day with lectures in the morning and ended it with a hands on workshop. Some of my favorite lectures were the ones on regenerative medicine, from the orthopedic oncologist, and from the ophthalmologist. The most exciting workshop we participated in was when we were in the simulation lab and got to work on manikins. All the lectures and workshops made me more aware about the healthcare field. Everyday I also enjoyed the different foods we got to try and connecting with like minded individuals. Dr. Pentyala is a very humorous professor and organized this program very well!

Nicole

Dear Dr. Pentyala,

I want to thank you for putting together the amazing SARAS program this year. As a rising freshman in college, it not only strengthened my passion for medicine and research, but it helped solidify my path for my medical journey. Hearing the passion from doctors and scientists talk about their practice and research was inspiring and I aspire to be one of them one day! Thank you so much for this opportunity!

Nicole

Hello Dr. Pentyala,

Thank you so much for creating this program full of opportunities. I was unsure about the program from the start because I was hesitant about the medical field myself. However, this program allowed me to see a wide variety of occupations in the field, and I loved the hands-on experiences. If I had to rate the program out of 10, it's a 10 for sure.

Noor

Dr. Pentyala,

Going into SARAS, I didn't expect much but it really blew me away from the first day. The speakers you brought in were top notch, the activities you prepared (including labs and the workshops) were very interactive and captivating. Additionally speakers taught me a lot about the vast field of science and healthcare. As a rising sophomore I was EXTREMELY paranoid with the amount of different lines of work in healthcare, and this program made all field a lot more clearer to me (including ones I've never heard of). Additionally I've learned a lot about college admissions and how to go about applying. Despite all that, the thing that stuck with me the

most was your tiny presentations during our breaks, especially your adventure with research. I was truly blown away at the amount of life changing projects you were working on and how much progress you have contributed (especially the osteoporosis one since my mom suffers from osteopenia).
Thank you so much for this experience. Regards,
Ojas

Dear Dr. Pentyala,
Thank you to you and the team for hosting SARAS this year, you were all really great and I definitely learned a lot from SARAS this year. I feel like there is no program like it and that this was probably the best way I can spend my summer. Thank you again,
Patrick

Hi Dr. Pentyala,
This is Priya! I would like to thank you for the amazing opportunity to be a part of SARAS 2025. I really enjoyed the program and learned a lot every day! I had a really good time learning about the many different fields in medicine as a lot of them I wouldn't have heard of otherwise! I, especially, loved hearing about the different doctors' regular work life and their different cases. I, also, really enjoyed the different workshops we got to take part in as they were fun and interactive! My favorite was definitely the CPR one. Another thing I really enjoyed was the environment and the different people I met. I really liked being in a college setting as it was a different feeling than I was used to and I definitely liked it. I also enjoyed meeting many other people with the same goals and interests as me all in one place which was really cool. I'm grateful for all of the amazing friendships and connections I have created through this program!
Thank you and your team for all the hard work this summer in making this program so memorable and valuable for us all! Sincerely,
Priya

Dear Dr. Pentyala, The SARAS program was a truly unforgettable experience. Going in, I had an interest in medicine but I didn't know if I wanted to commit my career to it. Luckily, the experience you've given me has given me clarity and purpose. The three weeks you had were packed with hands-on learning, informative lectures, and plenty of fun along the way. From Bollywood songs to medevac tours, you made sure we were never bored. Your commitment to education and medicine is truly admirable, and I hope you continue the SARAS program so that more students can learn from one of the greatest mentors I've ever interacted with. I hope that we can keep in touch and you can inform me about your "silly stupid ideas" and I can pick your brain about the medical field and more. Thank you so much for a very special, inspiring, motivating, and completely unique experience. -Raphael

Dear Dr. Pentyala, I had a great time at SARAS these past 3 weeks. It was a great pleasure to get to listen to lectures and learn new things from the professionals. Some of the lectures were more fun than others, but all of them taught me something new. I really enjoyed my experience at Stony Brook and truly want to come back here one day. Thank you for everything you did to help make this program happen and all of the experts you brought in to teach us. your team was also really nice and I loved getting to know them! Thank you again for creating such a memorable experience for me and all the other students at SARAS. (Maybe i'll get to hang out with your team again in the future?) Sincerely, - Richard

First of all, I would like to thank you and your team for all the hard work you've put into organizing the program. You and every single person on your team were extremely kind throughout the program. This was an

unforgettable experience for me and so many others. I have gained so much knowledge about the medical field, as well as numerous other topics, such as credit unions and the lives of people in the Veterans Home. In addition, your experiments were very interesting to learn about, and I am fascinated by the discoveries you and your team have made, especially since some of them are still very young college students. On the other hand, the program introduced me to new food from the many different caterers we've had, as well as Bollywood, which we begged for every day. Overall, SARAS was an amazing experience, and I am extremely grateful to have experienced it this summer. - Roksolana

Dear Srini, I would like to thank you for this amazing opportunity to be apart of Sara's 2025. The time and effort you put into making this program happen every year is truly fascinating and serves as a great inspiration for young leaders like me. I had the best time learning about new fields in medicine and having the joy of listening to professors excite us with their knowledge. My favorite lecture was definitely the workshop where we learned how to do cpr. The other thing i loved the most was to environment. The excitement of being in a college campus in a college lecture hall really made it feel surreal. But by far the best speeches were yours! Your funny comments and complex inventions make us all want to be someone like you one day. I'm grateful for all the people I met and relationships I created during this program I would have never thought i would come out with such amazing friendships. So I thank you and your team for all their hard work this summer in making this program memorable for all. - Sincerely, Sahana

Dear Dr. Srini,

Thank you so much for organizing such an unforgettable experience through the 2025 SARAS program. I feel incredibly lucky to have been part of it. From the engaging lectures to the hands-on sessions, every part of the program was so thoughtfully planned and truly inspiring. I especially wanted to say how much I appreciated your talks about your research. While your sense of humor definitely kept the atmosphere fun and light-hearted, it was clear how deeply skilled and knowledgeable you are in the field of medical research. Hearing about your work has genuinely inspired me to pursue research in the future, and I would be honored if I ever got the opportunity to work with you someday. I'm truly grateful for all the time, energy, and care that you and your team put into making SARAS such a memorable and enriching experience. Thank you for making us feel welcomed, challenged, and motivated every single day. - Sahasra

Dear Dr. Srini,

I hope this email finds you well. I wanted to sincerely thank you for the opportunity to be a part of the SARAS program at Stony Brook this year. It was an incredibly enriching experience, and I'm grateful for all of the time, effort, and planning that went into making the program engaging and educational. The wide variety of lectures we attended not only taught me things I didn't already know, but they also deepened my interest in medicine and opened me to new ideas and fields of interest. The hands-on labs and workshops we engaged with were some of my favorite activities, especially CPR and Stop-the-Bleed! Overall, I am so glad that I signed up for this program. Being able to learn and still have fun with friends is an experience I will cherish forever. Without your hard work, this program wouldn't be here, so thank you again for all your support and organizing such a valuable program. - Samairah

Hey Dr Srini!!!

I really loved SARAS. The environment was so fun and super serious. I really really enjoyed learning new information during these really cool lectures. I love love love the workshops. It was super fun interacting with many different people and things. I LOVE WATCHING BOLLYWOOD. This was a very good experience for me to learn a lot more than just a clinic. I wish you the best of luck with your long shower thoughts and future SARAS students! -Sincerely,

(Selina, Also the girl who got poked with the needle during Lumber Puncture lol... I'm good don't worry!!)

Dear Dr. Pentyala, As one of the most engaged students at SARAS this year, I'm very excited to share my feedback with you. I came into the program with one main goal: to learn something new every day (and I did). Every lecture was fascinating, informative, and eye-opening. I'm not exaggerating when I say that every page in my SARAS notebook is filled with notes, questions, and (maybe a few) doodles. Thank you so much for organizing such a meaningful program. As someone who has organized events at school, I know how much time and effort goes into something like this. We were lucky to have someone so dedicated to both science and students in charge. Thank you again for this unforgettable experience! Warm regards,
September

Dr. Pentyala,

Thank you so much for the 2025 SARAS program, thank you so much for making SARAS so fun this year. I enjoyed listening to all of the talks by the experts, and most of them I found truly interesting. Overall it was a mix of fun and educational experience. I loved the hands on activities we did especially trying to get the mannequin to breathe through the breathing tubes and the cpr (trying to not let the mannequin die of course even if it's not alive). Thank you for your delicious salsa too! - Sophia

Dear Dr. Pentyala,

I had great fun at SARAS this summer! When I entered the lecture hall the first day, I didn't know what to expect from the lectures; however, I was pleasantly surprised that I found some of the lectures interesting. The program allowed me to learn about topics like tissue engineering/regenerative medicine, and get to see surgeries I wouldn't have considered looking up. The lectures weren't mind numbing and the experts were engaging! It was also nice that we got to learn about other topics that would be important to our future like knowing how credit works or health literacy. The lunches were also delicious! - Sophia

Dear Doctor Srin,

Thank you so much for running the SARAS program! It was a great experience and I am very glad that I signed up for it, and your enthusiasm made the program that much more enjoyable! I was able to learn about many potential careers in the medical field that I hadn't even known existed. SARAS is a great way to expose anyone considering a job in medicine to the many options available to them. This program solidified my goal of working in medicine. I was also able to learn more about Stony Brook, which I am very thankful for as I think it would be a great place to attend medical school. Thank you again and I hope you enjoy your summer! - Sophia

Dear Dr. Pentyala,

Thank you for organizing the SARAS program! I really enjoyed the experience during the 3 weeks, including all the hands on activities, all of the opportunities i had to meet new people, and the lectures that we received from the various professionals. It really helped provide a lot of perspectives on the medical field, and it was truly an amazing opportunity to be able to understand different careers in healthcare. Thank you so much again for this amazing opportunity, I really enjoyed everything I learned! - Sravya

Dear Dr. Pentayala, I hope this message finds you well. I wanted to sincerely thank you for such an incredible experience during the program. I truly enjoyed every aspect of it, from the hands-on learning to the engaging lectures, and I found your passion for medicine to be especially inspiring. Participating in the program has deepened my interest in the medical field, and I'm eager to continue learning through real-world experiences. Thank you again for your time, support, and guidance. I hope to stay in touch and continue learning from you. Warm regards, - Sujay

Dear Dr. Pentyala,

My impression of the SARAS program is that it was an incredibly eye-opening experience. We had the opportunity to hear from professionals in a wide range of medical and scientific fields. Some of these areas were ones I've been interested in for a long time, while others were completely new to me. I enjoyed learning about both—the familiar and the unfamiliar. What stood out to me the most were the hands-on workshops, especially the CPR training and the hospital simulation where we got to diagnose and treat a patient scenario. These activities made me feel like I was actually part of the medical field, doing the work of a healthcare professional. I also appreciated the meals provided during the program. It was exciting to try different types of food, like Greek cuisine, which I had never tasted before. I truly admire the effort the catering team put into giving us a variety of delicious meals every day, Monday through Friday, over the three weeks. The environment at Stony Brook was another highlight. There was so much advanced medical equipment that I had only seen in books or online—like defibrillators and electrocardiogram machines. Being around that technology made the experience even more inspiring. I want to sincerely thank Dr. Srinivas Pentyala and his staff for organizing this extraordinary program. Their dedication, effort, and thoughtful planning made SARAS such a meaningful and impactful experience for me. I'm proud to have been a part of it and believe it will be a valuable step forward on my journey toward becoming a physician. As I continue to pursue my interest in medicine, I hope to explore future internship opportunities and would be honored to refer to my participation in SARAS as part of my experience and growth in this field. Best regards,

Tamim

Hello Dr Pentyala,

Usually I'm not the biggest fan of classes and summer programs, but this was definitely an exception and an eye opener. I'm so glad I got the opportunity to learn about different medical professions and current/past research work, as well as network and absorb information that would be useful for planning out my future. I loved the environment you and your team created at SARAS, and I felt like I was where I was supposed to be. Overall, it was an excellent experience that I felt that I got a lot out of.

P.S. I initially didn't think I'd like your sauce, but it's actually very good

Trevor

Dear Uncle Srini,

Thank you for being such a wonderful director; I really can't imagine anyone else as the director of SARAS. My overall impression of SARAS was wonderful, I loved the variety of experts we met everyday and it really opened my eyes to different specialties. Prior to this program, I was dead set on becoming an orthopedic surgeon, and while I still consider orthopedic surgery as one of my top choices, fields like ophthalmology and emergency medicine have also piqued my interest. Additionally, your diverse program has also introduced me to topics like regenerative medicine, which is now a topic I am very interested in and am planning on researching in my later high school years, and volunteer opportunities such as an EMT. I always knew I wanted to go into the field of medicine or research, but you have taught me that I can go after both, and I hope I can create something as great as Srini's Dipstick someday (I expect a discount on those btw). Everyday felt like a new adventure, and while I was quite sleepy throughout the program, I really enjoyed hearing about your stupid shower spawned ideas. Maybe one day you will invent a way to wash nanotechnology and finally be able to wear your nanotechnology pants with no worries. I'd also like to say that your team was very nice and funny throughout the program. Thank you for this wonderful opportunity to meet soooo many amazing people and your energetic and funny atmosphere really lit up this program. You really are one of the craziest science geeks I've ever met and I will always remember your words as I progress through academia. Thank you,

Ziya
