

## BK Dr. Sachin

A deeply inspiring & articulate speaker and an accomplished yogi, BK Dr Sachin combines the pragmatic qualities of a doctor with the mystical understanding of applied Spirituality. He has been practicing Raja Yoga as taught by Brahma Kumaris for last 15 years, since he first came across it in November, 2003 in Mount Abu.



BK Dr Sachin completed his M.B.B.S in 2002 and holds a M.D. Degree in Internal Medicine & in Alternative Medicine. He has done Fellowship programme in Critical Care Medicine (FCCM) and also Fellowship in Intensive Care Medicine (FICM), IDCC, FCCS, Diploma in Public Health, Fellowship in Dialysis & various other courses related to critical Care Medicine.

After working for almost 3 years as an intensivist in ICU/ICCU in BSES MG Hospital, Andheri, Mumbai and then at P.D. Hinduja Hospital, Mumbai, he is currently working as Head Department of Medicine; consultant physician & intensivist in Global Hospital, Mount Abu since Oct 2010. He has delivered hundreds of presentations on health related topics including regular academic classes, seminars, lectures & workshops for PG students, junior doctors and nursing staff. He is also a very good poet and has composed hundreds of English poems & prose.

An achiever academically & a researcher in different areas of medicine, he has related spirituality to the very core of self, life, science & God. The gift of a contemplative mind and his deep search for truth & God since childhood has enabled him to focus on his personal soul-journey. He has perused the Hindu scriptures like the Bhagvad Gita and the Upanishads on one hand, while on the other hand he has studied other religions, western philosophy, psychology and history.

A living demonstration of the spirituality, BK Dr Sachin, with his group of intense effort makers (Self Progress Group) in Pandav Bhawan, HQ of Brahma Kumaris, discusses deep aspects of spirituality daily in early morning hours and conducts new experiments of Gyan & Yoga. Through these sessions, thousands of students of Brahma Kumaris worldwide get benefit and find it easy to understand and adopt yogi lifestyle as he comes up everytime with new ideas and different techniques.

Dr Sachin presents his experiences with God & knowledge through Him in a practical & logical way, making things related to our mundane life become more easy and practical. He offers spiritual mentorship and counselling and is able to deliver deep and thought-provoking lectures and talks on a wide spectrum of interesting themes. His versatile grasp of the spiritual dimension makes his talks & presentations particularly relevant and contemporary.