

DR. SWAPAN KUMAR SARAK

Consultant - Internal Medicine

Qualification

MBBS | Diploma in Forensic Science & Medical Jurisprudence (DFM) | Associate Fellow of Industrial Health (AFIH)

Overview

Dr. Swapan Kumar Sarak is a highly experienced general physician in Brookefield, currently practising as a Consultant – Internal Medicine at Manipal Clinic Brookefield, Bangalore. With over 35+ years of extensive clinical and academic experience, he brings unmatched expertise in diagnosing, treating, and managing a wide spectrum of medical conditions across all age groups. His distinguished career combines decades of service in government healthcare, academia, and private practice, all driven by a lifelong commitment to delivering compassionate, evidence-based care. Dr. Sarak’s approach integrates traditional clinical acumen with a deep understanding of modern medical advancements, ensuring holistic and reliable care for every patient he serves. Dr. Sarak completed his MBBS from MGM Medical College, Jamshedpur, followed by a Postgraduate Diploma in Forensic Science and Medical Jurisprudence from Banaras Hindu University, where he developed a keen understanding of medicolegal medicine. His professional journey began in 1988, marking the start of a career defined by precision, ethics, and patient-centred dedication. Over the years, he has worked with diverse patient populations, from paediatric

to geriatric, gaining profound insights into the prevention, diagnosis, and management of chronic and acute medical conditions. Having spent over 3 decades in clinical medicine, Dr. Sarak has honed his skills in internal medicine, preventive healthcare, geriatric medicine, and general medical consultation. His wide-ranging experience includes managing lifestyle disorders, infectious diseases, metabolic conditions, cardiovascular ailments, and neurological presentations. He is also adept at providing long-term management for patients with diabetes, hypertension, thyroid disorders, and other systemic illnesses, with a special focus on continuity of care and preventive intervention. In addition to his clinical excellence, Dr. Sarak has a distinguished background in medical education and forensic medicine. As a Lecturer in the Department of Forensic Medicine and Toxicology at PMCH Dhanbad, he has conducted over 5,000 post-mortem examinations and numerous medicolegal cases during his tenure. His academic contributions include teaching undergraduate MBBS students and mentoring young medical professionals, instilling in them the same commitment to precision, objectivity, and compassion that defines his own career. His ability to bridge theory with practical experience has made him a respected academician and clinician alike. Beyond his institutional roles, Dr. Sarak has also maintained an active private practice, where he has treated thousands of patients with a wide range of medical concerns. His practice philosophy is deeply patient-focused, rooted in attentive listening, accurate diagnosis, and clear communication. He is known for his ability to simplify complex medical information for patients, enabling them to make informed decisions about their health. His diagnostic capabilities, coupled with a calm and reassuring demeanour, have earned him lasting trust among generations of patients and families. At Manipal Clinic Brookefield, Dr. Sarak provides comprehensive care in internal medicine, offering medical management for acute and chronic conditions, preventive health screenings, and lifestyle counselling. His years of experience in both general medicine and forensic medicine allow him to approach

each case with analytical precision and clinical depth. Whether managing complex comorbidities or guiding preventive health interventions, Dr. Sarak’s approach is meticulous, evidence-driven, and empathetic.

Fellowship & Membership

- Life Member of the Indian Medical Association
- Life Member of the Association of Occupational Health (AOHK)
- Associate Fellow of Industrial Health (AFIH), ESIC Medical College & PGIMSR Rajajinagar, Bengaluru
- Member of the Medical Council of India
- Member of the Karnataka Medical Council and the Bihar Medical Council

Field of Expertise

- Having experience in treating patients for more than 35 Years as a General Physician.
- Expert in treating Paediatric to Geriatric patients.
- Expert in treating communicable and non-communicable diseases in children, adults and senior citizens, both male and female.
- Expert in treating common lifestyle and metabolic disorders like Diabetes, Hypertension, Thyroidism, Gastrointestinal issues and skin disorders.
- Well-versed in managing stress and psychological disorders.
- Conducted more than 1000 immunisation (Vaccination) programs in Children and Adults.
- Expert in diagnosing surgical disorders and performing minor surgeries.
- Experienced in handling emergencies like heart attack, stroke

and accidental injuries and medicolegal opinion.
- Experience in teaching MBBS students since 2006 at the Government Medical College.

Languages Spoken

- English
- Bengali
- Hindi

Awards & Achievements

- Has successfully completed Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) training.
- Completed AFIH Course under the Ministry of Labour & Employment, DGFASLI, Govt. of India with Distinction.
- Successfully completed "The Assessment of Burden of COPD among Diabetic patients attending a Tertiary Care Centre in Bangalore" at ESIC Medical College and PGIMSR Rajajinagar, Bangalore.