

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 seasoned internal medicine specialist in Budigere with over 35+ years of clinical experience. He is currently practising as a Consultant - Internal Medicine at Manipal Clinic Budigere, Bangalore, where he provides comprehensive medical consultations across acute illnesses, chronic disease management, preventive healthcare, and long-term lifestyle disorder monitoring. An MBBS graduate from MGM Medical College, Jamshedpur, Dr. Swapan Sarak further pursued a Diploma in Forensic Science and Medical Jurisprudence (DFM) from Banaras Hindu University and holds the Associate Fellowship of Industrial Health (AFIH). Over 3 decades, he has developed extensive experience in diagnosing and managing communicable and non-communicable diseases across paediatric, adult, and geriatric age groups. Dr. Swapan’s clinical scope includes managing stress-related and psychological presentations within the framework of primary medical care, conducting immunisation programs for children and adults, and offering emergency evaluation for acute cardiac events, stroke presentations, and accidental injuries. He is trained in Basic Life Support (BLS) and Advanced Cardiac Life

Support (ACLS), further supporting emergency readiness within outpatient settings. His expertise in comprehensive adult and family medicine continues to reinforce his standing among the best internal medicine doctors in Budigere for structured, long-term medical care. Dr. Swapan's background in forensic medicine and toxicology adds analytical depth to his internal medicine practice. During his tenure as Lecturer in the Department of Forensic Medicine and Toxicology, he conducted over 5,000+ post-mortem examinations and handled numerous medicolegal cases. This experience strengthened his diagnostic precision, documentation accuracy, and objective clinical reasoning. Since 2006, Dr. Swapan has contributed to teaching MBBS students at a government medical college, reinforcing his commitment to academic medicine and evidence-based clinical training. Fluent in English, Bengali, and Hindi, Dr. Swapan Kumar Sarak communicates medical information in a manner that is accessible and reassuring, particularly for elderly patients requiring continuity of care. His consultation model is rooted in detailed clinical evaluation, careful history-taking, and rational investigation planning. He manages metabolic disorders such as diabetes, hypertension, thyroid dysfunction, gastrointestinal disturbances, respiratory infections, and dermatological conditions with a structured follow-up approach. He is deemed as one of the best internal medicine doctors in Budigere for comprehensive family medicine care. His extensive exposure to occupational health through AFIH training allows him to address workplace-related medical issues and lifestyle-linked risk factors effectively.

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.