DR. SACHIN PARAB

MBBS, MBA, MSC (YOGA), MSC(COUNSELING), PDCR, BA, PGDVIH

COUNSELOR, HAPPINESS COACH,
CORPORATE TRAINER, AUTHOR



CONTACT

+91 98921 91942

drsachinparab@yahoo.com

drsachinparab.com

Mumbai

EDUCATION

MBBS
MGM Medical College, Navi Mumbai
1994

PDCR (Diploma in CLinical Research)
Catalyst CLinical Services, Delhi
2008

MBA (Management)
Annamalai University, Chennai
2017

BA (Values)
YCMOU
2016

M.Sc. (Counseling)
Annamalai University, Chennai
2018

M.Sc. in Yoga
Annamalai University, Chennai
2021

Registration Number: 080194
(Maharashtra Medical Council)

PROFILE

- Dr. Sachin Parab is a MBBS from Mumbai University with specialization in clinical research.
- He is professional counselor and hypnotherapist.
- Regular speaker for Peace of Mind channel with top rated weekend special program of 'Secret of Ultimate Living' which is aired in 40 countries of the world.
- Project Director of 'Global Initiative of Tobacco Awareness'.
- Corporate trainer to various corporate sectors across India.
- National coordinator of 'My India - Addiction free India' campaign.
- Joint Secretary of medical wing of Rajayoga Education & Research Foundation.
- Co-ordinator & Facilitator for VIHASA international program (Values in healthcare a spiritual approach) for healthcare practitioners.
- Consultant to the Indian Pharmaceutical & Research Organization (Ex medical advisor, Johnson & Johnson, Zydus Cadila, Lupin, RPG Life Sciences, etc.)
- Practicing and teaching Rajayoga Meditation for 31 years.
- Recipient of Maharashtra state level 'Mahatma Gandhi De-addiction Award' from Govt of Maharashtra.
- Recipient of 'Adarsh Doctor Award', 'Rotary Service Award', 'Samaj Sudharak Award', 'Dev Doot Award', 'Arogya Ratna Award' (2025), 'Vidyasagar Award' (2026).
- Author of two motivational books, Samasyaon se samadhan tak' and 'HAPPI'.

EXPERIENCE

MEDICO-MARKETING TRAINER

ABBOTT NUTRITION, Mumbai since 2017
RANBAXY LTD., Mumbai 2010 - 2016
WOCKHARDT, Mumbai 2008 - 2016

SR. MEDICAL ADVISOR

SHALINA LABS, Mumbai 2012 - 2014

DIRECTOR - TRAINING & RESEARCH

BSES MG HOSPITAL, Mumbai 2009 - 2010

SR. MEDICAL ADVISOR

JOHNSON & JOHNSON, Mumbai 2008

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Mumbai

Leader & Coordinator of international, national & state level

CAMPAIGNS

- My School Addiction Free School
- My Nepal Healthy Nepal
- My India Healthy India
- All India Campaign Against Tobacco
- My Maharashtra Addiction Free Maharashtra
- My Himachal Addiction Free Himachal
- My Telangana Addiction Free Telangana
- My Uttarakhand Addiction Free Uttarakhand

LANGUAGES

English
Hindi
Marathi
Gujarati
Konkani

MEDICAL HEAD

RPG LIFE SCIENCES, Mumbai 2006 - 2008

SR. MEDICAL ADVISOR

ZYDUS CADILA / GERMAN REMEDIES LTD., Mumbai 2006 - 2008

SR. MEDICAL ADVISOR / MEDICAL HEAD

LUPIN LTD., Mumbai 2004 - 2006

ASST. MANAGER

NEEMAN MEDICAL INTERNATIONAL ASIA LTD., Mumbai 2002 - 2004

MEDICAL ADVISOR

TARGET INDIA PVT. LTD., Mumbai 2000 - 2002

MEDICAL OFFICER

GLOBAL HOSPITAL & RESEARCH CENTRE, Mount Abu 1998 - 2000

PRIVATE & MUNICIPAL HOSPITALS, Mumbai 1996 - 1998

AWARDS

- Recipient of Maharashtra state level '**Mahatma Gandhi De-addiction Award from Govt of Maharashtra'** for services in the field of deaddiction.
- Recipient of '**Adarsh Doctor Award**', '**Rotary Service Award**', '**Samaj Sudharak Award**', '**Arogya Ratna Award'** (2025), '**Vidyasagar Award**' (2026).
- Received the **'Devdoot Award'** by Digital Bangal News Channel North East Network Cooch Behar, West Bengal for selfless dedication towards various social sects of society.