



## Prestigious Clients over the years

- ☞ TELCO
- ☞ ISO
- ☞ SBI
- ☞ Lions Club
- ☞ Medical Colleges
- ☞ Various Universities
- ☞ Rotary Club
- ☞ Goa Shipyard Ltd. (GSL)
- ☞ KRIBHCO
- ☞ Gujrat Agricultural University.
- ☞ Kwality Ice Cream Corporation
- ☞ Indian Oil Corporation Ltd
- ☞ National Fertilizers Limited
- ☞ Titan
- ☞ HPCL
- ☞ Goa Industrial Development

## Areas and Subjects of Specialization

- ☞ Art of Positive Thinking
- ☞ Positive mental attitude
- ☞ Stress Management
- ☞ Science of Meditation
- ☞ Principles of healthy living
- ☞ Positive personality
- ☞ The art of Rajayoga Meditation
- ☞ Emotional Intelligence (EQ)
- ☞ Managing Negative Emotions
- ☞ Anger Management
- ☞ Spiritual Intelligence (SQ)
- ☞ Success without stress
- ☞ How to quit addiction (Tobacco, Alcohol, Mobile etc.)
- ☞ Complete Health
- ☞ Bypassing the Bypass of Heart
- ☞ Positive living with Diabetes
- ☞ SMART (Stress Management & Right Thinking)
- ☞ Thought Management
- ☞ Art of relaxation
- ☞ The art of happiness
- ☞ Inner Healing

**Professional Fees:** We do not charge for our services to NGOs working in the field of humanitarian activities, however for other companies we take nominal fees which are infact compensations for traveling & other services. We believe that it is every individual's birth right for knowing the Godly knowledge & we are just the instruments in the hands of Almighty. Our vision is to spread the vibrations of Peace & Love for the whole humanity including the animals, birds & all the elements of nature.



Channelise your SOUL energy for personal transformation and learn secrets of healthy, wealthy & blissful life.

For more information contact:

**Dr. Sachin Parab**

Consultant of Training & Development

Mobile: 98921 91942 | E mail: drsachinparab@yahoo.com

www.drsachinparab.com



**BRAHMA KUMARIS** is a worldwide spiritual movement dedicated to personal transformation and world renewal. Founded in India in 1937, **BRAHMA KUMARIS** has spread to over 140 countries on all continents and has had an extensive impact in many sectors as an international NGO. However, their real commitment is to helping individuals transform their perspective of the world from material to spiritual. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity of each soul.

# Source Of Unique Light

**S****UL**

EXPLORE & EXPERIANCE

secrets of Ultimate Living





# SOUL

EXPLORE AND EXPERIENCE

## Secrets Of Ultimate Living

### Maharastra Govt. State Level Deaddiction Service Award Year 2013



### SHORT PROFILE OF CAMPAIGNS

- ☞ My Nepal healthy Nepal
- ☞ My India Healthy India
- ☞ All India campaign against tobacco
- ☞ My Maharashtra addiction free Maharashtra
- ☞ My Himachal addiction free Himachal

## Brahma Kumaris Academy For A Better World

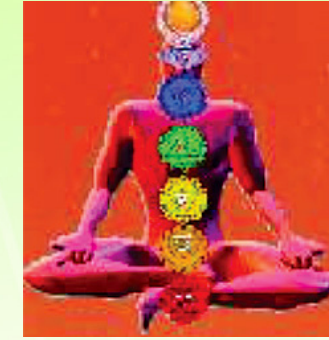
The medical wing is a service wing of Rajyoga Education & Research Foundation of Brahma Kumaris. The focus of Brahma Kumaris to help people to explore their inner resources as a basis for developing their higher level of integrity and complete personality, through the art of Rajyoga Meditation. Brahma Kumaris is affiliated to the United Nations as an NGO (Non Governmental Organization), in consultative status with the Economic and Social Council (ECOSOC) and UNICEF. It offers variety educational courses for the development of human potential through the art of Meditation. It empowers the person to face the challenges of life without stress. Meditation triggers a relaxation response within the mind and body by which various biological & psychological\_ parameters are normalized.

### MEDICAL WING, BRAHMA KUMARIS

Pandav, Bhawan, Mount Abu 30750, Rajasthan, India

Tel: 02974-238261 to 238268 Fax: 02974-238952

E-mail: bkabu@vsnl.com | Web site: www.bkwsu.com | bkmedicalwing.org



*Transformation is going  
beyond (Trans)  
the limited (form)  
to unlimited (Soul).*

*Self  
Transformation  
to World  
Transformation*

*Self respect is the key to freedom*

### Profile of Dr. Sachin Parab

- ☞ 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. Has been on ETV Marathi for many yrs on spirituality & values related programs
- ☞ 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
- ☞ Visiting faculty of training & development at BSES-MG Hospital, Andheri, Mumbai.
- ☞ Facilitator for VIHASA international program (Values in healthcare a spiritual approach) for healthcare practitioners.
- ☞ Consultant to the Indian pharmaceutical & clinical research organizations
- ☞ Practicing and teaching Rajayoga Meditation since 23 years.
- ☞ Recipient of Maharashtra state level 'Mahatma Gandhi De-addiction Award' from Govt of Maharashtra for giving services in the field of de-addiction
- ☞ Recipient of 'Adarsha Doctor Award' and 'Rotary Service Award'
- ☞ Author of the short motivational book, Samasyaon se samadhan tak'