

7 Days Natural Health Camp

IMANAH Podcast - Episode 11 - 20260411

» Nisha Srinivasan & Sarjana Sanadhya

Camp Information

Camp Date Apr 11, 2026	Duration 1 Days camp	Camp Location LIVE
Category	Phone	URL https://youtu.be/589NeZ8FZVw?si=HUVD04HcBS6pEaC2

What's Included?

This episode of the IMANAH Podcast (Episode 11) explores the global rise of depression and discusses potential solutions through natural health, community building, and personal lifestyle choices. The host and his guests, Nisha Srinivasan and Sanjana Sanadhya, emphasize that mental health issues are often rooted in a lack of connection, poor lifestyle habits, and societal degradation caused by excessive screen time and digital dependency.

Key Discussion Points:

The Problem of Depression: The host argues that society has eroded essential social bonds (Rishta). Instead of building "third spaces"—physical places where people congregate for genuine connection—modern society often siphons energy into digital or elitist agendas

Education and Nature Cure: Nisha Srinivasan discusses her work in an alternative school that emphasizes nature cure, agriculture, and resilience. She explains how children are "sponges" who can be taught to value physical experience and emotional awareness over digital consumption

The Role of Lifestyle: Dr. Sharma and the guests stress that nature cure is not about diagnosing diseases, but about returning to a healthy, disciplined lifestyle. They argue that if a body is made of five natural elements, it cannot be "fixed" by chemical medicine; rather, it requires proper exercise, adequate rest, and positive, creative occupation

Reclaiming Passion: The guests highlight the importance of identifying and nurturing innate passions—like singing, dancing, or sketching—as a means to combat stress and move away from the cycle of dependency on screens and over-the-counter medications

Call to Action:

The participants encourage viewers to:

Build/Join Communities: Seek out or create safe spaces for interaction rather than relying on digital platforms

Practice Discipline: Take ownership of health by "cleaning" one's life of negative habits, relationships, and excessive screen time

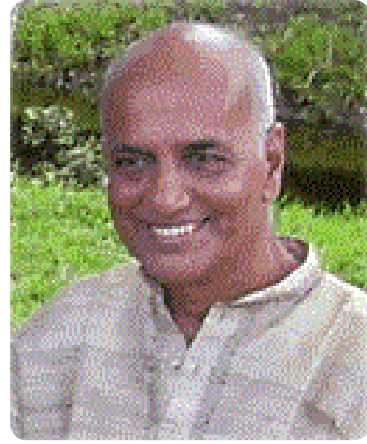
Engage with Resources: The guests suggest joining IMANAH camps or connecting via their discord to find a support group and gain deeper understanding of nature cure principles

About The Hosts



Natural Health

Umar AlFarooq
Health Coach



Dr. Arun Sharma
Health Coach