



□ CAMP DATE

Feb 21, 2026

□ CAMP LOCATION

LIVE

Date: Feb 21, 2026 – Feb 21, 2026

Duration: 1 Day camp

Category:

Phone:

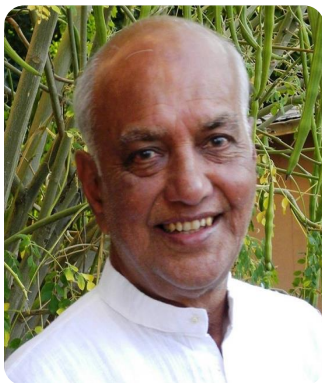
What's Included?

This live session offers an engaging and insightful discussion designed to provide viewers with practical knowledge and real-time learning. The stream covers key concepts in a structured manner, combining clear explanations with interactive elements to enhance understanding.

Throughout the session, the presenter breaks down important topics using examples and demonstrations, making complex ideas easy to grasp. The live format also allows for audience interaction, where questions are addressed and concepts are clarified on the spot.

The session concludes with a concise recap of the main takeaways, leaving viewers with actionable insights and a better understanding of the subject.

About The Hosts



Admin, Health Coach

Dr. Arun Sharma



Admin, Health Coach

Umar AlFarooq