



□ CAMP DATE

Jan 31, 2026

□ CAMP LOCATION

LIVE

Date: Jan 31, 2026 – Jan 31, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

Redefining Health and Disease : Dr. Arun Sharma (Guruji) argues that "disease" is an artificial concept used to instill fear. True health encompasses physical, mental, and spiritual well-being. He emphasizes that the body is designed to repair itself through simple natural habits rather than pharmaceutical dependency.

The Five Basic Guidelines : A healthy lifestyle is built upon five pillars:

Positive food: Consuming natural, simple foods.

Positive thoughts: Maintaining a clear and peaceful mind.

Passionate occupation: Doing work that combines skill and passion.

Ample exercise: Staying active naturally.

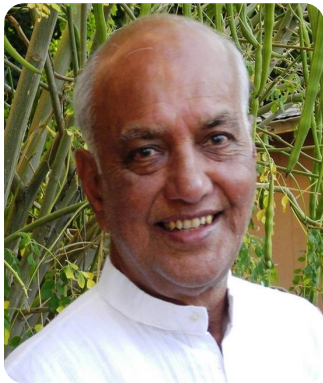
Adequate rest: Giving the body time to recover.

Personal Journeys & Testimonials : Guests Shri Gupta and Seema Manikkoth share how these principles helped them reverse conditions such as arthritis, severe eczema, and Type 1 diabetes in their families without using conventional medicine.

The Importance of Community : The guests highlight the need for sangha (a supportive community of like-minded individuals) to stay on track. They encourage listeners not to feel guilty when they stray from these habits but to simply reset and return to the natural path.

Upcoming Events : The speakers discuss the upcoming Lunavla Camp (February 16th-22nd), which offers practical immersion in these therapies, including sunshine exposure, proper breathing, and specialized nutritional guidance.

About The Hosts



Admin, Health Coach

Dr. Arun Sharma



Admin, Health Coach

Umar AlFarooq