IMANAH HEALTH
Mahayoga & Natural Hygiene

EVENT



IMANAH Podcast - Episode 19 - 20260606

- 06 Jun 2026
- 8:00 AM EDT
- 5:30 PM IST
- LIVE



Speaker
Umar AlFarooq
Admin, Health Coach

CO-HOSTS

 Saraswati Kavula

 Dr. Arun Sharma

 Dr. Gauri Rokkam

 Archana Kulkarni

Episode 19 opens by drawing parallels between historical military strategy and the modern natural-health movement, before guests share their own paths to natural living.

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