IMANAH HEALTH
Mahayoga & Natural Hygiene

EVENT



IMANAH Podcast - Episode 11 - 20260411

- 11 Apr 2026
- 8:00 AM EDT
- 5:30 PM IST
- LIVE



Speaker
Umar AlFarooq
Admin, Health Coach

CO-HOSTS

 Nisha Srinivasan

 Dr. Arun Sharma

 Sarjana Sanadhya

The global rise of depression — examining its societal roots and the pathways to natural healing and lasting well-being.

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