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



Speaker
Umar AlFarooq
Admin, Health Coach

CO-HOSTS



Victoria Mohren



Dr. Arun Sharma



Jyoti Gusain

Decluttering the mind for better health: Umar AlFarooq and Guruji (Dr. Arun Sharma) draw a powerful parallel between tidying a cluttered home and clearing the mind for well-being.



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