



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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