



IMANAH Podcast - Episode 3 - 20260214

- 14 Feb 2026
-  8:00 AM EST
-  6:30 PM IST
- LIVE



Speaker

Dr. Arun Sharma

Admin, Health Coach

CO-HOSTS



Dharam



Umar AlFarooq



Ranjan Sundaram



Nisha Srinivasan

Unity of health: Guruji explains that disease is simply a lower level of health — raise your level of health and disease naturally dissipates, as light dispels darkness.



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