

1 DAY NATURAL HEALTH CAMP

IMANAH Podcast - Episode 15 - 20260509

» Nivedita Patil, Divyansh Gupta, Leena Oberoi

□ CAMP DATE

May 09, 2026

□ CAMP LOCATION

LIVE

Date: May 09, 2026 – May 09, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

This episode of the *IMANAH Podcast* (titled "Human Value") explores a holistic approach to life, health, and education, criticizing the modern industrial education system and advocating for a return to nature-centered living.

Key Highlights:

Critique of the Modern Education System: The host argues that the current schooling model—modeled after 19th-century systems—is designed to create compliant workers rather than thinkers ([0:35](#) - [1:08](#)).

Ancient Wisdom & Education: *Guruji Dr. Arun Sharma* shares insights from traditional *ashram* systems, where education focused on cultivating a child's natural passions, freedom, and creativity, which he argues leads to better health and brilliance ([6:43](#) - [12:48](#)).

Personal Health Journeys: The episode features guests who successfully reversed chronic conditions—such as rheumatoid arthritis ([23:37](#)) and metabolic health issues ([51:30](#))—by transitioning from conventional medical treatments to a lifestyle based on natural hygiene, plant-based diets, and fasting

Community & Self-Reliance: Guests like *Nivedita Patil*, *Divyansh Gupta*, and *Leena Oberoi* discuss the challenges of transitioning away from mainstream lifestyles and the importance of community support, compassionate coaching, and simplifying one's daily routine to achieve sustainable health ([33:43](#) , [56:55](#) , [1:30:37](#)).

Natural Hygiene Principles: The speakers emphasize that the body is inherently self-healing when provided with proper rest, exercise, positive thoughts, and appropriate food ([10:21](#) , [1:29:52](#)).

The podcast concludes by encouraging listeners to resist societal pressures, ask critical questions about their health, and connect with their community via the *IMANAH* Discord server to foster collective learning and wellness ([1:35:16](#) , [1:42:18](#)).

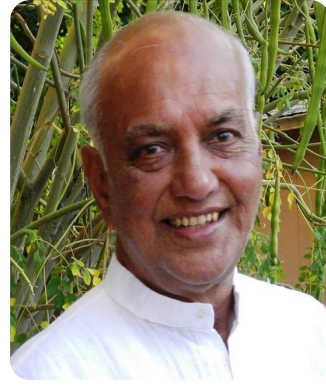
About The Hosts



Hosted By

Umar AlFarooq

Health Coach



Guest Appearance

Dr. Arun Sharma

Health Coach