



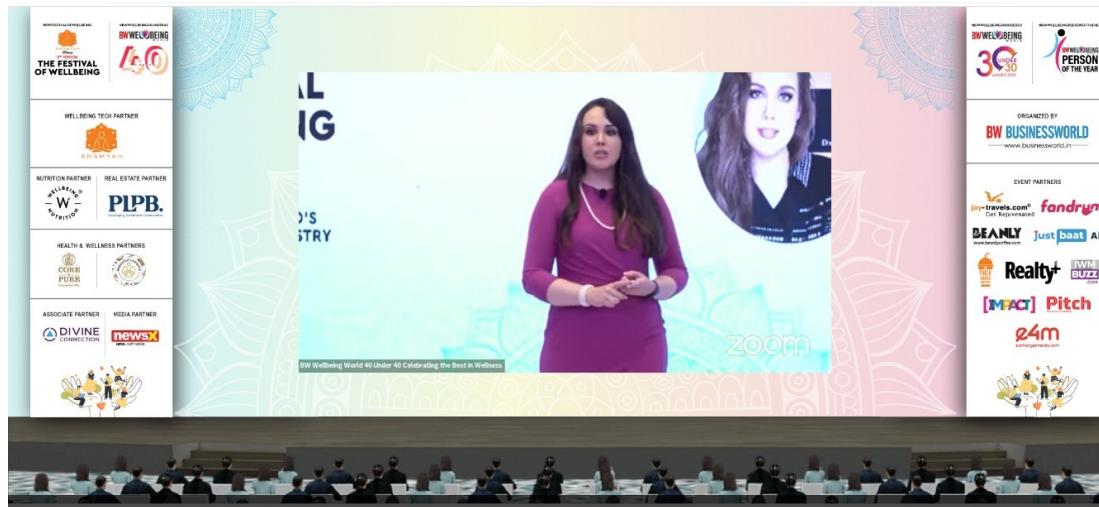
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“Purpose Is Very Essential To Human Life” – Dahryn Trivedi

Dahryn Trivedi emphasised on the fact that without purpose there is no life and this is something that is inherent to nature created through nature itself



05 April, 2023
by Kavi Bhandari

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Dahryn Trivedi who is the Co-Founder of Divine Connection started speaking at her keynote address on the topic of “Consciousness – The Final Frontier for Health and Wellbeing”, by shedding light on the massive problem of a large number of people facing mental health issues all around the globe.

Speaking at the 2nd edition of the Festival of Wellbeing conducted by BW Businessworld, Trivedi spoke extensively on the topics of mental health, purpose of life and our souls, in a very detailed manner. “More than 1

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billion people are suffering from mental health issues and are on medication, and millions are on borderline,” she brought to everyone’s notice. According to her these kind of problems are increasing throughout the globe.

She spoke about a scientific and clinical proven reality such as happiness which exists in an individual’s life. It is proven that we can all have a happy and successful life. “Everything moves in the direction that promotes its life and growth. It is natural and normal to live a life of happiness. Science calls it following the path of least resistance but we can see this is following the path of greatest growth. A lack of success, unhappiness, frustration, unproductive struggle is not natural and normal,” she stated.

She questioned the current state of humanity where mental health is a huge crisis today. She said that maybe we don’t understand human nature. She also questioned that what wellbeing is. She went on to say that science has no concrete cure to mental health without dependency of the patient on medicines. “A neuroscientist would say that if we were to take all the super computers across the world, it would still be difficult to map only one human brain,” is revealed by her.

She deeply believes that wellbeing is a process and it is the answer to the problems with science and traditional medicine. Wellbeing is also the answer to many other problems. The wellness industry is a multi-trillion dollar industry 4 times larger than the pharmaceutical industry. She researched on a few studies and spoke about them by saying, “Two decades of research have already passed where science is trying to decode the ultimate enlightenment consciousness, having conducted 6,000 experiments, 650 publications and more than 2,000 universities (including the top universities in the world) have also done research. People are understanding that science can’t cure everything and are looking for other answers.”

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