

## Entertainment vs. Ananda

All of us crave for and seek happiness. But do we know what true happiness actually is?

'Feel-good' movies, a tasty dish, a pleasant or delightful fragrance, a melodious song, a tender touch, seeing a beautiful thing – all these give pleasure and make us feel more upbeat. And, we often confuse or mistake these feelings as happiness.

But, these feelings are not true happiness; they fulfill or satisfy our worldly desires as they are at the level of the senses. This is entertainment, which is temporary or short-lived. A tasty meal will stay with you only until your next meal.

True bliss or happiness is Ananda, which is at the level of soul. For example, you watch a movie that stays with you for long after the movie is over. You keep on thinking about it for days to come. Or, you watch a dance drama and your expressions or emotions become one with those enacted on the stage. This is Ananda. You become one with the character. You lose track of time.

This is the Rasa theory of Natya Shastra, which establishes a relationship between the actor and the audience. The two are connected at the level of the soul.

According to the Rasa theory of the Natya Shastra, entertainment is a desired effect of performance arts but not the primary goal, and the primary goal is to transport the individual in the audience into another parallel reality, full of wonder and bliss, where he experiences the essence of his own consciousness, and reflects on spiritual and moral questions (Wikipedia).

This is the difference between Ananda and Entertainment.

Krishna has used the word 'Prasanna' in Bhagavad Gita, which is inner happiness and not just happiness.

Ananda can be achieved only if you live in the present and not in the past or the future.

Take 'Anand' in whatever you do; do your duty with devotion and discipline, which means, to be more productive, lose track of time...



### Study: Women Experience Severe Flu Shot Side Effects

According to research in the *Journal of Epidemiology & Community Health*, women may face a higher likelihood of experiencing both injection site and systemic reactions to seasonal flu vaccines, regardless of age or vaccine type. The study analyzed data from 18 clinical trials involving 34,343 adults from 2010 to 2018, examining sex-based differences by age.

The findings indicated that women had a greater risk of injection site reactions compared to men, with a 29% higher risk for younger participants and a 43% higher risk for older participants. Women also had an increased risk of systemic reactions, showing a 25% higher risk for younger participants and a 27% higher risk for older participants. The risk of severe reactions was twice as high in women as in men and approximately 50% higher for systemic reactions among younger participants. No notable differences were observed based on vaccine type. The study rated the quality of evidence as low for injection site reactions and moderate for systemic reactions.

Experts noted that most reactions following influenza vaccinations, as per data from randomized controlled trials, tend to be mild, self-limiting, and rarely severe. Nonetheless, addressing adverse events is crucial to minimize their impact on vaccination program success, particularly for the annual influenza vaccine. The researchers concluded that transparent communication about the increased risk for females could foster long-term trust in health authorities and vaccines.

(Source: <https://www.thestar.com.my/lifestyle/health/2023/11/03/women-tend-to-get-side-effects-from-flu-jabs>)