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**ANUŚĀSANA AS MEANS TO ĀNANDA:  
COVID 19 PANDEMIC PSYCHOLOGICAL EFFECTS**

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**Abstract**

The study aims to analyse the credibility and relevance of the methods Anuśāsana has taken to control the spread of the COVID 19 pandemic resulting in saving lives and certain benefits to the humans. It attempts to bring out the connection between Anuśāsana and Ānanda, which exists since time immemorial, but has not been documented in such conditions. It also attempts to bring out the aspects of the Anuśāsana, which when duly understood by the implementor, and the individuals on whom it is implemented, can suffuse Ānanda into the lives of all. The aspect has been seen in COVID 19 times.

**Keywords:** COVID 19, Pandemic, Psychology, Anuśāsana, Ānanda

“The views expressed and suggestions made in this article are solely of the author in his capacity and do not have any official endorsement. Attributability of the contents lies purely with the author.”

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

Steve Maraboli

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A study of human history has shown us that after every 100 odd years, a major epidemic is unleashed upon the world, in addition to the natural calamities that strike sporadically. In the past, without the advances in medical science, or a large amount of information available to successfully manage pandemics, the methods employed to fight such calamities was to lead a disciplined and hygienic lifestyle. The affected people were segregated. The rest of the population used to follow a regulated and hygienic lifestyle till the epidemic ended. Some examples of such major pandemics<sup>1</sup> or epidemics are, the Plague of Justinian (541 – 542 AD), which claimed 15-100 million lives, the Black Death (1346 - 1353), which claimed 75-200 million lives, Third Plague Pandemic (1855 - 1960), which claimed 12 million lives, Spanish flu (1918 - 1920), which claimed 17-100 million lives, and so forth. Earlier pandemics or epidemics were generally localised, as the world was not well connected with such seamless connectivity across the globe we find today. The COVID 19 pandemic spread across the world in a matter of just 90 days. It brought the world to a standstill. It affected everyone with severity regardless of their age or economic conditions. It caused such a devastation on society that no wars or terrorist acts could achieve in the past. The origin of this virus was Wuhan (China), and on the outbreak of this disease, the country had taken strict disciplinary measures such as complete lockdown, tracking of all individual cases and their contacts, compulsory social distancing, wearing of masks, closing public institutions and transportation, and so forth. However, even though the world was watching keenly no one expected the virus to travel so fast.

COVID 19 spread to different countries of the world quickly before any government could realise its nature, severity, and the protective measures that need to be taken. As per data available in the public domain, it is not possible to correlate the spread of the virus to urban/rural areas, population density, economic conditions, developed/developing nations, and so forth. However, it was seen that some densely populated Asian cities like Hongkong (8 million), Seoul (10 million), Singapore (6 million), and Tokyo (9.5 million) saw a restricted spread of COVID 19<sup>2</sup>. The reason for this limited diffusion was early and proactive disciplinary measures, like compulsory social distancing, lockdown, and so forth.

As per the dictionary, discipline<sup>3,4</sup> is “the practice of training people to obey rules or a code of behaviour, using punishment to correct disobedience.” In the Indian system, it is referred to as “Anuśāsana<sup>5,6</sup>.” It comprises obedience, control of senses, self-discipline, and following rules. Discipline gives meaning and purpose to independence. It can be established in a person by many methods, the oldest is punishment or “danda”, societal pressure, familial pressure, self-discipline, training, education, and so forth. However, with changing times people have started to use this word with a negative connotation. The earliest works on this concept can be traced back to ancient Indian civilization, more than approximately 3500 B.C<sup>47</sup>, wherein it was associated with numerous names or concepts, namely, Śiṣṭa (one who is disciplined), Anuśāsana<sup>5,6</sup> (with law and order), Ājñā (order), Niyama (law), Vyavasthā (order), and so forth. Anuśāsana as a concept is the closest to discipline and more, which has been existing for thousands of years in ancient Indian scriptures, outdating any other scripture in the world. The Śabdakalpadrumah<sup>6</sup>, mentions the meaning of Anuśāsana as, Ādeśa (an order, command or advice, instruction, precept, rule), Ājñā (order, command, authority), Yatha (thus, therefore), Upadesh (teaching, instruction, Śāsana on self, is the spiritual guidance provided by a guru or spiritual teacher). The word discipline<sup>3,4</sup> has various synonyms such as advice, persuasion, direction, order, command, instruction, laying down rules or precepts, a law, rule, precept, treatment (of a subject), explanation of gender and words, keep self in control, training others, those regulations of an organisation or society, which compels every member to follow right duties, and so forth. For this paper, discipline or Anuśāsana shall mean the disciplining or training of the mind in self-discipline so that the person is in a conducive state

of mind to assimilate the right duties and actions associated with them out of his own free will.

### **Psychological Connections of Anuśāsana**

When a species lives as a pack it has to depend upon each other for higher chances of survival, likewise, human beings are social animals, and need others to flourish. They cannot survive and have an all-around development if they keep themselves isolated from others. Any society will collapse if there are no rules governing the basic setup of the society. Generally, these rules are dependent on the collective consciousness of the people, their religious beliefs, ethics, and morals. Hence, it can be said that the rules or the range of acceptable behaviour vary according to different times and cultures. The formation of any country requires it to be based on certain basic laws, generally known as the constitution<sup>7</sup> of that country. The constitution provides certain guidelines that need to be followed while framing detailed laws for the country. This applies more for democratic countries than for dictatorships. The spirit of the constitution should be kept in mind when creating any legislation or executing any policy programme in the country. Also, enforcing the laws of the land, based on the constitution, requires monitoring, implementing, punishing (at times) and redressal agencies for the society to be secure, free, and flourishing. The Indian constitution<sup>8</sup>, states certain basic guidelines (laws) to be followed for securing, and maintaining the country. The laws denote and set rules, principles, orders, judgments, and so forth, which in ways instil Anuśāsana in people to ensure freedom and Ānanda for all. For instance Article 19 of Part III of the Indian constitution<sup>8</sup> states that freedom of speech is a fundamental right of all individuals. However, freedom of speech does not mean speaking and working against sovereignty, security, and integrity of India, public order, decency or morality, or concerning contempt of court, and so forth. Thus, as per the constitution itself, freedom comes along with the disciplinary injunctions which are implemented by law.

Likewise, every belief system or organised religion<sup>9,10</sup> has some basic tenets or rules, or guidelines that are expected to be followed by its followers or practitioners. These guidelines could be strict or flexible, and it is believed by the followers that, if those rules of Anuśāsana

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are followed properly, would lead the practitioner towards Ānanda, as per their scriptures. These rules are a way of keeping Anuśāsana in the ranks of their followers. These rules are the backbone or the guiding principles of any religion. Even if an individual does not identify with any organised religion and called himself or herself a non-believer or an “atheist”, still there would be certain rules that he would have to abide by to train his mind to refute the existence of God scientifically and logically all the time, for attaining Ānanda.

Society frames guidelines to be followed by its members and any attempt to break out of these rules is frowned upon. Any anomalies are subjected to discipline by various means at the disposal of society. The “code of conduct<sup>11,12</sup>” is taught from a young age so that they become deep-seated in our psyche and society can then function optimally without any disruptions.

### **Pre COVID 19: Psychological State**

With passing times, humans have become more materialistic and self-centred. Peaceful co-existence has become a difficult aim to achieve, which has been made even more unattainable by the complete absorption of technology in all facets of our life. All the disconnect, unrealistic expectations from ourselves, our family and friends, and technological cocktails have given rise to depression, stress, anxiety, antisocial behaviours, breaking up of family units, fading away of family support system, change of the behaviours of humans due to internet and social media to a large extent, making a person lonely and stressed, thereby making us susceptible to making bad judgement calls. At the psychological level, a lot of issues have cropped up due to the various influences that we are exposed to daily. There is an alarming rise in the instances of suicide by young and seemingly well-adjusted individuals. The number of young people being treated for behavioural issues, adjustment issues, or depression is going up steadily<sup>13</sup>. In some people, these problems may be more apparent than in others. It is safe to assume that all people are fighting their own battles at psychological levels and all including children need support. This was the state before COVID 19.

### **Initial Phase COVID 19: Psychological State**

Human nature is unpredictable and sometimes pushes us to be a rebel by not following the orders or the guidelines. We have a problem with everything that causes even a tiny disruption

in our set behaviour. Such instances were witnessed when the lockdown and other related protocols for management of COVID 19 were implemented. Even though we are aware that certain behaviour is counterproductive or against our best interest we still indulge in it, just as people continue to smoke, consume alcohol and refuse to take care of their bodies. In the same manner people refused to comply with the instructions given out by medical professionals and government agencies<sup>14</sup>. During such times, people needed some Anuśāsana to be enforced upon them for the larger good and Ānanda of the society.

In the time of excessive information and freedom due to the presence of the internet, which enables us to have seamless communication and the free exchange of ideas, the Anuśāsana measures rolled out by the governments came as a rude shock to the people. The fear of the unknown multiplied manifold due to the spread of misinformation and rumours about the virus and its effects. The coronavirus-induced lockdown led to the displacement of millions of migrants, job losses, and the economy was about to hit the rock-bottom level.

A lot of information started spreading unchecked through various media platforms such as Facebook, Instagram, Youtube, and so on. The major fallout of the strict disciplinary method instituted by the governments was at the psychological level—fear, anxiety, panic, the effect on behavioral and mental health, loneliness, PTSD, depression, addiction, violence, stress, financial insecurity, the stigma of discrimination, irritability, cognitive decline, boredom, fear of infection and outcomes, fear of worthlessness, guilt, overwhelming work pressure, deprivation issues of timely while being in quarantine, burnouts, uncertainty, substance abuse, domestic violence, and child abuse, and many more things started to happen across the population. These are just a few of the problems that were noticed. We cannot fathom the long-term effects of this psychological fallout. These events caused a major disruption in the fabric of society starting with its basic unit, ‘the family’<sup>15</sup>.

### **Governments' Response to COVID 19**

COVID 19 pandemic's nature in the starting phase was unknown. The originator country did not share actual data for the same. Due to this, all the countries of the world had to grapple in the dark for a long time. The countries in consultation with each other, along with some sparse

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information coming out of China, implemented certain drastic disciplinary measures for their citizens against the unknown dangers of the pandemic virus. These measures included immediate (without warning) lockdowns across the countries and regions, stoppage of all domestic/international movements, closure of public places and all government and private institutions, and so on. The timelines of the lockdown and associated restrictions as imposed by the government of India were as follows:

**Phase 0.** 24 days from 01 Mar to 24 Mar 2020. No restrictions, but a warning for the future.

**Phase 1.** 21 days from 25 Mar to 14 Apr 2020. All industries, establishments, hotels, were closed, and no move order was implemented except for essential services.

**Phase 2.** 19 days. From 15 Apr to 03 May 2020. Lockdown, with permission for agriculture, and some industries functioning.

**Phase 3.** 14 days from 4 May to 17 May 2020. Cities are classified into three zones, namely, red, orange and green, with different restrictions.

**Phase 4.** 14 days from 18 May to 31 May 2020. Opening of industries and movement of vehicles were allowed.

India also invoked the Epidemic Diseases (Amendment) Ordinance, 2020, the Disaster Management Act, 2005, and Section 144 of the Indian Penal Code to restrict people's movement and curtail exports of essential medical and non-medical goods. Also, certain disciplinary/hygiene regulations were announced to be adhered to, such as compulsorily wearing masks, social distancing, the functioning of medical facilities as per emergency norms, and so forth. All governments were faced with three major challenges namely, public health emergency (treatment and vaccine included), employment and food insecurity (loss of overall economy), and implementation of emergency (pandemic) powers to ensure public safety which comes along with risks of corruption and malpractices. There did exist a digital divide in society, as most families did not have smartphones, access to the internet, regular supply of electricity, and so on, which had a major impact on education<sup>16</sup>.

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WhatsApp was the primary mode (75 percent)<sup>16</sup> for delivering education in both public and private schools, followed by phone calls between teachers and students (38 percent)<sup>16</sup>. An estimated 40 million migrant workers and others working in the informal sector experienced disruptions in their children's education. The government<sup>16</sup> from its side took many measures to ensure education for all, in those trying times, such as, putting most of the syllabus on the internet, having no exams for boards, passing instructions to schools that no student could be stopped from attending the school for non-payment of fees, and so on.

It is not that, despite not being geared up for such pandemic effects, the governments did not do anything. The governments the world over with the help of other such institutions, and societies (as per need of the hour) implemented and established the countermeasures as listed, for the mitigation of the effects of such disciplinary measures taken by them, and also for those affected by the virus, such as, keeping the family in the loop about the treatment protocols being followed, sharing the treatment plan, the progress of the patient on a real-time basis through emails, or other instant messaging applications or phone calls. In-depth monitoring of the mental health of the patient as well as their family while undergoing the treatment as well as after discharge from the hospital, support from the authorities along with clear and concise guidelines regarding various measures to check the spread of the disease, regular communication with family and friends through smartphones or social media platforms, changes in routines like flexible work arrangements, shorter working hours, working from home, sufficient availability of various protection gear and fully equipped hospitals catering especially to the needs of the times, providing online study material and classes for students, clear and concise information about disease management protocols<sup>17</sup> or guidelines, and so forth.

### **Anuśāsana to Ānanda in COVID 19 Times**

This complete universe follows certain laws that sustain the universe. We are a speck in this marvel, which we watch every day without realising. The day has to follow the night, Sun comes up in time, Earth rotates in the assigned path, with exact timing, necessary tilt, and angle. Similarly, nature and environment on Earth follow some discipline, which we do not

even acknowledge. However, life, happiness, and all the activities of ours are sustained by such discipline followed by nature or environment. Ānanda of the individual and the society are connected with Anuśāsana. We have not looked at the management of the pandemic from this angle, but it is evident that Ānanda was induced by the restricted freedom/Anuśāsana activities implemented by the governments. Ānanda is an abstract state of mind, which denotes a state of well-being both physical and psychological. It is not a permanent state but rather a transient one. It is dependent on many factors like interpersonal relationships with immediate society, the morals, and ethics of the society, and so on. If one conflicts either with the physical or the emotional aspect of one's life, one cannot feel Ānanda. The word Ānanda<sup>18,20,21</sup> is described by different synonyms such as bliss, perfect happiness<sup>19,24,25</sup>, great joy, delight, felicity, enjoyment, joy, sensual pleasure, pure happiness, psychological well-being, and so on. Amarakoṣa<sup>22</sup> (ancient Indian thesaurus and dictionary dating to approximately 400 AD) gives various synonyms of the word Ānanda, such as, Mṛdā, Prīti, Pramādā, Harṣa, Amoda, Śaramana, and Śata. As opined by Vācaspatīyam<sup>23</sup>, the ancient Indian thesaurus, and dictionary, Ānanda stands for, Harṣa, Sukha, Dukhābhāva, Brāhmaṇa, Moḍā, Pramoda, Preeti, Vishnu, and so forth. For this paper, the feeling of happiness or Ānanda shall be taken as the happiness that is achieved through one's own psychological well-being of the feeling of happiness with certain aspects of life, and through controlling the mind or thoughts or actions within certain guidelines. The highest level of happiness or Ānanda, that is the bliss (spiritual) level shall not be discussed here.

We all have been too preoccupied with the negative effects of the disciplinary steps taken by the governments, societies, individuals the world over during the COVID 19 pandemic in all spheres of our lives. However, there have been some positive effects as well which are generally not discussed. Some of the positive impacts that have been felt on individuals as well as society and our world have been mentioned as follows:

- **Positive Impact on the Environment<sup>26-31</sup> (air, water, earth, climate, and wildlife)**

Carbon emissions were down globally. With manufacturing and air travel grinding to a halt, the planet has had a chance to rejuvenate. China recorded an 85 percent increase in days with good air quality in 337 cities between January and March 2020. With

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tourists gone from Italy, the long-polluted river appeared clear, as fish and other wildlife started returning. Elsewhere, wildlife reappeared in other major cities and some percentage of biodiversity slowly returned in various parts of the world. Alice Pong, a paediatric infectious disease physician and the medical director for infection control at Rady Children's Hospital in San Diego, California, said their hospital had seen a sharp decline in paediatric admissions for respiratory illnesses. These include diseases such as influenza, parainfluenza, respiratory syncytial virus, and human metapneumovirus. Fewer cars lead to blue skies.

- **Positive Impact on the Society**

- **Saving Lives.** The measures of Anusāsana taken by the government of India slowed the progress of COVID 19 in India and saved many lives in the long run. Certain developed countries like the USA, and Italy, were not able to achieve such milestones. United Nations Children's Fund (UNICEF) and United Nations Educational, Scientific and Cultural Organisation (UNESCO) case study on India<sup>16</sup>, states the complexities of Indians concerning the action taken against COVID 19. It has brought out that the swift, decisive and strictly imposed restrictions had contributed to saving lives in the long run. On 30 January 2021, India had only 13,00,037 new cases as compared to almost 1,00,000 daily cases during the peak of the pandemic in September 2020.
- **Connectedness.** It has made people realise the importance of social connection and the value of human companionship in their lives. It has brought communities together wherein they try to help each other navigate these new grounds with a support system guiding their steps.
- **Innovation.** The sudden and unprecedented decision of the authorities to impose a strict lockdown led to a multifold increase in the opportunities available all over the world, which resulted in a large number of people innovating and reinventing. A lot of businesses were reimaged to align themselves with the new world order and realised that they had stumbled onto

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a more efficient and more environmentally friendly way of life. The digital world was never at the forefront of impacting the lives of people as it is now. A great jump was noticed in the e-business segment/start-ups in India, wherein, at least 14000 new start-ups<sup>32</sup> were recognized in India, which is 20 times in the last five years.

- **Education System Overhauling.** The schools and the educational institutes were forced to fast forward their technological capabilities in keeping with the new requirements of the times. Schools were forced to be a part of the digital revolution, wherein they were required to upload and disburse the teaching-learning outcomes through online classes. This made it possible for children sitting in remote areas to have access to digital classrooms without leaving their homes. If this is followed through and is implemented we can do away with the problem of children not getting access to education due to a lack of good educational establishments in their vicinity. To support continuous learning, the Ministry of Education<sup>16</sup> shared various free digital e-learning platforms, collaborated with various NGOs and ed-tech companies, and strengthened and rolled out many robust platforms which are functioning to date, such as Digital Infrastructure for Knowledge Sharing (DIKSHA), an open-source national platform for learners, e-PATHSHALA in which, the National Council for Education Research and Training (NCERT) have uploaded a lot of study materials, National Repository of Open Educational Resources (NROER), SWAYAM, which is the national online education platform.
- **Reduction in Crime Rate.** Most places recorded a sharp decrease in the number of criminal incidents, road rage, accidents, and so forth, simply because most of the people were locked up in their homes and there was an increased vigilance by the law enforcement authorities (for enforcing the lockdown and other related COVID 19 restrictions). For checking the spread of the disease, all the societies and communities were acting their roles as responsible institutions adhering to the governments' orders on the subject,

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thus, vigilantism was a byproduct, which along with the law enforcers and the various lockdowns, deterred many crimes.

- **Major Impetus to 'Atmanirbhar Bharat'<sup>33</sup>**. This means a self-reliant India. Up until the beginning of 2020, everyone was more focused on the expanding world market and capturing the market with cheaper or exotic goods at the cost of the indigenous or the local economy. It was all about the internationalisation and globalisation of businesses. After the pandemic broke out, and all the supply chains dried up and the consumers had to face the possibility of having to do away with even the necessities, countries woke up to the fact that a thriving local economy is the only way out of such situations. Those times, it was all about staying home, leaving home only to buy locally, and boosting the local community. It was an eye-opener for all the communities that stopped manufacturing and outsourced it to countries where the cost of labour was less expensive. They were forced to pause and reevaluate their policies to reflect a more pro-local approach. This will have a long-term benefit to the local ecosystem. For instance, initially, India was importing masks and other such medical equipment from other countries, but after some time, due to the consistent efforts of the government, and the grit and determination of the people, India was an exporter of masks, medical equipment, the vaccine, and so forth. Various state governments, NGOs, corporates, and individuals rose to the occasion to feed the hungry and help the destitute.
- **Check on Government Expenditure**. The government was aware of the economic crisis that the Pandemic was to bring, to this effect, it tightened its purses, by withholding<sup>35</sup> Member of Parliament Local Area Development Scheme (MPLADS) funds, cutting unnecessary expenditures of all government departments, and moving on to video conferences instead of physical conferences.

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- **Working from Home.** The guidelines and actions of the government and reactions of the people ushered in the culture of working from home<sup>34</sup> in a big way. In due course of time it became so popular that some companies are continuing with this model to date. The companies were saving on their regular administrative maintenance costs, rentals, and the employees were happy as they were working from their hometown in comfort. Employers are not limited in their choice of talent as they can hire from anywhere and the same goes for the employees who can now pick up jobs anywhere in the world without having to relocate. It is surely a win-win situation.
  
  - **Responsible Government.** In keeping with the aspirations of the new India, the government started the ‘Vande Bharat Mission<sup>36</sup>’ to bring stranded Indians home, in an orderly manner, from various countries like the UK, the UAE, the US, Maldives, Bahrain, and Singapore. All such countries were having a lot of problems and their issues, thus travelling in such COVID times was a big problem.
  
  - **Positive Impact: Ānanda for Self**
    - **Gratitude.** There is a newfound sense of appreciation and gratefulness. It made us realise the importance and perspective on things that we take for granted; our freedoms, leisure, connections, work, family, and friends. It helped to connect us and establish more meaningful relations with our family and friends. We have been made aware of the transient nature of our lives and that we do not exist in a bubble, we are connected and our actions impact others. The world is our extended family, people have realised the truth behind “Vasudhaiva kutumbakam”. We learned to value and appreciate health workers who are at the frontline of this crisis, risking their lives every day by just showing up to their vital work. This sense of gratefulness can help us develop our resilience and overcome the crisis in the long term.

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- **Lifestyle Changes.** Being hygienic is no longer just a good habit, but is the skill needed for survival. Times have changed, and people are now aware of how important it is to keep clean. From shaking hands to namaste, we all have had a lifestyle change for the good. We will remember to cover our mouths when we cough, to sanitise our hands after touching anything else because we know what can happen if we do not. The use of integrative therapy based on Yoga and Ayurveda<sup>37-39</sup> in the treatment of a high-risk case of COVID-19 did help the patients. Yoga represents a lifestyle that is disciplined and includes meditation, Pranayama (breathing) exercise, and practice of various Asanas (postures). It proved a blessing to many people in coping with stress and anxiety and maintaining a healthy lifestyle.
  - **Religions.** Modern life takes us away from our religious<sup>9,10</sup> (righteous) morals and values, replacing them with overindulgence in materialism, and committing sins of all sorts. Sadly, this is echoed by the media, internet, and TV industries. However, due to the after-effects combined with the disciplinary measures, people have started praying, following a righteous path, and caring about other people, which is good for one and all.
  - **Break-in Routine.** Psychological studies show that people are more open to habit changes at times of upheaval, so these measures and lockdowns were a good window to make lifestyle changes<sup>40</sup> for good.
  - **Family Bonding.** Most of the working population started to work from home, thus redeveloping the family bonds. Even the migrant workers who came back to their hometowns renewed their bonds. The lockdowns ensured people live together and work out the differences.
  - **Live in the present.** The impromptu lockdowns and restrictions created a mindset in people that any window of opportunity needs to be utilised for meeting the family, or move out on a trip, or fulfil desires which have been waiting for long, and so on.

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**Post-COVID 19: Psychological State**

Nothing comes easy. We have learned all these lessons after paying a huge cost. Many families have lost their lives, livelihoods, and morale. The world is reeling from the economic shock that was unleashed in the wake of precautionary measures. But we are resilient and we will survive and overcome all these obstacles that were placed in our path. As heartbreaking and frightening as this crisis is, its positive outcomes are gifts we cannot overlook. It will be up to us to change ourselves and our system to continue with the positive environmental impact, peace, connectedness, innovation, corporate responsibility, reimagined education, gratitude, and positive lifestyle changes.

Given the foregoing, it is amply clear that disciplinary measures brought out many positive changes in the psyche of individuals leading them to modify their behaviour in such a way that it brings lasting benefits to self and society and also the whole physical world. Anuśāsana's curtailment of freedom has always been taken in a negative sense and has normally been associated with punishment<sup>41-43</sup>. However, not many consider the fact that we are alive and free because we were forced to follow rules and were not allowed to break the Anuśāsana. Had we not followed the rules the casualties would have been manifold causing untold misery to the world. The measures as implemented by the government authorities, societies, and the respective families, induced different, regular exercise regimes, innovations, sharing, exploring new hobbies, and yoga. This made us more resilient and tough, and forced us to look inwards to find our balance and contentment.

**Conclusion**

As per Durkheim<sup>44</sup>, structures of the society and the social facts (rules, belief structures, customs, conventions, morals, and so on) exert power over an individual constantly and impels them to act in accordance with the social expectations of society. In due course of time this is internalised by individuals, and becomes part of their conscience. Such control and discipline of people's desires are essential for the survival of that society. He stated 'that the institutions of society depend upon each other to maintain the stability of the whole society, in much the same way the organs of an organism depend on each other to maintain the stability of the whole body.' From the above discussions, it is evident that the Anuśāsana steps taken by

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the government of India had major positive effects on the individuals as well as the society. Also, the pandemic has ushered in lifestyle changes for many people, including a healthy lifestyle, yoga, Ayurveda, and so on in their lives. Anusāsana is a way to achieve Ānanda, for which different attributes need to be developed.

There exists a lot of scientific literature on the effects of exercise, meditation, yoga, discipline, and so on. The preliminary work done on this research includes studying the underlying principles of modern literature and our ancient shastras, and connections or pathways which connect the input to output in the most certain manner, thus following the principles of Anusāsana to achieve “Ānanda”. In most scientific studies, the connections are diversified but not spelled out. However, Anusāsana is an important aspect required to achieve this “Ānanda” for the individual and the society as a whole. It seems that some sort of disciplinary connection that exists in different individuals from birth can be brought out and enhanced by the individuals through practice, to lead a balanced and well-adjusted life<sup>45</sup>. By following certain discipline or Anusāsana methods, as given in different research papers<sup>46</sup>, a measure of a certain connection with Ānanda can be established in the minds of the performing individuals, which is everlasting. The underlying concepts of these two aspects need to be studied in detail. The achievements of individuals due to compulsorily induced discipline for this pandemic are already discussed. Some of the methods of Anusāsana, which can lead to Ānanda, includes practising physical exercises, yoga, singing or chanting particular vibrational sounds having meanings (mantra), practising Yagya or certain religious rituals, practising fasting or Upavāsa, practising benevolence or Dāna, practising punishments with consideration, and practising dance. All these activities and more of such types were seen and tested during lockdowns. Knowing that discipline can induce happiness can revolutionise the teaching and learning methodologies followed at schools, colleges, various training institutions, prisons, and so on, to learn the required life skills for attaining Ānanda.

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