

National Seminar on Quality of Life: Concept, Measurement and Enhancement

Organized by Jnana Prabodhini's Institute of Psychology

Dates: 17th- 18th November 2017

Venue: Indian Medical Association (IMA), Pune Branch,
Dr.Nitu Mandke, IMA House, 992, Shukrawar Peth, Pune 02.

Quality Of Life (QOL) is considered as a complex and multidimensional concept encompassing all areas of life. Jnana Prabodhini's Institute of Psychology has taken up QOL as a major topic of research. Research indicates that understanding of QOL can be acquired through objective measures like income, health, defense, employment, education, and environment as well as through individual's own subjective judgment and satisfaction about his own life conditions. No uniform definition of QOL is found in the literature. Terminology used for describing QOL differs according to culture. Many theoretical, methodological as well as practical questions arise from this background.

Can we prepare a comprehensive definition of QOL that applies to Indian culture? Can objective and subjective measures of QOL coincide to give a complete picture of the state of art in this area? What are the ways for enhancement of QOL? Who all are working for the QOL enhancement? This seminar tried to find the answers through intellectually triggering symposiums and panel discussions along with presentations done by experts and students working passionately in the field.

Title of the session	Speakers	Topics
Inauguration & Keynote address-	Dr. Mohan Agashe	Why QOL & Who decide QOL
	Dr. Ashok Kukade	The Mystery and Mirage of QOL

In her introduction Dr. Anagha Lavlekar, convener of the seminar and Director, JPIP presented the topic of seminar. She said that though QOL begins from survival it is followed by other steps in the ladder which should not be ignored. This was well underlined by many other speakers during seminar proceedings.

In his inaugural address Dr. Mohan Agashe renowned Psychiatrist and Film / Theater artist) explained that today we tend to think and discuss more about QOL than earlier because people are in a hurry to gain everything at a younger age and also because longevity achieved due to medical advancements has become a reality and taking a toll on QOL. High emphasis on reading and writing is putting cognitive filters to live experiences. So development of sensitivity is lacking in formal education and further.

In his keynote address Dr. Ashok Kukade, (Founder, Vivekananda Hospital, Latur), explained how concept of QOL emerged from WHO's definition of health. This definition of health initially included only physical aspect but today concept of QOL has become very complex covering physical health, mental status, social recognition, natural environment and spiritual aspect. Moreover QOL changes from person to person and for one person at different stages of life. Western world has achieved lot of success in improving objective QOL. However it needs to be blended with Indian simply put QOL is 'मन प्रसाद चाहिये केवल जीनेके लिये' (कवी मैथिलीशरण गुप्त). We can look into the QOL of individuals, family, community, nation and world.

While concluding the session Dr. Sahasrabuddhe mentioned that experiential angle put forth by Dr Agashe and importance of samsara's from Indian tradition quoted by Dr. Kukade were the focal points of QOL. We really need to work on these factors to improve our QOL. As an academician he said that 'I have read about number of models of QOL however they represent fragmentary approach to QOL'.

Title of the session	Speakers	Topics
Symposium 1 : Exploring concept of QOL	Prof. Madhav Gadgil	Human evolution and the quality of life
	Dr. Lilavati Krishnan	Reflection of QOL in Indian Culture
	Dr. Manas Mandal	Well-being: The Science of Happiness

Prof. Madhav Gadgil made us aware of the way in which evolutionary process has nurtured the tendencies of attributing high QOL to egalitarian, non-hierarchical, non-authoritarian, less competitive, societies that facilitate free pursuit of knowledge and high biodiversity. He also gave examples of Bhutan, Norway and Sweden becoming the happiest societies of the world.

While discussing the said concept, Dr. Lilavati Krishnan stated that, ‘it reflects an intrinsic attitude rather than an externally determined state. Therefore we need to understand QOL as an expression of intrapersonal dialogue at the individual and collective level. She further specified that this intrapersonal component when blended with external physical parameters will provide integrated view of QOL. This redefined concept of QOL will make possible purposeful development of our society. She also talked about concepts of *Swasti* and *Kshem* from Indian tradition as useful for enhancement of QOL while discriminating concepts of Welfare, Safety and Security.

Dr. Manas Mandal (Ex. Director-DIPR) talked about happiness as a major part of QOL. He said today’s understanding of nature, process and antecedents of happiness can help us to enhance emotional and cognitive aspects of QOL. He also said that we have many questions about happiness that need an answer. Some of them as mentioned were: Is there any predisposition to happiness or unhappiness? Whether we do career in life or life is made by career? etc.

Title of the session	Speakers	Topics
Panel Discussion 1 : Measurement	Dr. Anagha Lavalekar	Developing QOL Instruments- A Challenge
	Dr. Anuradha Sovani	Various measurement scales/ procedures used & come across for QOL with different populations.
	Dr. Manas Mandal	Measurement issues like Methodological challenges in research on Well-being

Panel discussion on Measurement started with the presentation of Dr. Anagha Lavalekar explaining how changing concept of QOL required different types of tools for measurement. She said that the comprehensive and subjective nature of the concept of QOL was the main challenge while developing QOL instruments. Probably due to this, many tools have focused only on some specific aspects of QOL rather than taking a comprehensive view. She also gave information about JPIP's work in this area with help of a chart mentioning the tools developed for various areas of QOL.

Dr. Anuradha Sovani (Head Psychology. Dept. SNTT, Mumbai) took us on field with an excellent narrative of, 'Who? What and How?' of QOL assessment. She also commented on why choice of instruments is a critical task of researcher.

While discussing methodological challenges in research QOL, Dr. Manas Mandal said 'We can categorize the research as Experimentative and Exploitative leading to the understanding of common behavioral expressions and unique individual behaviors respectively'.

Title of the session	Presenters	Topics
Skit	Mr. Sameer Mahagaonkar : Gifted Student Batch 2017	Gazzal Unplugged
Experiential Activities	Dr. Anand Godse	Art as an sublime expression of QOL
Experiential Activities	Shri. Jagdish Bhat	Meditation Introspection

Experiential side of QOL includes art, and introspection oriented activities like meditation. So 1st day of the seminar on QOL aptly ended with a Skit depicting QOL of an artist along with highly interesting participatory demonstrations of drums/other simple beat instruments, and Meditation.

Day 2		
Title of the session	Speakers	Topics
Symposium 2 : Changing Concept of QOL across generation	Mr. Shravan Hardikar (IAS)	Changing QOL of Community & Role of Governance
	Smt. Vidya Bal	Changing face of women's QOL
	Dr. Rohini Patwardhan	Elderly-How times have changed

Mr. Shravan Hardikar (Commissioner, PCMC) elaborated how role of governance has changed from providing security to life and property of citizens to creating an environment for growth and realization of potential of citizens. He also explained how a misdirected policy of govt. affected QOL of both rural and urban citizens of India. He mentioned why GDP has been replaced by Human development Index (HDI) and explained with the help of examples that government's response to the resolve on part of citizens would enhance the QOL.

Smt. Vidya Bal said that due to diversity in India it is very difficult to talk about a homogeneous society of 'Indian Women'. 'We must accept that lot of change is seen in the women's QOL however still with certain exceptions, even in 21st century, majority of Indian women live as second grade citizens as compared to Indian men. So applying the parameters QOL that we are talking about is truly redundant for them!' She said that language reflects the culture and explained with the help of examples how all our language is patriarchal in nature. According to her the real matter of concern was that women are represented as market commodities even in today's modern era.

Dr. Rohini Patwardhan (Principal. MIT College) stated that the most striking characteristic of present elder people was 'confused state' and further said, 'Loneliness, Social disconnection, poor physical and mental health status contribute to poor quality of QOL of elderly'. She elaborated on available opportunities for them and promises for bettering their own QOL. As per her opinion, study of Geriatrics and Gerontology is essential for assessing QOL of elderly. Geriatrics is a branch of medicine and talks of

health and disease in later life. Gerontology is the study ageing from multi-disciplinary perspective. She further elaborated that both Maslow's hierarchy of needs and Erikson's theory of life long development were of great help to understand human behavior in old age.

While concluding the session Prof. Neela Dabir (Dean, Vocational education, TISS) made the observation that as indicated by all the three speakers, it is the internal motivation of people that can result in the enhancement of QOL, be it the citizens, women or elderly.

Title of the session	Speakers	Topics
Panel Discussion 2 : Enhancement	Dr. Kalpana Srivastava	Modern Era Menace and Dynamics of QOL, Interface with Psychiatry aspect
	Prof. Meena Hariharan	Balancing Psyche & Physique to enhance QOL
	Mr. Pramod Phalnikar (IPS)	Needs & efforts to strengthen QOL of CAPF & Police families

All the three speakers discussion had picked up three different sample groups and talked about enhancement of QOL of their sample. Still all three of them emphasized on the inclusion of psycho-social factors. Dr. Kalpana Shrivastav (Head, Psychology dept., AFMC) discussed that prognosis of psychiatric patients depends a lot on contextual factors like financial income, social support, and living conditions.

Prof. Meena Hariharan (Head, Centre for Health Psychology, Hyderabad Univ.) said that Bio-psycho-social approach to treatment for cardiac related problems was essential because the heart and mind are interconnected. Only when medical and para medical staff is trained to add psychosocial element to the treatment quality of life of hospital patients can be optimized.

Mr. Pramod Phalnikar IPS (IG, NSG) discussing the results of his own study conducted with academic and technical support of JPIP, said that domains such as Productivity, Emotional wellbeing, Intimacy, Place in community need to be introduced to the present welfare measures to strengthen QOL of CAPF & Police as the presently focused aspect of material wellbeing was found to be last on this list.

Title of the session	Topics
Paper & Poster Presentation Parallel	Paper Session 1
	Paper Session 2
	Paper Session 3
	Poster Session

Then came the contribution from 70+ delegates doing 21 oral and 16 poster presentations. These presentations were classified under 3 themes – 1) Concept and application of QOL, 2) Measurement of QOL across groups, 3) Enhancement of QOL.

Title of the session	Honored Guests / Speaker	Work areas/Topics
Felicitation	Mr. Sayyad Bhai	Social reform in Muslim community: <i>Triple Talak</i>
	Ms. Deepa Patil	Founding and running the only ‘cerebral Palsy Development Center’ in Marathwada region of Maharashtra.
	Ms. Sheetal Ugale (IAS)	Being instrumental to many administrative reforms implemented for improving QOL of community specially women and children as an IAS officer
	Mr. Narsinh Zare	Enhancing QOL of ‘Gopal’ a nomadic tribe in Maharashtra.
Invited Speech	Dr. Girish Bapat	How do life Workers View QOL (जीवनव्रती)

In this session we were introduced to the exemplary lives of the people who made it a mission to enhance lives some disadvantaged section of society.

Then Dr. Grish Bapat discussed the personality of the (जीवनव्रती) individuals choosing to devote their life for a social cause with reference to *triguna* concept from Indian tradition. He further elaborated how all these persons display high level of morality or *sattwaguna*. Persons, can live a life with enhanced *sattwaguna* and be effective life worker for a social cause.

Title of the session	Speakers	Topics
Valedictory	Mr. Vivek Sawant	QOL & Role of technology in changing era

Valedictory speech by Vivekji Sawant focused on contribution of technology in enhancing our QOL. He said that there is a paradigm shift, over are the days of using technology in our life now we are living our life in the environment created by technology. History tells us that all the problems identified by us from polio eradication to food deficit were solved when people decided to use of technology.

Today six new technologies smart sensors, artificial intelligence, nano sensors, robotics, bio-data analytics, biotechnology and genetics are introducing fourth industrial revolution. Confluence of all these six technologies show the promise of repairing all the damage to our planet. He further enumerated the present projects that hold this promise of great QOL tomorrow.

However he said that people resolve for our planet first is imperative for this to happen.

Dr. Sujala Watve summed up the session and Ms. Pranita Jagtap proposed the vote of thanks.
