

MANDU DECLARATION ON ENVIRONMENT AND MENTAL HEALTH

Background

Environment is a critical determinant of general and mental health

Current scientific literature reports emerging evidence for the role of Environment in both Mental Health and Mental Morbidity across the life course (Brahma et al, 2019 and 2022; Chandra et al, 2022; Sharma, Chandra and Kota, 2022; Adlakha, Chandra et al 2021

Sharma, Chandra and Kota, 2020)

Despite general superficial awareness, the public and even professionals are largely unaware of the scale of the problem, contribution of different environmental factors in mental health and morbidity and the possible adjuvant role of environment in promotive, preventive and curative mental health care.

MANDU DECLARATION

The Mandu Declaration was formulated in the Envipsycon Conference organized by Indian Psychiatric Society (IPS) Environment and Psychiatry Speciality Section and Malwanchal University in December 2023 with salient inputs from the following:

1. Dr Vinay Kumar, President, IPS
2. Dr Lakshmikant Rathi, Vice President and President Elect, IPS
3. Dr Arbinda Brahma, Hon Gen Secretary, IPS
4. Prof Dr Ram Ghulam Razdan, Pro Vice Chancellor and Head of Department of Psychiatry, Malwanchal University, Indore
5. Prof. Dr Mina Chandra, Head of Department of Psychiatry and Head of Centre of Excellence, Atal Bihari Vajpayee Institute of Medical Sciences (ABVIMS) and Dr Ram Manohar Lohia Hospital, New Delhi
6. Mrs Janak Palta McGilligan, Environmentalist, Indore
7. Prof Satyapal Goswami, All India Institute of Speech and Hearing, Mysore

The Mandu Declaration is a statement of intent of Indian Psychiatric Society to highlight the role of environment in mental health in all platforms and clinical care.

The Mandu Declaration asserts that Environment must be integrated in preventive, promotive and therapeutic Mental Health Care.

The Mandu Declaration advises Psychiatrists and other Mental Health professionals to incorporate environmental aspects in clinical practice by assessing biopsychosocial

environmental exposures and advising environmental modulation as an integral part of treatment plan.

Further, Psychiatrists and other Mental Health Professionals are encouraged to conduct original research on the environmental issues pertinent to Indian socio-cultural and environmental context, build public awareness and act as a catalyst for modulating population behavior to prevent and address environmental crisis and its health impacts.

IPS and all other Zonal and State Psychiatric Associations are advised to provide platforms for environment and mental health in all conferences, seminars and workshops. In addition IPS, other Zonal and State Psychiatric Associations must endeavour to support original research on environment and mental health through dedicated grants and infrastructure support.

STATUS

This cornerstone document is ethically binding as it draws its strength from the biopsychosocial and humanitarian model of mental illness and well being and hence should be considered a property of all stakeholders of mental wellbeing.

Environmentalists and other stakeholders may also reference this document during policy planning and implementation.

----- Prepared by Dr Mina Chandra and Dr Ram Ghulam Razdan

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