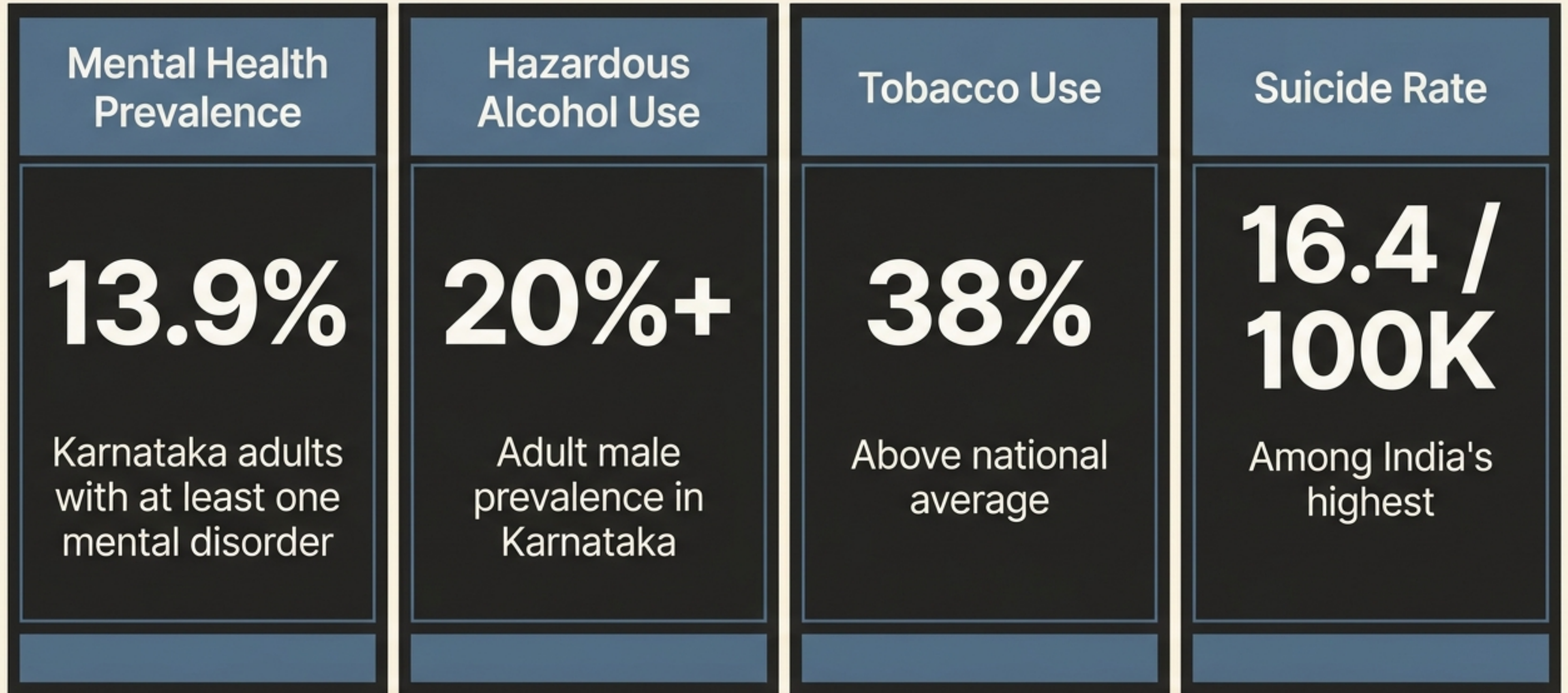


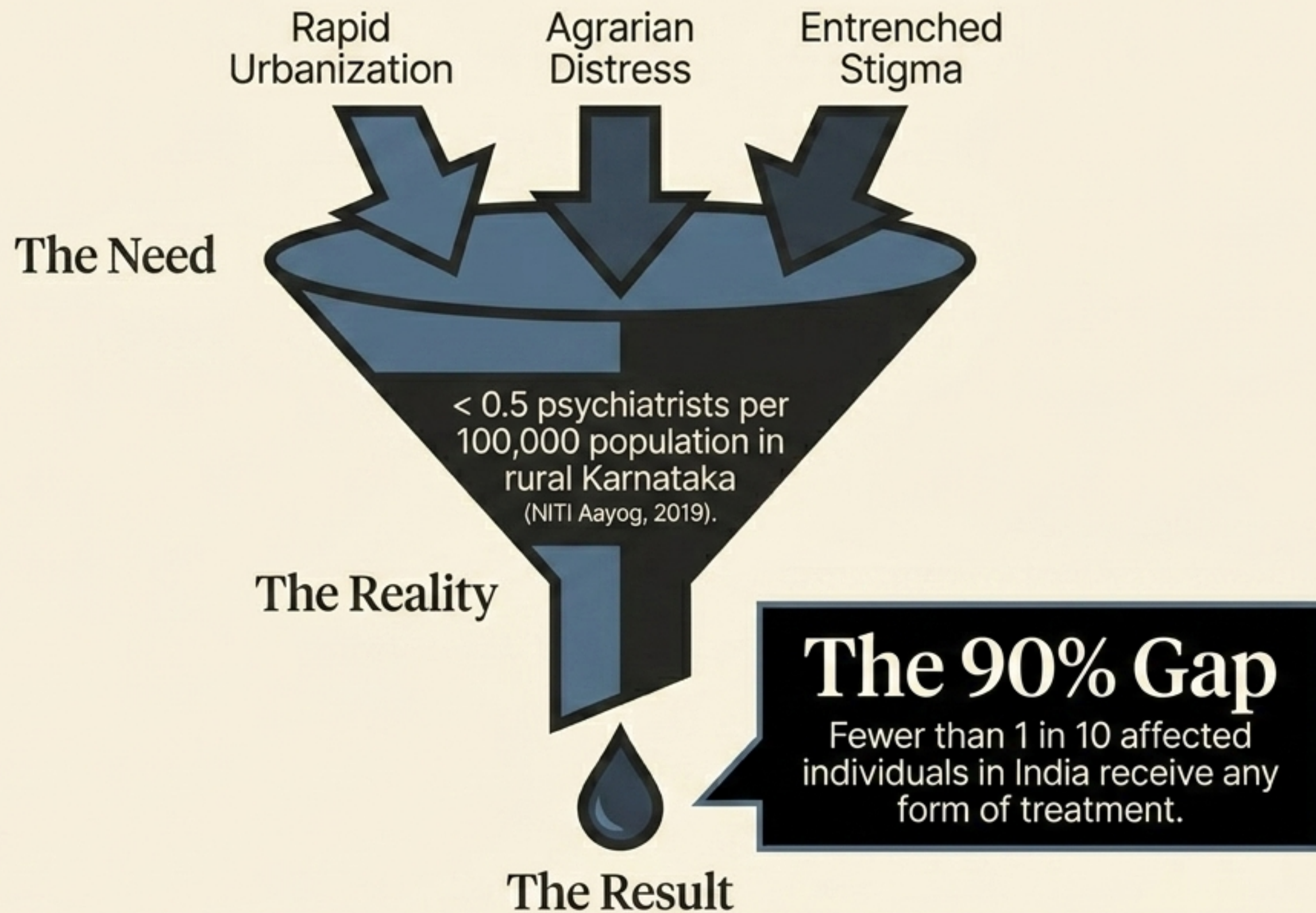
The Architecture of Stillness: Scaling Behavioral Health in Karnataka Through the NADA Protocol

A clinical and operational framework for
non-verbal, community-based nervous system
regulation.

Karnataka Behavioral Health Burden at a Glance



Sources: NIMHANS NMHS 2016, NFHS-5 2021, NCRB 2022.



We cannot talk our way out of a systemic public health crisis.

A Paradigm Shift in Behavioral Health

| | Old Paradigm | NADA Paradigm |
|------------------|--------------------------|-----------------------|
| Clinical Trigger | Crisis-driven | Prevention + recovery |
| Setting | Individual | Group-based |
| Modality | Verbal / Pharmacological | Non-verbal / Somatic |
| Stigma Profile | Highly Stigmatizing | Destigmatizing |
| Scalability | Resource-intensive | Community-scalable |

NADA shifts the focus from clinical interrogation to somatic safety.

No Diagnosis Required.

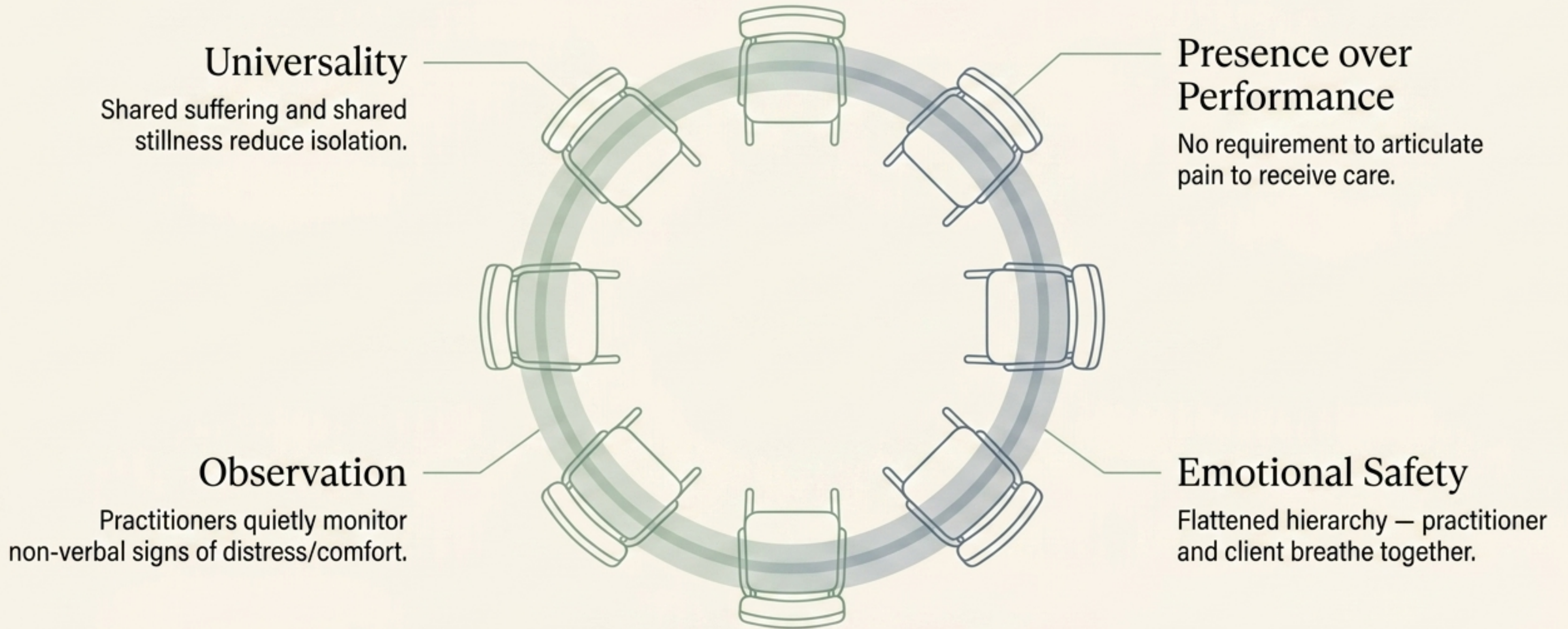
No Verbal Processing.

The Zone of Peace

Emotional Safety as the Primary Agent.

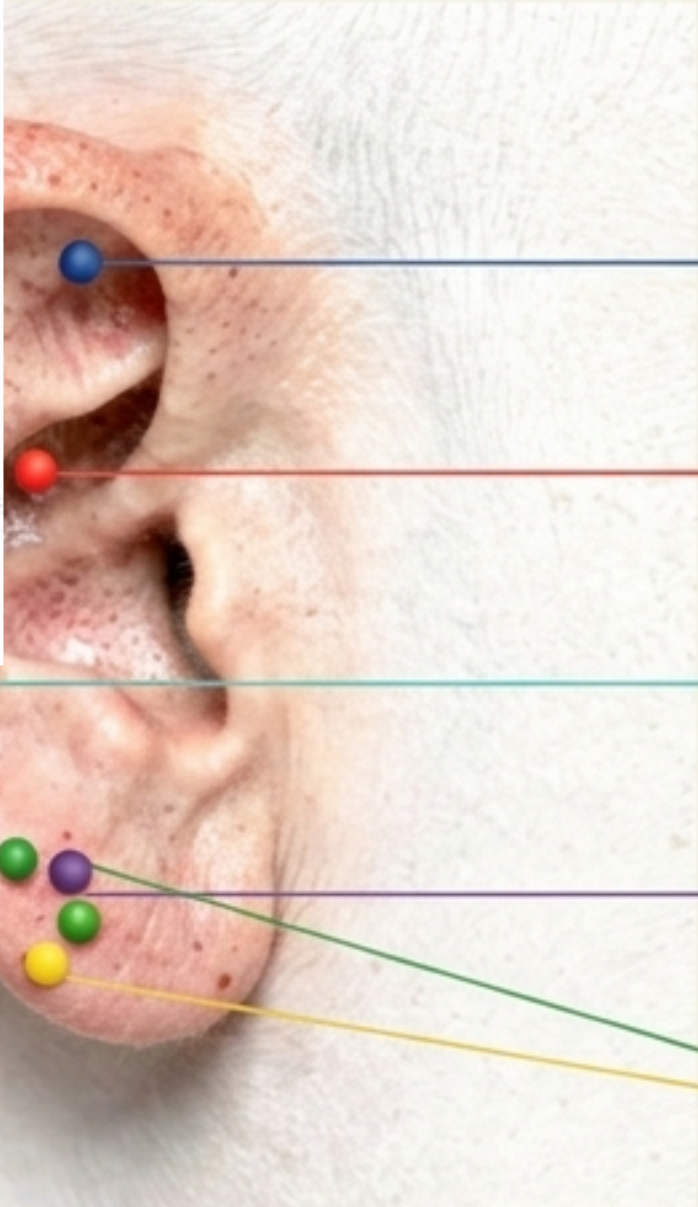
A structured, silent, shared healing environment where stillness replaces interrogation.

The 4 Pillars of Group Silence



“Healing does not always require words. Sometimes, the most profound medicine is a safe, shared space of stillness.”

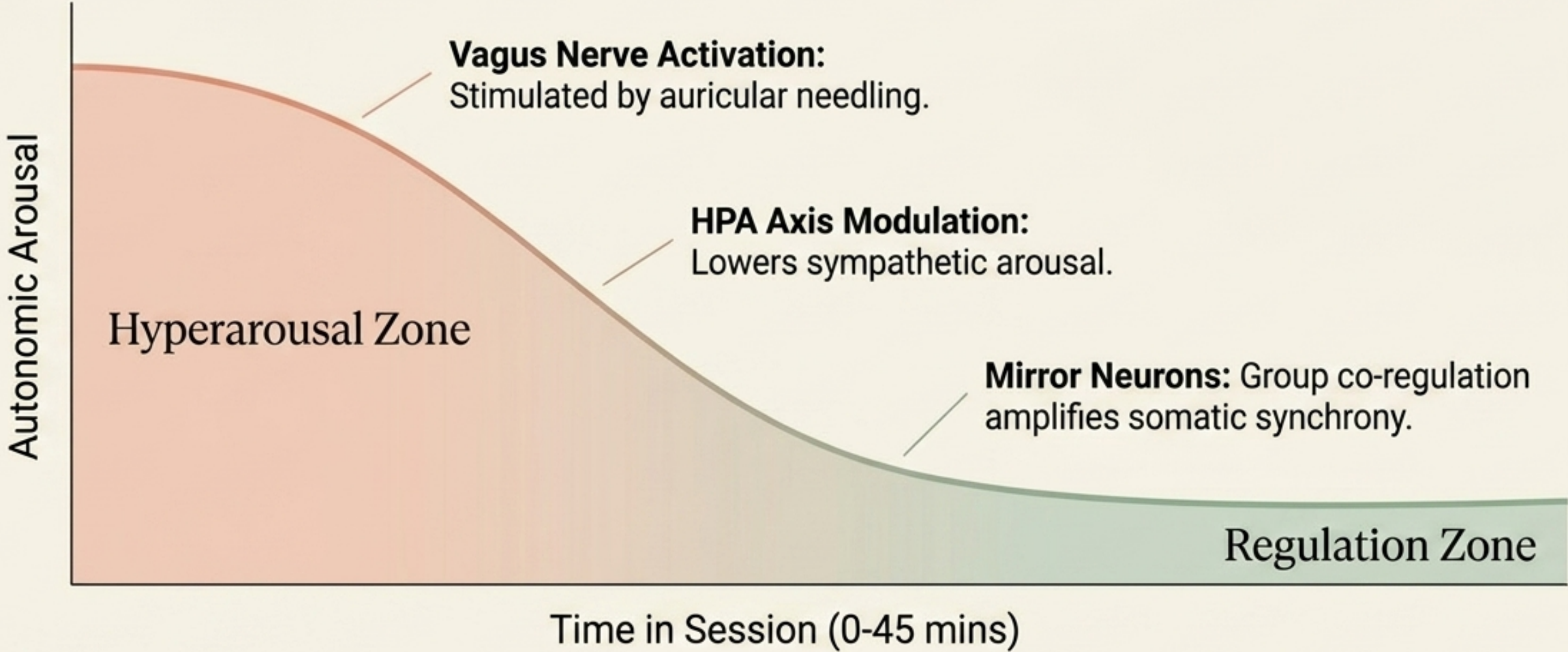
Auricular Point Protocol & Clinical Crosswalk



| POINT (FUNCTION) | PHYSIOLOGICAL & EMOTIONAL EFFECT |
|-----------------------|---|
| Point 1 (Sympathetic) | ANS balance, Vasodilation / Stress downregulation. |
| Point 2 (Shen Men) | Calm induction, Pain modulation / Anxiety relief. |
| Point 3 (Kidney) | Detoxification / Fear resolution, Trauma support. |
| Point 4 (Liver) | Detox support / Aggression processing, Emotional stability. |
| Point 5 (Lung) | Respiratory calm / Grief release, Letting go, Boundary setting. |

Technical Note: 30–45 minute sessions. Bilateral. Sterile, single-use intradermal needles.

Autonomic Arousal Curve



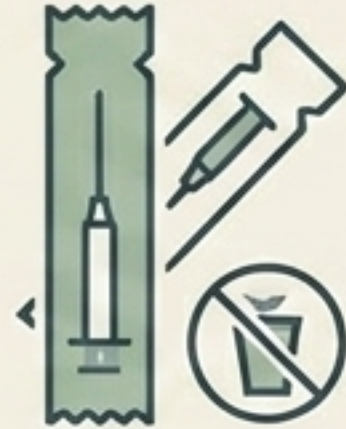
- Measurable Outcomes**
- Cortisol Reduction (WHO 2001)
 - HRV Improvement
 - Sleep & Mood Stabilization

Non-Negotiable Safety Standards



Hand Hygiene

Strict soap/water washing; gloves as indicated.



Sterile Single-Use

Pre-sterilized intradermal needles only. Zero reuse.



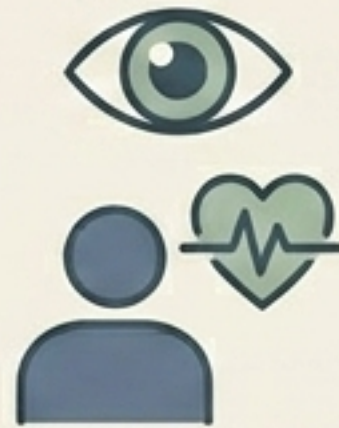
Informed Consent

Verbal and written. Clients retain full right to withdraw.



Safe Disposal

Immediate sharps container disposal. No recapping.



Client Observation

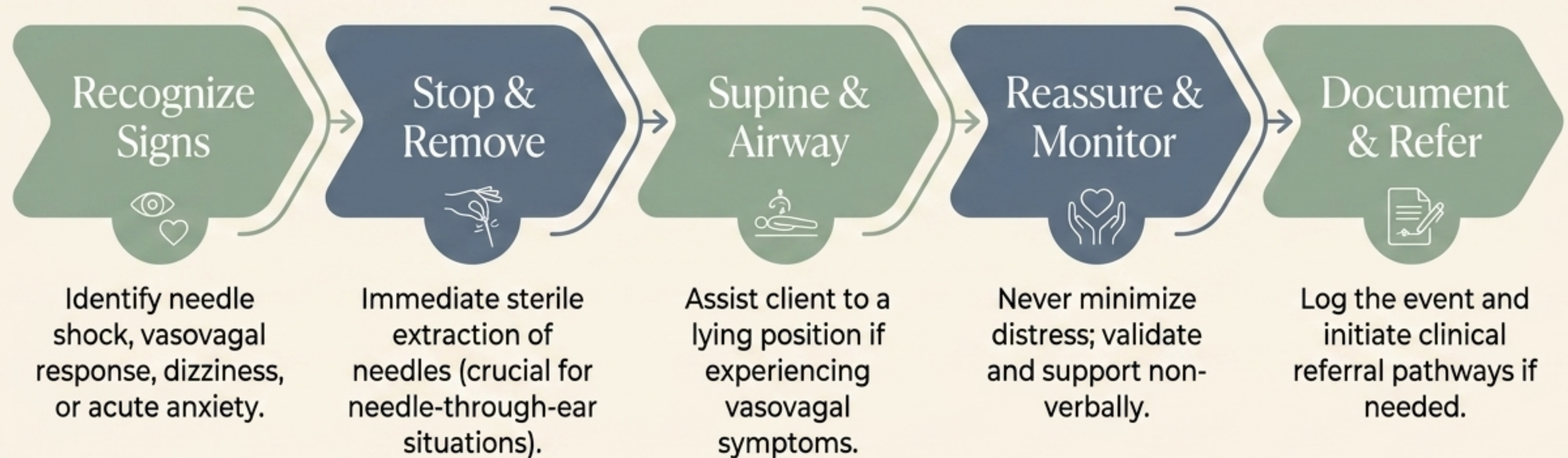
Continuous non-verbal monitoring for vasovagal signs.



Infection Prevention

Alcohol swabbing, practitioner PPE, surface disinfection.

Clinical Response Flowchart



Practitioners operate within a strict do no harm + referral-first framework.

Clinical Judgment Matrix

| Condition | Trauma-Informed Action |
|---------------------------------|---|
| Fatigue/Hunger | Postpone session; ensure basic needs are met first. |
| Pregnancy (1st Trimester) | Extreme caution; avoid uterine-stimulating points; consult clinician. |
| Immunocompromised / Broken Skin | Heightened precautions; shorter sessions / defer or use alt points. |
| Hemophilia | Contraindicated without medical clearance; gentle post-pressure. |
| Fear of Needles | Never proceed without enthusiastic consent; offer auricular seeds. |

Every contraindication is a clinical conversation, not a rejection. Document rationale, offer alternatives, and ensure the client feels welcomed back.

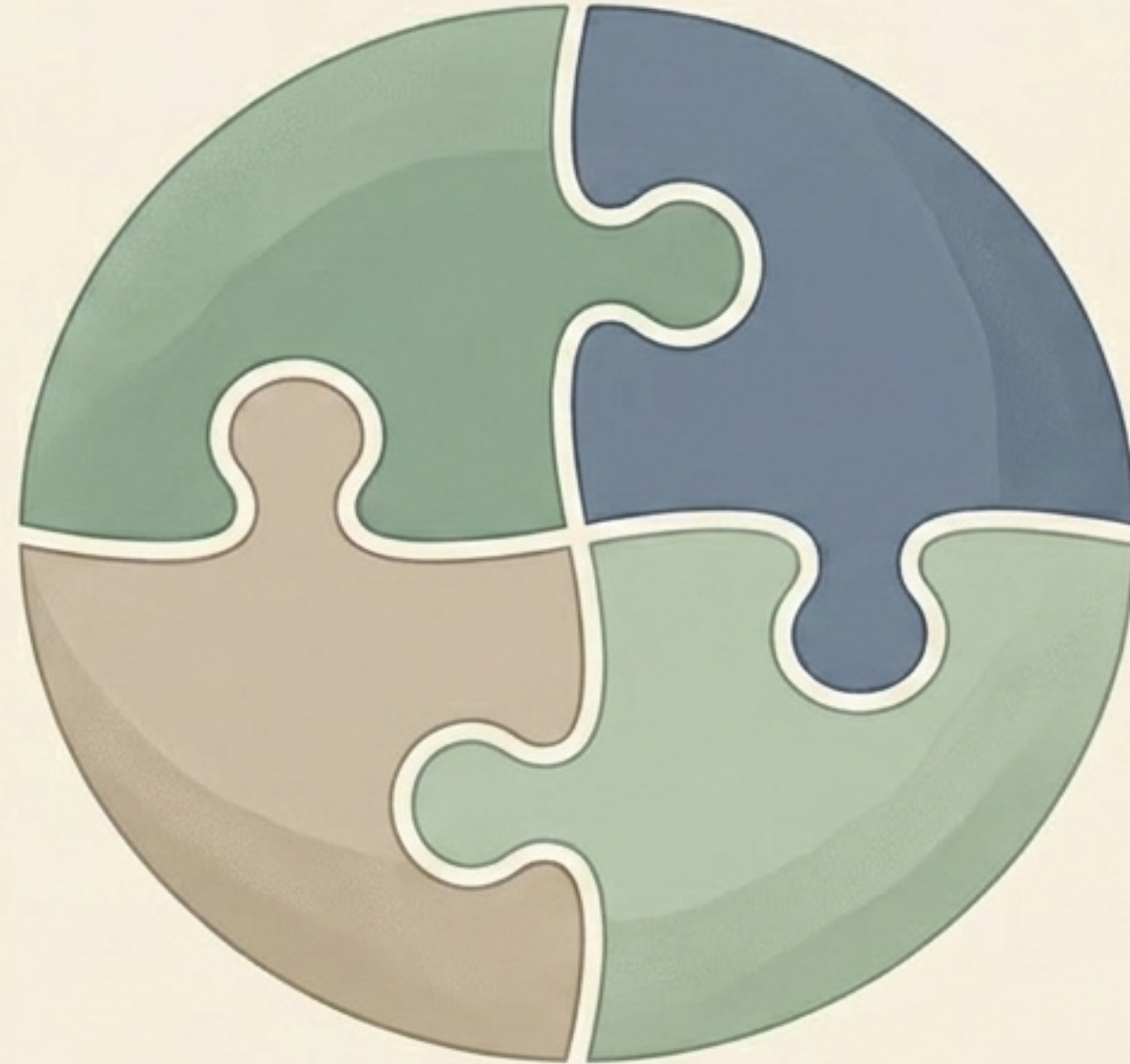
Foundational Ethical Framework

Informed Consent

Ongoing, freely given, and revocable at any exact moment.

Emotional Sensitivity

Honoring the silence; providing space for individuals carrying deep trauma without forcing disclosure.



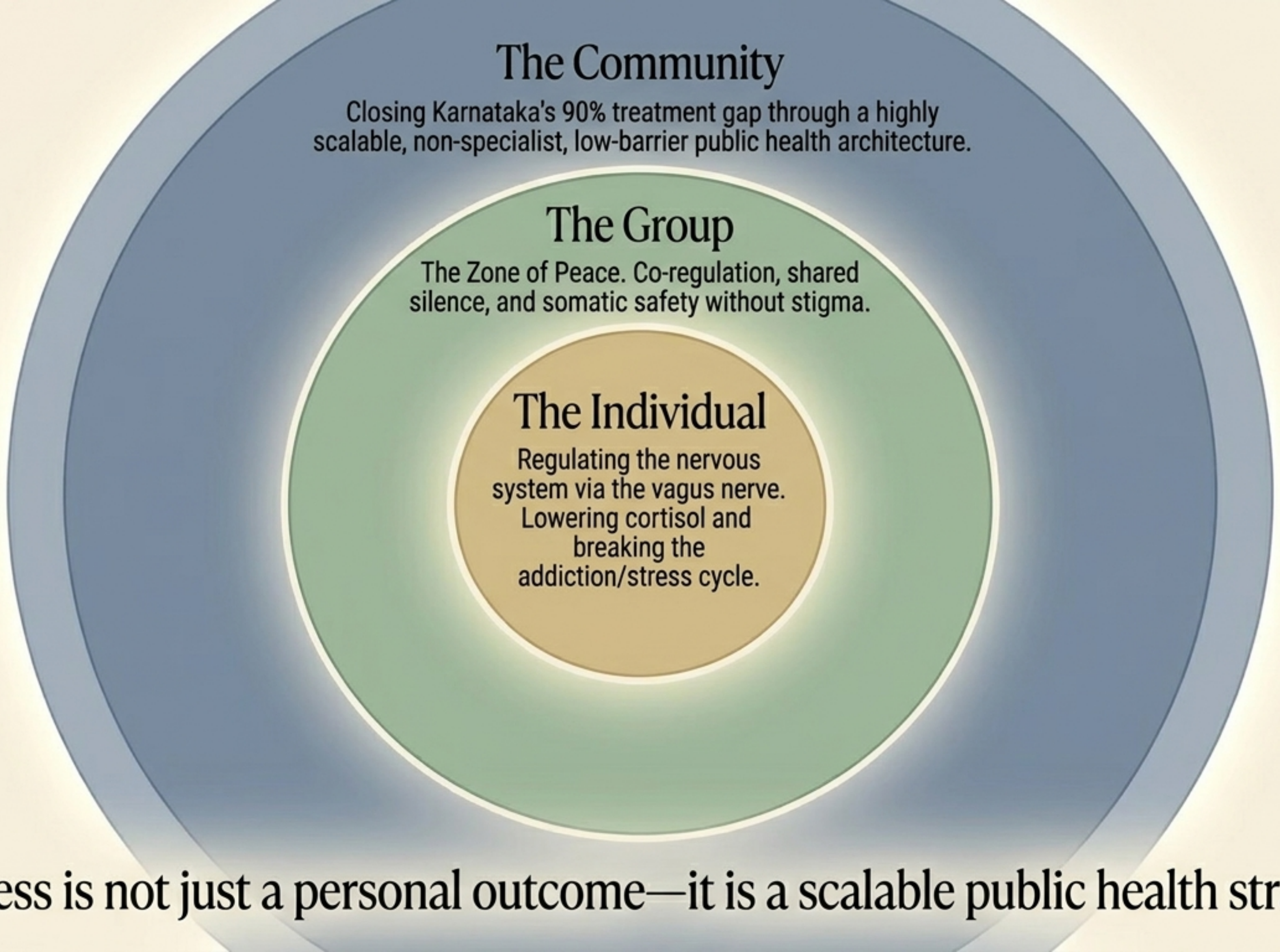
Human Dignity

Unconditional positive regard, regardless of substance use history or presentation.

Referral Systems

NADA is an adjunctive gateway, seamlessly connecting to broader psychiatric and medical systems when indicated.

Practitioners operate within a strict do no harm + referral-first framework.



Stillness is not just a personal outcome—it is a scalable public health strategy.