

# GrowLu

## Where Golu meets Maslow

ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮೆಟ್ಟಿಲುಗಳು

A fusion of art, culture, tradition, and science

**Golu (ಗೊಂಬೆ ಹಬ್ಬ - Gombe Habba, Bommala Koluvu)** is the Dussehra festive display of dolls and figurines, arranged in tiers on steps, each tier narrating stories of life, creation, and growth.

At Augmenta Health, we bring mental health beyond clinic walls into communities, making it a layered and lived experience.

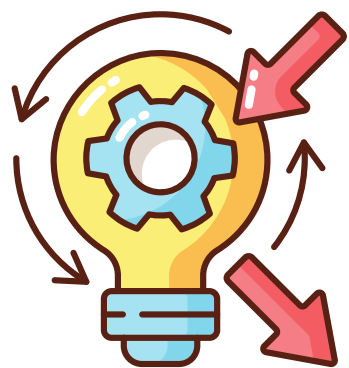
In GrowLu, we reimagine Golu through the lens of mental health. Each step transforms science into story, reminding us that physiological health, psychological safety, and personal connection form the foundation of well-being.

Just as Gombe Habba celebrates evolution and ascent, GrowLu invites us to climb the mental health steps—from meeting basic needs, to finding validation, to living by our values.

Our work at Augmenta Health brings this ascent to life, helping individuals and communities move from surviving to thriving, one step at a time.

# STEP 1 – PHYSIOLOGICAL NEEDS

**Caring for my body calms my mind**

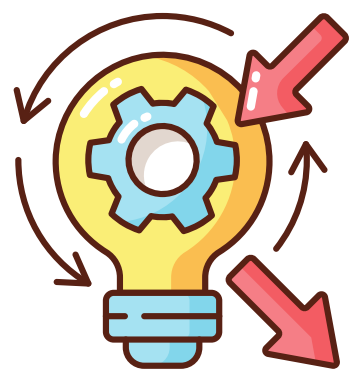


What helps my body feel calm,  
nourished, and well cared for?

An active, nourished, hydrated, and rested body  
lays the foundation for psychological safety.

# STEP 2 – SAFETY NEEDS

**Feeling safe helps me open up and connect**

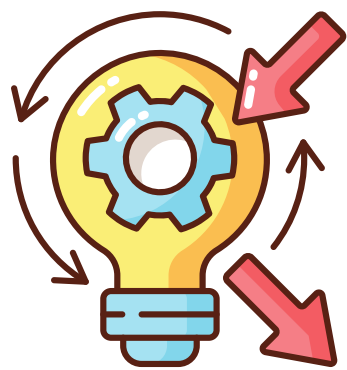


What helps me feel  
safe, steady, and secure?

Psychological safety  
builds trust and connection.

# STEP 3 – LOVE & BELONGING

**Feeling connected enhances my self-belief**

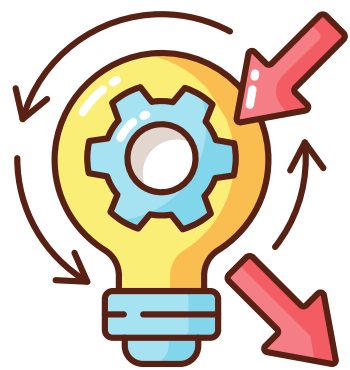


Who or what helps me feel  
connected and supported?

Trust and connection  
nurture self-belief and confidence.

# STEP 4 – ESTEEM NEEDS

**Self-belief motivates me to uplift others**

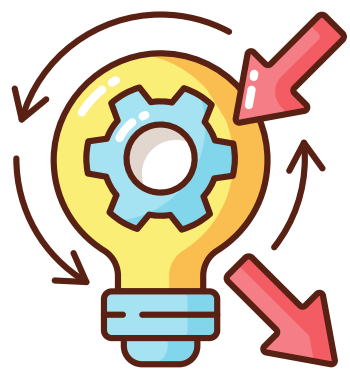


What makes me feel  
confident and capable?

Self belief and Confidence  
fuels purpose and growth.

# STEP 5 – SELF-ACTUALISATION

**Living by my values helps me  
support and uplift my community**



What guides my choices  
and gives my life meaning?

A life guided by values and purpose  
grows toward fulfilment.