

11TH AUGUST TO 16TH AUGUST, 2025

AWAGO WEEKLY INSIGHT

Each week, I am deeply inspired by the commitment of our teachers and the openness of the communities we serve. From classrooms filled with dedicated educators, to women's groups rebuilding hope, to health workers finding calm amidst immense responsibility, this week affirmed that the gift of Transcendental Meditation (TM) is truly transformative.

In just a few days, more than 1,900 individuals were reached across our four pillars. These are not just numbers; they are lives touched, stress relieved, and communities strengthened. What stands out most is the courage of our participants, teachers eager to bring clarity into their classrooms, women embracing resilience, and health workers rediscovering balance in service to others.

I extend heartfelt gratitude to our instructors, staff, and partners who make this possible. Together, we are building a Uganda where peace, clarity, and strength begin within every individual.

SPECIOZA KIWANUKA

**When Inner
Peace
Becomes
Outer Power**

WEEKLY HIGHLIGHTS AT A GLANCE

475 New Meditators
1,200 Meditators Checked

“This week’s achievements show the true strength of our four pillars working together. From teachers and women’s groups to health workers, we are seeing TM not only reduce stress but also build resilience and harmony in every community we reach.” **Grace Nankya**

SUPER TEACHERS

Teacher Spotlight: Ruth Auma
Location: Royal College School
Program: TM Course

Ruth conducted a full TM course, introducing teachers to the practice and guiding them through three days of checking. Teachers reported feeling more calm, fresh, and energetic, with many saying TM helped them stay organized and more patient.

One standout story came from **Elizabeth Nalukwago**, the school administrator, who had suffered from stress-related headaches and family challenges. After learning TM, she shared that she finally feels at peace, happier, and ready to embrace life positively again.



SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: IQRA High School

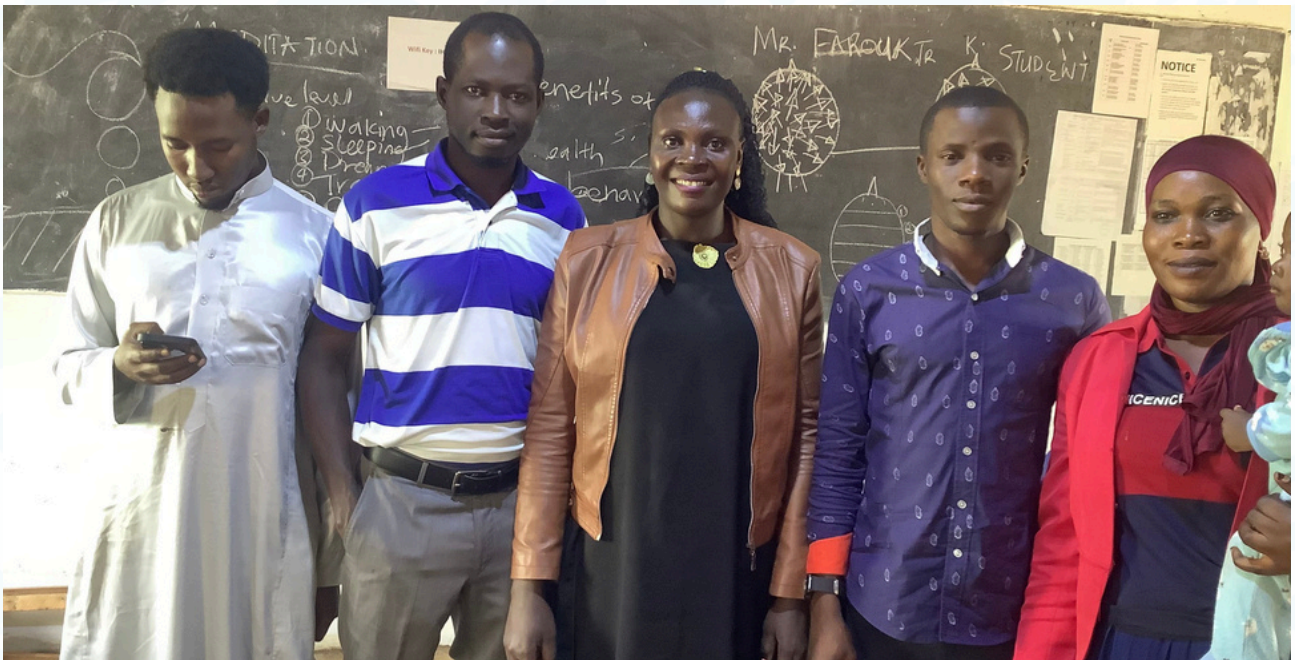
Program: TM Course

Sarah introduced and instructed TM at IQRA High School, leading teachers through the course up to the 3rd day of checking. Despite the busy exam season, staff embraced the practice with teamwork and discipline.

Feedback from Teachers:

- Relaxation, renewed energy, and deeper clarity of mind
- More discipline and friendliness in teaching
- A more conducive learning environment for students

The principal expressed gratitude, noting visible changes in the school environment, with students becoming more focused and teachers more relaxed.



HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Health Centres

Program: Checking

Throughout the week, Alexandria and Teddy worked hand-in-hand to introduce nursing students and health workers to the Transcendental Meditation technique and ensure proper follow-up.

Locations Reached:

- Maganjo School of Nursing & Midwifery
- JEC Community Hospital
- St. Joseph Hospital

Reported Benefits:

- Nursing students shared that TM helps them manage exam stress, long study hours, and clinical responsibilities with greater calm.
- Health workers expressed improved sleep, emotional stability, and a renewed sense of purpose in patient care.
- Tutors and hospital staff appreciated TM as a reliable tool to strengthen both personal wellbeing and professional performance.

One nurse shared, “After meditation, I feel calmer, more organized, and ready to meet the needs of my patients without being overwhelmed.”

Together, Alexandria and Teddy demonstrated how teamwork within the Heal the Healers pillar amplifies AWAGO’s mission, bringing resilience, balance, and renewed energy to those who care for others.



WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Communities

Program: Teaching & Checking

Together, Night and Justine conducted checkings across five women's groups, leading group meditations, individual check-ins, and answering questions.

Impact Reported by Women:

- Increased creativity and interest in business ventures
- Emotional healing from stress-related breakdowns
- More stability, balance, and hope in daily life

Night noted, “Many women who were once deeply stressed now appear more stable, balanced, and hopeful.”

Locations Visited:

- Kyamujumbi Women's Group
- Anonya Farmers
- Kyosiga Women's Development Group
- Cleaners Trust Group
- Bulimu Women's Group



**THANK
YOU**