

23RD JUNE, 2025

AWAGO WEEKLY INSIGHT

MONDAY

This week marked a powerful milestone across AWAGO programs, with **612 new meditators** instructed across Uganda. The teams reported smooth operations, strong community engagement, and no major challenges.

AWAGO reached our weekly goal, contributing to national peace-building through meditation. A successful week of growth, healing, and unity.

WEEKLY HIGHLIGHTS AT A GLANCE

✓ **612** New Meditators



WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco

Location: Communities

Program: Course

This week, Night supported an intensive TM training program in Toruwu, working alongside Judith and Grace to guide over 100 women and youth through every stage, from introductory lectures to 3-day checking sessions.

The team led sessions in meditation instruction, form assistance, and group meditation, and helped participants track their stress reduction and personal growth. Despite challenges with participant time management, all activities were completed successfully.

In addition, Night facilitated a community mental wellness and entrepreneurship training in [Kassenge Kikajjo](#), in collaboration with **JA Uganda**. The session reached [107 participants](#), focusing on stress management, self-care, and financial empowerment.

Many youth reported:

- Feeling calmer and more emotionally balanced
- Improved sleep and relationships
- A shift from frustration to peace, noticed even by their families.

“After learning TM, I’m no longer quick to anger,” one woman shared. “Even my family noticed the change.”



SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Schools

Program: Course

This week, Sarah conducted a Transcendental Meditation (TM) course for 75 teachers (41 women, 34 men) at Good Shepherd High School, Nansana, and later at Majet Secondary School, a largely boarding institution.

The initiative was launched in partnership with the school leadership, who expressed deep gratitude for bringing TM to their faculty. Teachers were fully engaged, practical, committed, and supportive throughout the sessions.

Before TM, my mind was like a market," shared Teacher Geoffrey.

"Now, I feel organized, peaceful, and I sleep better."

Other teachers echoed his experience, describing TM as a unique practice that brings inner joy, clarity, and positive energy. Many reported feeling healthier, more focused, and more relaxed at work.

There's strong enthusiasm for expanding the program to include students, so they too can experience the calm and confidence that comes with regular meditation.

"This program makes you smile inside," one teacher said.



SUPER TEACHERS

Teacher Spotlight: Ruth Auma

Location: Schools

Program: Course

This week, Ruth led a TM course at An Swardiin Islamic Schools in Buwenge, Kamuli District, serving both secondary students and primary school teachers. A total of 58 participants (32 male, 26 female) learned Transcendental Meditation.

Despite the school's challenges, including no lunch provision for students, learners quickly embraced the practice. They shared how stress and academic pressure once made it hard to focus, but since learning TM:

- They understand lessons better
- They feel calmer and more motivated to stay in school
- Relationships with teachers have improved

Teachers also experienced transformation, reporting:

- More ease and energy in their work
- Better sleep and reduced physical exhaustion
- Greater patience, emotional balance, and care for students
- A clearer ability to manage stress and responsibilities



It was a joyful and meaningful experience to bring TM to this faith-based learning community, where both students and educators are embracing peace from within.

"TM helps us feel fresh, relaxed, and happier," one teacher shared. "We now approach our duties with love and calm."

HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria

Location: Health Centres

Program: Course

This week, Aine had the privilege of leading a full Transcendental Meditation (TM) course for 100 health workers at Namulonge Health Centre III, in collaboration with Teddy Nassali. These centres serve as crucial access points for low-income families and are often the first stop in Uganda's public health system.

Over six days, we delivered:

- Introductory lectures on TM's health and workplace benefits
- Guided instruction and first meditation experiences
- Three full days of checking, ensuring correct, confident practice
- Clarification of TM mechanics and the role of effortless practice
- Discussions on physiological and emotional benefits such as lowered blood pressure, improved sleep, emotional balance, and reduced burnout



"A healthy caregiver leads to a healthier community," one participant noted.

Staff were deeply engaged, asking questions, taking notes, and showing growing confidence in their practice.

We closed the week by verifying everyone's technique through one-on-one experience checks. These sessions confirmed that the foundation for a sustainable, life-enhancing TM practice had been successfully laid.

This program is a powerful step toward building mental resilience in Uganda's healthcare system, from the inside out.

HEAL THE HEALERS

Teacher Spotlight: Teddy Nassali

Location: Health Centres

Program: Course

This week, Teddy had the honor of returning to Namulonge Health Center III to lead a TM training session for a new group of health workers and Village Health Teams (VHTs). These government-run health centers are vital for low-income families, offering free or low-cost services and acting as the first line of care.

The administration was thrilled to welcome us back, especially to reach staff who missed the first round of training.

Health workers expressed gratitude, reporting:

- Increased energy and emotional resilience
- A calmer, more positive presence at work
- A stronger sense of inner wellbeing



"TM helps us feel relaxed and refreshed," many shared during the 3-day checking sessions.

We closed the week by verifying everyone's technique through one-on-one experience checks. These sessions confirmed that the foundation for a sustainable, life-enhancing TM practice had been successfully laid.

This program is a powerful step toward building mental resilience in Uganda's healthcare system, from the inside out.