

01ST TO 06TH SEPTEMBER, 2025

AWAGO WEEKLY INSIGHT

This week showed the remarkable reach of Transcendental Meditation (TM). From teachers to government officials, from refugee women to nursing students, every participant discovered the same inner peace and strength. What stood out most was seeing leaders, like parish chiefs and LC3 officials, embracing TM alongside teachers and youth. It proves that TM truly belongs to everyone, regardless of background.

SPECIOZA KIWANUKA



**WHEN
INDIVIDUALS FIND
INNER CALM
THROUGH
TRANSCENDENTAL
MEDITATION**

WEEKLY HIGHLIGHTS AT A GLANCE

751 New Meditators

"TM continues to open doors everywhere, from teachers and government officials to refugee women and health students. This week, the breadth of our work shows the depth of our mission."

Grace Nankya

SUPER TEACHERS

Teacher Spotlight: Ruth Auma

Location: Light College School

Program: TM Course

Ruth's week centered on Light College School, where she instructed in TM. She guided them through every step of the course. Teachers reported improved memory, reduced tension, and a more positive outlook.

In addition, Ruth taught another group that included government officials such as a parish chief and LC3 leaders. They expressed deep appreciation to AWAGO for helping them move from a life of suffering to one of happiness.



SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: St. George High School

Program: TM Course

Sarah dedicated her week to St. George High School, where she trained a full TM course.

They shared experiences of relief from stress, greater happiness, and improved organization in their teaching duties. Many described feeling calmer and more patient, noting that the practice was already improving their work environment and personal lives .

Teacher Spotlight: Suzan Nakafeero

Location: Blessed Secondary and Eden High School

Program: TM Course

Suzan's week focused on Blessed Secondary School and Eden High School, where she carried out TM checkings with teachers. At both schools, she led group meditations, supported individual checkings, and carefully reviewed participants' experiences to ensure they were practicing the technique correctly.

Teachers reported feeling calmer, more energetic, and better able to handle their daily responsibilities. Some shared that TM improved their patience and focus in the classroom, while others noted that it gave them renewed joy in their teaching.

Suzan emphasized the importance of consistency in practice and encouraged teachers to maintain morning and evening meditation as part of their daily routine.

HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Iganga School of Nursing & Midwifery

Program: TM Course

At the Iganga School of Nursing & Midwifery, Aine and Teddy worked together to deliver a full TM course for nursing students. Aine instructed 101 students (62 women, 39 men) while Teddy trained 100 students (75 women, 25 men).

Across the week, they guided participants through introductory and preparatory lectures, registration on the MindBody platform, personal instruction, and three days of checking.

Students shared uplifting experiences, feeling calm, energetic, and happy after their first meditations. Many expressed that TM relieved their stress, sharpened their focus, and gave them resilience to manage the pressures of long hours and demanding coursework.

Tutors and students alike appreciated TM as more than a stress-relief technique: they recognized it as a tool that prepares them to thrive academically while nurturing compassion and balance in their future roles as health workers.



WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Kyosimba Onanya Nabiyadi

Program: TM Course

This week, Night and Justine worked side by side at Kyosimba Onanya Nabiyadi, where they guided women through the full TM course. Together, they delivered introductory and preparatory lectures, supported registration on the MindBody platform, gave personal instruction, and led three days of checking.

Their sessions included group meditations, interpreting forms into local languages, and detailed explanations of the correct signs of meditation. In total, they trained 300 women during the week.

The women reported experiencing happiness from within, inner calmness, and relief from stress. Many shared that TM reduced irritability, gave them new confidence, and inspired them to maintain a regular practice. Night and Justine both observed how positive and disciplined the participants were, embracing TM as a powerful tool for resilience in their daily lives.



AWAGO +

This week, AWAGO expanded its reach through two important partnership activities:

Namuwongo Refugee Program (Judith):

100 refugee women were taught TM, bringing peace of mind and renewed hope to a community that has faced displacement and hardship. This activity highlighted AWAGO's alignment with organizations working on refugee support, trauma healing, and women's empowerment.

Strong Minds Initiative (Judith & Grace):

Together, they introduced TM to 16 participants (12 women, 4 men) at Strong Minds. This collaboration shows AWAGO's readiness to complement the work of mental health NGOs, offering TM as a proven technique to reduce stress and improve resilience.

These initiatives demonstrate AWAGO's ability to integrate TM into programs beyond our four pillars, strengthening partnerships with NGOs, refugee networks, and mental health organizations. They are prime opportunities for donors and partners who wish to scale impact in mental health, women's empowerment, and refugee support.



**THANK
YOU**