

08TH TO 12TH SEPTEMBER, 2025

AWAGO WEEKLY INSIGHT

This week, the reach of Transcendental Meditation (TM) continued to expand across Uganda. From teachers in Buikwe and Amahoro, to nursing students in Iganga, to women's collectives in Kyosimba Onanya Nabiyagi, and health workers in hospitals, everywhere we went, participants shared how TM was transforming stress into clarity and exhaustion into energy.

What stood out most was how communities of all kinds, schools, health centers, and women's groups, welcomed TM not as something foreign, but as a tool they felt they had been waiting for.

SPECIOZA KIWANUKA



**PEACE
WITHIN
CREATES
POWER
WITHOUT.**

WEEKLY HIGHLIGHTS AT A GLANCE

545 New Meditators
300 Checking

“The positive experiences shared by participants, from government officials to nurses, show us that TM is deeply relevant for Uganda’s development journey.”

Grace Nankya

SUPER TEACHERS

Teacher Spotlight: Ruth Auma

Location: Buikwe High School

Program: TM Course

In Buikwe High School, Ruth found 50 staff (29 women, 21 men) ready to embrace TM. By the end of the week, teachers reported feeling more organized, patient, and confident in their roles.

The transformation was clear in their voices, many said TM had re-energized them both in class and at home. Ruth reflected on how these simple practices were unlocking new joy and creativity for the teachers



SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Amahoro Secondary School

Program: TM Course

At Amahoro Secondary School, Sarah worked with 75 staff (28 women, 47 men) during a particularly busy season.

Teachers spoke of how TM gave them clarity of mind, better sleep, and a renewed sense of calm. One described it as *“a reset button in the middle of the term.”*

Sarah made sure every participant could establish a steady practice, leaving the school with a calmer, more focused environment

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Kyosimba Onanya Nabiyesi

Program: Teaching & Checking

At Kyosimba Onanya Nabiyesi, Night and Justine worked with 300 women who arrived eager but burdened by daily stresses. By the final day of the course, participants were describing a profound sense of inner calm, relief from irritability, and new confidence to face challenges.

Night highlighted how disciplined and engaged the women were, while Justine emphasized the joy of seeing so many commit to continuing the practice. Together, they left behind a stronger, more resilient community of women



HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria

Location: Kyosima Onanya Nabiyagi

Program: TM Course

In Iganga School of Nursing & Midwifery, Aine trained 120 students (86 women, 34 men). The students' feedback was immediate, TM brought them calmness, more energy for their studies, and the ability to handle clinical duties without feeling overwhelmed.

One nursing student shared, *"I now feel strong enough to study and serve with a clear mind."* Aine noted how vital this tool is for the next generation of health workers who will carry the weight of caring for others



Teacher Spotlight: Teddy Nassali

Location: Heath Centres

Program: Checking

Teddy's week took her into the wards of Mercy Hospital, Kawolo General Hospital, St. John's Hospital, and Bethel Medical Center, where she met health workers in the middle of their demanding routines.

Nurses and midwives spoke candidly of long hours, exhaustion, and stress, but after TM sessions, many shared that they felt calmer and more patient.

One midwife remarked that she could *"meet patients with compassion instead of fatigue."* Teddy's follow-ups reached 300 health workers (222 women, 78 men), strengthening their resilience.

**THANK
YOU**