

01st to 06th December 2025

AWAGO WEEKLY INSIGHT

This week, AWAGO continued to strengthen inner resilience across schools, health training institutions, and community groups. Teachers, students, and women engaged deeply with Transcendental Meditation, reporting calmer minds, improved focus, and renewed motivation.

These outcomes reaffirm our belief that sustainable change begins within and radiates outward into classrooms, hospitals, and communities.

SPECIOZA KIWANUKA



**INNER
STABILITY
FUELS
OUTER
PROGRESS.**

WEEKLY HIGHLIGHTS AT A GLANCE

350 TM Course

“This week delivered strong progress across all pillars. Participation was consistent, institutions were supportive, and practitioners shared meaningful growth in their TM experiences.”

Grace Nankya

SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Bristol High School

Program: TM Course

Sarah conducted a TM course with 75 staff members at Bristol High School. The training followed a successful new appointment with the school administration.

Teachers described improved sleep, calmer minds, and greater emotional balance. School leaders committed to extending TM practice across departments, recognizing its role in helping staff meet both personal and professional goals.



Teacher Spotlight: Nakafeero Suzan
Location: New Hope High School.
Program: TM Course

Suzan delivered a full TM program to 75 teachers at New Hope High School. Across the week, she led introductory sessions, registration, instruction, and three days of checking. Teachers shared experiences of mental clarity, better emotional regulation, and improved classroom engagement. Her consistent follow-up ensured confident practice and strong program uptake within the school.

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe
Location: Multiple Locations
Program: Teaching

Justine worked with women's groups through instruction and checking sessions. She guided participants through meditation, supported form completion, and responded to individual questions.

Women expressed increased calm, emotional release, and confidence, strengthening commitment to regular practice.

Night continued group follow-ups with women in community collectives. Through guided meditation and one-on-one support, she helped participants stabilize their practice.

Women shared improvements in emotional balance, creativity, and stress management, reinforcing TM as a foundation for personal and economic resilience.

HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Nakigoza Health Centre

Program: TM Course and New Appointments

Teddy taught 150 students at Lubaga Training School. Health trainees described TM as one of the most valuable tools they had encountered during their training.

Many shared that the practice supported both emotional well-being and professional development, helping them remain grounded amid academic and clinical demands.

Aine supported health trainees through instruction and follow-up sessions. Students reflected that TM helped them concentrate during long lectures, retain information more easily, and study for extended periods without burnout.

The sessions reinforced TM as a sustainable tool for clarity, balance, and long-term resilience in medical training.

**THANK
YOU**