

13th to 18th October 2025

# AWAGO WEEKLY INSIGHT

This week demonstrated the strength of TM as a practical tool for clarity and emotional balance. Schools reported renewed confidence among teachers. Women's groups showed deep engagement with their checking sessions.

Health workers expressed relief in learning a method that restores focus amid demanding workloads. These outcomes reflect a growing recognition that inner rest enables individuals to navigate challenges with calm intelligence. AWAGO's work continues to open pathways for resilience across communities.

**SPECIOZA KIWANUKA**



**INNER  
STABILITY  
FUELS  
OUTER  
PROGRESS.**

# WEEKLY HIGHLIGHTS AT A GLANCE

## 600 TM Course

“This was a week of full-scale TM delivery across all pillars. Every program was executed with precision, commitment, and strong community engagement. Teachers, mothers, and health workers embraced the technique with openness and enthusiasm.”

**Grace Nankya**

### SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Uphill College School

Program: TM Course

Sarah taught 75 staff members at Uphill College School. Teachers described transformative shifts after beginning TM, including deeper appreciation for their students, their work, and their daily responsibilities.

Many acknowledged that TM helped them:

- Become calmer and more focused
- Avoid mistakes in tasks such as marking
- Feel more energetic and motivated

Sarah highlighted an atmosphere of openness and genuine connection during the training. She described the week as joyful and inspiring, noting that the teachers responded with gratitude and strong interest in maintaining regular practice.





Teacher Spotlight: Nakafeero Suzan  
Location: Multiple Schools  
Program: New Appointments

Suzan led the TM course at Queen's Secondary School. Teachers expressed relief and gratitude for the opportunity, sharing that TM helped them feel more emotionally stable, happier, and better prepared to manage academic pressure.

Her delivery supported teachers in building consistent, grounded meditation routines.

They reported improved clarity of thought, reduced stress levels, and more productive classroom interactions. School leadership expressed strong appreciation for the structure and care Suzan brought to the training.

Teacher Spotlight: Awuma Ruth  
Location: Ebenezer High School  
Program: TM Course

Ruth taught the TM course at Ebenezer High School, engaging teachers who exhibited strong enthusiasm and curiosity throughout the sessions.

Participants shared experiences of deep relaxation, peacefulness, and improved concentration.

They noted that TM made them feel more organized, happier, and more confident in managing their teaching responsibilities.

Ruth emphasized regularity and clear understanding, ensuring each teacher felt at ease with the technique.



# WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Amanyi Gaboona Women's Group

Program: Teaching

Night and Justine worked together at Amanyi Gaboona Women's Group, conducting group meditations, reviewing experiences, and supporting women through personal checking.

Women shared meaningful progress:

- Reduced anxiety
- Better emotional control
- Improved relationships at home
- Renewed confidence and hope

The sessions were consistent, engaging, and well-received. Many women expressed appreciation that TM helped them handle daily pressures with more clarity and calm. Both teachers maintained a supportive atmosphere that encouraged discipline and regular practice.

## HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Multiple Locations

Program: TM Course and New Appointments

Aine and Teddy worked together at Musana Community Health Centre, supporting health workers and students through TM instruction and follow-up. Their sessions provided a stabilizing foundation for practitioners who operate under demanding academic and clinical schedules.

Participants shared that TM helped them think more clearly, retain information better, and move through long study hours without burnout. Many described feeling calmer and more composed during patient care. The team reinforced correct understanding of the technique, guided personal checking, and encouraged daily practice to sustain the benefits.

Aine extended the week's work through additional follow-up in Zirobwe, strengthening community engagement and ensuring practitioners were confident in their meditation experiences.

Together, their outreach deepened AWAGO's presence in the health sector and supported emotional resilience among frontline trainees and staff.



**THANK  
YOU**