

15TH TO 20TH SEPTEMBER, 2025

AWAGO WEEKLY INSIGHT

This week demonstrated strong progress across all pillars. Teachers, women's groups, and health students continued to embrace Transcendental Meditation with commitment and discipline. The feedback we received reflects real transformation. Staff in schools are reporting better focus and calmness, women in communities are becoming more stable and productive, and health students are gaining resilience that supports their demanding academic and clinical routines.

Our instructors are delivering with consistency, and the communities we serve are responding with confidence. This momentum reflects our long-term vision for mental clarity, emotional balance, and community-wide wellbeing.

SPECIOZA KIWANUKA



**INNER
STABILITY
FUELS
OUTER
PROGRESS.**

WEEKLY HIGHLIGHTS AT A GLANCE

583 TM Course
1,100 Checking
100 10th Day of Checking

“Consistent follow-up is creating long-term impact. Many of the women who were previously overwhelmed are now stable and optimistic. Educators and health students are building new capacity for clarity and balanced performance.”

Grace Nankya

714 New Meditators

2,744 Checked

SUPER TEACHERS

Teacher Spotlight: Ruth Auma

Location: Hillside Secondary School

Program: TM Course

Ruth spent the week working with a large and highly engaged staff at Hill Side Secondary School. Across six days, she supported one hundred teachers through the full TM course. The team expressed positive energy from the start. Many spoke of feeling relieved, more relaxed, and more confident after their first meditation.



By the final day of checking, teachers shared that fear and worry had reduced. They felt fresh and balanced, with better decision making and improved classroom behavior. Some reported that TM is already helping them stay organized before teaching and more forgiving in their daily interactions. Ruth emphasized regular practice, reinforcing that consistency is key to long term personal and professional growth.

SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Kawempe Secondary School

Program: TM Course

Sarah delivered a full TM course for seventy five staff members at Kawempe Secondary School. The teachers were attentive and open. They raised insightful questions about the mechanics of TM, the mind body relationship, and higher states of consciousness. Sarah responded with clarity and aligned the knowledge with their daily experiences.

During checking sessions, teachers described feeling more energetic and mentally clear. They reported deeper relaxation and better emotional control. Many said TM supports their ability to handle pressure, remain organized, and create more positive learning environments. Sarah completed the week with strong engagement from the entire staff.

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Creative and Youth Development Organization, Kyosimba Onanya Nabiyagi, Nakaseeta Youth Poultry

Program: Teaching & Checking

Night's week involved intensive checking activities across multiple women's groups. She worked with one hundred young women in Ntinda, followed by another one hundred the next day. Night supported group meditation, answered questions, and held one on one conversations to refine understanding.

At Kyosimba Onanya Nabiyagi, she conducted a tenth day checking session for one hundred women. Many reported major improvements. Women who previously struggled with emotional instability now appeared more balanced and hopeful.

She then continued with general checkings at Nakaseeta Youth Poultry, reaching one hundred thirty four and then one hundred forty three young women. Night reported measurable improvements in creativity, productivity, and emotional resilience. Many participants have now started small businesses, crediting TM for increasing clarity and confidence.

HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Iganga School of Nursing and Midwifery

Program: TM Course

Aine and Teddy dedicated the entire week to strengthening the resilience and clarity of nursing students at Iganga School of Nursing and Midwifery. Together, they supported a large group of health trainees who are preparing for demanding academic workloads and emotionally intense clinical practice.

Across the week, Aine guided 129 students through the full TM course. She introduced them to TM's role in improving mental stability, emotional balance, and performance under pressure. Students reported immediate changes, describing deeper calmness, renewed energy, and a more centered state of mind after meditation.

Alongside her, Teddy trained 100 students, focusing on helping them integrate TM into their daily routines. Learners shared that TM strengthened their concentration during consultations and lectures, reduced emotional strain, and gave them greater confidence as future health professionals.

Together, Aine and Teddy reinforced the mechanics of correct practice, answered individual concerns, and validated each student's meditation experience across the checking days. Their team effort built a strong foundation of resilience among the health trainees, enabling them to grow both personally and professionally. Students left the program with clearer minds, steadier emotions, and a healthier approach to their studies and clinical responsibilities.



**THANK
YOU**