

22nd TO 27th SEPTEMBER, 2025

AWAGO WEEKLY INSIGHT

This week demonstrated our expanding footprint across Uganda's schools, health centers, and community programs. Thousands engaged in TM checkings that strengthened clarity, emotional balance, and daily discipline. Women's groups continue to show remarkable stability and resilience, and health workers are developing stronger mental endurance.

Our teachers delivered with consistency and dedication, and the communities we serve expressed deep gratitude. Each checking session revealed people becoming more grounded, more hopeful, and more empowered to navigate life's pressures. TM continues to prove its value as a practical tool for real transformation.

SPECIOZA KIWANUKA



**INNER
STABILITY
FUELS
OUTER
PROGRESS.**

WEEKLY HIGHLIGHTS AT A GLANCE

03 New Appointments
3,457 Checking

“The consistency in follow up this week delivered strong results. Teachers reported better classroom balance, women indicated emotional stability, and health workers described greater mental clarity during service.”

Grace Nankya

SUPER TEACHERS

Teacher Spotlight: Ruth Auma

Location: Hillside Secondary School

Program: Checking

Ruth spent the entire week moving through a wide network of secondary schools, conducting 10th day checkings and general follow up. At Makerere Hill College, St. Peters High School, Comprehensive SS, Mpoma SS, and several others, she met teachers who were eager to share how TM has changed their daily routines. Many spoke about clearer thinking, renewed patience with students, and emotional stability even during examination periods.



In each school Ruth entered, teachers described TM as a practical tool that keeps them calm, organized, and more confident. She guided group meditations, answered questions, and helped teachers understand the deeper mechanics of correct practice. Her consistent follow up across all these schools contributed heavily to the Education pillar's total of 1,909 checkings.

SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Multiple Schools

Program: Checking

Sarah's week took her across vibrant learning communities such as Aisha Girls School, Dynamic SS, Rays of Hope SS, Grace Fellowship SS, and Kyadondo SS. In every school, teachers openly shared how TM is now helping them manage pressure, remain focused, and interact with students from a calmer place.

During checkings, teachers described reduced stress, more clarity, and better emotional control during their lessons. Sarah supported each group through group meditation, experience reviews, and one-on-one guidance. Her sessions helped reinforce regular practice, deepening the impact of TM in these teaching environments.



Teacher Spotlight: Nakafeero Suzan

Location: Multiple Schools

Program: Checking

Suzan spent the week moving through a chain of busy secondary schools, including St. Peter's Secondary School, Hikmah Secondary School, Kazinga Secondary School, Kitonzi High School, Gershiborn Christian School, Kibaate Secondary School, Green Valley High School, and Majorine College School. At each school she led group meditation and checking sessions with staff, helping teachers refine their TM practice and understand their experiences more clearly.

Teachers shared that TM was giving them inner peace, more energy during the day, and stronger relationships at work, with friends, and in their families.

Some described challenges like falling asleep in meditation or feeling unsettled when the mind became very quiet, and Suzan guided them on how to handle these experiences correctly.

Across all her visits, teachers expressed deep appreciation for the regular follow up and for the way TM is helping them feel calmer, clearer, and more stable in their daily responsibilities.

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco

Location: Multiple Locations

Program: Teaching & Checking

Night's work in Ntinda, Kyosimba Onanya Nabiyagi, and the Nakaseeta Youth Poultry group reached hundreds of women this week. In Ntinda, she held group meditations with youth who shared profound emotional relief and a sense of renewed stability. At Kyosimba Onanya Nabiyagi, she conducted a full 10th day checking where women spoke about TM helping them rebuild confidence and reduce emotional breakdowns.

Her days at Nakaseeta Youth Poultry were filled with large group sharings. Many women explained that TM has increased their creativity and helped them start small businesses. Night's careful guidance ensured consistency in practice, helping the women anchor themselves in a more stable and optimistic outlook.

HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Iganga School of Nursing and Midwifery

Program: TM Course

At Iganga School of Nursing and Midwifery, Aine and Teddy strengthened the wellbeing of a new generation of health workers. Aine worked closely with the students during checking sessions, helping them understand the effortless nature of the technique. Students described feeling calm and energized, often surprised by how quickly TM reduced their stress.

Teddy supported another large group of students and later completed new TM appointments at Nakasero Hospital, Kampala Hospital, and Platinum Medical Centre. Nursing students shared that TM helped them concentrate better during clinical duties, manage emotional fatigue, and remain composed in high-pressure situations. Together, Aine and Teddy advanced the Heal the Healers pillar with precision and care.



**THANK
YOU**