

24th to 29nd November 2025

AWAGO WEEKLY INSIGHT

This week affirmed the value of consistency and presence in our communities. Schools, women's groups, and health facilities expressed profound appreciation for the TM program and its ability to restore clarity, optimism, and emotional balance.

Every new appointment, every checking session, and every TM course deepened trust in AWAGO's mission. The momentum we are building together shows how quickly inner peace can transform entire institutions.

SPECIOZA KIWANUKA



**DRIVING
INNER PEACE,
STRENGTHENING
COMMUNITIES**

WEEKLY HIGHLIGHTS AT A GLANCE

275 TM Course
400 New Appointments
900 10th Day of Checking
400 Checking

“This week’s 10th day checks showed teachers and practitioners stabilizing their TM practice with discipline and joy. It is reassuring to see communities building inner peace that radiates into their work and families.”

Grace Nankya

SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: St. Peters Secondary School Kungu

Program: TM COURSE

Sarah completed the second TM course at St. Peters SS Kungu, training 75 staff members, including 36 women and 39 men. The school, founded by the Anglican Church, hosts kindergarten, primary, and secondary sections on one campus, all performing well.

The teachers were inspired by colleagues who trained the previous week and shared that TM made them feel more settled in the mind, calmer, more energized, and clearer in their daily tasks. Some reported reduced headaches and improved creativity.

Administrators expressed strong commitment to integrate TM across all school units so staff can stabilize the benefits. Sarah described the experience as joyful, meaningful, and a privilege to share Maharishi’s knowledge once again.

Teacher Spotlight: Nakafeero Suzan

Location: Rock Secondary School, Alpha Secondary School, Amazing Secondary School, Great Stone High School, Kingdom Secondary School, Olives Academy, New Hope High School

Program: Checking

Suzan conducted large-scale checking sessions across multiple schools this week.

At Rock Secondary School, she checked 75 teachers who reported increased inner peace and energy throughout the day. At Alpha Secondary School, another 75 teachers shared meaningful meditation experiences. Amazing Secondary School followed with 50 staff reporting improved relationships at work and at home.

She also handled new appointments at Great Stone High School, Kingdom Secondary School, Olives Academy, and New Hope High School, meeting head teachers and principals to explain how TM enhances mental potential, health, social behavior, and broader community peace.

Across all schools, teachers were calm, grateful, and deeply appreciative. Many testified that TM is the most effective relaxation technique they have ever practiced.

Teacher Spotlight: Ruth Awuma

Location: Namutumba Central Secondary School

Program: Checking

Ruth dedicated the entire week to teaching 50 staff members at Namutumba Central Secondary School, completing the full TM course for a group that had missed earlier training due to academic duties. The school has a large population, and teachers were eager and positive about learning the technique.

She delivered the entire sequence, introductory and preparatory lectures, personal instruction, and three consecutive days of checking. Teachers described deep relaxation, improved memory, clearer thinking, inner happiness, and renewed confidence. Some shared that their breathing normalized during meditation, stress reduced significantly, and they felt more organized before entering class.

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Justine Arinaitwe

Location: Empowered Women Group, Village Initiative & Development Association, Raising Hope Women's Group, Nagagawala Women's Group
Program: Checking

Justine spent the week delivering structured TM checking sessions across multiple women's groups.

She supported practitioners with clear explanations of their meditation experiences, guided group meditations, and offered one-on-one checking for deeper clarity.

Women described feeling calmer, emotionally lighter, and more stable in their daily routines. Justine emphasized regular practice, helping participants understand how consistent TM strengthens resilience and emotional balance.

She also represented AWAGO at the Uganda Counsellors Association camp, strengthening AWAGO+ visibility and partnerships.

Teacher Spotlight: Night Kiconco

Location: Namuwongo Hope Renewed Outreach, Nagagawala Women's Group
Program: TM Course

Night taught 100 women daily at Namuwongo Hope Renewed Outreach, delivering introductory lectures, personal instruction, and three days of checking. All 100 women attended each day with high discipline.

Women expressed early experiences of inner peace, emotional relief, and a sense of renewed stability. Night highlighted how TM helps women regain confidence and heal from long-term stress.

She also completed the 10th day checking at Nagagawala Women's Group, where participants described meaningful progress, including more peaceful family environments and improved relationships.

HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria

Location: Multiple Locations

Program: TM Course

Mityana Institute of Nursing, Mengo Nursing School, Kibuli Muslim Hospital, Nsambya Hospital Training School, International School of Nursing, Wakiso Comprehensive Institute of Health Sciences, Clarke International University

Aine spent the week conducting new appointments across several health institutions. She met in-charges and introduced TM as a vital tool for supporting the mental wellbeing of healthcare workers.

Her engagements focused on how TM reduces accumulated stress, supports emotional regulation, and strengthens the capacity of professionals who operate in high-pressure environments. She also attended the Counselors & Therapists' Picnic and completed follow-ups on AWAGO-supported university students.

Teacher Spotlight: Teddy Nassali

Location: Kawempe Community School of Health Sciences

Program: TM Course

Teddy delivered a TM course for 50 health students, including 36 women and 14 men. Students shared that TM came at a perfect time, helping them balance academics with personal wellbeing.

Many reported:

- Improved memory
- Reduced stress
- Emotional stability
- Better preparation for demanding clinical work

TM enabled them to process information through calmness instead of pressure, improving their long-term resilience.

**THANK
YOU**