

27th October to 01st November 2025

AWAGO WEEKLY INSIGHT

This week showcased strong engagement across schools, women's groups, and health facilities. Teachers shared renewed confidence in their work. Mothers expressed deeper emotional balance through meditation.

Health workers demonstrated improved clarity and compassion in their demanding roles. These experiences highlight how inner calm continues to strengthen individuals and reshape communities. AWAGO remains committed to deepening this impact with consistency and purpose.

SPECIOZA KIWANUKA



**INNER
STABILITY
FUELS
OUTER
PROGRESS.**

WEEKLY HIGHLIGHTS AT A GLANCE

50 TM Course
600 General Checking
34 New Appointments
600 10th Day of Checking

“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: Uphill College Mbuya

Program: 10th Day Checking & New Appointments

Sarah conducted the 10th day checking for 75 teachers at Uphill College Mbuya. Teachers described feeling calmer, more focused, and more confident in handling their daily responsibilities. Many shared that TM is helping them stabilize their thinking and manage stress more effectively.

Sarah also completed new appointments at several schools including Imperial High School, Seed High School, Mackay Memorial College, Seat of Wisdom SS, Ssanga SS, and Hudson High School. Administrators expressed strong interest in bringing TM to their staff.



Teacher Spotlight: Nakafeero Suzan

Location: Queen's Secondary School, Emma High School

Program: New Appointments

Suzan conducted major checking sessions at Queen's Secondary School and Emma High School, each with 75 teachers. Participants reported deep relaxation, increased clarity, and greater emotional stability.

Her new appointments expanded AWAGO's reach to Brilliant High School, Galaxy High School, Alpha SS, Grace SS, Gayaza High Christian School, and Tropical Islamic School. School leaders appreciated the clarity and professionalism she brought to the outreach.

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Rise & Shine, Kyosimba Onanya Nabiyagi, Tuzimbe Obumu, Yes We Can Groups

Program: Teaching

Night and Justine conducted checking sessions across five women's groups, reaching 600 women in total. They facilitated group meditations, reviewed experiences, and offered one-on-one support for deeper understanding.

Women shared that TM helped them manage anxiety, improve family interactions, and regain emotional stability. Many said they now feel more capable of handling financial and domestic pressures with calmness and clarity.

Night and Justine worked in close coordination, ensuring all groups received structured and supportive follow-up.



HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Nakigoza Health Centre

Program: TM Course and New Appointments

Aine instructed 50 health workers (27 women and 23 men) at Nakigoza Health Centre. She guided them through personal instruction and the full TM checking cycle.

Participants shared powerful early experiences, describing more inner calm, better concentration, and stronger emotional control during patient care.

Aine also completed 10 new appointments across health centers, strengthening AWAGO's pipeline for upcoming TM trainings.

**THANK
YOU**