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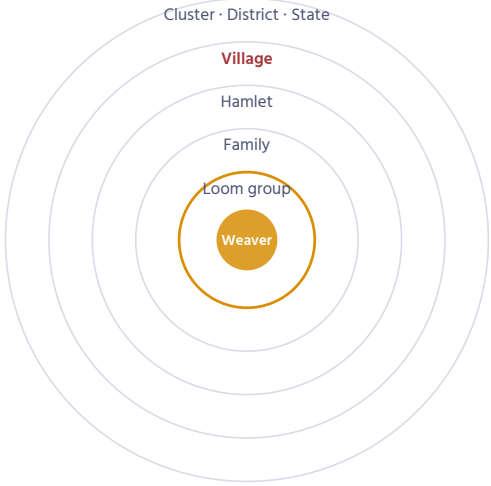
Directed by
Prof. Luis Miguel Gallardo
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VILLAGES OF HAPPINESS · RAJASTHAN

Manpura, the first Village of Happiness

खुशहाल गाँव मानपुरा

A 12-month plan, November 2026 to October 2027, that takes a weaving village of about 11,000 people from listening to weekly circles of peace in every hamlet. It is also the model for the next 599 villages.



A World Happiness Foundation programme, directed by **Prof. Luis Miguel Gallardo**.

Manpura plan PDF | The whole programme: 600 villages | Programme PDF

≈11,000	28	₹26.8 lakh	600
people in Manpura today (9,167 in the 2011 census)	looms where women already practise the Happiness Ritual	for 12 months, about US$30,500, or ₹245 per resident	villages the programme is designed to reach

THE VILLAGE

Manpura at a glance

Manpura (officially Manpura Macheri) has its own Gram Panchayat and lies 42 km from Jaipur. It is about eight times the size of an average Rajasthan village, so the plan works hamlet by hamlet.

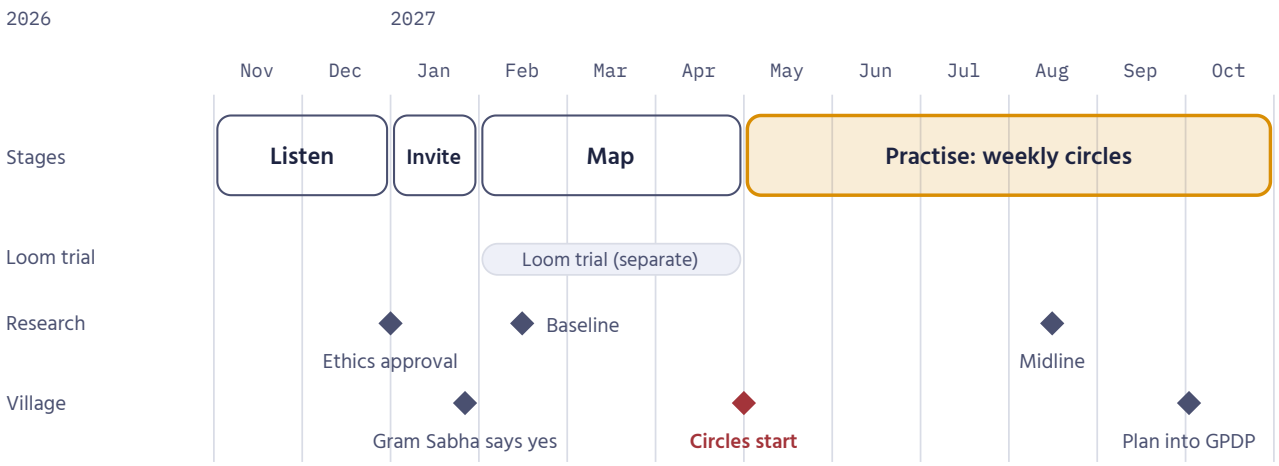
ITEM	MANPURA MACHERI
Location	Jaipur district (Amber tehsil in Census 2011), PIN 303805, about 42 km from Jaipur
Population	9,167 in 2011 (4,809 men, 4,358 women); about 11,000–11,500 today, assuming 1.5% growth a year
Households	1,487 in 2011; about 1,800–1,900 today
Children under 7	1,410 in 2011
Scheduled Castes / Tribes	2,333 (25%) / 340 (4%)
Literacy	67% overall: men 84%, women 49%. Every questionnaire is read aloud.
Services	Primary Health Centre in the village; Government Senior Secondary School (PM SHRI)
Weaving	28 looms and about 100 women weavers; 73 took part in the 2025 Happiness Ritual trial

Census 2011 via villageinfo.in; school via icbse.com; weaving figures from World Happiness Foundation field data, 2025. Population today is a WHF estimate.

THE 12 MONTHS

Circles start in month 7, after listening, inviting and mapping

Each stage ends at a gate the village itself passes. The circles begin after the loom research trial ends, so the two do not mix.



MONTH BY MONTH

What happens, who leads, and how we know the month is done

Gram Sabha days (26 January, 1 May, 15 August, 2 October) anchor the village's own decisions.

MONTH	WHAT HAPPENS	WHO LEADS	DONE WHEN
Listen 1 · Nov 2026	Hire the local field facilitator. Visit the Sarpanch and Gram Panchayat. Map hamlets, self-help groups, ASHA and Anganwadi workers, teachers, the health centre, elders and youth.	WHF field manager, field facilitator	Hamlet list and stakeholder map
Listen 2 · Dec 2026	A listening circle in every hamlet: questions only, no proposals. Ethics approval for the research.	Field facilitator, loom leaders	Every hamlet visited; ethics approval received
Invite 3 · Jan 2027	The invitation is read aloud at each hamlet's women's meeting, then at the Gram Sabha on 26 January. If the village says yes, it elects its Village Happiness Circle and names two catalysts.	Sarpanch, women's groups	Gram Sabha resolution; Circle formed
Map 4 · Feb 2027	5-day training for catalysts and loom leaders. Consent. Baseline questionnaires in Manpura and two comparison villages.	WHF trainers, research team	Baseline complete; catalysts trained
Map 5 · Mar 2027	A wellbeing-mapping workshop in each hamlet. The Circle chooses one shared village project.	Village Happiness Circle	Strengths and one priority named
Map 6 · Apr 2027	Train about 10 hamlet circle leaders. Print Hindi circle kits. The loom trial ends.	WHF trainers, catalysts	10 leaders trained; kits ready
Practise 7 · May 2027	Weekly circles start at all 28 looms and in every hamlet courtyard. The plan is shared at the Gram Sabha on 1 May.	Catalysts, hamlet leaders	Circles running in every hamlet
Practise 8 · Jun 2027	Family circles with husbands, in-laws and children. First Family Happiness Day. The shared project starts.	Catalysts, families	Family Day held; project started
Practise 9 · Jul 2027	School and youth circles as school reopens. Teej woven into the women's circles.	Catalysts, teachers	School and youth circles running
Practise 10 · Aug 2027	Midline questionnaires. Progress shared at the Gram Sabha on 15 August.	Research team, Circle	Midline complete; no harm signals
Practise 11 · Sep 2027	Village Happiness Festival. Catalysts run most circles without outside staff. Shared project finished.	Village Happiness Circle	Circles run locally most weeks
Weave together 12 · Oct 2027	Findings returned to the village in Hindi. On 2 October the village plan enters the Gram Panchayat Development Plan. Report to supporters.	Sarpanch, Circle, WHF	Plan adopted; Wave 1 decision

PEOPLE

The village leads; we train, accompany and measure

ROLE	WHO	DOES
Gram Sabha	All adult villagers	Decides whether to join; elects the Village Happiness Circle; adopts the plan
Village Happiness Circle	9–15 villagers, at least half women weavers, one from every hamlet	Chooses the circles, the shared project and how the village fund is spent; meets monthly
Two local catalysts	Villagers chosen by the Circle	Lead and coach circles; connect people who need more help to care

ROLE	WHO	DOES
Hamlet circle leaders	About 10 women, mostly from self-help groups	Run weekly courtyard and family circles
Loom leaders	Lead weaver at each of the 28 looms	Run the Happiness Ritual at the loom
ASHA, Anganwadi, health centre	Village health system	First stop when someone needs more care
Field facilitator	Local, speaks Hindi and Dhundhari	Organises on the ground; keeps attendance and safety logs
World Happiness Foundation	Field manager, trainers, Research Lab with Shoolini University	Plans, trains, measures, raises funds and reports
Weaving field partner	Our artisan-enterprise partner's foundation	Access to the looms, venues and transport

ACTIVATION

Ninety days of listening, then five kinds of circle

The first 90 days

1. Weeks 1–2: meet the Sarpanch, the Panchayat secretary and the health centre. Propose nothing.
2. Weeks 2–4: walk every hamlet with a loom leader and draw a hand map.
3. Weeks 4–8: a listening circle per hamlet. Three questions: what brings joy here, what weighs on families, who helps.
4. Weeks 8–10: read the invitation aloud at each women's meeting.
5. Weeks 10–12: the Gram Sabha decides and, if yes, elects its Circle.

The circles

- **Loom circle:** at the 28 looms, daily or weekly, 30–40 minutes
- **Courtyard circle:** women of each hamlet, weekly, one hour
- **Family circle:** a weaver's whole family, monthly
- **School and youth circle:** one school period a week
- **Village gatherings:** two Family Happiness Days and one festival

STEP 1
Breath together

STEP 2
A story card

STEP 3
A sharing round

STEP 4
A short guided meditation

STEP 5
A creative or kind act to take home

> Song, story and local festivals carry the practice. Humour comes from love, compassion and forgiveness, and no one is made small.

EVIDENCE

Measured against two villages that start a year later

Questionnaires are read aloud in Hindi to consenting adults at baseline, midline and month 18. No data is collected before ethics approval, answers are stored under a code, never a name, and every result is published.

WHAT	HOW	WHEN
Inner peace, shame and release, wellbeing	FP20, SRS-12 and WHO-5 with about 300 adults in Manpura and 150 in each comparison village	Months 4, 10, 18
The village's pain profile and Fundamental Peace Index	GPTM Village Profile: 6–8 key informants rate 7 domains; no names, caste, religion or income recorded	Months 4, 18
Strengths and needs	A participatory map across 8 layers of wellbeing, hamlet by hamlet	Month 5, then yearly
Reach and safety	Circle logs and a weekly harm-signal log	Continuous

> Findings go back to the village first, in Hindi, at a gathering, before they are shared with anyone else. The next ten villages start only after Manpura has three months of circles with no harm signals.

SUPPORT

₹26.8 lakh brings Manpura through its first year

About US$30,500 at ₹88 to the dollar: ₹245 per resident, or ₹1,400 per household.
These are planning estimates, to be confirmed with the field partner.

BUDGET LINE	WHAT IT PAYS FOR	₹
People	Field facilitator, two catalysts, ten hamlet leaders, WHF field manager (25%)	6,90,000
Training	Catalyst and loom-leader training with two refreshers; hamlet-leader training	2,10,000
Circles and materials	Hindi kits for about 600 people, loom materials, simple refreshments	2,68,000
Gatherings	Listening visits, Gram Sabha meetings, two Family Days, the festival	2,40,000
Shared village project	A fund the village decides how to use	2,50,000
Research and ethics	Two survey waves, two comparison villages, analysis, ethics and insurance	4,47,800
Care and safeguarding	Counselling referrals, safeguarding training	80,000
Travel	Local travel; four WHF team visits	2,48,000
Documentation	Consented stories, supporter reports, Hindi findings booklet	75,000
Contingency	7%	1,75,616
Total	**12 months**	**26,84,416**

Choose what to support

A hamlet circle leader, trained and supported for 6 months

₹15,000

≈ US$170

Circle kits in Hindi for 100 people

₹25,000

≈ US$285

A Family Happiness Day

₹30,000

≈ US$340

A local catalyst for one year

₹75,000

≈ US$850

The Village Happiness Festival

₹1,50,000

≈ US$1,700

One research wave in Manpura and two comparison villages

₹2,25,000

≈ US$2,560

The shared village project the village chooses

₹2,50,000

≈ US$2,840

The field facilitator for one year

₹3,48,000

≈ US$3,950

All units together: Manpura's first year

₹26,84,416

≈ US$30,500

Every supporter sees where their help went: quarterly updates, and findings shared after the village has heard them first.

CARE

Free choice comes first

What it is

- Weekly circles at the loom, in families and in courtyards
- Free training for local people, so the village can lead it on its own
- Song, story and festival, rooted in local culture
- A shared village project chosen by the village

What it is not

- Never linked to work, pay, loans or benefits; saying no affects nothing
- Not tied to any political party or religious group
- No photos or stories without written or thumbprint consent
- Children join only with parents present or their consent

> When pain surfaces in a circle, catalysts listen and, with the person's agreement, connect them with the ASHA, the health centre or a counsellor. A referral fund covers the cost.

THE MODEL

How Manpura becomes the template for 600 villages

A field manager copies this plan, fills in the village's profile, and resizes three things: hamlets, people and budget. The stages, roles, circles, safeguards and measures stay the same everywhere.

VILLAGE TYPE	PEOPLE	HAMLET LEADERS	FIELD FACILITATOR	12 MONTHS
Typical Rajasthan village	about 1,200	2–4	Shared by 3–4 villages	≈ ₹6 lakh
Medium village	2,000–5,000	4–8	Shared by 2 villages	≈ ₹10–14 lakh
Large village (Manpura)	about 11,000	about 10	Full time	₹26.8 lakh

Keep the same

- Six stages and their gates; the Gram Sabha decides
- Circle rules: at least half women weavers, every hamlet seated
- Two local catalysts; the five-step circle
- Ethics approval first; coded data; findings to the village first

Fill in for each village

- Name, Gram Panchayat, census code, population, households
- Hamlets, looms and weavers, self-help groups
- Health centre, schools, Anganwadi centres
- Gram Sabha dates, festivals, two comparison villages

The waves grow from Manpura: 10 villages, then 50, 200 and 600 by October 2028. Each wave begins only when the one before is safe and its catalysts are ready. From Wave 1, every village guides two neighbours.

World Happiness Foundation · Villages of Happiness · Directed by Prof. Luis Miguel Gallardo, Founder and President · October 2026 · worldhappiness.foundation

Programme page: worldhappiness.foundation/villages-of-happiness-programme.html · Programme PDF: download

Manpura plan: worldhappiness.foundation/villages-of-happiness-manpura.html · Manpura PDF: download · Invitation pack (Hindi–English): download

Sources:

- Manpura Mancheri village, Census 2011 figures (villageinfo.in)
- Government Senior Secondary School, Manpura Machedi (icbse.com)
- World Happiness Foundation field data and the Villages of Happiness invitation pack, 2025–2026